

Sunday School lesson on learning what to do with worry (Matthew 6:25–27, 34; Philippians 4:6–7).

Let's read from the Bible to hear what Jesus said about worry.

Read Matthew 6:25–27, 34 from your Bible. It is also printed here:

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” - Matthew 6:25–27, 34

God cares about even the smallest parts of His creation, such as the birds. He cares even more about you! You don't need to worry because God is good and you can trust Him with your problems.

When you worry, there are 4 steps you can take.

1. **Recognize that you are worried.** Recognize that you are feeling anxious about something. Worry and anxiety are sensations you can feel in your body as well as your mind. When you worry, you might feel lightheaded, have headaches, have stomachaches, or feel a fluttering sensation in your stomach. When you feel this way, it may be because you are worried about something.

- Have you ever experienced any of these?

2. **Name what it is that is worrying you.** Try to identify the specific problem or situation that is bothering you. If possible, tell a trusted friend, family member, or teacher about it. If that is not possible, say it to yourself.

3. **Think positive thoughts.** Worry usually happens when we are thinking negative thoughts. For example, you might worry about if someone you know might get sick with the virus. You may think negative thoughts about “what ifs.” “What if” thinking usually feeds our fears and worries instead of helping us feel better. Instead of thinking those negative thoughts, think positive thoughts.

4. **Give your worry to God.** Pray and ask God to take your worry. When we give our worries to God in prayer, He fills us with peace. Listen to this promise:

Read Philippians 4:6–7 aloud:

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6–7

Often, we worry because we don't remember that God is in control and that He loves us. We don't remember that we can trust Him with our problems. The more we entrust every part of our lives to God, the less we worry.

Ask: Next time you are worried about something, what 4 steps can you take?

Allow children to share what they remember about the 4 steps. Remind them of the steps as needed:

1. Recognize that you are worried. 2. Name the thing that is worrying you. 3. Think positive thoughts. 4. Give your worry to God.

Review Questions: Use the following questions to review the main ideas of the stories.

1. What does worry mean? *Worrying is when we are always thinking about what we need and not trusting God to take care of us.*
2. What can we learn from looking at the birds of the sky? *We can learn that God takes care of them and feeds them. They do not worry about what they are going to eat.*
3. How does God take care of the flowers of the field? *He makes sure that they have enough rain and sun each spring so that they can grow.*
4. Can we add time to our lives by worrying? *No*
5. What can we do instead of worrying? *We can trust that God will provide for all of our needs.*
6. What should we always be seeking? *We should seek the kingdom of God.*
7. When we seek God's kingdom what are we really doing? *We are learning more about God and trying to do what He wants us to do.*
8. Can we trust God to take care of all of our needs? *Yes.*

Close by praying a blessing over the children based on Proverbs 3:5:

Blessing: Trust in the Lord with all your heart and do not lean on your own understanding. Give Him all your problems and worries. May He fill you with His peace!