Lessons for the Leader

List 10 things that cause you to worry. Why did you select these things? Have you ever known someone who did not seem to worry about anything?

- Read Matthew 5:1-2 and 6:25. What do you think the people of Jesus’ time worried about? How worried are you about what you will eat or the clothes you will wear?
- Read Matthew 6:26-32. Have you ever seen a bird look worried or a flower working to get the nourishment it needs? Go outside and watch a bird or another animal. Observe how God provides for the animal. Smell a flower. Examine how God takes care of the flowers. Now stand in front of a mirror. Compare yourself to the birds and flowers. Read aloud verse 27. Did you grow because you were worried about something? Why or why not? How do you feel God’s care for you? How does it make you feel to know God knows what you need?
- Read verses 33-34. What is the condition by which God meets all your needs? Are you honestly seeking His will first? When you seek His will, how many of the things you think you “need” become insignificant? Why? How does seeking God’s will instead of your own change your life? Does it change your focus of worrying? Why or why not?
- Consider what worries the children in your ministry. How do they show they are worried? How can you help the children understand they should not worry, but trust God to meet their needs? Pray for clarity of thought as you teach children to trust God instead of worrying.

Don't Worry About It

Focus Passage: Matthew 5:1-2; 6:25-34
Key Bible Verse: Matthew 6:25
Life Application
I can trust God rather than worry.

Session at a Glance

Introduction to Worship (8 minutes)
Welcome the Children
Chart Children’s Worries

Worship (30 minutes/45 minutes)
Sing "Whoa!"
Sing "You Lead"
Define Worry/Use Worship Guides
Sing "All for You"/Receive Offering/Pray
Learn and Apply the Key Bible Verse
Show "Joey B." Video #3
Tell the Bible Story
Review and Apply the Bible Story
Develop Bible Skills
Pray
Sing "Me Without You"

Application Activities (20 minutes)
Wrap-Up (10 minutes)
Introduction to Worship

1 Welcome the Children

2 Chart Children's Worries

Pull It Together
Small dot stickers (5 per child), scissors, tape, pencil
• Print and cut apart "Worries" (CD). Display around the room.
• Print "Worries Summary" (CD).

• Ask: "Do you ever have something that causes you to worry?"
• Say: "Around the room are 12 statements or things that may cause people to worry. Read each statement. Then decide the top five things that cause you to worry. Place one sticker on each of the five statements."
• Assist as the children place their stickers.
• Enlist volunteers to retrieve the statements.
• Count the number of stickers on each statement. Record the number of stickers on the "Worries Summary" sheet.
• Say: "These are the top things that cause us to worry. Let's see what we should do about worrying."

Worship

3 Sing "Whoa!" (DVD, 3 minutes)

4 Sing "You Lead" (DVD, 3 minutes)

5 Define Worry/Use Worship Guides (4 minutes)

Pull It Together
Worship Guides, pencils

• Ask: "What does it mean to worry? Why do people worry?"
• State: "Worry is 'to think about an event that may or may not happen, but one that makes you feel afraid, sad, or troubled.'"
• Display "Worries Summary" from Introduction to Worship. Summarize the findings.
• Say: "These are the things that cause people in our group to worry."
• Distribute Worship Guides and pencils.
• Guide the children to complete "What's Different?"

6 Sing "All for You" (DVD, 3 minutes)/Receive Offering/Pray

7 Learn and Apply the Key Bible Verse (3 minutes)

Pull It Together
"Worries" from Introduction to Worship

• Invite children to locate Matthew 6:25 in their Bibles. Read aloud the verse.
• Ask: "What is this verse telling us not to do?"
• Call attention to the "Worries," one at a time.
• Say: "Rather than worry, we can trust God. God can take care of each of these problems."
• Invite the children to help you tear the "Worries" strips into small pieces.
• Say: "Let's get rid of the worries in our lives and trust God. Say the verse with me."
• Guide the children to say Matthew 6:25 as a group.

8 Show "Joey B." Video #3 (DVD, 8 minutes)

• Show the video.
• Ask: "Why was Joey worried? Who helped Joey know he should pray to God? How did Joey learn God would take care of him? What can we learn from Joey?"

