



DO NOT WORRY

MATTHEW 6:19-34

GOAL

- ▶ **To teach children not to be anxious about their lives and to pursue the kingdom of God.** It is easy to worry about things like money, food, and clothing, but in this lesson, we learn the reasons why we shouldn't worry and why it's not necessary. First of all, it doesn't accomplish anything. Our anxious thoughts won't put food on the table or a roof over our heads. Our God owns all of creation; He can easily provide everything we need from His limitless supply. Secondly, if our Father in heaven feeds the birds and colorfully clothes the flowers, why wouldn't he feed and clothe us—aren't we more important than a little bird, or a flower? Thirdly, worrying is not a good habit for Kingdom-minded people. Jesus says that if we trust Him and make pursuing His kingdom our life quest, He will take care of everything. This world, with all of its cares, is temporary, but the Kingdom of God is eternal! And besides all this, our Father in heaven is aware of what we need, even before we ask Him for it. Do not worry!

WORDS TO KNOW

- ▶ **Anxiety:** a feeling of worry or concern that something bad could happen.

MEMORY VERSES

- ▶ **Matthew 6:25:** Therefore I tell you, do not be anxious about your life, what you will eat, or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

Matthew 6:33: But seek first the kingdom of God and His righteousness, and all these things will be added to you.



OVERVIEW

▶ **Read Matthew 6:19-34:** “Do not lay up for yourselves treasures on earth,” Jesus taught, “where moth and rust destroy and thieves break in and steal. But store up treasures in heaven!” He urged the people who had come to hear Him teach to see how short-lived the treasures on earth are compared to the vast and infinite riches of His kingdom. He comforted the poor and sick, who were anxious about an uncertain future, telling them not to worry about what they would eat or drink, or what they would wear. If God cares enough about the birds of the air and the flower of the field, to feed them and clothe them, how much more would He take care of those who trust Him? “Don’t be anxious,” He said, “Your heavenly Father knows what need, and He will take good care of you.”

SUGGESTIONS

▶ Have the class come up with things, people, or events that might cause them to worry. Then discuss how thoughts of God’s kingdom, his righteousness, and goodness dispels them all. Items may include:

- 1. What if we run out of money to buy food or clothes?** Remind them how much more valuable they are than a little bird or a short-lived flower, and yet God cares enough for the birds to feed them and to clothe the flowers in beautiful colors (Matt 6:26-30). Remind them how God promises to take care of all of their needs (Phil. 4:19).
- 2. What if I feel abandoned or I don’t belong?** Remind them that the Father loves them so much that He calls them His children. By placing their trust in Jesus, they become a child of God (1 John 4:4). Remind them of God’s solemn promise to never, ever abandon His own (1 Samuel 12:22).
- 3. What if I am overwhelmed by failure?** Remind them to go to Jesus when they are tired and feeling weighed down, and He will give them rest (Matthew 11:28).
- 4. What if someone I love gets sick?** What if I get sick? Remind them that although they might suffer in this lifetime, they should not lose heart. The momentary troubles are achieving an eternal glory that far outweighs them. (2 Corinthians 4:16-19). Remind them to put their hope in God, and He will give them strength to do the impossible (Isaiah 40:31).
- 5. What if I sin?** Remind them that if they confess their sins, God is faithful and just to forgive them and cleanse them of all of it (1 John 1:9).
- 6. What if I am afraid or lack courage?** Remind them that God is with them wherever they go and that even the darkness is light to Him. Tell them to be strong and courageous (Joshua 1:9, Psalm 139:12).



PRE-LESSON ACTIVITY

Ages 5-7 Loves You More Than Flowers | Supplies: 2-inch heart cutouts from various neon colored construction paper, 1-inch green circle cutouts, full pages of black construction paper, and green neon pens

Pass out 4 to 6 hearts, one green circle cutout, and one piece of black construction paper per child. Have the children write on each heart the things that God has provided them. Glue the green circle cutout to the center of the black page. Now glue all the colorful hearts like petals around the green circle. Use the neon green pen to draw the stem.

