

CHILDRENS
LESSON
GUIDES

JESUS TALKS ABOUT WORRY MATTHEW 6:19-34

God's Power Calms Worries

Bible Background

- Read: Matthew 6:19-34
- In This Passage: In his most famous sermon, the Sermon on the Mount, Jesus teaches not to worry about everyday life. He uses flowers and birds as an example of how God provides clothing and food. We don't need to worry about tomorrow; we just need to seek God.
- Bible Point: God's power calms worries.
- Theme Verse: "A final word: *Be strong in the Lord and in his mighty power.*" Ephesians 6:10

Prepare Your Heart

- You'll Be Discussing: **God's power calms worries.** "Don't worry" is easier said than done, especially in a world full of change and uncertainty. Let this lesson be a source of comfort, not condemnation, as kids see how God can handle their worries and take care of them.
- Think About: What are your top three worries? Why do you think they worry you so much?
- Pray: for your kids to surrender their worries to God and trust him to take care of them.

1. Watch the ECBC KidsChurch Video -- eastcooperbaptist.com/children

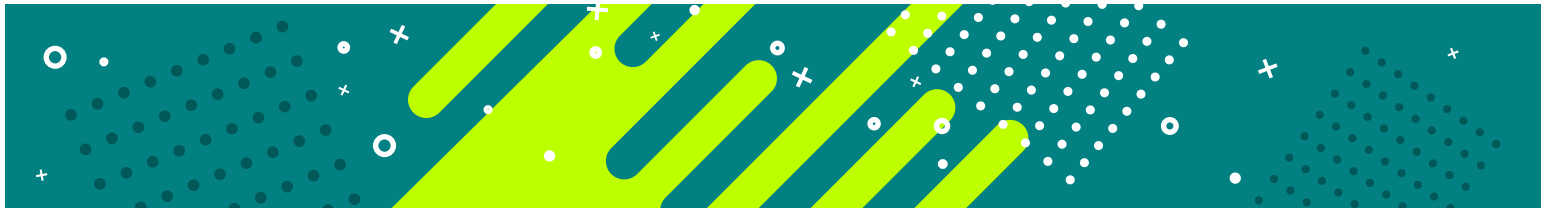
2. Family Discussion Time

Say: One thing that can make us worry is thinking about the future. We might worry about new things like the first day at a new school, tryouts for a sports team, or visiting a new church. We don't know what's going to happen!

Ask:

- Tell about a time you felt nervous or a little scared about trying something new. Share an example from your own life first.

Say: Today we've learned that God's power calms worries.



Ask:

- God provided Copper as a friend who could help calm Amara’s worries and fears. When has God used a friend—whether a person or an animal—to help calm your worries?

Say: It’s great to know that God can use friends—and even animals like Copper—to help us when we’re feeling worried. God’s power calms worries in a lot of different ways!

3. Family Game

Keep It Up . . . Let It Go

Supplies:

- Inflated balloons (1 per child)
- Upbeat music (optional)

Play Keep It Up

Say: Today we’re exploring how God’s power calms worries. Let’s see what it’s like to keep worries afloat . . . and then to feel calm.

- Each child needs an inflated balloon.
- Have kids stand far apart. Kids must keep their feet planted—they can’t move from their spot.
- Kids will try to keep their balloon up in the air by batting it. They’ll only bat their own balloon, not others’.
- When someone’s balloon touches the floor, that child must freeze in place and not move until the round ends.
- When the balloons have all fallen to the floor, have a moment of calm before starting another round.

Talk About It

Ask:

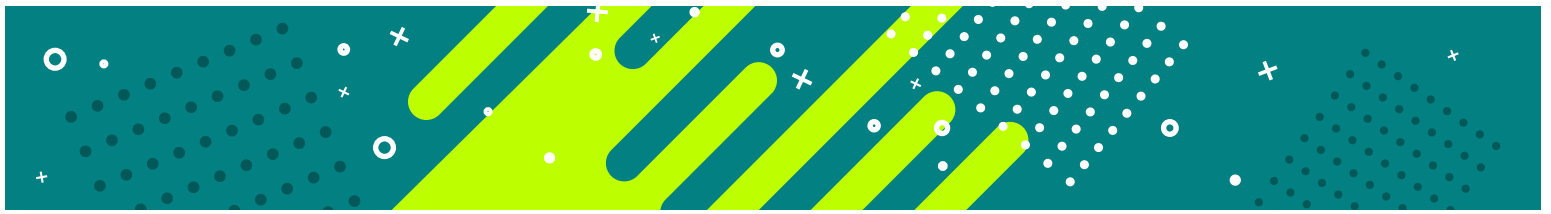
- How long do you think you could play this game before you got too tired of trying to keep the balloon up?
- Have you ever gotten tired of worrying? Talk about that.
- What differences did you notice in our room when everyone was batting their balloons and when all the balloons had fallen?

