

## ELEMENTARY ACTIVITIES

### Discussion Questions

- **Why were the people in the story worried?** *Might not have enough food, clothes, money; everything might go wrong ; they might not be ok*
- **What is happening in our world right now that could cause people to worry?**
- **What is worrying you today?**
- **What did Jesus talk to the people about at first to teach them not to worry?**  
*Birds*
- **What did Jesus say about the birds?** *They don't have to worry about food because God knows what they need and he feeds them.*
- **What was the second thing Jesus talked to the people about to teach them not to worry?** *Flowers*
- **What did Jesus say about the flowers?** *They don't have to worry about clothes because God clothes them beautifully.*
- **Then Jesus talked about people. He said, "You are more \_\_\_\_\_ than birds and flowers!"** *Important*
- **What does "You are more important than birds and flowers" mean?** *That people matter more to God than birds or flowers*
- **Does God want us to worry about our lives and the things we need?** *No*
- **What does He want us to do instead?** *To trust Him to give us what we need and to watch over us and take care of us.*
- **How can we help ourselves learn to do that?** *Spend time with Him, read the bible and learn truth, pray and talk to him, learn more about God and Jesus, practice trusting Him*

### Activity

Gather a backpack and several heavy cans, books or other items that can fill up the bag. Say: **Let's find out why Jesus doesn't want us to carry our worries around with us every day.** Begin to fill the bag with items. As you add each item say: **This represents me being worried about \_\_\_\_\_.** Let kids add items and express their worries. Once the bag is filled, let everyone take a turn trying to walk around while wearing it. Make it harder by having kids jog, do push ups or go up and down stairs. Have some fun and be silly with this.

After everyone has had a chance to wear the heavy backpack, gather together again and say: **Jesus doesn't want us to carry our worries around because worries make us feel heavy on the inside of ourselves. They make our hearts heavy and our minds tired just like carrying this backpack made our body feel heavy and tired.**

**Talking to Jesus about our worries is like taking them out of us and giving them to Him.** Take some of the things out of the back pack and say, **"Jesus, I am worried about \_\_\_\_\_, but I'm giving my worry to you.** This gives kids a visual of "giving" your worries to Jesus. Continue removing your worries and "giving"

them to Jesus. After you have emptied the backpack, let kids put it on and jump around in it. Talk about how different and wonderful it feels to walk around free from worry.

### **Prayer**

Gather everyone back together and kneel among all the “worries “you took out of the backpack. Hold hands, if you like, and pray together that God would help you all remember what you learned today. Pray that when you feel heavy with worry that you would give your worries to Jesus to carry. Encourage kids to pray aloud with you.