9 Tell the Bible Story (8 minutes)

Pull It Together
Chenille stems (several per child)

• Review: "We defined worry. We read a Bible verse telling us not to worry. Our video helped us know what to do when we are tempted to worry. Now, let's study our Bibles."
• Direct the children to open their Bibles to Matthew 6.
• Distribute chenille stems.
• Explain: "As you listen to the Bible story, shape your chenille stems into people from the story."
• Say: "The Books of Matthew, Mark, Luke, and John tell us about Jesus' life and ministry. Each of these books also tells us about the disciples. Do you think the disciples had things they were..."
worried about? What would you worry about if you were one of the disciples?"

- Continue: "One day, Jesus and His disciples went up on a mountain where Jesus taught them about worrying. Maybe Jesus had heard some of the men talking about things that worried them or their families. The Bible does not tell us everything that happened between Jesus and His disciples."
- Open your Bible to Matthew 6.
- Tell the Bible story in your own words.

**Jesus Taught About Worry**

*Based on Matthew 5:1-2; 6:25-34*

- Say: "Jesus said, 'Look at the birds in the sky. The birds do not plant seeds for food. They don't gather food in barns. No, your Heavenly Father, God, feeds them.' Then Jesus said to the disciples, 'You are worth more than the birds to God.'"
- Display bird shape.
- Continue: "Then Jesus asked the disciples some questions. He asked, 'Can you make yourself taller or add time to your day by worrying? Why do you worry about your clothes?'"
- Display flower shape.
- Say: "Jesus said, 'The flowers don't work or spin thread.' In relation to the beauty of the flower, Jesus referred to the Old Testament King Solomon. Jesus said, 'Not even Solomon with all the things he had was as beautiful as them.'"
- Look each child in the eye.
- Say: "Then Jesus said the most important part about worrying. Jesus said, 'If God cares for the flowers—which are alive today, but gone tomorrow—this much, won't He care for us even more? Don't worry about what we will eat, what we will drink, or even what we will wear.' God knows you need these things. Seek first God’s will and His righteousness and everything will be provided for you."
- Continue: "Then Jesus summarized what He was teaching by saying, 'Do not worry about tomorrow, because there will be more worries then. Each day has enough trouble of its own.'"
Wrap-Up

(Large Group Only Format)

15 Play "Things God Provides" (6 minutes)

Pull It Together

White board, white board markers and erasers,
scissors, gift bag, stopwatch

• Print and cut apart "Things God Provides" (CD).
Place the cards in the gift bag.

• Say: "God does not want us to worry about
things. He wants us to trust Him to provide for
our needs. Let's play a game to help us know
some of the things God provides for us."

• Guide the children to form two teams.

• Continue: "One person from your team will
select a card from the bag. He will have
20 seconds to draw the item on the board. If
your team can guess the item in 20 seconds,
your team earns 500 points. If your team cannot
guess, the other team will have a chance to
guess. If the team is correct, all the points will
be awarded to that team. Either team can gain
an extra 500 points if you tell me if the item is
something you need or something you want."

• Select a child to draw first.

• Continue as time allows.

• Conclude: "Sometimes we want things that are
not needs. God might not always give us what
we want, but He knows what we need. We can
trust Him to meet our needs."

16 Pray (1 minute)

• Ask God to help the children learn to trust Him
instead of worrying about things.

17 Sing "Lean on Me" (DVD, 3 minutes)

18 Dismiss Children to Their Parents

Wrap-Up

(Application Activities Format)

15 Share Application Activities (4 minutes)

• Invite the children to share their Application
Activity experiences.

→ Arts and Crafts—Bird/Flower Art

→ Dramatic Play—Worry Wart!

→ Games—Knock Out Worry

→ Exploration and Discovery—Bird Business

16 Play "Things God Provides" (3 minutes)

Pull It Together

Scissors, gift bag

• Print and cut apart "Things God Provides" (CD).
Place the cards in the gift bag.

• Say: "God does not want us to worry. He wants
us to trust Him to provide for our needs. Let's
play a game to help us know some of the things
God provides for us."

• Continue: "A volunteer will retrieve a card from
the bag. She will read aloud the item printed on
the card. If it is something we need, everyone
jump up and down two times. If is it something
we would like to have, but do not need, stay
seated."

• Select a volunteer to retrieve and read aloud a
card.

• Continue as time permits.

