



RESILIENCE | WEEK 2 | JANUARY 12, 2025

## Elementary Lesson

# Don't You Worry 'Bout a Thing

**Monthly Virtue:** Resilience—Getting back up when something gets you down

**Bible Story:** Don't You Worry 'Bout a Thing (Do Not Worry) • *Matthew 6:25-34*

**Key Question:** What kinds of things do you worry about? Is there a pattern? Are they 'today' things or 'tomorrow' things?

**Basic Truth:** I am loved by God no matter what so I can be confident that God knows who I am.

**Memory Verse:** Be strong, all you who put your hope in the LORD. Never give up. *Psalms 31:24 (Nirv)*

### LEADER BIBLE STUDY

*With every season comes new and different challenges but also the chance to experience incredible joy. Through sunshine or rain, storms, and blue skies, seasons and weather are important to growth, but not just for flowers and trees. How we respond to each season of life helps us grow in maturity and can spur us to a deeper faith in God. This is especially true when it comes to our emotions. Just as seasons come and go, so do our emotions. And how we choose to handle those emotions can shape us and teach us a lot about how God cares for us. No matter what emotion we may be feeling or what we may face, because of Jesus, we can learn to trust that God knows how we feel. Jesus showed us how to face life with resilience, and because of it, we can trust God no matter what.*

**Key Question:** Who can you talk to when you're sad?

Sometimes, our problems can feel so big that it's difficult to talk about them with others because we think they don't understand. However, God has created us for relationships, and we don't have to do life alone. We hope this question not only invites preteens to find people in their lives they can trust, but also know that God is there for them no matter what.

We start the month in **John 11:1-45** with a peek into Jesus' personal life. After the death of one of His friends, Jesus wept — even though He knew what would happen next. Jesus trusted that God would be with Him in His sadness and wept anyway, showing us He is there with us in our sadness too.

#### Pre-Service Check List

- HUDDLE AS TEAM → You're in this together! Pray together and talk about the activities for the day.
- PLAY MUSIC
- PUT OUT TOYS → A welcoming environment is important! We want it to be obvious from the moment kids walk in that they belong HERE!
- PUT ASIDE DISTRACTIONS
- ENGAGE WITH KIDS

#### Morning Flow

Doors Open  
9:15/11:00

Large Group Starts  
9:35/11:20

Small Group Starts  
10:05/11:50

## LARGE GROUP

### COUNTDOWN AND WELCOME (3 Minutes)

(VIDEO: COUNTDOWN, SLIDE: KIDCITY EXPECTATIONS)

LGL: “Welcome everyone! I’m so glad you are able to come hang out with us in KidCity today. My name is [INSERT NAME]. We are going to have a lot of fun today, but before we do let’s go over these announcements/KidCity Expectations.

**(SLIDE: BAPTISM)** *(Said on the fourth weekend of the month only)* “Today are baptisms at Hope. Baptism is a way of telling the world that you love God and have made the decision to follow Him with your life. It’s a big deal! Is there anyone here who is getting baptized today? *(Pause and if someone is, go ahead and give them a high five and get the kids to clap).* Awesome!”

**(SLIDE: KIDCITY EXPECTATIONS)** “Now, let’s quickly go over our KidCity Expectations (rules) so we can make sure that we make the most of our time today: *(Don’t dwell on these too long, but make sure you review them briefly so we can set everyone up for success.)*

1. Be Kind
2. Be Safe
3. Have Fun

### LARGE GROUP GAME (5 Min)

#### SUMMER GAME

(No Supplies)

“All this month we are talking about resilience. We define it as this…”

**(SLIDE: VIRTUE)** Resilience—Getting back up when something gets you down

“We know that there are good and bad things in life. When the bad things come, we have a choice with what to do next. Do we get overwhelmed with our emotions or do we do the next right thing and have resilience?”

“Check out our verse for the month.

**(SLIDE: MEMORY VERSE)** Be strong, all you who put your hope in the LORD. Never give up.  
*Psalm 31:24 (NirV)*

*Take a minute to explain that ‘Psalms’ is a book in the Old Testament, and that the first number means ‘chapter’ and the second one means ‘verse’. ‘NirV’ is what translation the Bible is in. The Bible wasn’t originally written in English! There are different translations.*

“More on that later, but for now, let’s play a game! This month we’re talking about how God is with us—rain or shine. We can trust God in every season!”

