

LESSON SNAPSHOT

BOTTOM LINE:

Trust God with your worries.

OBJECTIVE:

Kids will identify one worry they have and how God can help them with it.

BIBLE STORY:

Matthew 6:25-34, Jesus' teachings about worry.

SUMMARY:

When we get anxious over things we can't control, God wants us to remember how pointless that is. We need to trust him with our worries. That's when we'll see his light through the fog of anxiety.

SIMPLE PRAYER:

Dear God,

Take our worries and give us peace.

*In Jesus' name,
Amen*

GLOW *in the* DARK

GLOW *in the* DARK

SKIT

MONSTER WORRIES

ITEMS NEEDED:

A kid's bed, a monster mask, pajamas, a Bible

CHARACTER BREAKDOWN: 2M, 1F

CHARACTERS:

Lily - A little girl

George - A monster under the bed

Dad - Lily's Dad

The bed is on stage. Lily walks on stage and lies down in bed.

DAD: Lily, are you in bed?

LILY: Yes!

DAD: Goodnight, Lily!

LILY: Night, Dad!

DAD: Turn the lights out!

LILY: *(turns to the audience)* I know what you're thinking. Don't turn out the lights, Lily! There are scary things in the dark! What if there's a monster? Or spiders? Or aliens? I know a lot of kids worry about that stuff, but I don't. I never have.

GEORGE: *(under the bed)* Lily? Is that you??

LILY: But my friend George sure does!

GEORGE: Lily, I'm a little nervous about going to bed. What if something bad happens tonight?

LILY: Like what?

SKIT

GEORGE: Like anything! What if there's a thunderstorm? Maybe a tornado or a hurricane. Or what about an earthquake? Is it safe to be under the bed in an earthquake?

LILY: George is the monster that lives under my bed. No, he doesn't scare me, because he's not scary. He's just a big baby!

GEORGE: I am not a baby! I am just... concerned!

LILY: George, you worry too much. What did I tell you about worrying?

GEORGE: It'll give me wrinkles? Oh no, now I'm gonna have wrinkles!

LILY: No, George! Give your worries to Jesus! Jesus loves you, and he will take care of you. We don't need to worry about every little thing because Jesus is looking out for us!

GEORGE: You're kidding!

LILY: It's in the Bible, George.

GEORGE: Let me see that.

Lily hands George her Bible.

GEORGE: Well, what do you know? Jesus is looking out for me!

LILY: George, stop worrying. Don't worry about thunderstorms or the dark or even wrinkles. Jesus loves you, and he will take care of you.

GEORGE: Thanks, Lily.

LILY: You're welcome, George. Now let's get some sleep.

GEORGE: Okay.

Lily lies down.

GEORGE: You would tell me if there was thunderstorm coming, wouldn't you?

LILY: George!

GEORGE: Sorry, don't worry! I forgot!

OBJECT LESSON OR KIDS SERMON

ITEM NEEDED:

A night-light

How many of you sleep with a night-light in your room? I bet even some of the adults in this room have a night-light, don't you? Night-lights can be helpful for many reasons. They give us some visibility. If we have to get up and go to the bathroom, it's nice to know where we are going so we don't step on toys or sleeping pets. But night-lights can do one thing more. They can ease our worries about the dark. They shed just enough light to let us know there's nothing scary lurking in our rooms. We are safe, and we can rest our heads and get some sleep.

Jesus called himself the light of the world, and I don't think that's a coincidence. Jesus wants us to rely on him to ease all our worries. He wants us to trust that he is looking out for us and that he will always protect us. No matter what happens, Jesus is there. He knows our needs before we ask, and he will always help us when we need him.

Worries don't get smaller as you grow up. They will only get bigger. The sooner we learn to trust Jesus with our worries, the easier it will be to give those big worries to Him. Trust Jesus because he knows our needs, and trust him to always provide for us so we don't have to worry.

LARGE GROUP GAME

GLOW IN THE DARK RING TOSS

ITEMS NEEDED:

An orange cone with glow in the dark tape
Glow sticks that can be formed into rings

INSTRUCTIONS:

Choose two kids for this game. Turn off the lights, and give each kid a chance to toss five rings at the orange cone, marked at the top with glow in the dark tape. Whoever gets the most rings on the cone wins.

VARIATION:

If you have access to black lights, you can use those and fluorescent materials for this game.

WHAT'S THE POINT?

Do not worry over things you cannot see. Trust God with your worries.

LARGE GROUP LESSON

BOTTOM LINE:

Trust God with your worries.

OBJECTIVE:

Kids will identify one worry they have and how God can help them with it.

BIBLE STORY:

Matthew 6:25-34, Jesus' teachings about worry.

