

“Deal With It!” - LESSON 1

“Anxiety”

Main Focus:

Anytime we feel anxious,
we should pray!



Power Verse:

“Do not be anxious about anything,
but in every situation, by prayer and
petition, with thanksgiving, present
your requests to God.”

- Philippians 4:6 (NIV)



Whatchagaddaknow:

“I Won’t Worry. I’ll Put
My Trust In God!”

LEADER’S INFO

This lesson is all about something that even adults find tricky to deal with: anxiety. Even some of the greatest heroes in the Bible felt anxious. But the good news is that God has given us tools to handle it, and we’re going to dig into the Bible to find out what they are.

If we will give our anxiety to God, He promises to give us peace that is so amazing, it’s hard to even understand it! And all we have to do is bring our worries to Him.

Through Jesus’ teaching about anxiety and worry, the children will learn that worrying about the difficulties of life doesn’t work. They will learn biblical practices they can use whenever they start to feel anxious. It’s time to trade worry for God’s peace! It’s time to take anxiety and “Deal With It!” God’s way!



“The Spark” Intro Video

“I’m Anxious!”



“Whatchagaddaknow” Video

Boudreaux teaches “Whatchagaddaknow”



Character Skit

“Will Power”



Offering Time



Game Time!

“Anxiety Charades”



Bible Story

“Jesus Teaches About Worry”



Power Verse Video

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

- Philippians 4:6 (NIV)



Call To Action

“Anxiety”



Rewind!

Review Game



Small Group Experience

Main Focus:

Anytime we feel anxious,
we should pray!



Power Verse:

“Do not be anxious about anything,
but in every situation, by prayer and
petition, with thanksgiving, present
your requests to God.”
- Philippians 4:6 (NIV)



Whatchagaddaknow:

“I Won’t Worry. I’ll Put
My Trust In God!”

Lesson 1 Materials Needed:

“The Spark” Intro Video

- “Lesson 1 - The Spark” Intro Video

“Whatchagaddaknow” Video

- “Whatchagaddaknow” Teaching Video
- “Whatchagaddaknow” Trigger Video

Character Skit

- “Will Power” Theme Graphic/Music

Offering Time

- “Offering Time” Bumper Video

Game Time!

- “Game Time!” Bumper Video
- Stack of Index Cards
- Pen

Bible Story

- “Jesus Teaches About Worry” Graphics

Power Verse Video

- “Lesson 1 Power Verse” Video

Call To Action

- “Anxiety” Graphics
- A Large Jar Of Sand
- Cooking Oil
- Water
- Three Clear Containers (One Larger Than The Other Two)
- Two Notecards
- A Permanent Marker
- Scotch Tape
- Food Coloring

Rewind!

- “REWIND!” Bumper Video
- “REWIND!” Lesson 1 Graphics

Small Group Experience

- Bibles
- Apples
- A Way To Keep Time

“The Spark” Intro Video

“I’m Anxious!”

“Whatchagaddaknow” Video

Boudreaux teaches “Whatchagaddaknow”

Character Skit

“Will Power”

Offering Time

Game Time!

“Anxiety Charades”

Bible Story

“Jesus Teaches About Worry”

Power Verse Video

“Do not be anxious about anything, but in every
situation, by prayer and petition, with thanksgiving,
present your requests to God.
- Philippians 4:6 (NIV)

Call To Action

“Anxiety”

Rewind!

Review Game

Small Group Experience



Introduction to “The Spark” Intro Video

Leader: Hey, kids! Today, we are starting a brand new series called “Deal With It!” We are talking about how to deal with some of the toughest feelings and situations we may face in life and how to “Deal With It!” - not our way or the world’s way... but *God’s* way!

I have a question for you. Have you ever been on a boat? (*allow response*) I don’t just mean a tiny, little fishing boat on a pond. I mean a boat out in the middle of the sea. How many of you have experienced that? (*allow response*)

Now, imagine you’re on that boat in the middle of the ocean - right when a big storm hits. You feel anxious and worried because you don’t know what’s going to happen. Your stomach feels sick and your heart starts racing. It’s a horrible feeling.

