

FACED WITH A CHALLENGE

All Activity Sheets

KEY WORDS

WORRY LOVE TRUST PRAY BLESS ENEMY

BIBLICAL REFERENCE

Mathew 6:25-34; Philippians 4:12-19

LESSON OBJECTIVE

To help children learn that when we trust in God, he will help us with our worries

MEMORY VERSE

“Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you” (Luke 6:27b-28, NIV*).

PREPARE YOURSELF TO TEACH

Sometimes when people say phrases such as “do not worry,” and “do not be anxious,” we do not want to accept them. We may think that this person does not know what we are going through. But in Matthew 6:25-34, Jesus mentioned these phrases five times.

He points out to us the tendency to worry in certain situations. We want to control our own lives. We become uneasy when faced with circumstances we cannot solve. This takes away energy and does not let us achieve anything.

Trusting in the world around us and in our own abilities causes us anxiety. Instead of worrying, Jesus tells us that we must concentrate on serving God and being like him. This will allow us to enjoy his blessings. He encourages us to not worry about our basic needs. For the people who were with Jesus, this was very difficult, because many people were very poor.

To seek God first means to reflect our love for him at work and in our plans. Only then will we attain what will truly remain. The questions are: what are our priorities? Do we fully agree or completely disagree with God? Will we worry about food, clothing and what we have?

Paul was able to apply Jesus’ teachings to his life. He wrote his letter to the Philippians while awaiting a verdict in jail. But he still

rejoiced in those circumstances, because his trust was founded on God. The Philippians were part of God's answer to Paul's prayer (Philippians 4: 12-19).

Many adults think that the childhood is free of problems and concerns, compared to that of adults. But it is not so. Children do have concerns. Sometimes they feel weak and even have doubts about God's love for them.

Concern is interposed in man's relationship with God. It arises when attention is focused solely on the problem, regardless of the direction of the Lord. As we worry, we are denying that he can help us.

Children need to feel secure, and learn that by putting God as the top priority in their lives, he is in control and will guide in whatever happens to them.

Jesus' teachings in the Sermon on the Mount are a challenge for every Christian. One of them teaches us that we must love our enemies. Christ taught us by his example in loving those who opposed him. This truth is a great challenge, since it is difficult to love those who do not love us.

Children need to be clear that trust in God is not compatible with worry. Jesus Christ also warns us of the danger of judging others, so that we will not be judged. We need to build our lives on the basis of what Jesus taught us.

These lessons will give us the opportunity to practice the teachings of Christ in a safe environment. However, we will see that following Jesus is not always easy, and there are times when the Christian suffers for his faith. But in the process, your life will be strengthened and honor God. Let us not forget that God loves us and gave his life for us.

INTRODUCE THE LESSON

Those who worry

People worry a lot about themselves, whether they are adults or children. Have the children look at this activity in Student Activity Sheet #301-A and write their concerns on the shirt in each of the drawings.

Distribute Student Activity Sheet #301-B.

TEACH THE LESSON

Do not worry!

Read the story and have your children follow along in their worksheets.

"Therefore I say to you; Do not be anxious about your life, what you will eat or what you will drink; or about your body, or what you will wear," Jesus said.

The disciples looked at each other. "Do not worry?" they thought. "We have lots of reasons to worry. We gave up work to follow him! Our families need food, clothing and a place to live. Who will take care of them while we are following Jesus?"

The Lord clearly knew what his disciples were concerned about when he spoke to them. But he wanted them to know that they could trust that he would take care of them and their families.

Jesus continued with his sermon: "Is not life more 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 are? Can any one of you by worrying add a single hour to your life? And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?"

"So do not worry, saying, 'What shall we eat? Or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Years later, Paul became a follower of Jesus' teachings. While in prison, he wrote a letter to his friends in Philippi. He did not know if he would get out of that place alive, but he wanted his friends to trust in God no matter what happened.

"I know what it is to be in need, and I know what it is to have plenty," Paul wrote in his letter. "I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. My God will meet all your

needs according to the riches of his glory in Christ Jesus.”

(From Matthew 6 and Philippians 4.)

CONNECT THE LESSON

Review questions

Distribute Student Activity Sheet #301-C.

God’s treasure chest

Distribute Student Activity Sheet #301-D. Have the children think of what will not be found in heaven, and write them in the “treasure chest of the world”; and then think of what we will find in heaven, and write those things in the “treasure chest of God.”

Read Matthew 6:25 and 33. Help them compare what is eternal, that is what we can keep in the treasure chest of God, to that which is temporary, which we can store in the treasure chest of the world. (Offerings or spend everything on oneself, go to church or stay at home watching TV, etc.)

Remind them of the different decisions that David and Solomon made, and the consequences of those who sought God first and those who acted without consulting God. Write down the worries they have on the clothes of “the Worried.” And ask God to help them be winners.

PRACTICE THE MEMORY VERSE

[Download Additional Memory Verse Activities PDF](#)

[Download Suggestions for Bible Memorization PDF](#)

Prepare in advance a soft-textured ball. Review the memory verse together with the children several times. Then throw the ball to a girl and have her repeat the verse. Once she says the memory verse, she should throw the ball to a boy so that he can say the verse, and so on. You can spend a set amount of time doing this activity, or finish after everyone has participated.

WRAP-UP

Pray

At the end of the session, pray with the group, asking God to guide them in making good choices.

Encourage

Show appreciation for the students’ attendance and ask them not to forget what they learned.

Invite

Announce something about the next session to increase the group’s interest. Remind them that friends are welcome.