



Do not worry

Jesus, the Son of God, did many amazing things when He was on earth. He healed people who were sick, made blind people see and fed lots of hungry people.

Once, Jesus sat on a big hill and talked to many people. He wanted to teach them something very important. "Don't worry," He said with a warm smile. "God loves you very much!"

Jesus looked around at the beautiful flowers blooming in the fields. "Look at the flowers," He said. "They don't worry about what they will wear. God dresses them in the most beautiful colours, better than a king's clothes! If God takes care of the flowers, how much more will He take care of you?"

Then Jesus pointed to the birds flying in the sky. "Do the birds worry about where their food comes from? No! They trust God to give them what they need each day. You are more special to God than the birds. He will always provide for you."

The people listened closely. Jesus told them, "Instead of worrying, pray and trust God. He knows what you need. Just like He takes care of the flowers and birds, He will take care of you, too!"

(Matthew 6:25-34)

1. Opening

(Show the picture to the children)

Look at this beautiful bird! And these lovely flowers! God made them. Do you think God loves them? Yes, He does! And guess what? He loves us even more!

In our Bible story today, we will read about how God made us even more special than the flowers and the birds. Let's read the story.

2. Discovery

Can you remember the story that you heard yesterday?

Yes, we talked about how God looks after us, just as He takes care of the flowers and the birds. Let's read the Bible story again.

What is your favourite part of the story?
What colours are the flowers in the picture? Who made them so pretty?
How many birds do you see in the picture? What do they eat?

3. Retell

Can you tell me what happened in our story yesterday? (Ask leading questions and guide the child using the picture and story.)

Who takes care of the flowers and birds?
What did Jesus tell us not to worry about?

4. Value

This week we learned that Jesus does not want us to worry about anything, and to trust that God will provide for us.

Can you think of a time when you felt worried?
What can you do instead of worrying?

God loves us very much and is always ready to help us and provide for us. When we feel worried, all we need to do is to pray to God, ask Him to help us, and trust that He will.

How does it make you feel to know that God takes care of you?
What are you worrying about today? Let's pray and ask God to help you.

5. Activity

In our Bible story this week we learned that we do not have to worry about anything. When we feel worried, we can pray and trust that God will provide for us.

How can we show that we trust God?
Yes, we can pray and not worry about things.

Let's make beautiful flowers to remind us that we can always trust God to provide for us.

(Give each child a piece of paper and crayons, and have them draw flowers. As they draw, remind them that God looks after us, just as He looks after the flowers.)



Seasons: Spring



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Trust in God's provision