Say: Playing this game was fun, but eventually it would get tiring. Worrying gets tiring pretty quickly, too. We can spend a lot of time thinking about our worries, keeping them hovering over our heads like the balloons. But when we let go of our worries, we’ll see how God’s power calms worries.

4. Family Prayer

Breathe and Pray





Say: God's power calms our worries. One thing that can help us feel calm is taking deep breaths. So let's take deep breaths as I pray.

- Lead kids in taking in a deep breath. Pray: **God, calm our worries about what we need.** Lead kids in exhaling.
- Lead kids in taking in a deep breath. Pray: **God, calm our worries about our families.** Lead kids in exhaling.
- Lead kids in taking in a deep breath. Pray: **God, calm our worries about our friends.** Lead kids in exhaling.
- Lead kids in taking in a deep breath. Pray: **God, calm our worries about the future.** Lead kids in exhaling.
- You may choose to add in other specific worries kids named and wrote on their cups earlier.

5. Family Devo for the Week (Use this easy follow-up devotional anytime this week to reinforce the lesson.)

How Can I Really Not Worry?

Supplies:

- Bible
- Puzzle pieces (1 per child, from the same large puzzle)
- Puzzle box (for adult use only)
- Paper (1 piece per child)
- Washable markers (several colors per child)

Draw a Puzzle

Say: We're learning that God's power calms worries. Jesus told us not to worry. But how can we really not worry? Let's find out!

Have each child get out their puzzle piece, piece of paper, and markers.

Say: Based on only the piece in your hand, draw what you think the whole puzzle looks like. No peeking at other people's pieces! Allow time.

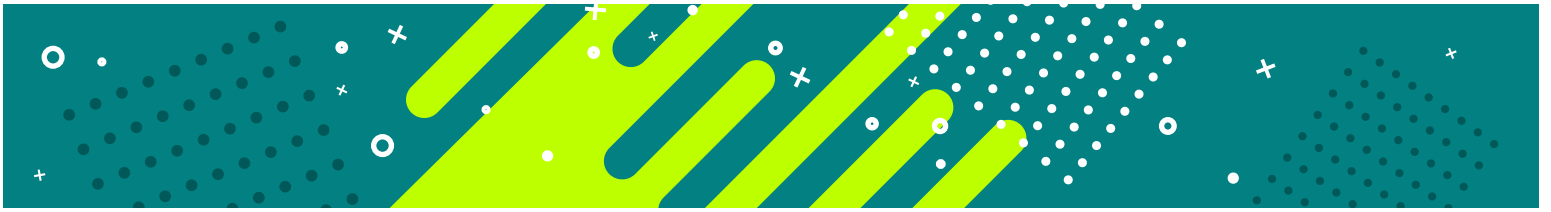
After kids have drawn, have them hold up their drawings to compare them, and share why they think the puzzle looks like that. Then get out the box and show them the picture.

Say: It's impossible to know what an entire puzzle will look like when you see only one piece. Life can be like that, too. Each tough thing we face is like one puzzle piece. When all we can see is that one piece, it can make us feel worried. After all, you might be holding a piece that looks really scary!

Ask:

- What does it show you about God when you think of each part of your life as a puzzle piece?

Say: We can't see the whole puzzle of our lives—but God can! When we truly believe that, it changes the way we see that one piece. It calms us to know that God sees the whole puzzle, so we don't need to worry. Let's see what the Bible says about worrying.



Dig Deeper

Read Luke 12:25-26.

Ask:

- Why is worry pointless?
- If worrying is pointless, why do so many people do it?

Say: We like to be in control and know what's going on. When we're not in control, it's easy to worry. But worrying doesn't accomplish anything, and it doesn't change the fact that God's got us covered!

So what do we do when we feel like worrying? The Bible tells us exactly what to do so that we can see how God's power calms worries.

Read Philippians 4:6-7.

Instead of worrying, these verses say to pray. Then God will bring us peace, which is the opposite of worry. Let's try that now.

Have each child think of one worry and silently talk with God about it as they hold and look at their puzzle piece as if it's their worry.

Say: Now instead of focusing on our worries, let's focus on how God sees the big picture. Have kids look at the puzzle picture on the box as you pray: God, thank you that even when we're worried because we can just see a little piece, you see the big picture. Help us not to worry about a thing but instead to pray and trust you to take care of us. Calm our worries. In Jesus' name, amen.