



## Isaiah & the Worry Pack

November 9, 2021 | \$18, 32 pages, hardcover | 978-1-5140-0106-6

Discover IVP Kids and share with children ages 4-8 the things that matter to God.

## Let Go and Rest

It's bedtime again, but Isaiah can't sleep. It seems he's got too many things on his mind: things he's worried about. So Mom helps Isaiah imagine what it would be like if each of his worries were a block that he could stash in his backpack. As Isaiah imagines hiking through the woods carrying his worry pack, he discovers the joy and relief of trusting Jesus with everything—especially those worries. A few key details are as follows:

- Worry is an evergreen topic, but it is especially topical as anxiety in kids is on the rise.
- This book incorporates the spiritual practice of guided imagery as a way to help kids recognize the relief and joy that comes from trusting Jesus with all our cares.
- Sharing worries with someone else and being encouraged to give them over to God is an important step in finding freedom from fears, and a note from the author encourages further conversations with children about this timely content. Questions such as, "What worries would you cram in a backpack, and what would you like to talk to Jesus about?" help kids and adults let go and rest.

"Scoot over and let's talk about it," Mom said. "When I can't sleep it's usually because I'm thinking about things—things that bother me, or things that I'm afraid might not work out the way I want. My brain is worrying, worrying. Can you think of anything that's worrying you?"

Isaiah shook his head. "I'm just worried about having *insomnia*," he said. He knew that when you can't sleep it's called "insomnia," and he thought that was a really ugly word.

"Just take a little while and see if anything else comes to mind." Mom's voice was low. "When I'm worried, it helps if I can tell someone."

—Taken from *Isaiah & the Worry Pack*



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Illustrated by Pamela C. Rice, who has enjoyed a well-decorated career in advertising, graphic design, and visual communications. She now enjoys creating children's illustrations—often inspired by her own childhood—that are fun, imaginative, and educational.

## **From the Author of *Picturing God***

**Ruth Goring** is a poet, author, and artist. Ruth has a passion for children's spiritual formation—using age-appropriate images and language to highlight for children the love of God and practices that form our hearts to follow him and trust him more. She is also the author of *Adriana's Angels* and *Picturing God*.

Her previous works have been recognized by *Publishers Weekly*, the *Chicago Tribune*, and *Midwest Book Reviews*. *Picturing God* even inspired a creative project of learning and active meditation for fourth graders.

Ruth grew up in a large, lively missionary family in Colombia. In recent years, she has provided accompaniment and advocacy to Colombian peace communities and human-rights defenders. These experiences, and stories told to her by these Columbian friends, have influenced her writing. She is also a visual artist, working mostly in chalk pastels and mosaic. Ruth recently retired from fourteen years as a senior manuscript editor at the University of Chicago Press and a number of years as an instructor in the Graham School of Continuing Liberal and Professional Studies' editing certificate program to focus on writing and art making.



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