



Preschool Lesson

Lesson 1: Anxiety



Whatchagaddaknow:

"I Won't Worry. I'll Put My Trust In God!"



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)**

Before the Lesson

- * Collect the items for the activities you plan to use, referring to the Classroom Supplies and Lesson Manual Supplies listed in the chart.
- * Pray for your students and for God's direction in teaching the class.

This Lesson at a Glance

Activity	Classroom Supplies	Lesson Manual Supplies
Bible Story - This week, the kids will learn from the story of Jesus teaching the people about worry (Matthew 6:25-34).		Bible Story Pictures (pg. 6-9)
Hands-On Learning - The kids will learn that they don't have to worry because God cares for them.	Toy or fake bird, Toy or fake flower	
Craft Option # 1 - Bible Story Coloring Page	Crayons or markers	Bible Story Coloring Page Print Piece (pg. 10)
Craft Option #2 - Flower And Bird Craft	Crayons or markers, Glue, Scissors	Flower And Bird Craft Print Piece (pg. 11)
Craft Option #3 - I Won't Worry Coloring Page	Crayons or markers	I Won't Worry Coloring Page (pg. 12)



Bible Story

Supplies Needed: Bible Story Pictures (provided on pg. 6-9)

Teacher Instruction: Before class begins, print the Bible Story Pictures. Have the children gathered around so they can see the pictures.

Say- Jesus was teaching many people, as He often did. (*show pic*) While He was teaching, He began talking about worry.

Say- Jesus told the crowd, “That is why I tell you not to worry about everyday life...”

Say- 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?

Say- We tend to worry about a LOT of things!

Say- Jesus went on to explain why worry doesn’t work.

Say- 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?”

Say- 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.”

Say- WOW! Jesus made such a good point. God takes care of the birds and the flowers.

Say- Birds and flowers don’t worry. They don’t panic. They simply trust God to take care of them.

Say- That’s exactly what we should do!

Say- Worry doesn’t work. As Jesus said so perfectly (*show pic*), “Can worrying add ONE day to your life?” He was teaching us that worry doesn’t help our lives at all!

Say- Jesus taught us to trust God with our problems. God cares about us more than the flowers or birds.

Say- We can give our worry to God and trust Him to take care of us - always!

Pray



Hands-On Learning

Supplies Needed: Toy or fake bird, Toy or fake flower

Teacher Instruction: Before class begins, gather classroom materials. Have the children gathered around so they can see any illustration materials.

Ask- What is this? *(show the bird)*

-Allow time for the kids to respond-

Say- This is a bird. Today, we learned that God takes care of the birds.

Say- Birds don't have to worry about having what they need to survive because God takes care of them.

Ask- What is this? *(show flower)*

Say- This is a flower. Today, we learned that God takes care of the flowers.

Say- Flowers don't have to worry about what they wear or how they grow because God takes care of them.

Ask- What if this bird decided to worry? *(show bird and dramatically say the next lines)* What if the bird panicked and said, "I don't know if I will have enough food! I might need to learn to create worms, but I can't create worms. Oh no!!!!!!!!!!!"

Ask- What if this flower decided to worry? *(show flower and dramatically say the next lines)* What if the flower panicked and said, "I don't know if I will have anything to wear! I might need to learn to create colorful petals, but I can't create colorful petals. Oh no!!!!!!!!!!!"

Say- Worry doesn't work for the birds and the flowers. They cannot take care of their needs on their own; they need help. God takes care of the birds and the flowers because He is their Creator.

Say- Worry also doesn't work for people. That's you and me!

Say- We cannot take care of our needs on our own. We need help.

Say- Instead of worrying and panicking, we can look to God for help.

Say- God is our Creator, and He loves us very much.

Say- In His Word, the Bible, God promises to care for us.

Say- When we feel worried, we can pray and ask God for help.

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Hands-On Learning *(Continued)*

Say- Worry doesn't work, but PRAYER ALWAYS WORKS!

Pray



Craft #1: Bible Story Coloring Page

Supplies Needed: Bible Story Coloring Page Print Piece (provided on pg. 10); Crayons or markers

Teacher Instruction: Before class begins, print the Bible Story Coloring Page Print Pieces. Make sure you have enough for each kid to have one. Gather the classroom materials as well. Have the kids sit in an area that is appropriate for coloring.

How To Do Craft - Kids can color freely as they choose.



Craft #2: Flower And Bird Craft

Supplies Needed: Flower And Bird Craft Craft Print Piece (provided on pg. 11); Crayons or markers; Glue; Scissors

Teacher Instruction: Before class begins, print the Flower And Bird Craft Print Pieces. Make sure you have enough craft pages for each kid to have one. Gather the classroom materials as well. Have the kids sit in an area that is appropriate for crafting.