[Ages 5-7] The Worry Blob

Pick three volunteers to start the “worry blob.” While holding onto each other’s hands or linking arms, the worry blob will chase the others around the room and try to tag them. If a person is touched, they become part of the blob and the blob grows and continues to tag as many new members as possible. The last student standing, wins!

Ages 8-10 The Human Verse | Supplies: lots of paper and tape or safety pins

Write each word of today’s verse on separate pieces of paper. Select volunteers, attach one of the words on each volunteer, and have them scramble around the room. On go, have the rest of the class work with the volunteer “words” to place the verse together, in order. If you have enough players, make teams and have the teams compete. If there aren’t enough students in class to play with the words attached to volunteers, scramble up the words and tape them on the classroom walls.



MEMORY
VERSE
MEANING

▶ **Matthew 6:25:** Life is more than just laboring for the temporary things in this world. Eternity in heaven is far more important, and its treasure lasts forever.

Matthew 6:33: By considering God's kingdom before making decisions and investing significantly in temporary treasures, we will be able to live purposeful lives of eternal importance.

POST-LESSON
ACTIVITY

▶ **Ages 5-7 Little Time for Fleeting Treasure | Supplies:** tarp or blanket.

Lay out a blanket that has enough standing space for an entire team (split group into teams accordingly). On go, have each team try to fit as many in their group as they can onto the tarp or blanket. The teams get one point for every person they fit onto the tarp. Now fold the tarp in half, or reduce it gradually by folding in a smaller section. On go, have the teams attempt to fit as many members on the newly reduced space as they can. Give them one point per person they fit on the blanket. Continue reducing the size of the surface space as long as you like, giving points to the teams for the numbers they are able to fit. Call the game when the surface space is as small as you want it. Count all the points, and the team with the most points wins!

Ages 8-10 Treasure in the News | Supplies: newspapers and some construction paper.

Divide kids into teams of about five. Give each team a stack of newspaper and a piece of construction paper. On go, have each team work together to find, cut, and paste each word of the memory verse in order on their board, including the verse reference. They can use letters, words, or pictures that represent the words. The first team to complete the task wins!

Ages 8-10 Toss the Worry | Supplies: volleyball net or a rope to act as net, a rubber ball, and a blanket.

This game is like volleyball, but it uses a blanket to launch the ball over the net. Split into teams. Everyone on Team 1 holds the edge of the blanket. Place the ball on the blanket and loosen the stretch to hold (and later catch the ball) then tighten the blanket to launch it over the net. Team 2 will receive the ball on the other side of the net by loosening their stretch to catch it, then tighten the stretch to launch it back over to Team 1. Every time the ball hits the ground or doesn't make it over the net or rope, the other team gets a point. The first team to 15 or the appointed score wins!



**TAKE
HOME**



Bring in a bunch of small smooth stones, big enough to write words on, and several permanent markers. Give one stone to each child. Instruct them to write the one thing they worry about the most (help the younger children by writing it down for them). When they are done, collect the stones and place them in a backpack or bag. Now, let each child try on the backpack and describe their experience—it's heavy, burdensome, difficult to carry, energy zapping, impossible to perform other tasks, and so on.

Jesus says, "Learn from me for I am gentle and humble of heart, and you will find rest for your souls, my yoke is easy and my burden is light." Now, take out each stone and read it to the class. Using Scripture (see the Suggestions section above), begin discarding each stone one by one. When the backpack is empty, let each child try it on and describe their new experience—light, easy to carry, easier to accomplish other things, easier to move, and so on.

Give your burdens to Jesus. He cares for you.



QUESTION & ANSWER

SLIDE 1



Q1a: Jesus said the Kingdom of God belongs to whom?

A1: Jesus said the Kingdom of God belongs to anyone willing to become a citizen.

Q1b: How comfortable would you be letting someone lead you across a busy street while blindfolded?

