

## Family Lesson 59

**Principle:** Don't Worry. Trust God.

**Bible Character(s):** Jesus

**Scripture Reference:** Matthew 6:25-34

**1. Worship** - Gather your family and play the [worship video](#) found on the curriculum resource page. Have fun, sing loudly, and follow along with the motions!

**2. Skit Video** - Watch the [skit video](#) with your family to hear a special message about what you will be learning this weekend.

**3. Bible Lesson** - Read through the lesson with your family. The bold font is meant to be read aloud along with the Scripture references.

### Bible Lesson

In our last lesson, we learned about how Jesus taught the disciples to pray. Can you remember what Jesus said about prayer? (Allow responses.) We saw Jesus teach the disciples that prayer is an opportunity to grow closer to God. How can we begin our prayers? (We can thank God for who he is and for loving us and providing for us.) How else can we approach God in prayer? (We can present our needs to him and praise him.) **Every day, we need to spend time with God in prayer. We can pray at any time of the day or night. The Lord always hears our prayer. When we talk to him, we grow in our relationship with him.**

To worry is to feel uneasy or concerned about something, to be troubled. We all worry about things or fear things. It is not fun to worry or fear.

Today, we are going to see what Jesus has to say about worrying. Let's begin by reading the Bible in Matthew 6 [NLT].

### Matthew 6:25-27

*<sup>25</sup> "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? <sup>26</sup> 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? <sup>27</sup> Can all your worries add a single moment to your life?"*

**What does God do for the birds? (Allow responses.) He gives them food and cares for them. How much does God value his children compared to the birds? (Allow responses.) He values us far more! We do not have to worry about getting what we need. God loves us and wants what is best for us. It does not help us to worry about things. God is in control; he will provide us with all we need.**

With your child, read through the following examples of worry and the verse to match.

Examples of worry:

1. Having nightmares (Psalm 56:3)
2. Struggling in school (Philippians 4:13)
3. Having sad, painful thoughts (Philippians 4:8)
4. Sick parent (2 Corinthians 1:3-4)

**When we begin worrying about something, we need to turn to God in prayer. A few weeks ago, we talked about how even though God knows everything we feel and everything we need, he still wants to hear from us. He wants us to let him know about everything! We can pray about what we need and not worry because we know God will take care of us. He is sovereign and will provide for us.**

Let's continue reading the Bible in Matthew 6.

### Matthew 6:28-30

<sup>28</sup> “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, <sup>29</sup> yet Solomon in all his glory was not dressed as beautifully as they are. <sup>30</sup> And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?”

**God makes beautiful flowers. They do not live long, yet God still cares about how beautiful they are. If he takes such good care of flowers that do not live long, he will definitely take care of us and all of our needs. God wants us to have faith that he will take care of us and provide for us. When we have faith, we do not worry. Let’s read more in the Bible.**

### Matthew 6:31-34

<sup>31</sup> “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ <sup>32</sup> These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. <sup>33</sup> Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

<sup>34</sup> “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

**Consider who made the heavens. God created our world and he created us in his image. He is a good and loving God, and we can trust in him. Jesus tells us “don’t worry about tomorrow.” When we worry, we are actually not trusting that God is good. We do not believe that God is who he says he is. God showed his love for us through Jesus’ death and resurrection. We can trust a God who gave up his only Son for our sake, so that we could have eternal life. God does not want us to worry about anything because he loves us and provides all that we need.**

As a family, look up a few of the Scripture promises from the list below. Talk about how they teach us that we can trust in God and believe that he is in control so we don’t have to worry. If you have a place where you display Scripture in your home, consider writing one of these verses there. Encourage your child to choose one and write it on a notecard to keep by their bed, in their book bag, or on their bathroom mirror.

2 Timothy 1:7

Joshua 1:9

1 Peter 5:7

Psalm 55:22

Philippians 4:6-7

**If you feel yourself starting to worry about something this week, say a quick prayer thanking God for giving you all you need and ask him to help you not to worry. Do not forget that he is in control of all things. He loves you so much, and he will take care of you and give you all that you need.**

### Prayer

Spend a few minutes in prayer to close small group time. Thank God that he loves us and cares for us. Ask him to help us put our trust in faith in him because he is sovereign and provides all that we need so we do not have to worry about anything.

## Activity

### Origami Bird

The purpose is to be reminded of God's character and provision.

#### Supplies:

Square paper

Pencil or pen

Origami instructions (Found on the [Kid's Resource Page](#))

Step-by-step pictures (Found on the [Kid's Resource Page](#))

Read through the provided instructions as you show your child how to make an origami bird.

**God made the birds and fed them. They are able to eat and survive because of the way God made them. God provided the animals with a way to eat and live. If God provides for the animals and birds, don't you think God provides for you as well? You don't have to worry about anything; you can trust God and know that he will give you what you need.**

