



GOD IS MY PEACE WHEN I AM ANXIOUS

January 12, 2025 // 2 Kings 4:1-7

What I Learned

- Our Bible story this week taught us that God is our peace when we are anxious.
- In **2 Kings 4:1-7**, a prophet named Elisha was approached by a widow who was worried and anxious about a large debt her family owed. God performed a miracle by multiplying the widow's oil, enabling her to sell it and pay off her debt.
- Whenever we are anxious, we can turn to God and remember that we are secure in Him, which leads to peace.

Get Talking

- Anytime we face anxieties in our lives—from school, from our friends, and even issues at home—we can be secure in knowing and trusting that God is our peace.
- This week, **take 1** day to ask these **2 questions** and spend **3 minutes** talking about them:
 - What are some things or situations that cause you to feel anxious or worried?
 - What are ways you can turn to God in those situations?

Go Deeper

2 Kings 4:1-7. God is our peace when we are anxious, and we are secure in Him.

- Emotions can sometimes feel like a heavy backpack filled with books. How can God help with those heavy emotions?
- The widow was anxious, worried, and looking for help. What are some things that we get anxious or worried about in our lives that would be helped by God's peace?
- Do you think it was easy for the widow to trust God when Elisha told her what to do? What do you think her trust in God was like after the oil kept flowing?

Now What?

Talk with God. We loved learning about how we are secure in God, and how that means He is our peace when we are anxious. Take time to pray and ask God to help us remember that.

- *God, Thank You for the truth we found in our Bible story about Elisha and the widow. Help us to remember that whenever we face hard times or have anxiety, we can turn to You and ask for Your help. Amen*

Memory Verse

Psalm 16:8

This Bible verse helps us know that, when we allow God to lead and guide us, we will not be shaken. We are secure and know that He is our peace when we are anxious.