How To Do Craft - Allow the kids to decorate one craft page using crayons or markers. Use scissors to cut along the dotted line and remove the bottom portion of the page. Cut out the birds' wings and flowers petals. Use glue to attach the wings to the bird and the petals to the flower. As you help the kids with the craft, talk about giving our worry to God in prayer!



Craft #3: I Won't Worry Coloring Page

Supplies Needed: I Won't Worry Coloring Page Print Piece (provided on pg. 12); Crayons or markers

Teacher Instruction: Before class begins, print the I Won't Worry Coloring Page Print Pieces. Make sure you have enough for each kid to have one. Gather the classroom materials as well. Have the kids sit in an area that is appropriate for coloring.

How To Do Craft - Kids can color freely as they choose.





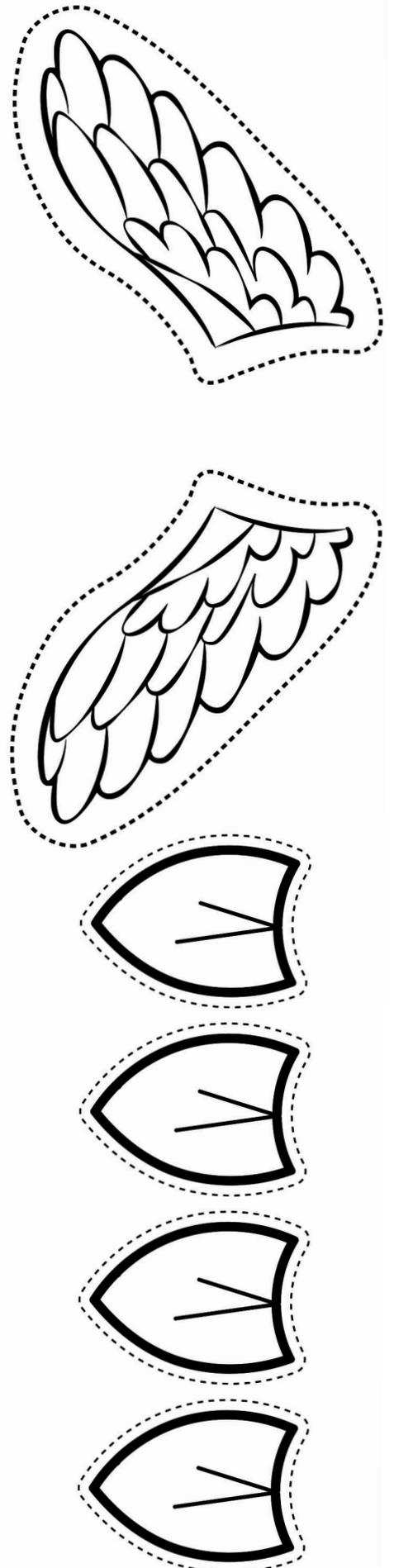
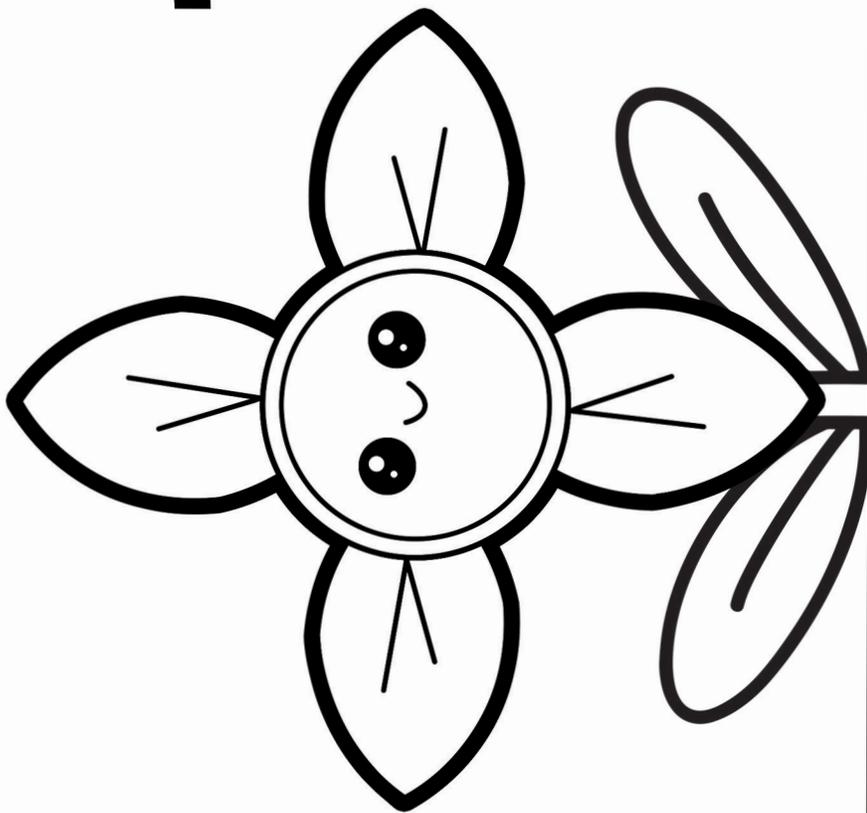


