

Goleta Presbyterian Church

An Order of Service for families with young children and youth

*In the midst of needing to worship by means of physical distancing, you are invited to gather with your family at home to worship God using this order of service. Please adapt it as needed to meet the needs and ages of your children. May God bless you and keep you!

OPENING PRAYER:

Dear Lord,

This is the day that YOU have made!

Let us rejoice and be glad in it.

Help us to worship you with open hearts and minds.

Teach us something new today.

In Jesus name,

Amen.

CALL TO WORSHIP:

Parent/Caregiver: Jesus loves the little children

Children: All the children of the world

Parent/Caregiver: Morning, evening, day and night

Children: We are precious in his sight

Parent/Caregiver: Jesus loves the little children of the world

- you are invited to take a few moments to sing these words together!

PRAYER OF CONFESSION:

All: Living God, we confess that sometimes we worry. We are afraid when we should trust in you. We become grumpy and bored when we should be grateful for everything you give to us. We collect more than we need when we should give to others who are in need. Sometimes we do not treat others well. Forgive us, Lord. Renew our vision and calm our spirits once again. We pray this in Jesus' name, Amen.

ASSURANCE OF FORGIVENESS:

Parent/Caregiver: Hear the good news! God knows when we are worried and God cares for us. God knows when we are scared and sends the Holy Spirit to comfort us. God loves us even when we are grumpy and bored. God wants to teach us how to treat others well. When we confess that we have done something wrong, Jesus still loves us! We are assured of the good news of the gospel that together we proclaim:

All: In Jesus Christ we are forgiven! Alleluia! Amen.

PRAYER FOR ILLUMINATION:

ALL: Open our hearts to hear your word today. Amen.

Scripture Reading: (You are invited to help your children find the scripture references in the bible)

Psalm 56:3-4: When I am afraid, I put my trust in you. In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me?

Psalm 41:13: For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.

Children's message: When I am Afraid

We all have worries and we are all afraid sometimes! This is a normal part about being human. It is okay to feel afraid sometimes. Can you name a few things you are afraid of? Or, can you remember a specific time when you

were really afraid? Personally, I am a little bit afraid of flying in small airplanes, but most people really enjoy flying. My husband is terrified of spiders. But I don't mind them at all. My daughter is afraid of forgetting her lines when she is in a school play and my son really doesn't like the dark.

I remember a time when I was little and I got lost in a store. I was with my mom but I had a habit of running away. I liked to hide in the clothing racks so my mom couldn't find me. One day, when I was in a clothing store, I ran away. I thought it was funny until I realized that I was lost. I really couldn't find my mom! I started to panic. I felt very afraid. I felt alone. My heart was racing. Thankfully, only a few minutes went by before my mom found me. I was so happy and relieved. I promised her that I wouldn't run away from her in a store again.

Think about your very first day of school, or your first time in Sunday school, or a time you had stay at soccer practice by yourself. Maybe your heart was racing? Maybe you felt sweaty or shaky. Maybe you wanted to cry? These are different ways your body lets you know that you worried or afraid.

Sometimes there are things happening in our world that can make us afraid too. Right now there are people getting sick from a virus. That can cause everyone to worry and be afraid! You may notice people rushing around buying a lot of items at the grocery stores. Maybe your school is canceled. Your after school activities may be canceled too. You might notice that adults are having a lot of serious conversations. The news may be on all the time. Your routine is changing.

“Think about your worries like rubber balls bouncing around in your head. You don't mind – or even notice much – a small ball bouncing a little. But when a great big ball starts bouncing a lot and you can't make it stop, it feels uncomfortable...” (CBT Workbook for KIDS, Heather Davidson Psy.D). It can make you feel unhappy or a bit out of control. It can make you scared.

Right now, your worries may feel like a great big ball bouncing around in your head. But God has a lot to teach us about being worried and afraid. God tells us that we don't have to be worried or afraid because:

1. God is with us. God never leaves our side. God created the entire world and everything in it and God promises us that nothing can separate us from God's love. God shows up when we are afraid.
2. The bible says that we can put our trust in God. God is faithful.
3. God gives us Christian community (along with our parents, friends, and neighbors) so we can talk about our fears and help one another.
4. God sends the Holy Spirit to direct us and to comfort us when we are afraid.
5. God is much bigger and more powerful than all our fears. God will help us.

Take action:

1. When we feel afraid we should speak up! We can speak up to God by praying, "God, I am afraid and I need your help and guidance. Please calm my fears." We can speak up to our pastor or our parents or grandparents too. Or, even a good friend or Sunday school teacher.
2. We can memorize passages from Scripture to be reminded of God's words. Scripture proclaims, "When I am afraid, I put my trust in you." Psalm 56:3
3. We can sing songs we know that help to calm us down.
4. We can make a list of all the things that we can control.
5. We can make a list of things we are grateful for.
6. We can try some new things while out of school!

Music: visit HisandHernandezMusic.com to hear lyrics/ <https://www.youtube.com/watch?v=v6Rhn2i6T8Y> or <https://music.apple.com/us/album/hide-em-in-your-heart-lullabies/724387985?ign-mpt=uo%3D4>

When I Am Afraid

When I am afraid, I will trust in You
I will trust in You, I trust in You
When I am afraid, I will trust in You
In God whose Word I praise

When I am afraid, I will trust in You
I will trust in You, I trust in You
When I am afraid, I will trust in You
In God whose Word I praise

In God I trust, when I am afraid
In God I trust, in God whose Word I praise

When I am afraid, I will trust in You
I will trust in You, I trust in You
When I am afraid, I will trust in You
In God whose Word I praise

By Frank Hernandez
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CCLI Number: 524358

OFFERTORY: Pass a bowl or container (you can even make one to use in the weeks ahead). Encourage children to place some change to be used for God's kingdom work, at church and in the world.

DOXOLOGY: (sing together while standing, now is a great opportunity to teach the doxology if your child does not know it): *Praise God from whom all blessings flow. Praise Him all creatures here below. Praise Him above ye heavenly host. Praise Father, Son, and Holy Ghost. Amen.*

CLOSING PRAYER AND LORD'S PRAYER

Dear Lord,

We thank you for loving us and caring for us.

We pray for those who are sick. We ask for you to heal them.

We pray for those who are afraid. We ask you to comfort them.

We pray for those who are in need. We ask you to provide for them.

Open our eyes to opportunities to care for the sick, comfort those who are afraid, and provide for those in need.

It is in Jesus' name that we pray, saying the words that Jesus taught us to pray:

Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors, and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power, and the glory, forever and ever. Amen.

CLOSING MUSIC:

Jesus Hokie Pokie Song –

<https://www.worshiphousekids.com/kids-worship-song-tracks/22293/give-your-heart-to-jesus> or

<https://www.youtube.com/watch?v=nILYcPuiNWU>

ACTIVITY: God Calls Me.... Fear not! For I am with you. This coloring sheet from illustratedministry.com can be colored during the children's message or after the completion of the service time.

Blessings and Peace!

Rev. Katie Pazan

