



## Week 1: No Worries

### Lesson Overview:

**Bible Story:** "Do Not Worry" - Matthew 6:25-34

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

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

**Gospel Connection:** Jesus reminds us not to trust our own strength but to trust in His loving care, securing our needs and eternal life through His sacrifice.

### 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...

**Video Bible Story:** [https://youtu.be/rJk0YUmvJdQ?si=kyNkPiu8uS40\\_z3S](https://youtu.be/rJk0YUmvJdQ?si=kyNkPiu8uS40_z3S)

## Schedule:

### **Warm Up Question (3 min.):**

What is something new that you hope to do 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.

### **Play Introduction Game - Worry Toss (5 min.)**

## **SUPPLIES NEEDED:**

- A few softballs or beanbags
- Two large baskets or containers
- Tape to mark the starting line

**Say:** Good morning, everyone! As we start this brand new year, we're going to find out that every day can matter, whether it's boring, awesome, bad, or blah. But what about the surprises, setbacks, and challenges that always come? Sometimes friends get mad, school can be tough, and it might feel like even your parents don't understand what you're going through. The new year is exciting, but we must be prepared for anything.

This isn't about making a list of New Year's resolutions that we might forget by next week; it's about finding real help every minute of the day. Today, we're going to learn how Jesus sticks with us through it all and how

trusting in His love is the secret to making this the BEST YEAR EVER. No matter what comes your way, from worries to tough choices, Jesus is there.

Today's point is really important: "God takes care of me, so I don't need to worry. He's in control." Let's keep this in mind as we play a game that's going to help us think about how we handle worries and surprises.

### **GAME: Worry Toss**

**Say:** Here's how we play:

- We'll split into two teams.
- Each team will have a basket and some softballs or beanbags
- You'll stand behind the tape line, and one by one, try to toss your "worries" (the balls or beanbags) into the basket.
- The twist is that every time someone scores, **they shout out a worry they want to let go of this year.** It's a fun way of remembering that God is in control and we can give our worries to Him.

## **Bible Story - Do Not Worry (15 min.)**

### **Show Story Video**

**Say:** Imagine you're on a big adventure, like climbing a mountain. You have your backpack, your water bottle, and your map. But as you climb higher, the path gets rockier, and the sky starts to look really cloudy. You start worrying about getting lost, or it starts to rain.

- What do you do?
- Do you panic, or do you remember that you have a guide who knows the way perfectly?

Today, we're going to find out what the Bible says about handling worries when things seem a bit scary or uncertain.

Long ago, Jesus talked to a crowd on a hill about worries. He knew people were often anxious about many things—like having enough food or clothes. This part of the Bible, from the book of Matthew, is like a guide for how to trust God when we're afraid of what's coming next. Matthew wrote these words to show us that Jesus came to rescue us from sin and restore us to a life where we don't have to be scared of the unknown.

### **READ: Matthew 6:25-27**

Imagine this: Jesus telling people not to worry about everyday things like food and clothes because God knows we need them.

- Can you make a worried face like you do when you think about something scary? Now, let's wipe that face away because Jesus says God takes care of even the little birds, so of course, He will take care of us!

Sometimes, we worry about what we'll eat for lunch or if we have cool clothes like our friends. Jesus tells us that our Heavenly Father knows everything we need before we ask. Just like your parents make sure you have your lunch, God is always looking after us.

### **READ: Matthew 6:28-30**

Jesus talked about how God dresses up the flowers in the field even more beautifully than a king in fancy clothes! If God cares so much to make flowers look pretty, imagine how much He cares about us!

It's easy to feel like we need to have the best things to be happy. But Jesus tells us that's not true! He wants us to trust that God knows what we need and will provide for us. Flowers don't worry about how they look, so we don't have to worry about having the newest or best things.

### **READ: Matthew 6:31-34**

Let's do something fun—every time I say 'worry,' make a buzzing sound like a busy, worried bee. Ready?

- Jesus says, 'Don't worry about tomorrow; let tomorrow worry about itself. Live right today and let go of worry. Because worry never works!'

That's a lot like when you might worry about a big test or if you'll make the team. Jesus reminds us to focus on today, trusting God step by step. He's in control, and just like a good guide on a mountain hike, He sees the path ahead and knows the best way to go.

So, what did we learn? "God takes care of me, so I don't need to worry. He's in control."

**GOSPEL CONNECTION:** Jesus doesn't just help us with our worries; He came to be our Savior. He died on the cross so we could have eternal life and be free from the biggest worry—being apart from God. Trusting in Jesus means we're trusting Him to take care of everything, even our forever. Isn't it amazing? By believing in Him, we're not just getting help for today; we're secured for always. Let's keep walking with Jesus, trusting Him to make this the BEST YEAR EVER.

**Review Gospel ABC's.**

**Discussion Questions & Prayer**

**TEACHER:** Great job listening during our story today! I'm so proud of how well you all paid attention. Remember Today's Point: "God takes care of me, so I don't need to worry. He's in control." Now, let's talk a little bit more about what this means in our lives. I have some questions for us to discuss in our small groups.

**Discussion Questions:**

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?

## Object Lesson/Craft - Time Capsule Goals (10 min.)

### SUPPLIES NEEDED:

- Small jars or sturdy boxes (one per child)
- Pens or markers
- Sheets of paper
- Decorative stickers or labels for personalization
- Optional: additional small items or symbols that represent their goals

**Say:** Today, we're setting some goals for the new year. These aren't resolutions about changing our behavior. Instead, we are opening our imagination to what God can do in the New Year as we walk with Jesus. This week, we are learning that God takes care of us, so we don't need to worry about anything—He's in control. Setting goals is a way to show that we trust God to make things better in the future, turning our worries into positive actions.

1. **Choose Your Container:** Each of you will receive a small jar or box. This will be your personal time capsule.
2. **Decorate Your Container:** Use the stickers, markers, and other materials to personalize your time capsule. Decorate it in a way that makes you happy and reminds you of your hope in God.
3. **Write Down Your Goals:** On a piece of paper, think about what you want to achieve this year. These goals can relate to school, hobbies, friendships, or personal growth. Writing down your goals is like making a promise to yourself and God that you trust Him to help you achieve them.
4. **Fill Your Capsule:** After writing them down, put your goals into your container. Feel free to add any small items that symbolize your aspirations. This act represents trusting God instead of letting worries hold you back.
5. **Seal Your Capsule:** Close your container tightly. We will securely keep these time capsules here at church during our 4-week study - nobody will

peak, not even the pastor!

**6. Discussion and Weekly Reflection:** As we meet each week, think about your goals and how learning more about God's care can help you achieve them. We're turning our worries into hopeful plans for the future.

**7. Review and Update Goals:** In our final week, we will open our capsules to review and possibly update our goals. This will be a great way to see how our understanding of trusting God has deepened.

**8. Take Home:** At the end of our series, you'll take your time capsules home. They will serve as a reminder throughout the year of what happens when we replace worry with trust in God.

By setting goals today, you are learning to focus on God's promises and care, proving that with His help, anything is possible. Let's trust God together and make this the BEST YEAR EVER!