• Conclude: "Sometimes we want things that are
not needs. God might not always give us what
we want, but He knows what we need. We can
trust Him to meet our needs."

17 Pray (1 minute)

• Ask God to help the children learn to trust Him
instead of worrying about things.

18 Sing "Lean on Me" (DVD, 3 minutes)

19 Dismiss Children to Their Parents
### Application Activities

Select from the following choices. Each choice is designed for 20 minutes of small group time.

#### Worship Through Arts and Crafts

**Bird/Flower Art**
- Ask: "What are some things that cause people to worry? What causes you to worry? Does worrying help you deal with the situation? What did Jesus say about worrying?"
- Review the Bible story.
- Say: "Jesus used two nature items to teach people about worrying. What were the two things Jesus used?"
- Continue: "Let's make birds and flowers from clay to remind us not to worry."
- Distribute clay.
- Guide the children to form the clay into bird or flower shapes.
- Provide craft feathers, googly eyes, chenille stems, and other items to enhance the children's creations.
- Talk about things that could worry birds and flowers.
- Ask: "Do birds and flowers worry about the things they need? Why or why not? What can we learn from the birds and flowers?"
- Suggest the children display their birds and flowers at home as reminders.
- Pray, thanking God that He is in control of all things.

#### Pull It Together

**Bird/Flower Art**
- Various colors of fast-drying, non-cracking clay; craft feathers; googly eyes; chenille stems; other decorative craft supplies

**Teacher Tips**
- Cover the table with newspaper.
- Share some things that worry you and how you trust God to deal with the situations.

**Option**
- Provide paint, paper, craft feathers, and silk plants. Allow the children to paint with the feathers and flowers.

### Worship Through Dramatic Play

**Worry Wart!**
- Ask: "Have you ever heard the expression, 'Worry Wart'? What does it mean?"
- Say: "The term is used to describe a person who worries a lot. What would Jesus say to this person?"
- Review the Bible story.
- Continue: "Let's play a game to see how we can help 'Worry Wart.' We will toss 'Worry Wart' around as we say the 'Worry Wart Poem' (see margin). The person holding 'Worry Wart' at the end of the poem will select a card from the bag. She will state aloud something that is worrying 'Worry Wart' and tell us how to deal with the situation."
- Guide the children to form a circle.
- Begin tossing "Worry Wart" as you lead the children to say the poem.
- Discuss each situation and how the children can trust God to help.
- Play as time permits.
- Invite the children to state other things that may cause them to worry.
- Say: "Worrying can cause us to become sick, have bad dreams, not do well on things at school, as well as cause other problems. God does not want us to worry. God wants us to trust Him."
- Close in prayer, thanking God for the ability to trust Him and know He is in control of everything.
Worship Through Games

Knock Out Worry
- Ask: "What are some things that cause people to worry? What causes you to worry? Does worrying help you deal with a situation? What did Jesus say about worrying?"
- Review the Bible story.
- Say: "Let's play a game. In our game, we will try to knock out the letters that spell the word worry."
- Guide the children to form two teams.
- Say: "I will ask a question. If your team answers correctly, you will roll the cube. The cube will tell you how many feet to stand away from the bottles. Toss the beanbag at the bottles, attempting to knock down as many of them as possible. The first team to knock down all of their bottles wins."
- Select a team to begin.
- Play the game, resetting the bottles as needed.
- Say: "Worrying can cause us to become sick, have bad dreams, not do well on things at school, as well as cause other problems. God does not want us to worry. God wants us to trust Him."
- Close in prayer, thanking God for the ability to trust in Him and know He is in control of everything.

Pull It Together

Knock Out Worry Cube (CD)
Knock Out Worry Questions (CD)
W, O, R, R, Y letters (1 per team)
Bottles, fish gravel or sand, paper, marker, scissors, tape, beanbags (1 per team), tape measure, scrap paper

