**Keep Growing: Resources for Year 6 Transitioning**

**to Secondary School**

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| **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPurpose** |  | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPeople** |  | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPrayer** | **x** | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPlace** |  | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilPlan** |  | **Seedling, Seed, Growth, Plant, Green, Agriculture, SoilProgress** |  |

**Offering Worries to God**

During any time of change, we maybe worried or scared about different things. The Bible is full of reminders that we can offer our worries to God.

* “Leave your troubles with the Lord,” (Psalm 55.22)
* “I am the Lord your God; I strengthen you and tell you, ‘Do not be afraid; I will help you.’” (Isaiah 41.13)
* “Come to me, all of you who are tired from carrying heavy loads, and I will give you rest.” (Matthew 11.28)
* “Leave all your worries with him, because he cares for you.” (1 Peter 5.7)

Text, letter

Description automatically generatedPick one of the quotes and write it in the middle of a piece of paper. Around the quote write or draw a symbol that represents what you are worried about.

When you are finished you may wish to hold your piece of paper and say or think of a prayer offering all your worries to God.

You may want to keep your piece of paper and add to it, or you can screw it into a ball and as you throw it away, think of your worries being shared with God.