



## Philippians 4: 6- 7

Written by:  
Terry Royer

**Prior to teaching, engage the kids with the Memory Verse and Memory Activity!**

*- Refer to your classroom's Unit Guide -*

### Teach

*What is it? What does it mean? - Explain the Scripture so they understand what it means.*

Memory verse activity first :)

Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. And God's peace will keep your hearts and minds in Christ Jesus.

Philippians 4: 6,7

**\*\*Activity to rehearse the verse out loud in choral reading (all together)**

Then give students the verse that has parts missing. The students fill in the parts by drawing the correct picture that corresponds to the missing word. The leader will have pictures as a model for the children.

Begin by asking "What does worry mean?"

Worrying is when we are always thinking about what we need and not trusting God to take care of us.

In our lesson today Paul who is writing to his friends in Phillipi says do not worry. Review memory verse again. Emphasize "about anything". Remind them Paul is in prison, has been beaten, mocked, some friends stopped being friends with him.

You may want to read the passage in Matthew in which Jesus Himself tells us about worrying. Or the children can take turns reading the verses. See below.

"Matthew 6:25-34

25 "So I tell you, don't worry about the food you need to live. And don't worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. 26 Look at the birds in the air. They don't plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. 27 You cannot add any time to your life by worrying about it.

28 "And why do you worry about clothes? Look at the flowers in the field. See how they grow. They don't work or make clothes for themselves. 29 But I tell you that even Solomon with his riches was not dressed as beautifully as one of these flowers. 30 God clothes the grass in the field like that. The grass is living today, but tomorrow it is thrown into the fire to be burned. So you can be even more sure that God will clothe you. Don't have so little faith! 31 Don't worry and say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' 32 All the people who don't know God keep trying to get these things. And your Father in heaven knows that you need them. 33 The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you. 34 So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.

The lesson today is about worry. In life we have things that we worry about. We worry about being liked by our friends, who will sit by us at lunch, if we'll be good on a sport's team, if something's wrong when we hear family members argue. CURRENT EVENTS- children are back in school and might be discussing natural disasters, fire in the Amazon etc

**\*\*What are some of the things you worry about? (Take volunteers). Some worries seem bigger than others. Some people worry about being sick or being safe. There is a lot of sin in this world and things that the devil tries to get at us with.**

Jesus tells us not to worry. We just read a passage where Jesus was talking.

He's taking care of us. He used examples in creation.

**\*\*ask "Can you name examples we read?"**

-God gives food to the birds. They don't have to plant it themselves and harvest it. God gives them their food.

-We don't need to worry about clothes. Look at how beautiful flowers are. Jesus tells us the King Solomon didn't even have clothes as beautiful as the flowers.

-If God cares for things like the birds and flowers, isn't he going to take care of you?

Children may want to share about a time that God took care of them.

## Illustrate

*Why is it here? Why is it so important? - Bring it into their world so they hold it close.*

Worries can weigh us down and keep us from being the person God wants us to be. I have a backpack here that I'm going to put "worries" in.

I need a volunteer to wear it. (Pick a volunteer). Here's the backpack. Now let's put in some worries. Tell me again some of your worries. (Take volunteers and add your own. Fill the backpack with a medium size stone—one for every worry—but not so much that it would hurt the child.)

Wow these are a lot of worries that weigh (child) down. How do you feel with that weight of worry? (Heavy, hard to stand or move). Although worries aren't stones in a backpack, they still feel like they weigh us down. When we worry, we're not letting God take care of things. It's like we're saying, "I can take of this Jesus. Thank you for offering but I got it." Jesus tells us we can always trust him. We know we can because he always keeps his promises. Now let's give those worries to Jesus.

Let's pray and give our worries to God. (Take stones out of the backpack while praying).

Prayer: Jesus we give our worries to you. You promise to take care of us and we trust you. We have a lot to worry about but we know you can handle it. You died to take care of our sins. You took care of our big problem of sin and we know that you'll take care of our other problems too. Help us to give our worries over to you and not try and take them back. You can handle anything. We're so glad that we have a God that takes such good care of us. No one is like you. We have nothing to worry about when our life is in your hands. In Jesus name we pray, Amen.

Some of Paul's friends were worrying. Remember what is going on in Philippi at that time?

**\*\*What do you think they were worrying about? \_\_\_\_\_**  
persecution  
what might happen to Paul  
what will their future be like  
etc

Paul wanted everyone to know what to do when they felt worried.

**\*\*Did Paul scold them because the people were worrying?\_\_\_\_\_**

**\*\*Did Jesus scold people for worrying?\_\_\_\_\_**

Paul helped them know what do instead of worrying....Pray Ask Thanksgiving

## Apply

*What do I do with it? - Help the kids know what to do with and about this.*

Hand out a worry stone to each child to keep with them as a reminder what to do when worry happens. Pray Ask with Thanksgiving Remember Peace is from a person (God/Jesus) HE never leaves us

### Review: What did we learn today?

*Take a moment to check for understanding. If you need to re-explain anything, do it now!*

#### Is there a big idea or theme the kids should get from today?

God gives Peace. The relationship with God/Jesus is the most important component.

#### You might ask questions like:

What did get out of today? Or what did you learn?