TN: That sounds like a scary situation! But when we think about it, our level of comfort would really depend on who was leading us across the street. If it's someone we know and trust, we might feel a little less scared than if it were a complete stranger. The more we are assured of a person's interest in our well-being, the more we can trust that he or she will lead us across the street safely. Above all others, Jesus is interested in our well-being. He will always lead us to safety through any dangerous situation. We can trust that He will always do what is best for us and that He will always do what He promises.

SLIDE 2



Q2a: Where did Jesus say we should store up our treasures?

A2: Jesus said we should store up our treasures in heaven.

Q2b: Does storing treasures in heaven mean we can have our favorite things with us in heaven?

TN: When we think of treasures, we think of valuable things of this world, such as money, cars, houses, clothing, and other possessions. In reality, the most valuable thing we will ever have is the absolute and unconditional love of Jesus Christ. As people living in this world, this is a difficult concept. Storing up treasures in heaven means focusing on Jesus and living our lives for Him, which means loving and helping others. When we focus on Jesus, we are helping to build His kingdom. There will not be a pile of gold and jewels waiting for us when we get to heaven to repay us for all of this work; we are repaid with an eternity in heaven with our Savior. There is no promise more valuable.



QUESTION & ANSWER

SLIDE 3



Q3a: What did Jesus say would take over your life if your eyes are filled with greed and distrust?

A3: Jesus said that if your eyes are filled with greed and distrust, darkness will take over your life.

Q3b: Can you play a game of soccer for both teams playing?

TN: No! Every goal you score for one team would be a point against you on the other team. This is a complete waste of time and energy. Living a life completely focused on acquiring more money and wealth will lead a person to do things that go against what Jesus would have him or her do. Serving money often leads to greed, which is completely opposed to what God wants us to do: help and love others. This verse does not mean we cannot have money and still love God, as God often blesses us with wealth. It means that our main focus should be serving God first.

SLIDE 4



Q4a: Who did Jesus say feeds the birds?

A4: Jesus said God feeds the birds.

Q4b: Bob sweeps the floor, and Ned mows the lawn. Should Bob worry about whether the lawn is mowed?

TN: No, Bob is supposed to sweep the floor, so he shouldn't worry about whether Ned is doing his job. Jesus tells us that He will care for our every need. We shouldn't worry about whether Jesus is going to do His job! If Jesus has promised to do something, He's going to do it because He is faithful. When we worry, we are taking on things that we weren't meant for us to handle. Let Jesus do His job; He's much better at it than we could ever be.



QUESTION & ANSWER

SLIDE 5



Q5a: What did Jesus say God used to clothe the fields?

A5: Jesus said God clothed the fields with beautiful flowers.

Q5b: What is the prettiest thing you've ever seen in nature?

TN: Let the students answer. Whether they say butterflies, giant redwood trees, or sunsets, God created it. Everything in nature looks the way it does because that is how God imagined it would look and then made it exist. We are exactly the way God wants us. Just like caterpillars don't worry about how they will change into butterflies, redwood trees don't worry about how they are ever going to grow to be so tall, and sunsets don't worry about being on time, we shouldn't worry about how we are going to make it through this life God has created for us.

SLIDE 6



Q6a: Why don't we need to worry about what we will eat, drink, or wear?

A6: We don't need to worry because God knows our every need, and He will take care of us.

Q6b: What are some things that make you worry?

TN: Let students answer. Reassure them that God always wants what is best for them. Philippians 4:6 says "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." This verse tells us that any time we are worried about anything, we should seek God through prayer. He will give us what we need, whether it is food or clothing or help through a tough situation. Knowing that we serve a God who cares about everything in our lives should fill us with gratitude! How well we are loved!



QUESTION & ANSWER

SLIDE 7



Q7a: What did Jesus say we should give our full attention to?

A7: Jesus said we should give our full attention to God's Kingdom.

