

LET IT GO, LITTLE ONE

Because God Cares About You

Inspired by 1 Peter 5:6-11



BETH-EL C.O.G.I.C.

Sometimes your heart feels heavy.

Even when you are small.



Maybe you worry about school.

Or friends.

Or things you don't understand.



The Bible says,
“Cast all your worries on Him...”
That means give them to God.



To cast means to let go.

Like throwing a pebble into a pond.



Why should we give our worries to God?

Because He cares about you.



God sees you.
God knows you.
God loves you.



Sometimes hard things happen.

The Bible says we may suffer for a little while.

But not forever.



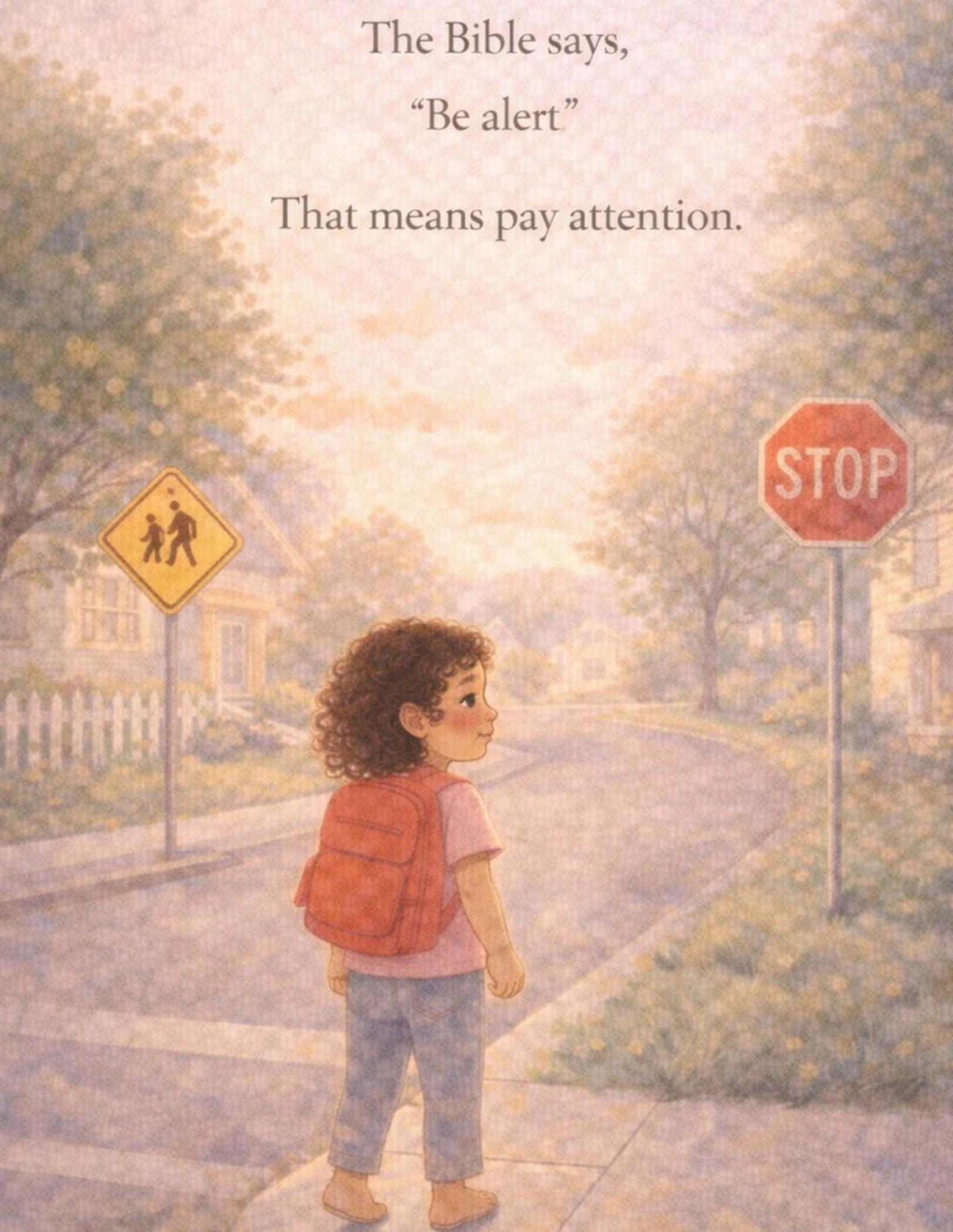
After the hard part,
God makes you stronger.



