

Week 1- Worry Warts

BOTTOM LINE: Trust God with your worries.

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

KEY PASSAGE: 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.

Lesson

INTRO: Many people wonder and worry about the things we cannot 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 scary will end up finding us in the dark. Even adults worry when they hear 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? 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." 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. Kids worry about fitting in at school and making friends. They worry about making the team and all sorts of things. Adults worry too. We worry about money, jobs, cars, making friends, fixing broken things around the house. 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.

3rd- 5th grade DISCUSSION QUESTIONS:

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?

Pre K- 2nd grade DISCUSSION QUESTIONS:

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?

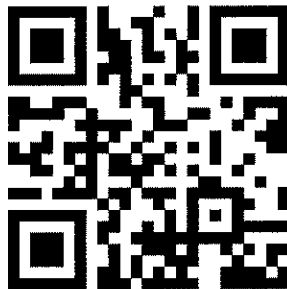
What is one worry you want to give to Jesus today so that you don't have to worry any more?

Prayer Time

As a family take time to pray for things you are worried about. Remind your children that we are going to give our worries to God. Write prayer requests and praises and continue to pray for them through the week.

Activities

1. Scavenger Hunt- have a scavenger hunt in the dark!
 - a. Option 1: Glow sticks- hide glow sticks around the house or a specific room. Set a timer to see if your child(ren) can find them all or use a stopwatch to see how long it takes. For older/ competitive children assign them a specific a specific color, see who can find all of there sticks first.
 - b. Option 2: Flashlight- Use flashlights to find specific items in your house. For younger children take pictures of the items in the light, show them the picture and tell them to find the object. Allow them to lead you and hold the flashlight. Older children will enjoy completing against each other. A possible way to play is to have everyone start at the same place then say an object. First person back get a point.
2. Coloring picture- color the picture with the memory verse. Keep the picture somewhere you will see it to review the verse everyday.
3. Complete a fun glow in the dark project, check out Laura's Pinterest board!



<https://pin.it/5qecAPH>

4. Check out RightNow Media for videos supporting this week's lesson.

Memory Verse

Read the memory verse as a family. Practice saying this as a family, find ways to make it fun. Look for ideas on the next page and the Pinterest board.

For younger children who cannot read- read the verse to them and then have them repeat the verse to you. For the first week have them repeat every one or 2 words, then progressively give them bigger chunks of 3-5 words.

"I AM THE LIGHT OF THE WORLD: HE THAT FOLLOWETH ME SHALL NOT WALK IN DARKNESS, BUT SHALL HAVE THE LIGHT OF LIFE."

