

## **Children's Sermon on Anxiety**

Lynne Hines-Levy

Has anything ever made you feel nervous, or shaky, or maybe just a little bit afraid of what was going to happen? Maybe not even knowing why you felt that way? But that feeling went away, right? That's what we call "anxiety" and a little bit of it is normal when we get into situations that we aren't real sure of.

Well, for some people, that feeling comes for no real reason and it stays. And it gets really bad. It gets SO bad that sometimes they have trouble breathing, or they actually get sick. And that's NOT normal. That's a very real sickness. We can't catch it from them like a cold or anything like that, but it is a sickness that needs to be treated by a doctor. And it needs to be treated by US with love, and care, and understanding. We need to show someone suffering from what's called an "anxiety attack" that we aren't afraid of them, that we don't think it's funny, and that we're there to help them stay calm and get adults to help them.

Can we all do that? Just be there to help a friend suffering from anxiety? I know God can help us help them. Let's pray about this:

Heavenly Father, we all need your help sometimes. Help us to remember that sometimes our friends need us to be strong for them, too, and that we only need to ask and you will be there to help us do that for them. We ask this in the name of your son Jesus Christ. Amen