What most surprised you? What are you still confused by?

Who did we talk about? And what did they do?

#### Specific to this lesson's content, you could ask:

You might want to ask **\*\*WHO** does the Peace come from?? God **\*\*Whose** Peace is it? God **\*\*Can** you ALWAYS depend on that Peace? yes **\*\*Does** God's Peace ever run out? no Why? God never leaves us. Today we learned that Peace comes from God because God is Peace

**Pray with the kids after every lesson!**

**Have time for more? Review the memory verse and memory activity once more!**

*- Refer to your classroom's Unit Guide -*



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### Teach

*What is it? "What does it mean? - Explain the Scripture so they understand what it means.*

Start with memory verse

Do not worry about anything! Pray and ask God for everything! And HE will give you Peace.

\*\*\*Picture cards for visually remembering the verse. Go over verse with colored picture cards. Please send pictures home with students:)

In our lesson today Paul who is writing to his friends in Phillipi says do not worry. Review memory verse again. Emphasize " about anything". Remind them Paul is in prison, has been beaten, some friends stopped being friends with him.

Paul wanted everyone to know what to do when they felt worried.

\*\*Did Paul scold them because the people were worrying?\_\_\_\_\_

\*\*Does Jesus scold people for worrying?\_\_\_\_\_

PARAPHRASE THIS PASSAGE:

25 "So I tell you, don't worry about the food you need to live. And don't worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes. 26 Look at the birds in the air. They don't plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. 27 You cannot add any time to your life by worrying about it.

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Jesus tells us not to worry. Jesus says He takes care of....

Show a picture of a bird

Show a picture of a flower

-If God cares for things like the birds and flowers, isn't he going to take care of you?

Children may want to share about a time that God took care of them.

## Illustrate

*Why is it here? Why is it so important? - Bring it into their world so they hold it close.*

Worries are HEAVY and keep us from being the person God wants us to be. I have a backpack here that I'm going to put "worries" in.

I need a volunteer to wear it. (Pick a volunteer). Here's the backpack. Now let's put in some worries. Tell me again some of your worries. Have pictures of typical worries available that the children can choose from. (Take volunteers and add your own. Fill the backpack with a medium size stone- one for every worry—but not so much that it would hurt the child.)

When we worry, we're not letting God take care of things. It's like we're saying, "I can take of this myself. I know its HEAVY BUT but I got it." God tells us we can always trust him. He wants ALL our worries. We know we can trust him because God always keeps his promises. Now let's give those worries to God.

Let's pray and give our worries to God. (Take stones out of the backpack while praying).

Prayer: Jesus we give our worries to you. You promise to take care of us and we trust you. We have a lot to worry about but we know you can handle it. You died to take care of our sins. You took care of our big problem of sin and we know that you'll take care of our other problems too. Help us to give our worries over to you and not try and take them back. You can handle anything. We're so glad that we have a God that takes such good care of us. No one is like you. We have nothing to worry about when our life is in your hands. In Jesus name we pray, Amen.

## Apply

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### Is there a big idea or theme the kids should get from today?

God gives Peace. The relationship with God/Jesus is the most important component.

### You might ask questions like:

What did we learn today?

What did we talk about?

Who did we talk about? And what did they do?

### Review - a question or two to ask

What did we learn today? Today we learned that Peace comes from God because God is Peace. We learned that worries are HEAVY. Jesus wants to take our worries.

**Pray with the kids after every lesson!**

**Have time for more? Review the memory verse and memory activity once more!**

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# Kids' Church Car Talk

9/7 9/8  
2019

Check out the Crosspoint Mobile App for quick access to this Car Talk and your child's memory verses that you can learn together!

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## Today's lesson: Philippians 4: 6- 7

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### What was today's lesson all about?

God gives Peace. The relationship with God/Jesus is the most important component.

### How you can ask about today's lesson:

You might want to ask \*\*WHO does the Peace come from?? God \*\*Whose Peace is it? God \*\*Can you ALWAYS depend on that Peace? yes \*\*Does God's Peace ever run out? no Why? God never leaves us. Today we learned that Peace comes from God because God is Peace

### How you can help move today's lesson to action:

Hand out a worry stone to each child to keep with them as a reminder what to do when worry happens. Pray Ask with Thanksgiving Remember Peace is from a person (God/Jesus) HE never leaves us

### Great questions to follow that up with:

Why is this so important?

Why is this so hard?

What can we do together?

Who do we need to share this with?



# Pre-K Car Talk

9/7 9/8  
2019

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## Today's lesson: Philippians 4: 6- 7

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### What was today's lesson all about?

God gives Peace. The relationship with God/Jesus is the most important component.

### How you can ask about today's lesson:

What did we learn today? Today we learned that Peace comes from God because God is Peace. We learned that worries are HEAVY. Jesus wants to take our worries.

### How you can help move today's lesson to action:

Hand out a worry stone to each child to keep with them as a reminder what to do when worry happens. Pray Ask with Thanksgiving Remember Peace is from a person (God/Jesus) HE never leaves us

### Great questions to follow that up with:

Why is this so important?

Why is this so hard?

What can we do together?

Who do we need to share this with?