“Speaking of seasons, last week we played a ‘spring’ themed game so this week it’s all about SUMMER! I’m going to need everyone to stand to your feet.”

### **(SLIDE: GAME SLIDES 1-8)**

- HOW TO PLAY:
  - **EXPLAIN.** You will show 2 summer-themed options (like swimming in a pool or a lake) and kids will have to show their preference by going to the corresponding side of the room. If they don’t have a preference they can hang out in the middle. Be sure to say what your preferences are!

“That was so fun! Now everyone stand up and let’s worship God!”

## **WORSHIP (6-7 Minutes)**

**(VIDEO: EVERY BEAT, RIVER)**

## **BIBLE STORY (12 Minutes)**

**(No Supplies)**

“Jumping into things, I want you to turn to the person next to you and tell them something you are afraid of. *(Pause and listen to some of the responses).*”

“I heard a couple of you say things like the dark, heights, being eaten by a lion...there are a lot of things in this life that we can be, and are, afraid of! Some are more likely to happen to us than others...but that’s besides the point. What if I told you that I’ve decided to change everything about KidCity today? The kids are going to tell the Bible story and the leaders are going to listen, you guys will have to lead worship, plan the lesson, and you have to memorize everyone’s names TODAY.”

“Now, for some of you – you love new and different things, so when I said that you got excited! For others, you prefer things to be more predictable and routine – which is totally fine – but maybe you got a bit nervous when I said that. Spoilers...we AREN’T actually going to change KidCity.”

“Life can be unexpected at times! Things can happen that we didn’t see coming, and it can be a temptation to worry about things that we can’t control. Jesus had some wise words for us about that.”

“Let’s check it out!”

### **(VIDEO: BIBLE STORY 4 MIN)**

“A godly woman named Corrie Ten Boom once said something that can help us understand what Jesus was saying. She said: ‘Worrying is carrying tomorrow’s load with today’s strength—carrying two days at once.’ That’s a really good explanation, right? We often worry because we’re allowing



ourselves to think too far ahead. When we do that, we start asking ‘What if?’ about everything we face. Like, ‘what if’ this happens!?’ What if’ that happens!?’ But Jesus reminded us to live today seeing how God is continually taking care of us, and allow that truth to help us trust God about what we’ll face tomorrow.

“It’s really easy for us to let our minds slip into worry or to let our anxious thoughts about today or even tomorrow get the best of us without even realizing it. That’s why Jesus told us to bring our worry to God and to see how God loves and cares for us.

“Worry will always try to take you out and get you down. But God wants to help you get back up when something gets you down . . . that’s resilience. We can’t do this all on our own, no matter if it’s a big worry or a small one. Whether you’re worrying about the next big game, the next big test, or even that small conversation you had with a friend that didn’t quite go as you expected, God knows you need help . . . because God knows YOU. Bring your worry to God and ask for help. God also might be directing you to a trusted adult, like a parent or Small Group Leader or teacher or counselor. God can give you peace as you learn to let your worry go.

Check this out:

**(SLIDE: BASIC TRUTH)** I am loved by God no matter what so I can be confident that God knows who I am.

“We don’t have to pretend be to someone we aren’t or act a certain way to make God love us. God already knows the best and worst parts of us and loves us no matter what. He understands what we are going through and loves us right where we are at. There is nothing in this life or the next that is outside of His control. The more we learn to love and trust Him, the more we can have peace and resilience.

“Ok, let’s turn to the person next to us and answer our Key Question for today.

**(SLIDE: KEY QUESTION)** ‘What kinds of things do you worry about? Is there a pattern? Are they ‘today’ things or ‘tomorrow’ things?’

*Have kids turn and talk to their shoulder partner for 60 seconds. Your KQ slide on Playlister will keep track of time for you. While kids are talking, walk around and listen in to what they are saying and give prompts if needed. Don’t try to resolve anything, kids will have a further discussion within their small group time.*

“Ok friends, come back together in 3, 2, 1....

“I heard some great thoughts floating around. You are going to have more of a chance to talk about this in small group time, but for now let’s pray.

