

# Junior Soldiers

## UNIT 15: LESSON 2



### No Worries

**PURPOSE:** For the children to explore Jesus' command not to worry and to discover that he says this because God cares for us.

“I tell you not to worry about your life...Only people who don't know God are always worrying about such things. Your Father in heaven knows that you need all of these.”  
Matthew 6:25,32 (CEV)

### Consider & Prepare

Read:

Matthew 6:25-34

In this lesson the children will think about the things that worry them and God's promise to care for and provide for them. Sadly, some of our children face very real worries. They may be worried about having enough to eat, their own safety and the well-being of their families. Some children may also experience temporary or ongoing anxiety, feeling generally worried about life.

Take care not to diminish the reality of these concerns or the feelings that come with them. Our aim is to remind the children that God walks with and helps to carry the burden of our cares.

Take some time to consider your own worries. Hand them over to our loving God, thanking him for his care

### **What you will need:**

#### **For 'The Main Thing'**

- Bibles
- Create a set of cards that include words or pictures of NEEDS and WANTS.

For example:

- Chocolate
- House
- Vegetables
- A swimming pool
- Clean air
- iPhone
- Pets
- LEGO
- The latest toys or technology
- Water
- Family
- Fruit juice
- Pot plants
- Bees

#### **For 'Memory Verse'**

Print each word from the Bible verse out on a piece of paper

#### **For 'Prayer Time'**

- Small gift boxes for each child, or download and print a box template on cardboard for the children to assemble
- Optional: equipment to decorate boxes, e.g., paint, pencils, stickers, glitter.
- If using the template: Scissors and tape
- Blank strips of paper and pens or pencils
- A Bible

For 'Home & Beyond'

- Print off the Home & Beyond cards for each child.

## Connecting in

Ask the children to share briefly about a time when they were worried about something.

Activity... How much would you worry?

Ask the children to hold up fingers, to indicate, on a scale of 1-5, how much they would worry about each of the following things. '1' meaning very little and '5' meaning as worried as you can be.

- Giving a speech in front of the whole school
- Visiting the home of your best friend
- Losing a grape
- Losing your shoe
- Starting a new school
- Forgetting to do your homework
- Having enough food to eat
- Having new clothes to wear to a party
- Coming last in a race

Link:

Worry is when we keep thinking about our problems. Sometimes our problems are big ones - and it can be very hard not to worry about them. When we are worried about something we can try to focus on God instead, trusting God to provide for all our needs.

# The Main Thing

Create a set of cards that include words or pictures of NEEDS and WANTS. For example:

- Chocolate
- House
- Vegetables
- A swimming pool
- Clean air
- iPhone
- Pets
- LEGO
- The latest toys or technology
- Water
- Family
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As you hold up each card, ask the children to put their hands on their heads if they think it is a need, and on their knees if they think it is a want. (Alternatively, you could have them run to the left for a need or run to the right for a want).

Discuss the choices they made – especially the ones that not everyone agreed on.

Mix the cards together and place them at one end of the room.

Divide the children into two teams.

Explain that one person from each team must run to the cards and choose one that is a NEED then return to the group. Then the next person must do the same. Keep going until everyone has had a turn or there are no 'NEEDS' left.

We don't NEED everything that we have or everything that we want. But there are some things that we do need to live healthy lives.

Ask the children to look up Matthew 6:25-34. Invite the children to take turns reading verses.

In the passage we read that God cares for the flowers and the birds and that he looks after them, making sure they are beautiful and well fed. Isn't it amazing how much God cares for these things?

Jesus tells us that we are so much more important to God than flowers or birds.

Why do you think we are more important to God than flowers or birds? God cares about us because God has a personal relationship with humans. His love and care for us is so huge that he even sent Jesus to die on the cross, to pay for our sins, so that we could be friends with him!

God knows what we need. He doesn't want our minds to be taken up with worrying about them. Instead, we can seek first God's kingdom. Worrying won't add any time to our life, it will only take away time that we could be enjoying what we do have and serving God and others.

## Tying In

What do you think it might look like to seek God's kingdom?

When we seek God's kingdom, we are making him the priority in our lives! We want to learn more about God, we want to live his way and we want to make tell others about God too!

Think about one thing you could do to focus more on God's the kingdom. Share it with someone else in the group

## Memory Verse

"I tell you not to worry about your life...Only people who don't know God are always worrying about such things. Your Father in heaven knows that you need all of these." Matthew 6:25,32

Print each word from the Bible verse out on a piece of paper and stick them up on the wall. Read the verse together a few times and then take away some words. Ask the children say the verse again. Repeat several times

## Prayer Time

There are times when we have needs or challenges and we feel worried. This is natural – we all have things that worry us at times. But, when this happens, instead of focusing on the worries, we can pray and ask God, who cares for us, to look after our needs.

Provide some small, plain gift boxes for the children. If you have time, allow the children to paint or decorate the boxes. For a budget friendly alternative, download a box template and print it on sheets of cardboard for the children to cut out and assemble.

Ask one of the children to look up and read Philippians 4:6, “Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done.”

Ask the children to write or draw the things they are worried about on slips of paper and put them in their prayer box. Give the children some time to quietly take them out again and pray about them, asking God to look after their needs.

Remind the children that God loves us, cares about what we need and holds our worries for us

## Home & Beyond

Print off the ‘Home & Beyond’ cards attached. The children might like to keep these in their journals or notebook where they could write or stick the challenges, reflect, answer questions or complete activities each week.

# Home & Beyond

God loves us, cares about what we need and holds our worries for us.

If you find yourself worrying about something this week, write it on a piece of paper and add it to your prayer box.

Focus again on God's kingdom.

Ask your family/friends if they would like to add a worry to your prayer box.

  
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