

**BOTTOM LINE:**

God can help us overcome our worry.

**OBJECTIVE:**

Kids will learn that when we focus on God's promises, our fears disappear.

**INTRO:**

You know what one of the best things about a game like Candy Crush is? There's nothing to worry about. If you get stuck on a level, it's nothing to worry about. If you get stuck there for days on end, you don't worry over it. Every video game – whether it's Mario or Call of Duty or Candy Crush or whatever – is a fantasy. It's not real! No one worries if they lose in Call of Duty because the real world isn't changed at all by your fake way. No one worries if Mario fails to save the girl or save the day because it's not real. And no one worries about those poor, smashed candies because... they aren't real!

Worry is reserved for real things. We worry about how we will do in school. We worry over tests and report cards. We worry about trying out for the basketball team or the school play. We worry about whether our friends like us or not, whether we can make new friends, and whether or not we will keep the friends we have as we grow and change.

We worry over things at home as well. We worry when we hear there's a sick relative, or when the dog isn't feeling well. We worry when our parents aren't getting along. In fact if our parents are worried over things like money and where we will live, that worry transfers to us too.

Worry feeds our fears. Worry can freeze us up just as much as fear can. Rather than face the stress of worry, we stop trying. Worrying about acceptance and failure can make us drop out and quit things before we ever try. It can keep us from enjoying where we are and what we have because it focuses on what could happen.

God does not want us to worry. He wants us to crush our fears by focusing on His promise to provide for us. Jesus gave us a powerful message about worry in one of His first sermons when He talked about the flowers and the birds.

## READ MATTHEW 6:25-34

*<sup>25</sup> "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> 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? <sup>27</sup> Can any one of you by worrying add a single hour to your life?"*

*<sup>28</sup> "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> 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? <sup>31</sup> So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

### MAIN POINT:

When was the last time you heard a flower garden worry? Have you ever walked through a field of tulips and heard one tulip say to the other, "What am I going to wear tomorrow? Tomorrow's Monday, for crying out loud! I haven't a thing to wear!" Flowers don't worry because God provides. He provides all they need each day they are in bloom, and they have nothing to worry over.

Same goes for the birds. There's no worrying over whether the nest will hold, or whether they've missed their window for flying South, or whether Junior will ever learn how to fly. God provides for the birds. He meets their every need. And as Jesus reminds us, how much more will God care for those who love Him?

Jesus didn't promise to make us all rich and let us all drive Ferraris, but He promised to take care of us and meet our needs. We are more valuable to God than the flowers and birds, and when we trust God to provide for us, we can live without the fear of worry!

### DRIVE IT HOME:

Crushing worry is a lot easier said than done because the world gives us a lot to worry about. Things happen that are beyond our control. A best friend announces they are moving away because their parents have decided to relocate. Your own parents decide to move and you have to change schools. Sports becomes more competitive as you get older, and not everyone will make the team. And no one can determine when illness or tragedy may strike someone close to us.

Watching the news every night can add to our anxiety. Will we end up in a war? Are we safe going to the store? What about terrorism? What about the environment? What about the new

September 13, 2020

strain of the flu? Some nights it's enough to make you want to bar the doors and windows and never go out again.

God doesn't want us to live in fear. He doesn't want us to worry over things beyond our control. We will all have bad days. We will all have disappointments. But at the end of the day, we will look back and see that God still provided everything we absolutely needed: family, friends, a home, clothes on our backs, food in our stomach, and most importantly, the love and companionship of our Savior Jesus.

Remembering God's promises can help us crush our fears. Look to the birds and the flowers. See how God provides for them, and remember Jesus has promised to provide for you. When we remember God's promises, we can crush our fears and change the game!

**CLOSE WITH A SIMPLE PRAYER:**

Dear God,

Focus our eyes on you so we will not worry!

In Jesus' name,  
Amen



**IN THE CAR:**

Sometimes we worry about the little things in life. But Jesus commands us to not worry, and to concern ourselves with the things of God instead. Matthew 6:25-34, Do Not Worry

**HANGING OUT:**

Ask your kids what worries they have. Talk to your kids about why these things should not worry them. Pray with them, and help them to focus on God's promise to provide for them.

**AT DINNER:**

Here are some great discussion starters:

- Why don't birds and flowers worry like people?
- Why doesn't God want us to worry?
- How can we crush our fears so we will not worry?

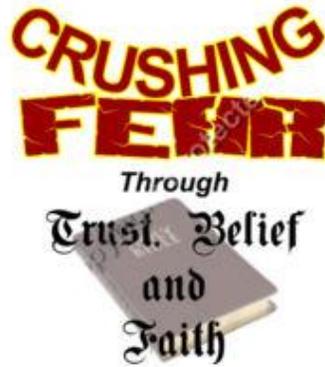
**AT BEDTIME:**

Quiz your child on this week's memory verse:

"There is no fear in love. Instead, perfect love drives away fear." 1 John 4:18a (NIRV)

**PARENT TIME:**

How much does worry consume your life? Ask God to help you focus on His promises even as you help your kids to do the same. Pray that God will help all of you to focus on Him and let go of worry.



## OBJECT LESSON

### **ITEMS NEEDED:**

An iPad with a game like Super Farm Heroes of Candy Crush

How many of you have ever worried over whether you will ever beat a level on Candy Crush, or any other video game for that matter? It's not something we worry about, is it? We might get frustrated when we get stuck on a level, but video games are nothing to worry about. We keep trying and trying, and with enough trial and error, we can usually defeat any obstacle.

There are bigger problems in life to worry about. As kids, we worry about getting good grades, making new friends, getting in trouble when we've broken something, or making the team. As adults the worries get bigger. How much money will I make? Where will I live? What school should my kids attend?

Worries come from fear – fear of the unknown, and fear of the worst possible outcome. God tells us not to worry but have faith! He points us to the flowers and the birds. He reminds us that he takes care of them, and He promises to take care of us.

Worries can fill us up with fear, but when we focus on God's promises, God can crush our fears. That's a real game changer for those of us who worry too much! Whatever is worrying you today, give it to God. He's got you, and He will take care of you!