

## BUCKETHEAD

Liz, Spike, and Lucille let their greatest fears control them. Can Granny show them God's joy for their lives or are they doomed to wear buckets on their heads?

### Let's Get Started

**Episode Theme:** We have a big God who can take on all our worries.

1. [1 Peter 5:7](#) invites you to give all your worries to God. God will take care of your worries because he cares about you! What's something you worry about that you can share with God in prayer?
2. In [Luke 10:38-42](#), Jesus visited his friends, Mary and Martha, in the village of Bethany. Overwhelmed, Martha took control of serving and caring for the disciples and Jesus. Martha was worried and bothered because her sister Mary wasn't helping her. Instead, Mary was sitting at Jesus' feet. As Luke tells us, "Martha was distracted with all her preparations." Irritated and angry, she ordered Jesus, "Lord, do you not care that my sister has left me to do all the serving alone? Then tell her to help me." Jesus responded to her worry by saying, "Martha, Martha, you are worried and bothered about so many things; but only a few things are necessary, really only one, for Mary has chosen the good part, which shall not be taken away from her." Sometimes we worry when we try to control things that we can't change! Jesus said, "only a few things are necessary, really only one." Mary's example shows us it is more important to trust God and focus on him instead of our worries. Think about Mary and Martha as you listen to today's program.

### Memory Verse

<sup>7</sup> God cares for you, so turn all your worries over to him.  
**1 Peter 5:7**

### After You Listen

In this episode, Liz, Lucille, and Spike let their worries and fears control them. But Granny shares some good advice. She quotes [1 Peter 5:7](#), "God cares for you, so turn all your worries over to him" and then tells them to, "Tell God your fears. He'll take care of you. He loves you... Fear can control our lives if we let it. There will always be something to worry about. But we don't need to do that. We have a big God who can take all our worries on."

### Challenge

**Note to Parents:** Creating a safe place to talk about worries and fears can be difficult. Everyone who participates in the below activity must be trustworthy. No one should put down other family members by saying something like, "Don't be ridiculous! There are no monsters in your closet!" or "That's dumb. Just because you saw it on the news doesn't mean that there will be a school shooting at our school." If you have multiple children and are unsure if they can respect each other's fears, you may want to complete this challenge with each child individually.

Sharing worries and fears can be difficult. As a family, do the below activity.

1. Pray the below prayer about God's promises and our fear and worry:

Heavenly God,

Everyone has fears. We worry. Sometimes it stops us from doing good things. We are afraid to fall, afraid to talk, afraid to act. But I need to have faith. You have told us not to be afraid and to give you all our fears and worries. I trust your promises. I know that even though you died on the cross, your power is so great that you rose again. In your promises, I am safe. You are my protector, my shield. You are with me. My Lord and my God. Amen.

2. Have each family member think about a fear or worry that they have experienced. Encourage each child to talk with a parent about their worry later that day. During the talk,

- Both the parent and child should share a fear or worry that they have.
- Talk about how sharing a fear or worry can take away some of the negative power and feelings.
- Rate the fear or worry on a scale of 1 to 10. This will help everyone better understand and talk about the fear/worry.
- Provide support and gentle care for each other. For example, if a family member doesn't like dogs, don't cater to the fear by avoiding all dogs. Instead, all family members can create safe ways to encounter dogs. You can also talk about using deep breathing and positive self-statements like "I am OK" and "Let's do this!" to cope with anxiety.

## Take the Episode Quiz

**Question 1:** What channel was Spike watching when he learned about the fault lines under Terrene?

**Answer:** The Catastrophe Channel.

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**Question 2:** What color is Granny's motorcycle?

**Answer:** Yellow

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**Question 3:** What subject was Lucille studying for when she stayed up late?

**Answer:** Science

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**Question 4:** At the end of the story, what's Spike's new fear?

**Answer:** A fear of steps!

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