

# Worry Jar

***“As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.” Mark 6:34***

## Craft

- 1) Create a worry jar or box, like one of those in the pictures.
- 2) Leave some strips of paper and a pen next to it, so people in your family can write down things they are worried about. So they can offer them to Jesus our shepherd who always has compassion for us.
- 3) You may want to put a copy of the poem on the next page next to your jar.
- 4) When your jar gets full, you could shred the worries you've written down, showing you've let them go to God. You may also want to talk about how you've experienced God's love and compassion in some of the areas you were worried about.



# Worry Jar

*Just take this little worry jar  
And set it on a shelf,  
And when you have a worry that  
You can't deal with yourself  
Just stuff it in the worry jar  
And leave it there and when  
You haven't strength to handle it  
Just give it up to Him.*

*The Lord will take your worries and  
He'll make them disappear,  
If you will only trust in Him  
And feel His love so near.*

*He promised you'd need not endure  
More than your strength can bear,  
And if you'll only turn to Him,  
You'll find He's always there.*

*He'll always help and give you strength  
If you will only ask.*

*You'll find that with His willing help  
You can do any task.*

*Don't waste your strength by worrying  
Put worries in this jar,  
And give them up to God above—  
He's stronger than you are.*

©2000 Denise McKenney