

**Supplies:**

\*1 ft length of yarn  
for each person

# Worry Knots Prayer Activity

## Read 1 Peter 5:7

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

Consider how amazing this verse is: God, the Creator of the universe, loves you so much that you are invited to "give all your worries and cares over to God." Take a few moments and think of all the worries and concerns in your life. For each situation or person you are worried about, tie a prayer knot in your yarn.

Hear these words from Jesus: “I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid” (John 14:27). Jesus also said, “Can all your worries add a single moment to your life?...So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today” (Matthew 6:27, 34).

## Pray. Be still.

If you are able, untie your knots as a symbol of letting go of these worries and concerns and leaving them in God's capable hands.

*Handwritten signature*

**Worry Knots Suggestion:** Instead of yarn, use a thicker rope so that it's easier to untie, OR make a rope of 4 or 5 strands of yarn and tie at each end.