



# BeBrave

## BeSpace activities to bring a sense of peace and bravery to your life...

*The phrase “do not be afraid” is written in the bible 365 times! Not surprisingly, Christians believe that God does not want us to worry or to live in fear. They also believe that God is present with them through all circumstances, that they can pray about any situation to God and that when they pray, God hears them.*

### 1. Tie you up in knots

How many different types of knots can you do?

When we feel worried it can often feel like our insides are ‘tied up in knots’. Christians believe that they can pray to God about the things they are anxious, fearful or worried about – and that he will bring them peace.

**Question: What are you worried about or fearful about?** Take a piece of string and tie it into a knot to show what you are worried about. May be you’re worried about more than one thing. If so, feel free to tie a few other knots to show a little bit of what your insides might be feeling.

Take the string and hold it in your hands – feeling the knots between your fingers. If you would like to, you could say a prayer asking God to take away your worries and fear. Or you could think about practical ways to try and stop worrying – perhaps taking deep breaths to keep calm.

When you have done this, gently undo the knot in the string to symbolize you giving the worry or fear to God and letting him undo the anxiety or fear. Then put your string somewhere in your home or in a book where you will see it during the day. Let it remind you about how you can let go of your worry or fear. And remember if you feel the worry coming back, you can always do the activity all over again.

### 2. Prayer planes

Can you make an aeroplane? Maybe you could look online with an adult for instructions for different types of paper aeroplanes to make.

Think about what is on your mind at the moment. Make your aeroplane and write or draw what you want to pray or reflect about on it. Perhaps it’s a hope or a dream that you want to see happen at some point in the future. Or it’s a worry or fear that you want to see fly away. When you have done this why not see how far your plane can fly? Imagine it’s flying towards God to show him your hope or dream.

Perhaps you could also talk about your hopes, dreams, fears and worries to a trusted adult.

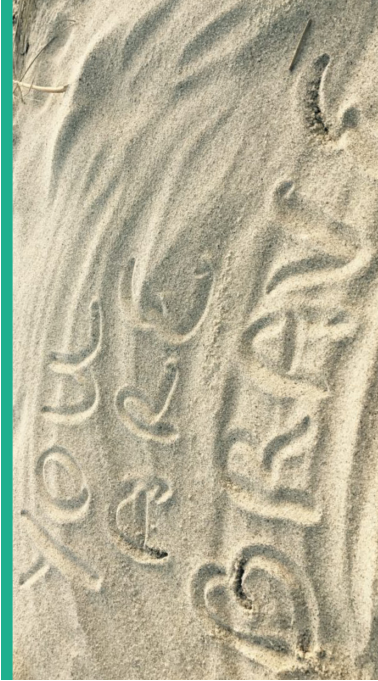
### 3. Backpack worries

Find a backpack and some heavy items in your home, a tin of beans, heavy book, bag of sugar or a bottle of water etc... We all worry about things. Worries can make us sad, even sick, and they can also weigh us down. Christians believe that God listens to us, has good plans for us and will take our worries away if we ask.

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”* Jeremiah 29 11-14

Are you worried about something? Pick up a heavy item for each worry or fear that you have and put it into the backpack. When you have put your worries in the rucksack, put it onto your back (if you can). Do you feel weighed down? If you would like, stand with your backpack on and ask God to take your worries away. When you have done this ask someone to take out each item, one by one.

How does it feel to have the weight taken from you? May be you can say a “thank you” prayer to God.



## BeBrave

**“So do not fear, for I am with you;  
do not be dismayed...  
I will strengthen you and help you.”**

Isaiah 41:10 (NIV)

**“Do not worry about anything.  
Instead pray about everything.”**

Philippians 4:6 (NLT)

**“Give all your worries and cares to  
God, for he cares about you.”**

1 Peter 5:7 (NLT)

Print and cut  
out your  
BeBrave Card  
to take away...