INTRO:

How many people here this morning get nervous when the lights go out? It's okay, you can admit it. I'm not talking to you kids; I mean the adults. Ever since we were kids, we've all been a little nervous being places where we can't see. We wonder what's out there in the dark. We worry about stepping on something or bumping into something. Even worse, we worry about something spooky finding us in the dark. Seems silly, I know, but I bet even adults have heard some strange noises in the dark.

Now let me ask you this: are you still worried in the dark if you are playing a fun game with lots of glow in the dark toys? When you have glow in the dark bracelets on, when you have glow in the dark light sabers to play with, when you have glow in the dark clothes that looks super crazy at night, the darkness isn't so scary. Darkness becomes a fun place, filled with laughter. When we can light up the darkness with glow in the dark fun, we can let go of our fears and enjoy ourselves.

This series is all about letting go of those fears and letting Jesus fill our hearts with joy. God doesn't want anyone to live with a spirit of fear. He wants us to laugh and smile and play. He wants us to feel safe, knowing that he is in control and he will take care of us.

In the very first sermon Jesus ever preached, he made it clear that he does not want us to fear or worry about anything. Right from the start, Jesus let us know that he will worry about the big stuff. We need to trust Jesus because he is God's son, and he loves us.

READ MATTHEW 6:25-34

MAIN POINT:

How many of you have ever seen a flower worry?

LARGE GROUP LESSON

Have you ever heard flowers worrying about what color they should be? Or whether the sun will come out tomorrow? Or if any rain will come and water them? It just doesn't happen. God takes care of the flowers, and they don't need to worry. God has it all under control.

Birds don't worry much either. You don't hear birds saying, "Man, I hope I can find some worms today." Or, "Hey, do you think we should head south for winter? It's getting cold already. I don't want to get stuck here in an early snow storm!" It doesn't happen. God takes care of the birds, so they can go on just being birds.

God doesn't want us to worry either. He wants us to focus on Him and live a life that shows other people that Jesus loves them. If we can do that, Jesus promises that God will take care of us. We don't have to worry because we have a God in Heaven looking out for us.

DRIVE IT HOME:

You know in all of creation, you won't find a plant or an animal that worries except for one. The only created thing that even has the ability to worry is us. We are the only things on Earth that know how to worry, and boy do we worry about a lot.

Kids worry about fitting in at school and making friends. They worry about getting good grades and getting grounded if they don't. They worry about making the team and all sorts of things.

Adults worry too. In fact I bet every adult in this room could put you kids to shame with the things we worry about. We worry about money, jobs, cars, making friends, fixing broken things around the house. You know what really worries us? Kids! Our kids make us worry more than anything, especially as they grow up and start making their own choices - like whether or not they will trust God.

Jesus wants us to give him all of these things. Whether your biggest worry is making friends at a new school or how much the rattling sound in the car is going to cost to repair, Jesus says, "Give it to me. Do not worry. Get to know me. Seek me first, and I will take care of the rest."

God doesn't want us to be afraid. He does not want us to worry. He wants us to trust him, like the flowers of the field and the birds in the sky, so that we can focus on serving Him. Don't let worry distract you from what's important. Give your worries to God, and he will take care of the rest.

LARGE GROUP LESSON

CLOSE WITH A SIMPLE PRAYER:

Dear God,

Take our worries and give us peace.

In Jesus' name,

Amen

SMALL GROUP DISCUSSION (K-2ND)

ICEBREAKER:

Do you have anything that can glow in the dark?

SMALL GROUP GAME/ACTIVITY:

Bring in a few objects from home - some that can glow in the dark, some that can't. Ask the kids which objects they think will glow in the dark. Turn out the lights and see who is right!

DISCUSSION QUESTIONS:

Read Matthew 6:25-34

What do flowers worry about?

What do birds worry about?

Why don't flowers and birds worry?

What does Jesus say we should do about our worries?

What is one worry you want to give to Jesus today so that you don't have to worry any more?

SIMPLE PRAYER:

Dear God,

Take away our worries so that we can focus on loving you.

In Jesus' name,

Amen

SMALL GROUP DISCUSSION (3-5TH)

ICEBREAKER:

Do you have anything that can glow in the dark?

SMALL GROUP GAME/ACTIVITY:

Give the kids a few minutes to make up a skit about some flowers or birds that worry too much and act it out.

DISCUSSION QUESTIONS:

Read Matthew 6:25-34

What does Jesus say about the flowers and the birds?

What are some things kids your age worry about?

What should we focus on instead of worry?

What is one worry you want to give to Jesus today?

How can we give these worries to God?

SIMPLE PRAYER:

Dear God,

Take away our worries so that we can focus on loving you.

In Jesus' name,

Amen

GLOW *in the* DARK

MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With Your Kids

THIS WEEK'S LESSON: WORRY-WARTS



IN THE CAR:

Ask your child what they learned about today on the drive home:

When we get anxious over things we can't control, God wants us to remember how pointless that is. We need to trust him with our worries. That's when we'll see his light through the fog of anxiety. Matthew 6:25-34, Jesus' teachings about worry.