- John 8:12

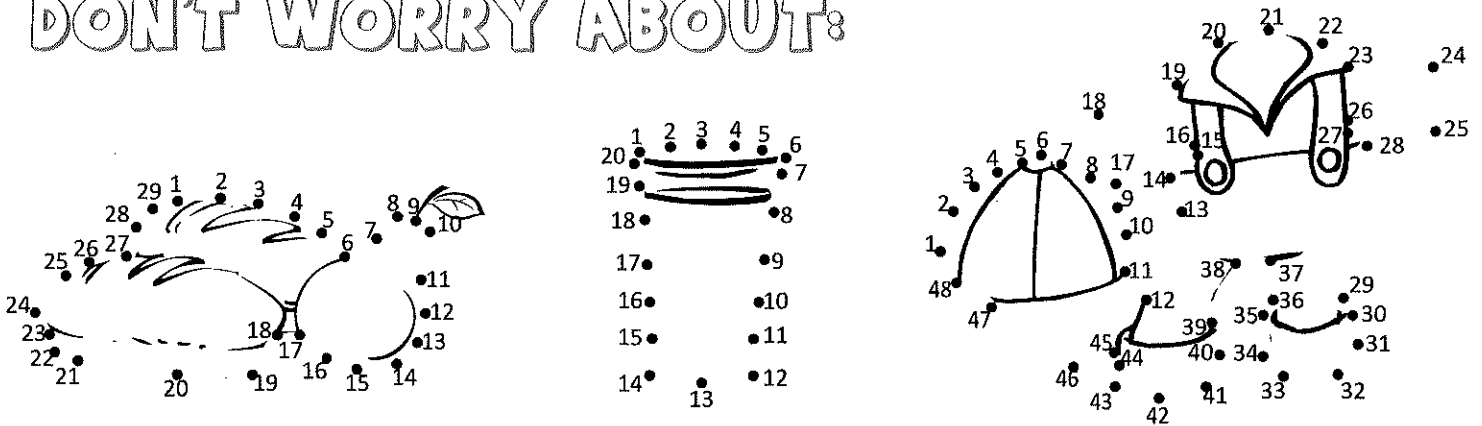


Don't Worry - Dot-to-Dot

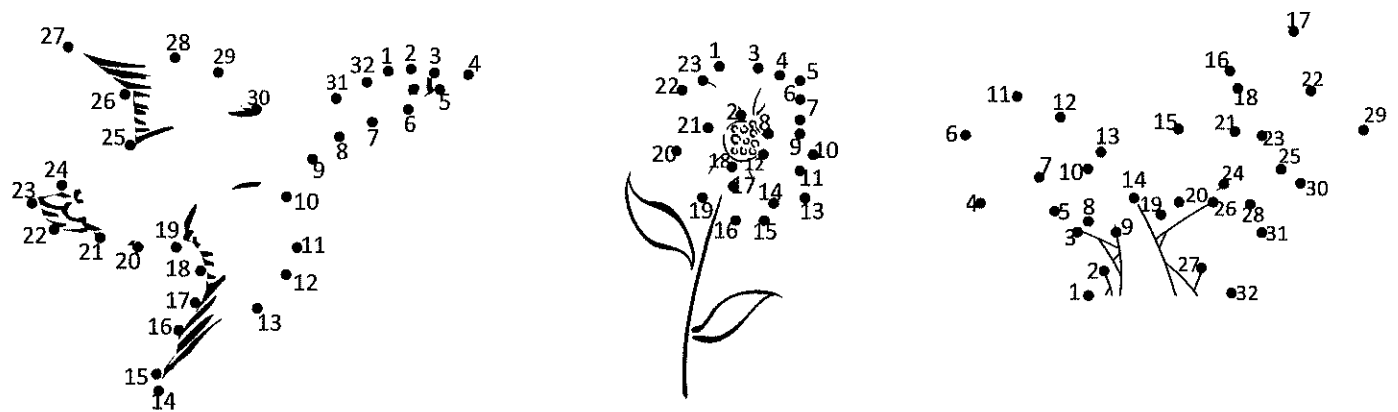
Jesus tells us in Matthew 6:25-34 that we never need to worry. He reminds us how God lovingly takes care of animals and nature and that all we need to do is put God first and all of our needs will be met.

Complete the dot-to-dot pictures to reveal what Jesus was teaching.

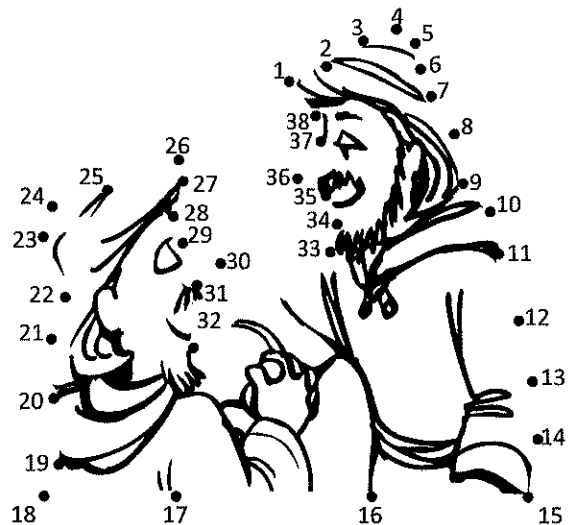
DON'T WORRY ABOUT:



GOD TAKES CARE OF THE:



PUT GOD FIRST
AND HE'LL TAKE
CARE OF
EVERYTHING
ELSE:



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 this week 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 this week'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?



AT BEDTIME:

Quiz your child on this week's memory verse:

"[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)



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.