Well, some people feel like that every day. They aren’t actually in a boat in the ocean, but their heart and stomach feel like they are a small boat in a big, stormy ocean. Ever felt that way? Maybe it was before a test at school, or perhaps when you had to be apart from your mom or dad for a little while. Your heart starts to pound, your hands feel all shaky, and you wish you could just find a safe harbor to be in. You are totally and completely anxious. Have any of you ever felt that way? (*allow response*)

Today, we’re diving into something that everyone, even adults, experience from time to time—*Anxiety*. That’s the stormy ocean that can sometimes make our hearts and minds feel tossed around. But here’s the great news - we can learn how to take anxiety and “Deal With It!” To find out more, let’s check out this video...

(play “The Spark - Intro Video Lesson 1”)

Leader: If you’ve ever felt the “sick to your stomach” feeling of *Anxiety*, you’re not alone! Even some of the greatest heroes in the Bible felt anxious. But here’s the good news - God has given us tools to deal with it, and today we’re going to dig into the Bible to find out what they are.

The Bible is full of wisdom about dealing with anxious thoughts. If we will learn to “deal with it” God’s way, He promises to give us peace that is so amazing, it’s hard to even understand it! And all we have to do is bring our worries to Him.

We will learn all about that today. Right now, it’s time to find out “Whatchagaddaknow.”

(play “Whatchagaddaknow” Teaching Video)



CHARACTER SKIT

Character: “Will Power” *(He is a very motivated personal trainer with high energy. He specializes in helping people with self-control and determination - two things he represents well!)*

Will: *(comes in, running and pumped up)* Oh, yes! Yes! Yes! Yes! Hello, everyone! If you're glad to be here, stand up and make some noise! YEEEE-AAAAH! That's what I'm talking about, baby!

Leader: Who is this guy that's so full of energy? WOW!

Will: My name is Will - Will Power. Nice to meet ya! *(shakes hands with the leader; leader falls to their knees because the handshake is strong)* Oh... sorry about that.

Leader: That's okay. *(shaking their hand as if it hurts)* I don't need this hand. I have another one.

Will: Haha! You're funny. But, really, I apologize. Sometimes I forget how strong I am.

Leader: Your parents should have named you Samson after the strongest man in the Bible.

Will: I know that guy! He tore out a city gate and carried it away on his back! I could never forget that story!

Leader: Yeah, that was pretty crazy! Anyway, it's great to have you here. What do you do for a living?

Will: I am a personal trainer. *(getting more hype as you go on)* I believe in getting things done! Finish what you start! Don't quit! And if it hurts, just DEAL WITH IT! YEEEEEEAAAAH!

Leader: Wow! Hey, the name of the new series we're starting today is “Deal With It.”

Will: That's awesome! Sounds like I've shown up at just the right time. I was worried I might not fit in here.

Leader: Everyone fits in here, Will. Just be careful shaking hands. We don't need a bunch of crushed fingers!

Will: I'll be careful. How about if I only do high-fives? *(holds up his hand to give the leader a high-five, but the leader is cautious)*

Leader: Yeah... that sounds good. Just make sure your high-five doesn't knock their hand off their arm!

Will: Sure thing! *(gives a few kids a high-five)* YEAH! See, harmless!

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CHARACTER SKIT

(continued)

Leader: So, Will, how is the training world these days?

Will: To be honest, I'm not so excited about it right now. Actually, I'm a little worried...Okay, fine! I'm a lot worried about it!

Leader: What seems to be the problem?

Will: Well, to get a new client, you have to have someone come in for an evaluation. People come in for those all the time. But the problem is - then I need them to commit to a contract before I can make any money. Here lately, there haven't been many people actually sign contracts with me.

Leader: So your job depends on that. I see how that could make you a bit concerned.

Will: Getting them in is the easy part because the evaluation is a free workout where I tell them how I can help them and how long it will take to achieve their goals. But I also tell them it all depends on them. They have me, Will Power, to coach them, but do they have the willpower to keep coming back?

Leader: Worry is something we all experience from time to time. It's a natural human thing. When we can't see the answer to a problem, we start thinking the worst. That opens the door for worry and anxiety.

Will: Looks like I opened that door wide! I need to know how to shut it. My worry also makes me break out in hives! *(starts scratching)*

Leader: Well, today, we are learning how worry can really mess up our lives! There's only one solution for worry, and that is to pray and trust that God will come through with the answer.

Will: That's easier said than done, but I'm willing to give it a try. That's right! *(getting excited)* That's how we do it! WE TRY! WE GIVE GOD A CHANCE! *(to the kids)* Who is willing to give God a chance? Make some noise! YEEEEEEEEAAAAAH! We can do this!

Leader: That's the excitement God is looking for! Thanks, Will. We're so glad you dropped by today.

