



**BIG IDEA**

We don't need to worry. God's got it.

LUKE | THE BASICS | WEEK 3 OF 4

# Don't Worry

**GOD STORY**

Do Not Worry

*Luke 12:22-32*

**KEY VERSE**

"Father, may your name be honoured. May your kingdom come. Give us each our daily bread. Forgive our sins, as we also forgive everyone who sins against us. Keep us from falling into sin when we are tempted.

*Luke 11:2b-4 (NIRV)*

**LEADER TIP**

Prepare for the activities before the kids arrive, so you can lead with confidence and enthusiasm! Remember to pray for your group, too.

## My Story

**1 | CONVERSATION STARTER** (2 Minutes)

Lead into today's lesson by talking about worry and how it makes the kids feel.

**2 | INTRO ACTIVITY** (5 Minutes)

Play a guessing game to show examples of situations that could cause people to worry. Introduce the Big Idea.

## God Story | Life Story

**3 | WEEKLY VIDEO** (12 Minutes)

Watch the video, which includes host, God Story, Key Verse and Life Story segments. Recap and discuss the teaching together.

## My Story

**4 | SMALL GROUP ACTIVITY** (12 Minutes\*)

Work together as a group to complete the activity page that emphasizes the Big Idea.

**5 | WRAP-UP ACTIVITY** (8 Minutes)

Pray and use a balloon as a symbol of letting go of worries and handing them over to God.

## Our Story

**6 | DISMISSAL**

Connect with parents and give them take-home materials.

\* Extend as needed and adjust for other activities



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## My Story

### 1 | Conversation Starter

**SUPPLIES**

- None

**LEADER TIPS**

- Anxiety can be a clinical problem. Although everyone worries, it's a greater issue for some kids. Be sensitive as you discuss worry.
- Depending on your group, you could talk about the difference between feeling cautious and being overwhelmed by worries.

**INSTRUCTIONS**

- a. Gather the kids together as they arrive.
- b. Ask:
  - What do you think other people worry about? For example, what might your parents worry about? What do you think your teacher worries about?
  - Why do you think people worry?
- c. Depending on the size of your group, have the kids share their answers with the people sitting closest to them or with everyone.

### 2 | Intro Activity

**SUPPLIES**

- Worry cards
- Masking tape

**BEFORE THE ACTIVITY**

Stick loops of masking tape on the backs of the cards. Leave them face down so no one reads the cards ahead of time.

**LEADER TIP**

Help the kids understand that we can always trust God with the unknowns in our lives. However, it's not wrong to be concerned about some things (e.g., the weather when we have outdoor plans).

**INSTRUCTIONS**

- a. Gather everyone to sit in a circle.
- b. Choose one person to start.
- c. Give them a facedown card with the tape facing up. Direct them to stick the card to their forehead without looking at what's printed on the card.
- d. Guide everyone else to help that person guess what the "worry" on the card is. The kids cannot say any of the words on the card or "It rhymes with..."
- e. Once everyone has had a turn, introduce today's Big Idea: We don't need to worry. God's got it.
- f. Explain that it's not as easy as it sounds—but it will change our lives in big ways!



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## God Story | Life Story

## My Story

### 3 | Weekly Video

**SUPPLIES**

- Video file

**INSTRUCTIONS**

- Play the video. It includes:
  - Host segment
  - God Story (Do Not Worry | Luke 12:22–32)
  - Key Verses segment
  - Life Story (Anna Lakatos let go of her worry after an accident that could have left her blind.)
- Discuss:
  - What was the Life Story about in today's video?
  - What was the God Story about?
  - How do you think these two stories and today's Big Idea (We don't need to worry. God's got it.) connect?

### 4 | Small Group Activity

**SUPPLIES**

- Worry activity pages
- Pens
- Bibles

**INSTRUCTIONS**

- Discuss:
  - What did Jesus tell his disciples not to worry about?
  - Do you ever worry about what to eat or what to wear?
  - What do you do when you feel worried?
  - What helps you not to worry? (e.g., praying)
- Explain that it's helpful to remember what the Bible says about worry. When we allow these ideas to sink in, they help us have something to think of or say to ourselves when we start to feel worried.
- Divide the kids into groups of two or three people.
- Give each person an activity page and a pen.
- Make sure each group has at least one Bible.
- Guide the group members to work together to fill in the blanks on one side of the page.
- When they finish, direct them to look at the other side of the page.
- Read the questions and encourage the kids to draw or write their answers.



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## Our Story

### 5 | Wrap-Up Activity

**SUPPLIES**

- Balloon
- Sharpie marker

**LEADER TIP**

Check if any of the kids are sensitive to noise. Encourage them to plug their ears or step out of your group's space when you pop the balloon.

**INSTRUCTIONS**

- Remain in your small groups.
- Blow up a balloon.
- Ask the kids to think of one thing they worry about regularly, which they'd like God's help with.
- As they share their answers, write them on the balloon.
- When everyone has had a turn, share your own age-appropriate worry and write it on the balloon.
- Pray together. Ask for God's help with all the worries the kids shared. Mention each group member by name.
- Explain that you're going to pop the balloon as a symbol of letting go of all those worries and handing them over to God.
- Lead the kids in counting down: "3, 2, 1, pop!"

### 6 | Dismissal

**SUPPLIES**

- Crafts
- Take-home cards
- Key Verse cards
- Key Verse colouring pages

**LEADER TIP**

Organize the take-home materials so they're easy to access. It may be helpful to sort them before the lesson, then set out any crafts later. Consider having one leader focus on handing out everything.

**INSTRUCTIONS**

- Greet parents as they arrive to pick up their kids. Take a moment to share a highlight or two from your time together today.
- Give everyone a weekly take-home card as well as the monthly Key Verse card and colouring page.
- Remind the kids to take their crafts.
- Make sure their security numbers match before they leave your group's space.