

Q5

LIFE OF JESUS

# What Jesus Says About Worry

[PursueGODkids.org](http://PursueGODkids.org)

## Lesson Overview

In today's lesson, we're talking about something Jesus tells us NOT to do. Jesus says we shouldn't worry. Worry means we're afraid that we won't be taken care of in life. Worry isn't helpful for a few reasons. First, worry doesn't have the power to change anything. It just makes us feel yucky. Second, worry tricks us into thinking that we know what's best for us and that we can control our lives. Third, worry takes our eyes off of Jesus and puts the focus on ourselves. Do you see why Jesus doesn't want us to worry? He doesn't want us to be afraid. He wants us to trust in him and to be confident that he'll give us everything we need. You know why? Because Jesus loves us and he is in control. So, the next time you're faced with a situation that makes you scared or unsure, remember what Jesus said about worry-don't do it! Instead, pray and ask God to give you what you need to get through it. And, don't be fooled into thinking that you know what's best for you. Trust that God knows what's best for your life because he made you!

### Classroom Agenda

1. (5 min) **Let kids start working on Activity Page #1.**
2. (5 min) **WARM UP: What are some things that you worry about? Has worrying about those things helped you? Explain.** (Tip: Worry is that yucky feeling that makes us feel afraid but Jesus tells us not to worry because he will take care of us!)
3. (5 min) **PREVIEW: Write out the Big Idea, Memory Verse, and Key Question on a whiteboard.** Have the kids copy it down on Activity Page #1 (if applicable).
4. (20 min) **LARGE GROUP: Gather for songs and videos with other kids.** Then return to class to finish this guide.
5. (2 min) **RECAP: Read the Lesson Overview (see above).**
6. (3 min) **KQ: Answer the Key Question.** (Answer: **He wants us to trust him and to live out the plan he has for us.** (God created each and every one of us with unique skills and abilities that will help us to live out the plan he has for our lives. He doesn't want us to be worried about what we have or what we need. He'll take care of all that stuff. He wants our focus to be on how we can love and serve others so they'll want to know Jesus, too))
  - **Bonus Questions:** Why can we trust God with our lives? What is God's plan for us? **4-5th** What are some of your unique skills and abilities and how can you use those to serve and love others?
7. (5 min) **EXPLORE: Read [John 14:27](#). What is peace and how is it different from what the world offers?** (Answer: Peace is the opposite of worry. Peace is the feeling that all is well and that we're safe and secure. Jesus offers us the gift of peace. First, he promises to take care of all of our needs. Second, his peace brings us forgiveness from our sins so that we can be confident that we'll live in heaven with him some day. The world doesn't offer us any of that. The world says that our happiness is found in our stuff but that's not true.)
8. (10 min) **PLAY: Choose a group activity from Activity Page #2.**
9. (5 min) **CLOSE: Share prayer requests and pray as a class.** Encourage kids to use the Family Guide at home with their parents - and remind them to go online to [pursueGODkids.org](http://pursueGODkids.org) to find this week's lesson video.

### Big Idea

*Jesus doesn't want us to worry*

### Key Question

*What does Jesus want us to do instead?*

### Memory Verse

*Matthew 6:33 (ICB) "The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you."*

**Teacher instructions:** Choose an activity for your classroom.

## OPTION 1: DON'T WORRY PRAY CUP CRAFT

### Instructions:

- Give each kid a cup and a Prayer template (page 5). Give the kids strips of paper.
- Have the kids color and decorate the Prayer label and then have them wrap and tape it to their cup. Then have them tape the memory verse and Big Idea to the cup.
- As they work, remind the kids that God doesn't want us to worry about anything. He wants us to trust that he'll give us what we need and we should focus on what he has planned for our lives.
- Give the kids 4 strips of paper and encourage them to go home and use their prayer cup-every time they feel worried, have them write what they're worried about on the strip of paper and then tell them to put it in the prayer cup to remind them to pray about it rather than worry about it.

**Supplies needed:** Large styrofoam Cups (1 per kid) Prayer template (pg. 5, pre cut, 1 set per kid), Crayons, Tape, Strips of paper (4 per kid)

## OPTION 2: BIBLE BINGO GAME

### Instructions:

- Before playing, give each kid a Bingo card (page 6) and some candy or gold fish for their game pieces. Write the books of the Bible on the board nice and big for the kids and have them choose books to write in each square on their board.
- Then, play Bingo by calling out a book and having the kids place a game piece on their board if it matches. First kid to fill in their board wins.

### Books:

JOB, PSALMS, ACTS, JONAH, ROMANS, 1 PETER, GENESIS, EZRA, JOHN, MARK, LUKE, PROVERBS, NUMBERS, MATTHEW, 1 TIMOTHY, HEBREWS

**Supplies needed:** Bingo template (pg. 6, pre cut, 1 per kid) Candy or/Gold Fish for game pieces (9 per kid)

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Worrying is something we all do, but we need to learn how to fight worry and trust in God!

