



## WEEK TWO – JANUARY 2025 – SECOND/THIRD

**Bible Story:** *Do Not Worry* | Matthew 6:25-34

**Bottom Line:** *When you're worried, trust God.*

**Memory Verse:** *"Be strong, all you who put your hope in the LORD. Never give up."* – Psalm 31:24 (NIRV)

**Basic Truth:** *I can trust God no matter what*

**Series Overview:** With every season comes new and different challenges but also the chance to experience incredible joy. Just as seasons come and go, so do our emotions. And how we choose to handle those emotions can shape us and teach us a lot about how God cares for us. No matter what emotion we may be feeling or what we may face, because of Jesus, we can learn to trust that God knows how we feel. Jesus showed us how to face life with resilience, and because of it, we can trust God no matter what.

**Bottom Line: When you're worried, trust God.** Have you ever seen a flower bloom or a bird find food? Just like God cares for nature, and the birds and flowers have what they need in life, God cares for us so much more! When we let worry consume our thoughts, it can cause us to forget to notice the ways God is already working in our situations. We can trust God with anything, whether we know the outcome or not.

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**9:00 - 9:15 | 11:00 – 11:15 | EARLY ARRIVERS ACTIVITY**

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**Opening Small Group Activity**

*Play: an activity that encourages learning through following guidelines and working as a group*

**What You Need:** Index cards; marker; tape

**What You Do:**

- Create an index card for each kid in your group by writing a feeling (listed below) on each card.
- Here is a list of feelings (feel free to make more if you have more kids in your group):
  - joy
  - anger
  - pride
  - worry
  - sadness
  - bored
  - scared
  - surprised, etc.
- Shuffle the cards.
- Ensuring each kid does not see the card, use tape to attach an emotion card to each kid's forehead.
- When you say "Go!", instruct the kids to walk around your group space and find another kid to pair up with.
- When all of the kids have gotten in pairs, instruct the kids to act out the emotion on their partner's head.
- Encourage the partners to attempt to guess the emotion based on the other kid's acting.
- If time allows, shuffle the cards, re-distribute them, and invite kids to find new partners for another round.

**What You Say:**

“Wow! I really loved watching your very impressive acting skills as you were portraying these emotions! Speaking of foreheads, *[Transition]* **let’s go hear about an emotion that can really get my head spinning.**”

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**9:15 - 9:50 | 11:20 – 11:50 | LARGE GROUP**

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**Large Group Overview:** In Week 2, we head to Matthew 6:25-34 for Jesus’ Sermon on the Mount. In it, Jesus reminded everyone not to worry about tomorrow because “Tomorrow will worry about itself.” Every day will have its own set of troubles, but God will provide for us, just like the birds and the flowers.

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**9:50 – 10:10 | 11:50 – 12:10 | SMALL GROUP**

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**Do Not Worry!**

**[Talk About God | Bible Story Review]**

*Connect: an activity that invites kids to share with others and build on their understanding*

**What You Need:** “Do Not Worry” Activity Page, scissors, and glue sticks

**What You Do:**

- Divide kids into teams of two or three.
- Give every team a copy of the “Do Not Worry” Activity Page and a pair of scissors.
- Direct kids to work together with their teams to cut out the eight cards on the “Do Not Worry” Activity Page.
- Instruct the kids to match each of the four pictures with the card containing the corresponding Bible Story commentary.

- Encourage the kids to recap the Bible Story with their team as they sort the cards.
  - Be sure to stand by and help as needed.
- Direct each team to use a glue stick to glue the correct image to the back of the Bible Story commentary.
- Gather your group together and recap the story!

### **What You Say:**

*“Have you ever been worried before? (Invite responses.) Would anyone like to share something you’ve been worried about before? (Invite kids to share if they choose.) Wow! Thank you for sharing.*

*“We’ve all experienced worry before. [Make It Personal] (Share an age-appropriate time when you experienced worry and made the choice to trust God with it.)*

*“Today’s story may not have mentioned the worries you shared, but it still pointed us to what is true: we can trust God with our worries! When you’re scared about what the future will hold or [Bottom Line] when you’re worried, trust God.”*

### **Pray + Dismiss**

#### **[Pray to God | Prayer Activity]**

*Reflect: an activity that creates space for personal understanding and application*

**What You Need:** Index Cards; bucket

### **What You Do:**

- Invite the kids to sit in a circle.
- Give each kid a three index cards + a marker,
- Tell kids to write down the worries they are experiencing, wad them up into little balls, and launch them at (one at a time) the bucket.
- Allow kids time to write down any worries they may have on their pieces of paper and launch them at the bucket

- Instruct the kids to gather the papers and throw them in the trash to display how they have power over their worries and they are throwing them away where their worry can't reach them anymore.
- Close the group time in prayer.

**What You Say:**

*“Dear God, thank You for loving and caring for all of us. Sometimes we have worries that feel really big. Even though we can't control the rainy days, we can control how we respond to them. God, help us to trust You when we're worried. Help us to identify adults we trust to talk to them about it too. We love You, and we pray these things in Jesus' name. Amen.”*

***As adults arrive to pick up, encourage kids to share today's Bottom Line:  
[Bottom Line] When you're worried, trust God.***