“Dear God, thank you for making us in your image so we can experience emotions. Thank you for, in your wisdom, providing us wise people that we can talk to about what we are thinking and feeling. I pray that we can be people who are resilient to life’s highs and lows. Amen.”

## DISMISS TO SMALL GROUPS



### SMALL GROUP

**Monthly Virtue:** Resilience—Getting back up when something gets you down  
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Are they 'today' things or 'tomorrow' things?  
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### TALK ABOUT IT (K-5<sup>th</sup>)

*There are no right or wrong answers but try to challenge the kids to think deeper.*

Key Question: What kinds of things do you worry about? Is there a pattern?  
Are they 'today' things or 'tomorrow' things?

*(Answers will vary: Be sure that kids know that there is a difference between worrying about things that we can control and things that we can't. If we CAN control something, then we should work hard to fix it.)*

### LOOK IT UP (K-5<sup>th</sup>)

*Grab Bibles, look up, and read the following passage.*

Look Up: **Matthew 6:25-34**

Say: "The book of Matthew is in the New Testament and is one of the 4 Gospels - the books that tell the story of Jesus. The Sermon on the Mount is the longest recorded sermon of Jesus.

### PRACTICE IT (K-5<sup>th</sup>)

**("Trust God" Activity Page, post it notes - one per child, 2-3 prepared paper cups or tubes per small group, prepared balloons, painter's tape, Markers/crayons/pencils)**

What You Do:

- Ensure that there are cups or tubes that have a balloon attached to them to create a



launcher.

- Gather kids together in your group space.
- Hold up the post-it notes.
- Say:
  - “There are SO many things we can worry about. We can worry about clothes, not having enough to eat, finding a friend, or our grown-ups fighting.”
- Ask kids what else we might worry about.
- Invite responses. Kids might say: something bad happening, someone being mean/bullying, thunder/lightning/storms, being left alone, etc.
- **[Make It Personal]** (Share with kids an age-appropriate example of something you sometimes worry about—maybe it’s a family member who’s sick or what people will think of you.)
  - *Remind kids that God did not create us to be worried but wants us to use our energy to come to God instead of worry.*
- Explain to kids you will play a game where they will practice making *Pathways of Peace* by giving those worries to God!
- Give each kid in your group a post-it note to write or draw a worry onto.
- Divide kids into 2 or 3 groups. Each group will get a cup launcher
- Use the painter’s tape to create starting lines for each team.
- Set the “Trust God” Activity Page on the floor at another point in your group space across from the teams’ starting lines.
- Instruct the kids to form lines behind the starting lines.
- Model for kids how to crumple up the worry into a tight paper ball and put it into the balloon “launcher” and pull back on the balloon.
- Walk towards the “Trust God” Activity Page, aim, and as you get close, release the balloon and the worry.
- At your signal, direct the first kid in each line to quickly move to the “Trust God” sign, launch their “worry” toward it, and run back to their group and give the launcher to the next person. It’s ok if it doesn’t land on the paper.
  - If a balloon pulls off a cup, reattach it further onto the cup or tube.

### What You Say:

“Great job! You just practiced two ways to release stress. When we are worried or stressed, we can talk to God. You can give ALL your worries to God, no matter what your worry is. God cares, God LOVES you, and God can help you have peace! We also practiced releasing the stress in our bodies, by launching the balloon. Can we try another way as a group to release stress? As you’re sitting here, everyone take a breath in and tighten all your muscles like you are a robot, hold your breath and count to 5 and breathe out and pretend you are a rag doll. That helps us release the worries that we hold tight in our bodies. God also gives us trusted people to talk to too—like a parent, or a Small Group Leader or a counselor.

- **Who do you like to talk to when you’re worried?** (Invite responses.) Ask that person to pray with you and ask God for help when you’re so stuck in worry—whether it’s big or small!

## GET STRONGER (K-5<sup>th</sup>)

(Supplies Vary)

What You Do:

- Follow the instructions of the “Books of the Bible” activity that is in your bin.

## PRAYER

“Dear God, thank You for loving and caring for all of us. Sometimes we have worries that feel really big. Even though we can’t control everything that happens, we can control how we respond. God, help us to trust You when we’re worried. Help us to identify adults we trust to talk to them about it too. We love You, and we pray these things in Jesus’ name. Amen.”