Will: So am I. But I need to hightail it out of here now. Will Power is my name! I'll high-five high *(gives kid a high-five)*, and I'll high-five low! *(gives kid a low high-five and then runs out yelling, "YEEEEEEEEAAAAAH!")*

(EXITS WHILE HIS THEME MUSIC PLAYS)



GAME TIME

“Anxiety Charades”

Items Needed For Game:

Stack of index cards; Pen

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Preparation:

Before the game, write the following situations on index cards (*one on each card*). Choose eight participants for this game; divide them into two equal teams.

Taking a Test
Going to the Dentist
Being Picked Last

Losing a Toy
Being Bullied
Meeting New People

Being Alone in the Dark
Missing the School Bus
Giving a Speech

.....

How To Play:

This game is played like the classic “Charades” game. Explain to the kids that each card has a situation that we might face in life which could give us *anxiety*.

Each round, the teams will choose one person to choose a card from the stack (*without looking*). They will have 30 seconds to “act out” the situation on the card in order to have the rest of their team guess the situation they are acting out.

If their team guesses correctly within the 30 second time limit, the team gets a point. If their team does not guess it, the other team gets an opportunity to guess. If they get it correct, they get 2 points.

At the end of three rounds (*you won’t use all the cards*), the team with the most points is declared the winner.



Bible Story

“Jesus Teaches About Worry”

Materials Needed:

The graphic slides for Lesson 1; begin with the slide that says “Bible Story”; follow the instructions below, changing the slides to follow along with the story (*as shown*)

Preparation:

Familiarize yourself with the story in Matthew 6:25-34; have your open Bible in your hands as you tell the story

The Story:

Today, our Bible Story comes from Matthew 6:25-34. Jesus was teaching many people, as He often did. (*show pic*) While He was teaching, He began to talk about the subject we are learning in this lesson - worry! Jesus told the crowd, “That is why I tell you not to worry about everyday life....”

Wait! What did Jesus say? “Don’t worry about everyday life”? Do you think Jesus realized just how easy it is for us to worry? We tend to worry about a LOT of things. Did Jesus understand how difficult it is to NOT worry? Of course, He did. After all, He was fully human, as well as being fully God. But Jesus went on to explain why it is pointless to worry.



Jesus said (*show pic*), “Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to Him than they are? Can all your worries add a single day to your life?” Jesus was making the same point we are learning in our lesson today - worry doesn’t work!



Jesus went on to say (*show pic*), “And why worry about your clothing? Look at the flowers of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and gone tomorrow, He will certainly care for you.”



WOW! Jesus made such a good point. God takes care of the birds and the flowers. Birds and flowers don’t worry. They don’t panic. They just trust God to take care of them. That’s exactly what we should do. Besides, worry doesn’t work. As Jesus said so perfectly (*show pic*), “Can worrying add ONE day to your life?”



Jesus knew how important it is for us to trust God with our everyday problems. God cares about us much more than He does the flowers or the birds. That’s why we can trust Him to take care of us and make sure that our needs are met.

In your lesson, you’re going to learn that worrying is NOT God’s plan. There’s a much better way to handle the anxious feelings in our lives. Pay attention! This lesson could really make a big difference in your life!



Call To Action

“Anxiety”

Materials Needed:

The “Anxiety” graphics; A large jar of sand; Cooking oil; Water; Three clear containers (*one larger than the other two*); Two notecards; A permanent marker; Scotch tape; Food coloring

Preparation:

Begin with the slide titled, “Anxiety”; Pour some cooking oil in the first clear container, and then write the word “WORRY” on one of the notecards and tape it to the front of the container; Pour some water in the second clear container, add some food coloring, and then write the word “TRUST” on the other notecard and tape it to the front of the second container.

The Message: *(title slide)*



Life is hard. There are so many things to do, so many people to please, and so many things we need. It causes us to be filled with so much *anxiety*. Some of you know exactly what I am talking about. You deal with anxiety all the time at school and at home. What happens when you feel anxious? Most of the time, you deal with anxiety by choosing to worry. You worry and worry and worry! You allow your mind to be filled with so many “what if” questions that you start to feel sick.

Jesus told us, “Don’t worry about everyday life.” That’s right - “Don’t worry!” Jesus doesn’t want you to deal with anxiety by worrying. In fact, you don’t have to worry. Why? Because...