## Key Points:

- It's easy to \_\_\_\_\_ about things we need or want.
- Jesus taught that worrying doesn't \_\_\_\_\_, not even one bit.
- Worrying makes us try to get things without \_\_\_\_\_ help.
- If you focus on what God \_\_\_\_\_, you can stop worrying about what you \_\_\_\_\_.

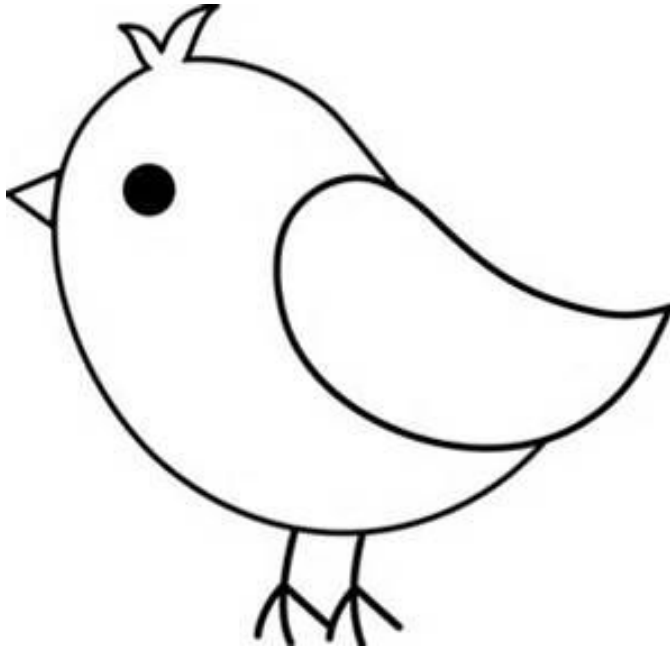
## Memory Verse:

Matthew 6:33 (ICB) The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you.

## Talk About It

1. *What's your favorite part of the video? What's one thing you learned from it?*
2. *What are some things that you worry about? Has worrying about those things helped you? Explain.*
3. *Why doesn't worry help us in life? Have you ever wanted something really bad but later realized it wasn't what God wanted for you? Explain.*
4. *What should we do instead of worrying about what we want? Who provides us with all that we need?*
5. *Read John 14:27. What is peace and how is it different from what the world offers?*
6. *How will you apply this lesson to your life this week?*

**Instructions:** Color the picture and solve the puzzle.



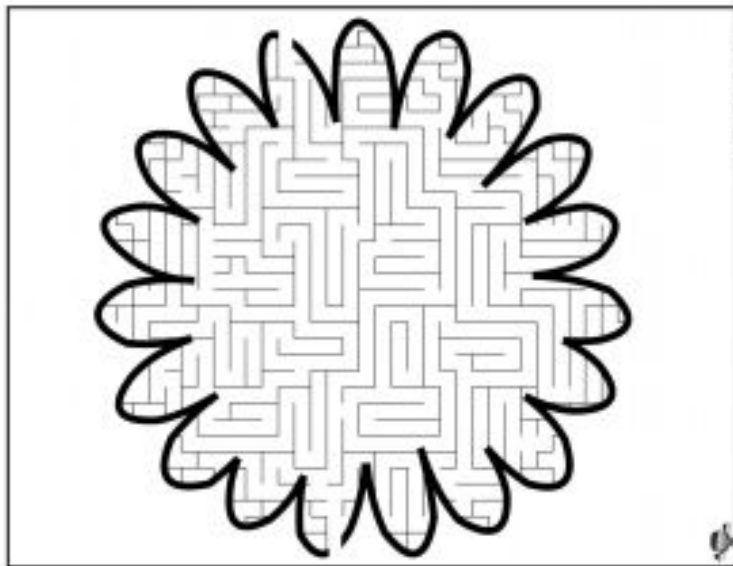
BE LIKE THE BIRDS AND  
DON'T WORRY

### Big Idea

### Key Question

### Memory Verse

Matthew 6:\_\_\_ (ICB) "The thing you should \_\_\_\_\_ most is \_\_\_\_\_ kingdom and \_\_\_\_\_ what God wants. Then all these other \_\_\_\_\_ you \_\_\_\_\_ will be given to you."





## PRAYER CUP

JESUS DOESN'T WANT US  
TO WORRY

Matthew 6:33 (ICB) "The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you."

## PRAYER CUP

JESUS DOESN'T WANT US  
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Matthew 6:33 (ICB) "The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you."



# BINGO

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