

**GO!**  
Join the Story!

## GROUP ACTIVITY

This activity can be used in a small group at church or even with your kids at home!

### Over to God

**Set up:** For each small group, print the “Prayer Hands” puzzle sheet on 8½ x 11 paper. Cut the sheet into 8 equally sized cards.

**Say:** In the Garden of Gethsemane, Jesus began to feel sad and troubled at the thought of dying on the cross, but He turned it over to God by praying. We’re going to practice doing that same thing right now.

**Directions:** Ask the kids in your group, “What kind of things in your life make you feel troubled or worried?” As the kids share, write one answer on the back (blank) side of each “Prayer Hands” puzzle card. When all 8 cards have something written on them, spread them out on the floor with the “worries” facing up. Tell the kids that when you say “go,” they have to quickly turn all of the cards over and arrange them to form a picture of praying hands. Time them to see how fast they can do it. If you would like to play additional rounds, flip the cards back over and repeat, but tell the kids that after turning the cards over, they can only use their nose to arrange the cards. For each additional round choose a different body part to use such as chin, ear, elbow or forehead!

**Say:** When we turned our worries over, it formed a picture of praying hands. The best way for us to turn our worries over to God is through prayer, just like Jesus did in the garden. In fact, let’s do that now.

**Pray:** Decide on a way for your group to join together in prayer. You may choose to have the group hold hands, link arms, or take a knee and stack their hands in the middle of the group. Open your group in prayer. Encourage the kids to tell God about something that worries them and ask God to take their worry away. Finally, when finished, close the group in one final prayer of praise to God.