Worship Through Exploration and Discovery

Bird Business
- Ask: "What animal did Jesus talk about as an example of God's ability to care for people? Why do you think Jesus used a bird? Do you think people saw birds every day? When you see birds, do you remember that God cares for you?"
- Say: "Birds are fascinating animals. Let's discover some things about birds. I'll read aloud a statement. If you believe the statement is true, tweet like a bird. If you believe the statement is false, flap your arms like a bird."
- Read aloud "Bird Facts." Share the correct answers.
- Say: "God takes care of the birds. He gives them what they need to survive. Let's make bird feeders. When we see the birds at the feeders, we can remember to not worry, but trust God to meet our needs."
- Distribute supplies.
- Follow directions on "Bird Feeder" as you guide the children to make their bird feeders.
- Encourage the children to place the bird feeders in trees near windows so they can enjoy watching birds use the feeders.
- Read aloud Matthew 6:31.
- Say: "Worrying can cause us to become sick, have bad dreams, not do well on things at school, or cause other problems. God does not want us to worry. God wants us to trust Him."
- Close in prayer, thanking God for the ability to trust in Him and know He is in control of everything.

Pull It Together

Clean, dry water bottles with lids (1 per child); dowel sticks; scissors or utility knife (adult use only); funnel; yarn; birdseed; ruler; masking tape
- Print "Bird Facts" (CD).
- Print "Bird Feeder" (CD).

Teacher Tip
Guide the children to toss the beanbags carefully.

Pull It Together

Clean, dry water bottles with lids (1 per child); dowel sticks; scissors or utility knife (adult use only); funnel; yarn; birdseed; ruler; masking tape
- Print "Bird Facts" (CD).
- Print "Bird Feeder" (CD).

Teacher Tip
Prepare and post an allergy chart listing birdseed.
Failing a test

Having to read aloud
Being punished for something

Becoming sick
Not being able to watch my favorite TV show

My parents getting a divorce
A family member or friend dying

Forgetting my homework
Missing the bus

Not making a sports team
Not having enough food to eat

Arguing with my brother/sister
<table>
<thead>
<tr>
<th>Statement</th>
<th>Number of Stickers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Failing a test</td>
<td></td>
</tr>
<tr>
<td>Having to read aloud</td>
<td></td>
</tr>
<tr>
<td>Being punished for something</td>
<td></td>
</tr>
<tr>
<td>Becoming sick</td>
<td></td>
</tr>
<tr>
<td>Not being able to watch my favorite TV show</td>
<td></td>
</tr>
<tr>
<td>My parents getting a divorce</td>
<td></td>
</tr>
<tr>
<td>A family member or friend dying</td>
<td></td>
</tr>
<tr>
<td>Forgetting my homework</td>
<td></td>
</tr>
<tr>
<td>Missing the bus</td>
<td></td>
</tr>
<tr>
<td>Not making a sports team</td>
<td></td>
</tr>
<tr>
<td>Not having enough food to eat</td>
<td></td>
</tr>
<tr>
<td>Arguing with my brother/sister</td>
<td></td>
</tr>
</tbody>
</table>
Genesis

Exodus

Leviticus

Numbers
Revelation

Jude
<table>
<thead>
<tr>
<th>Food</th>
<th>Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>Home</td>
</tr>
<tr>
<td>Friends</td>
<td>Water</td>
</tr>
<tr>
<td>Clothing</td>
<td>Sun</td>
</tr>
<tr>
<td>Air</td>
<td>Plants/Trees</td>
</tr>
<tr>
<td>Plants/Trees</td>
<td>Computer</td>
</tr>
<tr>
<td>Bicycle</td>
<td>Television</td>
</tr>
<tr>
<td>Game apps</td>
<td>Money</td>
</tr>
<tr>
<td>Baby doll</td>
<td>Car</td>
</tr>
<tr>
<td>First day of school</td>
<td>Forgetting homework</td>
</tr>
<tr>
<td>---------------------</td>
<td>-----------------------</td>
</tr>
<tr>
<td>Speaking in front of people</td>
<td>Snakes and spiders</td>
</tr>
<tr>
<td>Taking a test</td>
<td>Parents not getting along</td>
</tr>
<tr>
<td>Not having enough to eat</td>
<td>Not having enough money</td>
</tr>
<tr>
<td>Striking out (not being good in sports)</td>
<td>Getting in trouble</td>
</tr>
<tr>
<td>Changing schools</td>
<td>Not getting good grades</td>
</tr>
<tr>
<td>Getting sick</td>
<td>Being bullied by another child</td>
</tr>
<tr>
<td>Being left out of a group</td>
<td>Being separated from family</td>
</tr>
<tr>
<td>Natural disasters</td>
<td>Going to the doctor</td>
</tr>
</tbody>
</table>
Knock Out Worry Cube (It's Not About Me • Session 3)
Worship KidStyle Children’s Edition, Volume 4
© 2014 LifeWay. Printed in USA.

