



## Sneak-a-Peek

### Jesus Says Don't You Worry

**BIG IDEA:** The Bible helps me make good choices.

**BIBLE BASIS:** Matthew 6:25-34

**KEY VERSE:** "Your word is like a lamp that shows me the way."  
Psalm 119:105

## ★ PLAY TIME ACTIVITY

### **NO WORRIES** (Application Activity)

**Supplies:** Worry Face picture (1 per child), markers or crayons, bucket

**Directions:** Give one Worry Face picture to each child and tell them to color it. While they're coloring, ask the children what they worry about. In other words, ask them what sort of bad things they're afraid might happen. Allow each child to share.

**Say:** This picture shows what we look like when we worry. But Jesus said, "Do not worry!" We should give our worries to God, because He cares for us. We're going to play a game right now that will help us remember to do that.

**Directions:** Tell the children to crumple their picture into a ball. Next, have the children stand in a large circle. Place a bin in the middle of the circle. Tell the children to imagine the bin is God. Together, count to three and shout, "Do not worry!", then try to throw your worries into the bin. You can repeat multiple times, throwing the paper in different ways such as backwards, between the legs, twirling around, or with eyes closed.

**Question:** We can give our worries to God by praying. What could you say to God when you feel worried?

## ★ LARGE GROUP LESSON



## ★ SMALL GROUP ACTIVITIES

### **B-I-B-L-E SCRAMBLE** (Application Activity)

**Supplies:** Letter cards (1 set per group)

**Directions:** Spread the letter cards face up and randomly in the middle of the group. Each card will have a single letter on it. When you call out a letter, the children must race to find that card and place their hand on it. One at a time, call out the letters B-I-B-L-E. As they are found, set the cards aside so they spell "Bible." After finding the last letter, have the children shout together, "B-I-B-L-E! That's the book for me!" Play additional rounds using feet and elbows.

**Say:** During our game, we found the letters B-I-B-L-E. Do you know what that spells? (*Children answer.*) It spells Bible. That's the book for me! The Bible is filled with God's words. And when we listen to and obey what it says, **the Bible helps us make good choices.**

**Question:** What kind of good choices do you think the Bible helps you make? (Possible answers: Being nice, sharing, saying kind words, helping, loving God, obeying, etc.)

### **WADDLE WALK** (Bible Memorization Activity)

**Supplies:** Hula hoop (1 per group), inflated balloon (1 per group)

#### **Today's Bible verse:**

"Your word (*extend hands like you're holding a book*) is like a lamp (*point up like a candlestick*) that shows me the way (*with palms facing each other, make a squiggly path motion*)." Psalm 119:105 (*extend hands like you're holding a book*).

**Directions:** Practice the verse together until the children can remember it. When ready, place a hula hoop on the floor. Choose a child to place the inflated balloon between their knees and walk around the hula hoop while saying the Bible verse. They must say the entire verse without dropping the balloon or touching it with their hands. Continue until every child has had a turn. Play additional rounds by challenging the children to walk backwards, hop on two feet, or skip.

### **THROW BACK** (Bible Story Review Activity)

**Supplies:** Stuffed animal (1 per group)

**Directions:** Have the children stand in a cluster while you stand about 6 feet away with your back to the group. Toss the stuffed animal over your shoulder toward the group of children. Ask the child who catches it, "What happened first in today's Bible story?" Only allow them to tell a small part of the story. Allow the other children to help answer if needed. Next, have the child who caught the stuffed animal toss it over their shoulder so another child can catch it. Ask the next child to catch the animal, "What happened next in the story?" Repeat this until the whole story has been told.



## **COLORING SHEET AND SNACK TIME** (GO! Deeper Activity)

**Directions:** Give each child a Bible story coloring sheet and some crayons or markers. While the children are coloring, give them a snack to eat and ask the following questions to help them go deeper into the story:

**Question:** God loves the birds and the flowers, but He loves you even more! How does that make you feel? Why?

**Question:** How do you think God takes care of you? What does God give you?

**Say:** The Bible tells us that we should give our worries to God, because He cares for us. One of the ways we can do that is by praying to God and telling Him about the things that worry us. In fact, let's do that right now.

**Prayer:** Begin by asking if any of the children would like to pray. Allow any children who want to pray the opportunity to do so. When they're finished, close the prayer by asking God to help the children give their worries to Him and by thanking God for taking care of the children.