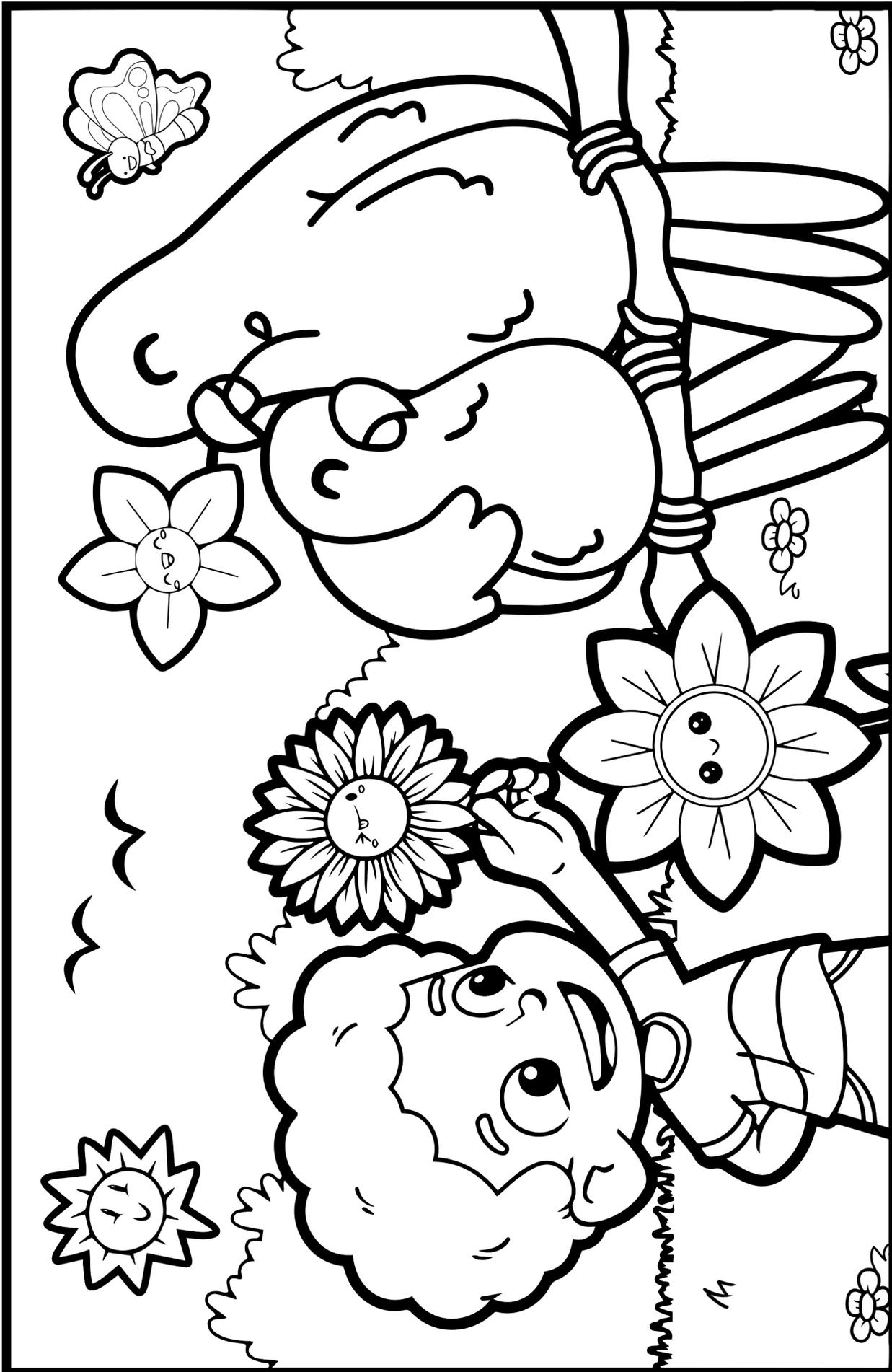




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