

Opening Game for the Have No Anxiety Lesson Plan

Start this lesson plan by playing [Fearful Finds Relay](#). In this game, players put their hands in a box of unknown substance to find coins. It is a test of if they can overcome their fear of what they might be touching. See the [complete instructions here](#).

Follow up with a few questions:

- How difficult was it to reach into the unknown?
- Did your familiarity with the leaders who set up this game make you more fearful or less?
- How is this game connected to the concept of trust?

Have everyone get comfortable. Continue with some warm up questions. Explain that we are going to talk about anxiety and fear. When sharing, it is OK to share big fears or smaller fears. And this is a safe space to talk about the things we are anxious about.

- What were your biggest fears this week?
- What are some things you are anxious about in general?
- How do you usually deal with your fears?

Now that we've had a chance to reflect on our own fears and anxieties, let's turn our attention to scripture as a source of wisdom which provides us with guidance and comfort. In the scripture we're about to read, we'll discover profound insights on how to address anxiety and find peace. So, let's take a moment to center ourselves as we delve into Philippians 4:6-9. Please listen carefully to the words, as they offer valuable perspectives on how trust in God can help us navigate the challenges of life.

Scripture Reading for the Have No Anxiety Lesson Plan

Now read [Philippians 4:6-9](#):

Brothers and sisters: Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.

Keep on doing what you have learned and received and heard and seen in me. Then the God of peace will be with you.

[Philippians 4:6-9](#)

<https://young-catholics.com/4474/have-no-anxiety-trust-in-god-lesson/>

Discussion for the Have No Anxiety Lesson Plan

As we delve into Philippians 4:6-9, it's essential to dissect the key elements of this passage, particularly the mentions of prayer, petition, and thanksgiving. These words hold profound significance in the context of addressing anxiety and finding solace in faith. Take a moment to reread the passage if necessary, as it will serve as a foundation for our discussion.

The passage encourages us to approach God with our worries through prayer and petition. These are indeed effective means of laying our anxieties at His feet. But notice the inclusion of "with thanksgiving." This addition prompts us to consider the role of gratitude in our relationship with God. (Reread the passage if necessary.)

Gratitude, as we know, doesn't magically erase our problems. It doesn't make life's challenges disappear. However, it serves as a powerful reminder of how God cares for us daily. It's a tangible way to acknowledge the countless blessings, big and small, that grace our lives. In doing so, we recognize that even when circumstances don't align with our desires, there's hope that everything will ultimately be okay.

So thanksgiving plays a crucial role when addressing our fears in conversation with God. Expressing gratitude serves as a powerful reminder of His presence in our lives. When we acknowledge and appreciate the blessings we've received, it fosters a sense of closeness to a higher power. This acknowledgment of God's goodness can bring comfort and reassurance during moments of fear and anxiety. It transforms our communication with God from a mere plea for help into a profound expression of trust and appreciation.

The essence of having no anxiety lies in genuine trust in God. This trust extends beyond the belief that everything will work out exactly as we envision it. It's about acknowledging that we are held in the caring hands of a higher power, and that trust can provide a profound sense of peace, even in the face of life's uncertainties.

The way to have no anxiety is to really trust in God.

Reflection Questions for the Have No Anxiety Lesson Plan

- Why is thanksgiving important when we are speaking to God about our fears?
- What is the impact of remembering the good things in our lives?
- Can gratitude also bring a sense of calm?
- How can practicing gratitude influence our relationships with others?
- In what ways can we cultivate a habit of gratitude in our daily lives?
- How can we support each other in times of anxiety and fear through expressions of gratitude?

- Can gratitude be cultivated even in challenging circumstances?

Challenge for the Have No Anxiety Lesson Plan

This week, when you are feeling anxious about something, take a few moments to think of three things (big or small) that you are grateful for. And be specific. These could be things like a conversation with a friend, a really good cookie at lunch, a compliment somebody gave you, a beautiful sunset, etc.

If you can, find a quiet spot and really revisit these moments in your imagination. Then pray about your fears, remembering that God provides so many good things in our lives.

Prayer for the Have No Anxiety Lesson Plan

As we draw this lesson to a close, let us turn our hearts and minds towards a moment of reflection and prayer. The insights we've gained today about anxiety, trust in God, and the power of gratitude have provided us with valuable tools for navigating life's challenges. Now, in this moment of stillness, let us come together in prayer to offer our intentions and seek comfort in our faith.

Close by offering intentions about what is causing anxiety and praying this [Prayer to God My Hope in Time of Fear](#).

Resources

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