

LESSON OVERVIEW

Big Idea: The Bible tells us to do three things when we're worried

Key Question: How does being thankful help us when we're worried?

Memory Verse: *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.* **Philippians 4:6**

Overview: We're starting a new series called, "Don't Phlip Out". It's all about how to handle stress or worry. We all have things in our lives that cause us to worry. Things like: getting good grades, having friends to play with on the weekends, making the team or getting the part in the play. When we're stressed and worried, we get stomach aches or butterflies in our tummies. We might get headaches and we just feel uncomfortable. Worry comes from being afraid. We fear that if we don't make the team or if we fail a test our lives will be ruined. But, that's not true. Did you know that God doesn't want us to worry about things in our lives? He doesn't! In fact, over the next few weeks, we're going to look at what the Bible says we should do when we're stressed. There are some famous verses in the book of Philippians that tells us exactly what to do. Today, we're going to look at three things we should do the next time we're worried or stressed about something. We don't have to be afraid. God wants us to give him our worries and let him take care of the rest!

CLASSROOM AGENDA

- 5 min **PLAY:** Begin working on Activity Page #1.
- 5 min **WARM UP:** Make a list of things adults stress about. Make a list of things kids worry about. How do people typically act when they're stressed?
- 5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)
- 20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.
- 5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.
- 5 min **EXPLORE:** Read [Matthew 11:28-30](#). What does Jesus tell us to do with our worries? What does he give us in return?
- 10 min **PLAY:** Do the group activity from Activity Page #2.
- 5 min **CLOSE:**
 - Who or what will you pray for this week?.
 - Share prayer requests and pray as a class.

TEACHER TIPS

2nd-5th puzzle: God, Pray, Thankful. Message says "Don't worry."

Allow each kid to share. The point: We all have reasons to be stressed or worried and we often react to those worries emotionally and physically. But, the Bible tells us not to spend our time worrying, but praying.

Answer: Remembering what God has already done helps us to trust him for the future.

Being thankful requires that we look back on what has already happened. Taking time to thank God for what he's already done to help us gives us hope and confidence for the future. God has taken care of us and he will continue to take care of us.

Bonus Questions: What are some things you are thankful for that God has done for you? Why is being thankful important?

4-5th: What happens if we aren't thankful to God? How has God answered some of your prayers in the past?

We are supposed to **give him** all our worries and let him take care of the details. As we give Jesus our stress, **he gives us peace and rest.** What a great exchange! Our job is easy, his job is hard. But, that's how he wants it. When we're worried, we need to pray and let God take care of the details. Our job is to trust and obey.

Allow each kid to share. Encourage them to stop worrying and start praying!

ACTIVITY PAGE #2

Classroom Activities **2nd-5th**

Option #1

Memory Verse Scramble

- Divide the class into two teams.
- Give each team the words from the memory verse (**page 5**).
- Give each team tape.
- When you say go, have teams work to get the words in the correct order to say the memory verse and have them tape them to the whiteboard as they go. First team to finish wins.

Supplies needed

- memory verse template (pg 5), pre cut, 2 sets per class
- tape

Bonus Activity:

Play **Bible Hangman**.

Words or phrases: Philippians, don't worry, stress

Option #2

The Worry Box Craft

- Give each kid a paper box template (**page 6**)
- Have kids fold at each dotted line and have them glue the smaller tabs to each side to make a paper box.
- Then have kids glue the saying on one side of the box and the verse on another.
- As they work, remind the kids that instead of worrying, they should pray and ask God for help. They can bring their box home and write down anything they're worried about and place them in the box. Then they can pull those out and pray for those things throughout the week.
- If you have time, give kids some pieces of paper and a pen and have them write down some of the things they need to be praying about and have them place them in their box.

Supplies needed

- paper box template (pg 6), printed on **colored** paper, pre cut, 1 per kid
- glue sticks
- pieces of paper
- pens

Bonus Activity:

Play **Find the book in the Bible**.

Have kids get into pairs. Give each pair a Bible. Have them race to see who can find the books below. First to find has to say if it's in the OT or NT.

Books: Luke, Psalms, Numbers

1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. The Bible tells us to do _____ things when we're worried.
 - a. Don't _____ about it.
 - b. _____ about it.
 - c. _____ God.

2 Talk about it

Answer these questions together as a family.

1. Make a list of things adults stress about.
Make a list of things kids worry about.
How do people typically act when they are stressed?
2. Why don't we need to worry?
3. How has God helped you when you've been worried about something?
4. Make a list of people and situations you want to pray for as a family.
5. Why is being thankful part of overcoming worry?
6. Read [Matthew 11:28-30](#). What does Jesus tell us to do with our worries? What does he give us in return?

3 Live it out

Memorize this week's Bible verse:

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."

Philippians 4:6

Bonus: Read these additional passages as a family this week

- Read [1 Peter 5:7](#). What are we supposed to give to God? Who cares about you?
- Read [Psalm 94:19](#). How does God bring us comfort?
- Read [Luke 12:25-26](#). Why is worry a waste of our time? What should we do instead?

