

Week 1 - God Takes Care of Me

Lesson Overview:

Bible Story: Do Not Worry (Matthew 6:25-34)

Today's Point: God takes care of us, so we don't have to worry.

Memory Verse: Proverbs 4:26 (NLT) Mark out a straight path for your feet; stay on the safe path.

Summary: We'll have so much fun exploring God's amazing care for us through nature discoveries, playful activities, and learning how He watches over everything, big and small! The little ones will love pretending to be birds and creating nature scenes.

Video Bible Story:

Do Not Worry: <https://youtu.be/PG1LjFO99dA?si=IPcwfUeBTLVSMk2z>

January Songs:

📺 Give All Your Worries to God (1 Peter 5:7) | HLA Athens VB...

📺 Won't Worry 'Bout A Thing | Shipwrecked VBS | Group Publi...

Arrival and Guided Play (5-10 minutes)

Here are suggestions for arrival activities that introduce the main idea: God takes care of us, so we don't have to worry.

Suggested Toys & Talking Points:

- **Stuffed Animals** - Let's take care of these animals, like God takes care of us. Can you make them cozy and safe?
- **Toy Food Sets** - Can you prepare some food? God gives us food to eat because He loves us.
- **Baby Dolls** - Let's rock the baby to sleep. God watches over us like we care for babies.
- **Building Blocks** - Let's build a strong house. God keeps us safe and takes care of our needs.
- **Play Garden Tools/Flowers** - Let's grow some flowers! God makes everything grow and provides for all living things.

Schedule:

Warm Up Question (3 min.):

What adventure do you want to have this year?

Review Classroom Rules (3 min.)

Review giving and collect offerings (2 min.)

Review point and Key verse: (5 min.)

Today's Point: God takes care of me, so I don't need to worry. He's always in control.

Memory Verse: Proverbs 4:26 (NLT) Mark out a straight path for your feet; stay on the safe path.

Transition to Group Games: Let's hop like happy little birds to our circle for a fun game!

Group Game (5 minutes) Lily Pad Hop

SUPPLIES NEEDED: Large sheets of green paper or foam cut into “lily pad” shapes (1 per child, plus extras for decoration).

SETUP: Scatter the lily pads on the floor in a path around the room. Make sure they are spaced out for hopping.

Say: Let’s hop like frogs on these lily pads! God takes care of all the flowers and plants we see everyday, like these lily pads. Did you know the Bible says God cares for us even more than He cares for flowers? That’s amazing! (Teacher points to the lily pads.)

Everyone, stand on a lily pad. When I say, “Hop,” jump to the next one! When you land, say, “God loves me!” Let’s practice together. Ready? Hop! (Repeat as the children hop from lily pad to lily pad. Add encouragement: Great job! Can you say, “God takes care of us,” while hopping?)

Transition to Song Time - Let’s tiptoe like quiet frogs to our singing area and get ready to sing about God’s love!

Song Time (6 minutes)

Transition to Bible Story Time - Let’s use our quiet voices and tiptoe to the story area so we can hear a special Bible story about how much God loves us!

Bible Story (10 minutes) Do Not Worry (Matthew 6:25-34)

Show Lesson Video

Today’s Point: God takes care of us, so we don’t have to worry.

Say: Friends, it’s time to hear a very special story from the Bible! Today, we’re going to learn about how much God loves us and takes care of us. Are you ready? Let’s sit crisscross applesauce and put on our listening ears! (Cup hands around ears dramatically.)

Jesus was talking to His friends one day, and He told them something very important. He said, “Do not worry!” Can we all say that together? “Do not worry!” (Encourage children to repeat.) Jesus told them that God takes care of everything we need, so we don’t have to worry.

- (Teacher holds up the bird picture.) Jesus said, “Look at the birds!” Can you flap your arms like a bird? (Pause for flapping.) Birds don’t plant gardens or go grocery shopping, but they always have enough to eat. Who do you think feeds them? That’s right—God does! God takes care of the birds, and He takes care of us too!
- (Teacher holds up the flower picture.) Then Jesus said, “Look at the flowers!” Can you pretend to be a flower and stretch your arms up like you’re growing? (Pause for actions.) Flowers don’t sew clothes or buy fancy outfits, but they are still beautiful because God makes them that way. If God takes care of flowers, He will take care of us even more!
- (Teacher picks up the pretend food basket.) God knows we need food to eat and clothes to wear. Jesus said, “Don’t worry about those things, because God already knows what you need.” Isn’t that wonderful? God takes care of us every single day. Let’s all say, “God takes care of me!” (Encourage children to repeat enthusiastically.)

Now let’s think about this: If God takes care of the birds and flowers, do you think He will take care of you? (Pause for responses.) Yes, He will, because He loves you so much!

