

Do not be anxious

Leader's guide

A catchy tune often helps to fix an important message in our mind; TV jingles rely on this. Jonathan Mead has written a bright song that will help us remember the promise of Philippians 4. He also suggests the fun of a hand-jive sequence during the piano solo.

The peace of God which passes understanding

Warm-up

Don't be fooled – this snappy tune isn't necessarily as easy as it might seem. It is in a minor key, so take time and care learning the pitches of the notes, and the intervals between the parts where they split into harmony. Carefully divide your singers as you reach the end of bar 29 so each entry is confident and balanced.

Bible verse

'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'

Philippians 4:6-7

Prayer

Dear Jesus,
You know each of us – all our thoughts and feelings. You know what makes us feel happy and what makes us feel nervous. Thank you for always being by our side. Please calm our minds and help us make sense when things become difficult, and show us the way forward. In you we trust, Jesus. Amen.

★ Activity

Get rid of your fears

Equipment: a piece of flipchart paper and pen.

List a time recently when you were really worried about something. Something which made your heart beat fast, or your breath get deep or rapid, or even gave you a nervous tummy! This might have been a big test at school or losing something precious. Then cross off the worry if you feel better about it now. Those you haven't crossed out – what did you learn about how to cope when you feel worried?

We can all feel worried and anxious about different things all the time. Pray together about the worries that are ongoing.

⚠ Thought

Someone once said, 'If you're in a fix, Philippians 4:6.'

Whenever you feel anxious, you have a choice either to face it alone or to let God help. This verse from Philippians helps us to see the bigger picture and reminds us that God's peace is always there. Next time you're feeling afraid, remember the rhyme and talk to God about your feelings.

🚩 Personal challenge

This week, try to memorise the Bible verse. Then whenever you're in a fix, you will remember Philippians 4:6. See how many of your group can recite it by the next practice.

👥 Group challenge

Don't just sing this song together in practices. Sing it and remind yourself what to do in times of difficulty.

Share in your group when you have had to put this verse into practice. This helps to remind everyone that they are not alone.