Parent Signature _____



ACTIVITY PAGE #1

2nd-5th Grade

Kids

PUZZLE #1

Solve the mystery message.

DOG

2	1	

RYPA

5	6		

NUALFTKH

4			3				

1	2	3	4				

W							
	2	5	5	6			

BIG IDEA

KEY QUESTION

MEMORY VERSE

Don't _____ about anything; instead, _____ about everything. Tell _____ what you need, and _____ him for all he has done. **Philippians 4:**_____

PUZZLE #2

List your top 5 prayer requests.

1.

2.

3.

4.

5.

DON'T WORRY ABOUT

ANY
THING

INSTEAD

PRAY

ABOUT

EVERY
THING

TELL

GOD

WHAT

YOU

NEED

AND

THANK

HIM

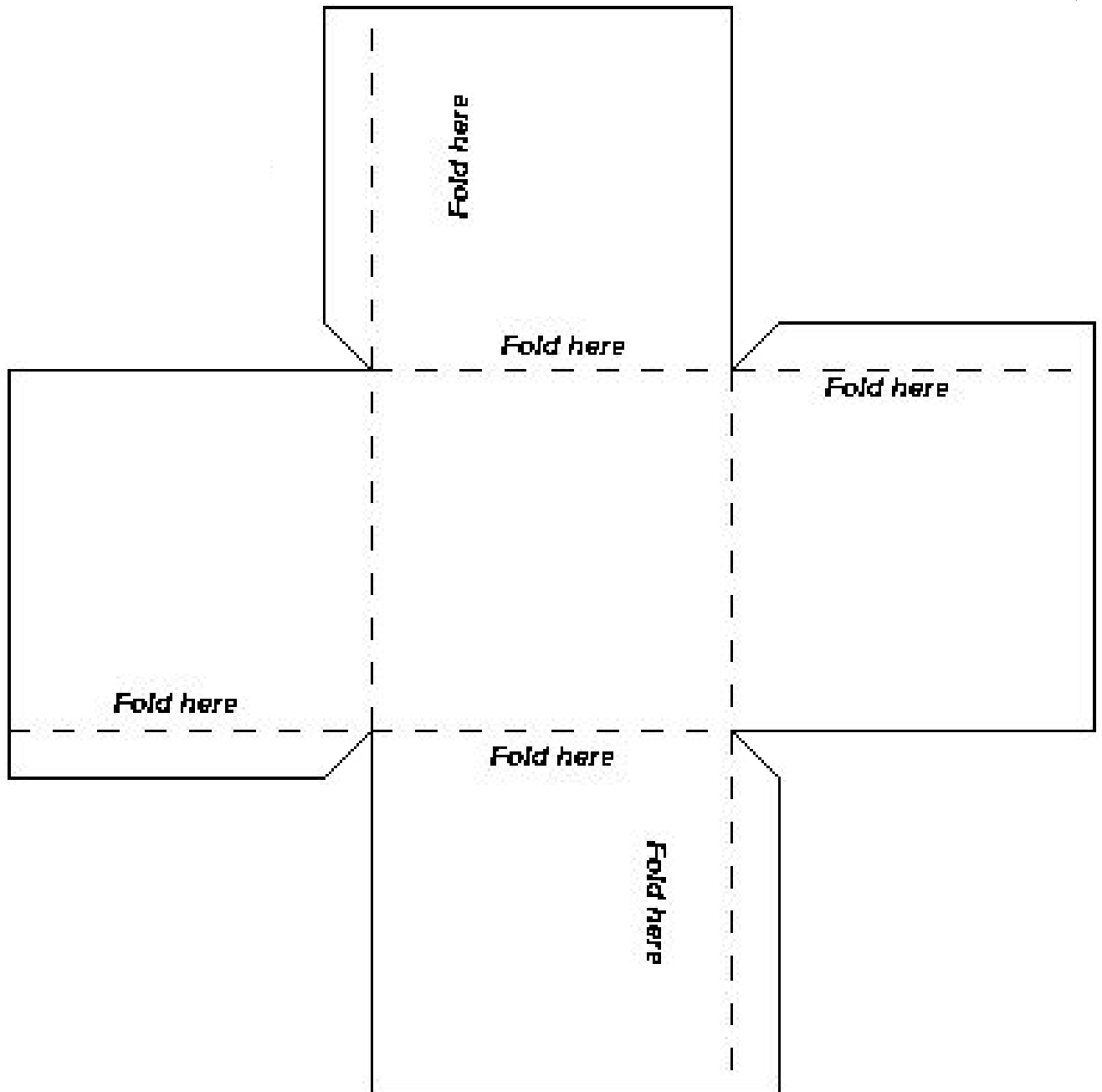
FOR

ALL

HE'S

DONE

PHIL 4:6



When your head starts to worry, and your mind just can't rest, put your prayers down on paper, and let God do the rest

Don't worry about anything, Instead, pray about everything. Tell God what you need and thank him for all he's done
Phil 4:6