HANGING OUT:

Make today's lesson real:

Sit with your kids in their rooms before bedtime. Ask what kinds of things make them worry. Pray with them and ask God to take away your worries - the kids', and yours.



AT DINNER:

Here are some great discussion starters:

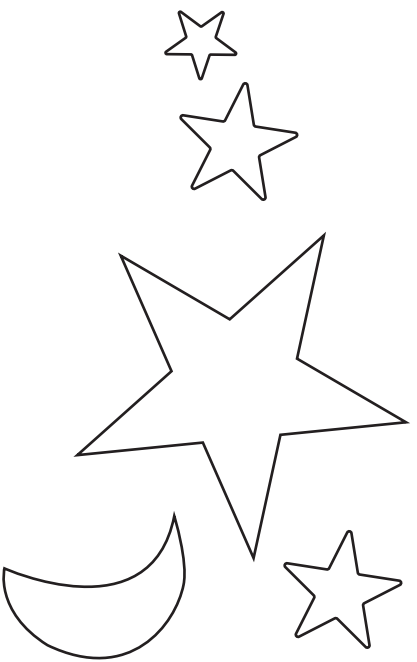
- Why don't flowers and birds worry about anything?
- What does God want us to do instead of worry?
- What are some worries we need to give to Jesus?



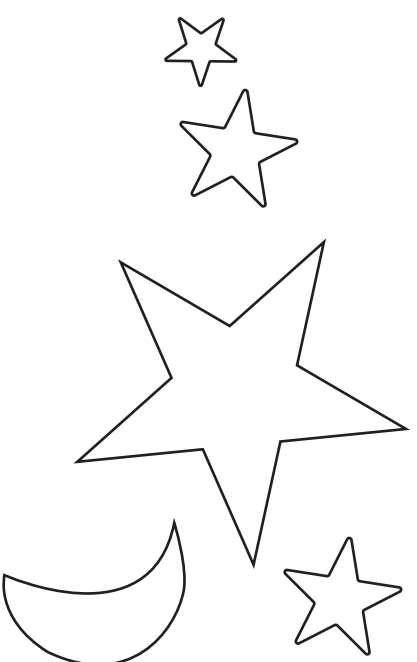
PARENT TIME:

What you need to know:

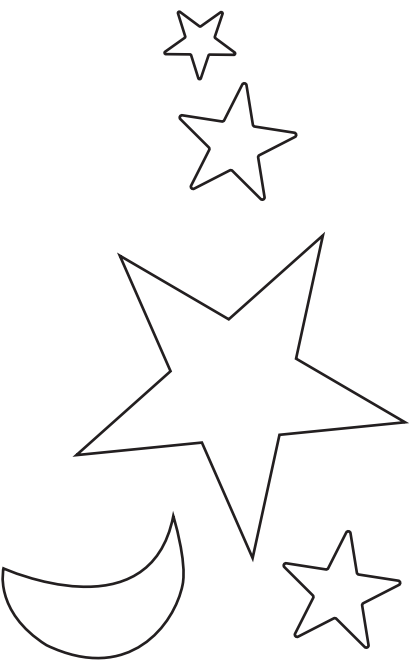
What are you worrying about this week? Is this something you can share with your kids? If so, tell them, and pray with them. Pray for one another and the things that worry you. Ask God for his provision so you do not have to worry.



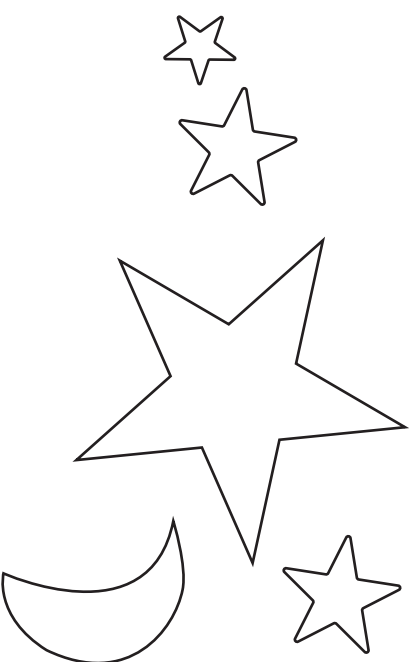
"[Jesus] said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'"
– John 8:12b (NIV)



"[Jesus] said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'"
– John 8:12b (NIV)



"[Jesus] said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'"
– John 8:12b (NIV)



"[Jesus] said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'"
– John 8:12b (NIV)

GLOW *in the* DARK

CRAFT ACTIVITY

Use glow in the dark or neon colored paint pens, gel pens, or markers and black construction paper to let kids draw a picture to remind themselves not to worry.

Alternate Idea:

Give everyone a few glow in the dark stars to take home. Encourage them to stick these in their rooms so that when the lights go out, they will be reminded not to worry.