Stand 3 feet away from the bottles.
Stand 4 feet away from the bottles.
Stand 5 feet away from the bottles.
Stand 7 feet away from the bottles.
Stand 9 feet away from the bottles.
Stand 10 feet away from the bottles.

1. Cut along the dotted lines.
2. Fold on the solid lines.
3. Fill with scrap paper.
4. Tape closed.
Define worry.
("to think about an event that may or may not happen, but one that makes you feel afraid, sad, or troubled")

What things do you think the disciples worried about? (Answers will vary.)

Jesus used things in nature to teach the disciples not to worry. What was the first item Jesus used?
(a bird)

What did Jesus say about the birds? (They do not plant seeds for food; God feeds them.)

What question did Jesus ask the disciples? (Can you make yourself taller or add time to your day by worrying?)

To what Old Testament king did Jesus refer when talking about the flowers? (Solomon)

Why should we not worry about things? (God knows what we need and He will provide.)

What did Jesus say we should seek? (God's will)

Name three things that worry people. (Answers will vary.)

What can we do instead of worrying? (Answers will vary.)

Quote Matthew 6:25.
Birds do not sweat. (True)
Approximately 75% of the air a bird breathes is to help it cool down.

A bird’s heart beats about 1,000 times per minute while resting. (False)
A bird’s resting heart rate is about 400 times per minute while resting and 1,000 times while flying.

All birds have wings. (False)
The kiwi of New Zealand does not have wings.

Some birds can reach speeds as fast as 200 miles per hour. (True)
Falcons, swifts, sandpipers, and doves can reach up to 200 mph.

All birds fly. (False)
Ostriches, penguins, and dodo birds are unable to fly.

Ostriches stick their heads in the sand to look for air. (False)
Ostriches stick their heads in the sand to look for water.

Only male turkeys (Toms) gobble; females make a clicking noise. (True)

Hummingbirds will peck to death members of the flock that are physically inferior or different. (False)
Turkeys will peck to death members of the flock that are physically inferior or different.

Unlike humans, canaries can renew their brain cells. (True)

Over 1,000 birds a year die from smashing into windows. (True)

A flamingo’s heart beats 1,260 times per minute. (False)
A hummingbird’s heart beats 1,260 times per minute.

Flamingo eggs are bright pink and are found in a manger. (False)
Flamingos lay their eggs on top of volcano-shaped nests made of mud.

Penguins can’t jump. (False)
Penguins can jump as high as 6 feet in the air.

California condors can fly 10 miles without flapping their wings. (True)

In Miami, Florida, roosting vultures have taken to snatching elephants from zoos. (False)
In Miami, Florida, roosting vultures have taken to snatching poodles from rooftop patios.

Bird droppings are the chief export of Nauru, an island nation in the western Pacific. (True)

The feathers produced by one chicken in its lifetime can supply enough electricity to run a 100-watt bulb for five hours. (False)
The waste produced by one chicken in its lifetime can supply enough electricity to run a 100-watt bulb for five hours.

An eagle can kill a young deer and fly away with it. (True)

The pouch under a pelican’s bill holds up to 1,000 pounds of fish and water. (False)
The pouch under a pelican’s bill holds up to 25 pounds of fish and water.
1. Gather the supplies (clean, dry water bottle with lid; dowel stick; scissors or utility knife [adult use only]; funnel; yarn; birdseed; ruler; masking tape). Wash and completely dry the water bottle. Cut the dowel sticks into 8-inch lengths.

2. Cut a small flap (sides and bottom only) about ¾ of an inch wide and about 2 inches from the bottom of the bottle. Repeat on opposite side.

3. Insert a hole punch into the opening and punch a hole about ½ inch below the flap. Repeat on opposite side. Insert the dowel stick through the holes, extending out both sides.

4. Place tape over the flaps to keep in place.

5. Fill the bottle with birdseed. Replace the lid.

6. Secure yarn around the neck of the bottle to use as a hanger.

7. Encourage the children to hang the bird feeders in their yards. (Remove the tape holding the flaps in place.)