God Cares About Every Detail Of Your Life *(slide)*



Often, we worry because we forget that God is in control. He pays attention to and cares about EVERY detail of your life. He knows how tall you are, what your favorite foods are, what makes you mad, what makes you happy. The Bible even says in *Matthew 10:30* that “*the very hairs on your head are all numbered.*” That means that God knows exactly how many hairs are on each of our heads. That’s the kind of attention He pays to us. How amazing is that?

Did you know that God thinks about YOU all the time? It’s true. *(hold up the jar of sand)* How many specks of sand do you think are in this one little jar? *(allow the kids to answer)* We don’t know for sure, but we can easily say “thousands,” right? Now, imagine how many grains of sands are on the shores of ALL the beaches in the world? We couldn’t even count them, right? *Psalms 139:17-18* says, “*How precious are your thoughts about me, O God. I can’t even count them. They outnumber the grains of sand!*” WOW! God has more thoughts about you than there are grains of sand in the whole world! Why? Because He LOVES you!

God knows every detail of your life. He is in control! He knows when you are sick. He knows when someone is picking on you at school. He knows when you have moved to a new school and need to make new

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Call To Action

(Continued)

friends. He knows when your parents are going through a rough time. You don't need to worry. God knows! He's in control! Another reason why you don't need to worry is...

Worrying Doesn't Work (slide)



Jesus said in *Matthew 6:27*, “Can all your worries add a single day to your life?” In other words, does worrying really ever change anything? It NEVER helps the situation or takes away the anxiety. It only makes you even more anxious and worried. When you worry, it produces even more worry! So why worry? Why freak out? After all, if we really believe that God is in control - and we really do trust Him - there is no need to worry!

(walk to where you have the three containers set up) I want to show you something important. (hold up the container that holds cooking oil and is labeled “WORRY”) This oil is going to represent WORRY. Worry is when we are consumed with anxious feelings because we do not know what is going to happen. (hold up the container that contains the colored water and is labeled “TRUST”) This colored water represents trusting God. Trusting God means that we remember He is in control and knows everything. We don't need to be anxious or freak out because God is taking care of us.

Does God want us to worry or to trust in Him? (allow response) Can we trust God and worry at the same time? Some people think they can. They say, “I do trust God, but I just worry a lot.” Can trust and worry mix? Can they blend and be happening at the same time? (Pour some of the oil and water into the third container at the same time. The oil and water will appear to mix at first. But as the children watch, they will slowly see the two separate, with the oil resting on top of the water.)

(hold up the third container) From looking at our demonstration of worry and trust, can the two be mixed together and happen at the same time? (allow response) No, our hearts cannot be fully trusting God and worrying at the same time. The two do not mix. God wants us to trust in Him whenever we are tempted to worry because He cares for us. He is in control and knows about everything that has happened in the past, everything that is happening now in the present, and even everything that will happen in the future. God is more than worthy of our full trust. So when you are tempted to worry...

Don't Panic...Pray! (slide)



Remember - worry doesn't work! So don't spend a single moment worrying, freaking out, or panicking about the things in life. Instead, do what the Bible tells us in *Philippians 4:6*, “Don't worry about anything; instead, pray about everything.” (New Living Translation) Choose to do the one thing that DOES work...pray!

ALTAR RESPONSE: (play soft music)

Pray with the children that they would give their anxiety to God. Lead them in a prayer of placing their trust in Him to take care of every detail of their lives.



REWIND!

Materials Needed:

“REWIND!” Lesson 1 Graphics; “REWIND!” Bumper Video

Preparation:

Play the “REWIND!” Bumper Video; Begin with the slide titled “REWIND!”; there is a slide for each question

1. Whatchagaddaknow today?

Answer: “I Won’t Worry. I’ll Put My Trust In God!”

2. Who was teaching the crowd in our Bible Story?

Answer: Jesus

3. Jesus taught that _____ and _____ don’t worry.

Answer: Birds; Flowers

4. Does worrying add a single day to our lives?

Answer: No

5. Jesus said we should not worry because _____ takes care of us.

Answer: God

6. Who did Jesus say the flowers were dressed better than?

Answer: King Solomon

7. According to our lesson today, “God Cares About Every _____ Of Your Life.”

Answer: Detail

8. According to our lesson today, “_____ Doesn’t Work.”

Answer: Worry

9. According to our lesson today, “Don’t Panic... _____!”

Answer: Pray

10. Where was our Power Verse found?

Answer: Philippians 4:6