Transition to Craft Time - Let’s stretch our wings like birds and fly to the table for a fun craft!

Craft (10 minutes) Flower Picture

SAFETY NOTE: Always supervise use of scissors and small items. Pre-cut materials for younger children if needed.

SUPPLIES NEEDED:

- Paper cupcake liners (colorful ones work best)
- Construction paper (1 sheet per child) Glue sticks
- Markers or crayons

Say: Today, we're going to make flowers to remind us how God takes care of all the plants and flowers in the world—and how much more He cares for us!



(Hand out supplies.) First, take one cupcake liner and press it flat. This will be the petals of your flower. Now, glue it onto your paper. Great job!

Next, use your markers or crayons to draw a stem under your flower. You can even add leaves if you want. Can you make your flower look like it's growing tall and strong?

Look at all these beautiful flowers! Just like God cares for these flowers, He cares for you even more. Let's say it together: "God takes care of me!"

God Takes Care of Me

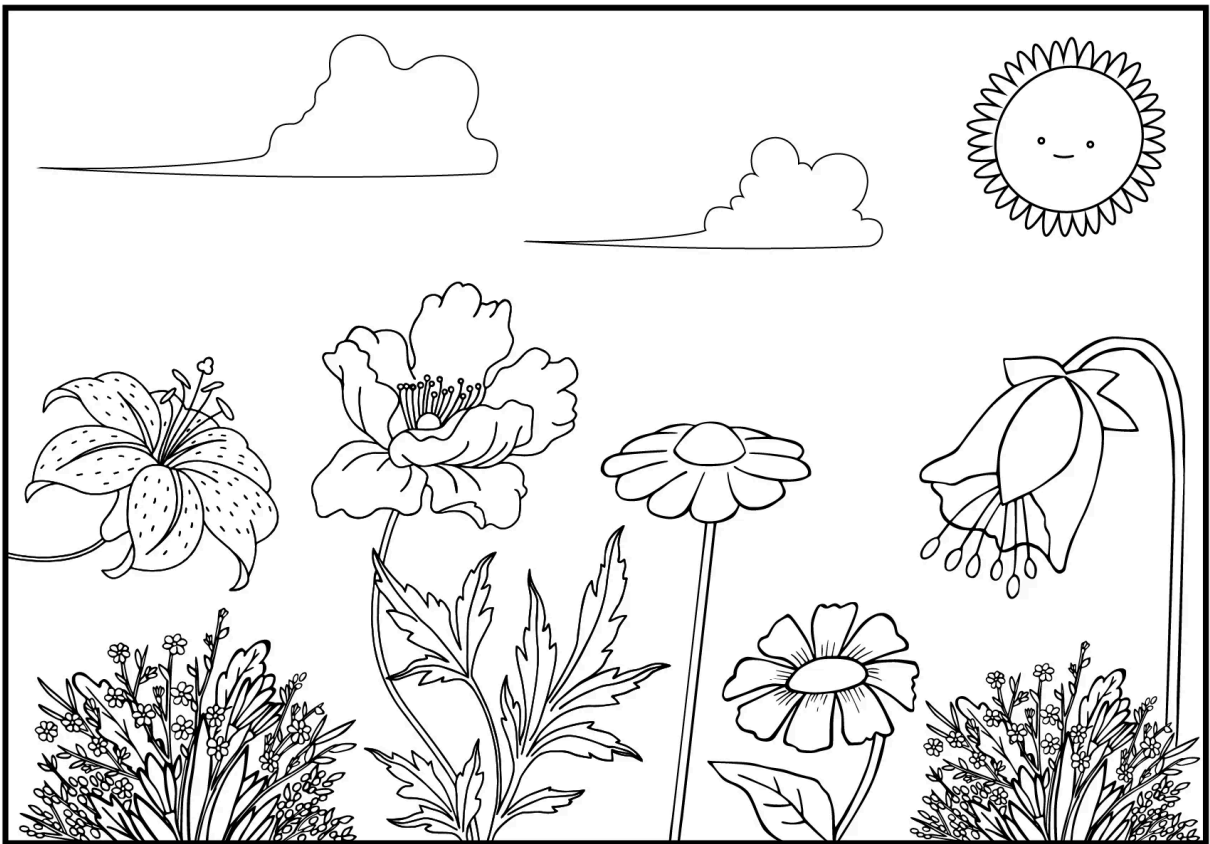


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Questions to Discuss with Your Child:

1. Can you think of a time when you were worried about something?
How did it turn out?
2. Did you notice anything that showed you that God was taking care of you?
3. If we trust God like the birds trust they'll find food, what are some things we might stop worrying about?
4. Jesus tells us to focus on today and not worry about tomorrow.
What can you do when you start feeling worried about something that might happen in the future?



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