The Bible says,

“Be alert”

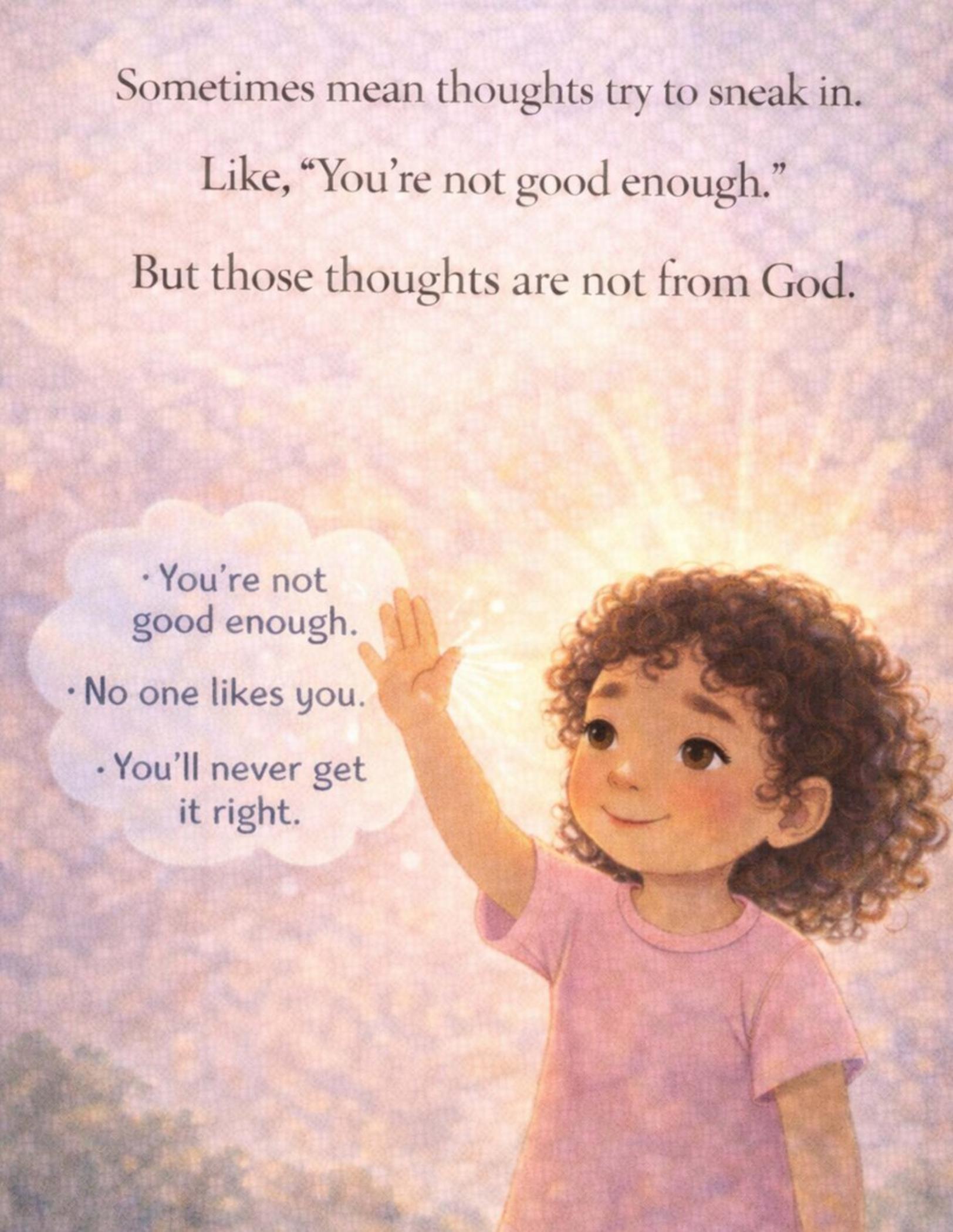
That means pay attention.



Sometimes mean thoughts try to sneak in.

Like, “You’re not good enough.”

But those thoughts are not from God.

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- You’re not good enough.
 - No one likes you.
 - You’ll never get it right.

You can stand firm.

That means stand strong in what is true.



You are never alone.

God is your helper,

God is your strength.



So when your heart feels heavy...

Let it go.

Because God cares about you.

The End.



FOR GROWN-UPS

This story is inspired by 1 Peter 5:6–11.
It teaches children to release anxiety to God, stay spiritually aware, and trust His promise of restoration.

*Children feel worry too.
They need to know they do not carry it alone.*

DISCUSSION QUESTIONS

- What is something you can give to God today?
- What does it mean to “stand firm”?
- How do you know God cares about you?

A SIMPLE FAMILY PRAYER

God,

*Thank You that we do not have to carry our
worries alone.*

Help us give our fears to You.

Teach us to stand strong in what is true.

Remind us every day that

You care about us.

Amen.

