



GROUP ACTIVITY

Jesus Teaches on Worry

BIG IDEA: Jesus teaches that God cares for us, so we should give our worries to Him.

BIBLE BASIS: Matthew 6:25-34

KEY VERSE: “Don’t worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him.” Philippians 4:6 (NirV)

Animal Actions

Supplies: Dice (1 per group)

Say: In our story for today, Jesus told His followers that God cared for the birds in the sky and the flowers in the field. And if God cares that much for birds and flowers, imagine how much He cares for us. Our Bible verse today tells us that when we get worried, we should tell God about it. We can ask Him for His help, pray our worry away, and thank Him for taking care of us. God loves when we talk to Him. And when we tell God about everything that worries us, those worries slowly, but surely, disappear. Let’s take some time to memorize this verse together.

“Don’t worry about anything. No matter what happens, tell God about everything.
Ask and pray, and give thanks to him.” Philippians 4:6 (NirV)

Directions: Practice the Bible verse together until the children can remember it. When ready, tell the children they’re going to say the Bible verse while pretending to be animals from around the world. Allow the children to take turns rolling the dice, then they all recite the Bible verse while performing the corresponding animal action below.

Animal Actions:

1. Tiptoe and say the verse quietly like a mouse.
2. Walk and say the verse in slow motion like a sloth
3. Wiggle like a worm and say the verse like you are underground.
4. Stomp like an elephant and say the verse loudly.
5. Wave your arms like an octopus and say the verse quickly.
6. Choose your own animal movement.

Question: Why do you think prayer makes our worries disappear?

Question: When was the last time you said a prayer about something worrying you? How did you feel after? Did that worry disappear?

Question: Why do you think Jesus cares if we worry about things?

Say a prayer and thank God for giving us everything we need and to help us remember that when we are worried to pray and ask God to help us.