

SABBATH SCHOOL

Level 4 • Unit 10 • Week 3

DON'T WORRY

OBJECTIVE:

To teach us that God knows what we need and He will take care of us by supplying all our needs as long as we seek His way first.

ATTENTION GETTER:

Ask: How many of you know the answer to this question: When we worry, how much of that worry comes true? [Spend a few seconds asking their view.]

Say: Only about 5 out of 100 problems we worry about comes to pass.

Ask: Can you name me some things you worry about?

How much of that worry is really important?

Say: Perhaps God really doesn't want us to worry.

BIBLE LESSON:

Say: Today we want to see what God says about the subject of worry.

Ask: What are some other names for "worry"? [Let class participate—help them come up with words such as stress, anxious, fret, concern, apprehension, uneasiness, dread, anguish.]

What happens when we worry? [Let class participate—you are looking for answers like unhappy, fear, distress, pain, sorrow, grief, agony.]

Say: When we worry, God knows exactly what we are worrying about.

Ask: Can I have someone read Matthew 6:24-25?

Do: Explain that “mammon” is “riches.”

Ask: Why does God tell us in the first verse we read that we cannot serve God and riches and then in the next verse tells us not to worry about the things of this life?

Say: God is trying to tell us that most of the time we worry it is about the things of this life—food, clothing and other physical things. In this day and age, when we seek the physical toys of life like TVs, VCRs and computer games, we go into debt and then we have one more thing to worry about—how to get out of debt.

If we worry about the things of this life, we are not serving God, we are serving riches. If we didn't serve riches, we would have much less to worry about.

Ask: Could someone please read verse 26? What does this verse mean?

Say: God is telling us that we are much more valuable than birds. God takes care of the birds, therefore He will take care of us.

Ask: Now I have two questions to which I want you to answer true or false.
Do the worms and bugs that the birds eat come out of the ground and fly up into the birds' mouths? [False.]
Do birds get up early in the morning to go searching for worms and bugs and to pull them out of the ground? [True.]

Say: God takes care of us in the same way. He supplies everything we need, but we have to work to find it or pay for it. God tells us in His word that if we don't work, we shouldn't eat (2 Thessalonians 3:10).

Ask: Could someone read verses 28-30 of Matthew 6? [What do these verses mean?]

Say: God is telling us that the field with all its grass and flowers are more beautiful than all the adornments that King Solomon (the richest king in Israel) had in all of his kingly courts.

Ask: Are we showing God that we don't trust Him when we worry?

Do: Read verse 30 again where God tells us we are lacking faith.

Say: We can have faith in God because He tells us, “And my God shall supply all your need according to His riches in glory by Christ Jesus” (Philippians 4:19).

Ask: Does God know every need that we have?

- Do: Ask a student to read Matthew 6:32 and discuss those items that we really need.
- Say: Before God will supply us with our needs, we must do something also.
- Ask: Can someone read verse 33 and tell us what we must do?
- Do: Discuss what seeking the Kingdom of God and His righteousness means, e.g. fruits of God's Spirit, no resentment, anger without sinning, no revenge, etc.
- Say: God tells us He will add that which we need if we are seeking His righteous ways first. If we don't do what is right, there is nothing to add anything to and we will come up with nothing.
- Ask: What does verse 34 tell us?
- Do: Have a student read Matthew 6:34 and let the class discuss.
- Say: God is telling us that we usually are anxious about the future. He is instructing us not to worry about even the next day, tomorrow. That doesn't mean we don't plan. [Explain about the ant putting away food for the winter.] But we don't worry. We work at what we can do today and then when tomorrow comes, we take care of the problems that arise. Remember, 95 out of 100 problems we might worry about never happen.
- Ask: When we are tempted to worry about a problem, what does God tell us to do? [Ask a student to read Philippians 4:6.]
- Say: Our Creator God, who knows all of our needs and gives us everything, wants us to come to Him and talk about it.
- Ask: When we talk to God, how should we approach Him?
- Say: First of all, God wants us to thank Him for what we have. When we are thankful, we are reminded of how much God has given us already. Our anxiety will begin to disappear. Then we ask God for our needs, we "make our requests known to God."
- Ask: What happens when we take our needs to God? [Ask a student to read Philippians 4:7.]
- Say: Verse 7 tells us we will have the peace of God that comes through Jesus Christ.
- Do: Remind them of what they learned in week one's lesson—that we always pray to God in the name of Christ and if we pray according to God's will, we receive everything from God through Jesus Christ.
- Say: Since God has everything He needs and is very content, He has total peace of mind and

never worries. When we have faith in God, we will never worry either because we will have peace of mind just like God does.

Finally, let's read one more scripture.

Do: Ask a student to read 1 Timothy 6:8—"And having food and clothing, with these we shall be content."

Say: This is all we really need in order to be content. So let's not worry. Let's be happy!

LESSON APPLICATION:

Supplies: Paper
Pencil

Do: Allow five minutes for children to draw as many pictures as possible of food and clothing. When finished, each student will hold up his/her paper (one at a time). The other students will take turns announcing what the pictures are. For every picture that is recognizable, the artist gets one point. The student with the most points wins.

Discuss how we don't need to worry about food and clothing.

MUSIC:

Sing "Blessed and Happy Is the Man," page 77, of the United Church of God hymnal.

MEMORY VERSE:

Matthew 6:33 "Seek first the kingdom of God and His righteousness, and all these things [food, clothing and shelter] shall be added to you."

family activity

THE POINT:

To teach us that God knows what we need and He will take care of us by supplying all our needs as long as we seek His way first.

ASK ME...

- If you had 100 problems to worry about, how many would come to pass? [Answer—around five.]
- What happens when you worry about something? [Answer—fear, anxiety, pain etc.]
- What does God tell us we usually worry about? [Answer—the physical things of this life.]
- What happens when we worry about the physical things of this life? [We are not serving God because we cannot serve God and have anxiety about the things of this life.]
- How does God take care of birds?
 - A. The worms crawl up the tree into the bird's mouth.
 - B. The early bird flies down to the grass and works at finding the worm.
- Does God want us to worry about where our next worm—Oops! meal—comes from?
- Even though we should not worry, does God want us to work for what He provides?

FAMILY TOGETHER TIME:

Take your family to a park or into the backyard early in the morning where you can watch the birds finding worms. Explain the lesson Christ gave to the disciples explaining the truth that God supplies us with everything we need but that we also need to plan and work.

Find an anthill and show how hard the ants are working. God has supplied food for them, but they are working to store it up. If you have squirrels nearby, you can also use them as an example.

Remember to emphasize the lesson: (1) We should never have anxious worry, but we should be very busy every day doing what needs to be done so we don't become overburdened with life tomorrow. (2) God supplies us with everything we need—not want—when we seek His kingdom and His righteousness first without seeking mammon (riches).

MEMORY VERSE:

Matthew 6:33 "Seek first the kingdom of God and His righteousness and all these things [food, clothing and shelter] shall be added to you."

DRAWING

This illustration of the bird and the worm can be colored at home or in church.



“Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?” (Matthew 6:26)