Q7b: You're hiking a tall mountain with a cliff on one side of the trail. Your friend says, "Don't look down." What do you do?

TN: More often than not, we look down. No matter how much we should follow this advice, we want to see how high we are. The higher we are, the scarier it is. If we hadn't looked down, we wouldn't realize how much potential danger we are in while hiking, and instead, we could just enjoy the hike. Jesus tells us not to worry, but we are going to worry. Even though Jesus is the single most trustworthy person to have ever lived, not worrying and putting our faith and trust in Him is something that we will have to work at every single day for the rest of our lives. The more we are able to trust Jesus, the more we are able to enjoy the world and life He created for us.



**MEMORY
VERSES**

▶ **Matthew 6:25:** Therefore I tell you, do not be anxious about your life, what you will eat, or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?

Matthew 6:33: But seek first the kingdom of God and His righteousness, and all these things will be added to you.

BIG IDEA

▶ **Big Idea:** God knows and provides for our every need.

**CLOSING
PRAYER**

▶ **Closing Prayer:** Dear Father, thank You for solving our biggest problem by sending your son, Jesus, to die on the cross for our sins. Thank You that You will take care of our needs, and You'll never leave us or forsake us. Now you call us to come to you when we're tired or burdened, and You will give us rest. Help us to cast our cares upon you because You care for us. We ask these things in Jesus' name, Amen.



LESSON TRANSCRIPT

SLIDE 1



The crowds listened eagerly as Jesus taught them about the Kingdom of God, a magnificent place filled with riches that would last forever and belonged to anyone willing to become a citizen. While everything Jesus said about the Kingdom of God sounded amazing, His teaching was hard for those in the crowd to believe. The rich were uneasy about letting go of their treasures for a kingdom they couldn't see, and the sick and poor struggled to put their hope in a kingdom that seemed so far away.

SLIDE 2



To those in the crowd who loved money, Jesus warned that nothing in this world would last forever. He said, "Do not store up treasures on earth where things wear out, rust away, and can be stolen. Instead, store up treasures in heaven where nothing can destroy them or take them away." Jesus said, "Where your treasure is, there your heart will be also."

SLIDE 3



Jesus wanted the wealthy to think about where they were looking for hope and security. Were they happy and confident because they had faith that God's power and love could get them through any tough times they might face, or did their happiness and confidence come from knowing they had money to help them through tough times? Jesus warned them, "You cannot serve God and money."



LESSON TRANSCRIPT

SLIDE 4



Jesus then directed his teaching toward the poor, the sick, and the weak. “Do not worry about your life, what you will eat, what you will drink, and what you will wear,” He said. “Look at the birds! They don’t worry about their next meal. God feeds them! Aren’t you more valuable than one of these little birds? Besides, what good does all your worrying do? Do you think that by worrying more you can add a single hour to your life? Of course not!”

SLIDE 5



Jesus continued, “And why are you worried about your clothes and what you will wear? Have you ever stopped to admire the lilies in the field? Each flower grows into a perfect, beautiful blossom without struggle. If God uses such beautiful flowers to clothe the fields, which live only a short time, don’t you think He will take even greater care of you?”

SLIDE 6



Jesus was kind as He corrected the crowd for their unbelief. Jesus told them, “Do not worry about what you will eat, what you will drink or what you will wear. Don’t worry about missing out. Many spend their whole lives doing nothing but worrying about such things, but you don’t have to live like that. Your Father in heaven already knows what you need. Trust Him! Trust that He will take care of you.”



LESSON TRANSCRIPT

SLIDE 7



Jesus called everyone to join His kingdom: the rich and the poor, the powerful and the weak, the healthy and the sick. He told them all, “Don’t worry about tomorrow, God will help you deal with tomorrow when it comes. Instead, give your full attention to God’s Kingdom today. If you do this, God will make sure that you have everything you need.” To further encourage His followers, Jesus said, “Fear not little flock! It is the Father’s desire to give you the Kingdom.”