

# OCTOBER 4: STRESS BALL 27<sup>TH</sup> SUNDAY IN ORDINARY TIME

## INCLUDED:

Balloons  
Gel Beads  
Card stock  
Tape sticker

## USE YOUR OWN:

Pencil  
Water



## PHILIPPIANS 4:6-9



Brothers and sisters: Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing what you have learned and received and heard and seen in me. Then the God of peace will be with you.

**Q.**

1. What do you do when you feel anxious?
2. What does Paul advise?

1. Talk about this with your family! Being anxious can feel like your heart is pounding, like you're worried, or like you are overwhelmed.

**A.**

2. Paul talks about being true to prayer and letting God know what is going on (petitions). We must have faith in everything and stay true to what God has revealed through the Scriptures!

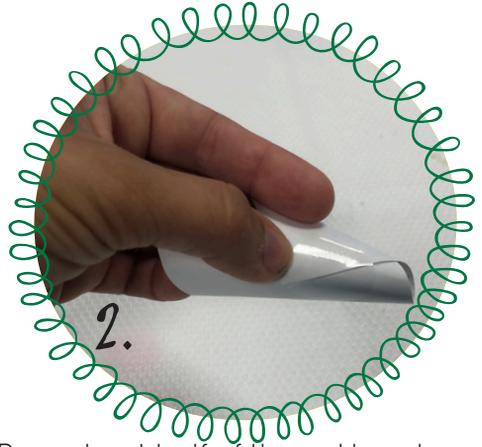
More resources at

**THE MASS BOX**

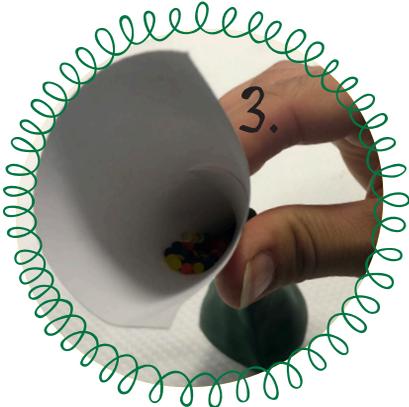
1. We're making grape stress relief balls to remember to "have no anxiety at all." Using the eraser end of a pencil, push one balloon inside another. You have enough balloons to make 2 sets.



2. Use the card stock and a tape sticker to make a small funnel. The opening of the funnel should be a little smaller than a pencil.



3. Pour about half of the gel beads into the doubled balloon, using the funnel. Use the other half of the gel beads for the other doubled balloons. The gel beads will expand with water; the doubled balloons will help guard against popping.



4. Pour water into the balloon sets. Do not try to make the balloon blow up.



5. With an adult's help, tie the doubled balloon. In about two hours, the gel beads will fill with water and feel like grapes! You can squeeze the ball when you feel stressed and remember to pray.

