



# JESUS TAKES OUR WORRIES

IJ2-5

Theme/Value

God Provides

Intro

Appendix B

Don't think of an elephant.

Notes:

Activity

Appendix B

Happy Places

Close eyes and imagine yourself in your favourite place

Story

Ref: Matt 6:25-34; Luke 12:16-31  
Jesus says Don't Worry - Appendix A

- What were Jesus' friends worrying about?
- Look at picture
- Sharing worries
- God provides what we need
- We can give our worries to God
- Worry whispers

Reflection  
Appendix B

It's Jesus, who is He to you?

Cares, provides, understands, sees beauty in nature....

Song suggestion

Be Happy - Doug Horley

Prayer

**Thank you that you know what we need and that you give it to us. Help us to not let our worries take over. Help us not to worry about something but to share it, to hand it over to you. Thank you for the people around us who help us with our worries as well.**

Equipment

Suggested Entry Music

Don't Worry, Be Happy  
Bobby McFerrin



# JESUS TAKES OUR WORRIES

# IJ2-5 A

Ref: Matt 5:21-26; Matt 5:38-48; Luke 6:27-28, 32-36

## Appendix A: Story

### **Do not worry**

Jesus told his followers not to worry about the things they would eat, drink or wear... I wonder why that was? Maybe it happened a little bit like this...

Jesus had been busy all day; teaching and helping, healing and serving. The sun was low in the sky and the crowds had finally gone. Jesus lay down in a field. A gentle breeze stirred the grass. Birds twittered in the trees.

"What are we having for dinner?" asked Simon Peter, sitting nearby.

"Whatever it is, I hope we have it soon. I am soooo hungry!" Andrew moaned. "It seems like ages since we had lunch."

"My feet hurt so much," Thomas groaned. "We walked so far today, I'm sure my sandals are going to fall apart."

"My cloak has already fallen apart - look," Matthew said, poking his finger through a hole.

"Jesus? What are we going to do for food? It's getting dark, what if everywhere is closed?" Simon Peter asked.

"Where am I going to get the money for new shoes?" Thomas worried. "They could fall apart any second."

"What about breakfast tomorrow?" Andrew wondered. "Has anybody thought about that?"

Jesus didn't reply. He was watching a tiny bird hopping along a branch. Suddenly it swooped down, grabbing a worm from the ground.

"Did you see that?" Jesus asked. "The birds don't worry about what they are going to eat."

"Well, of course not," Andrew scoffed. "But I'm not going to eat worms for dinner!"

"God has given the birds everything they need, because he loves and cares for them. Don't you know that God loves and cares for you too? You can trust in God and ask for the things you need," Jesus explained.

"Will God give me a new cloak?" Matthew asked.

"God knows you are spending your time serving him and following me," Jesus replied. "Make that your focus, and trust that God will provide everything else. God doesn't want you to be worried or upset. Just give your worries to him and trust that he loves and cares for you. Worrying about tomorrow won't change anything. Come sit with me. Enjoy the sunset. God's got everything under control."



## Appendix B

### Introduction

Don't picture an elephant. Don't picture a large, grey elephant, swinging its trunk. What's happened? Are you now picturing an elephant? It's really hard not to. Sometimes it feels like that when someone says 'Don't Worry'. You can't stop worrying.

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### Activity: Happy Place

Show picture: How do you think this person is feeling? Maybe relaxed, comfortable, happy. What place would make you feel like this? Ask for examples. The beach makes me feel like this. Close your eyes now. Imagine yourself in your happy place. What can you see, hear, smell, feel? Open your eyes. If you're feeling worried, you can imagine yourself in your happy place to help you feel calmer.

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### Reflection

What were Jesus' friends worrying about?

What were they missing when they were worrying? (*the beauty around them, enjoying time together*)

What did Jesus say to them? (*God cares for them and will provide what they need*)

Let's look at the picture again. Have you felt like this? When? Do you feel like this now?

There's an expression - 'not having a care in the world', which describes this picture. It means not worrying about anything. Sometimes we feel like that but sometimes there might be something that is worrying us. Sometimes, that worry can take over and get bigger and bigger. When that happens we need to talk to someone we trust and who cares about us. They can help us look at the worry and see if we can do something about it. Quite often, it isn't something that we need to worry about and we can give that worry away. Or when we look at the worry with someone else, it gets smaller and smaller and goes away. Or someone can help us to do something that means we don't worry about it any more.

Jesus talked about not worrying about food and drink and clothes. He pointed out to his friends that God takes care of the birds, and we are worth so much more to him. He wanted them (and us) to understand that God would look after them because he loves and cares for us. He said, 'Your Father in heaven knows that you need all these things, and he will give you what you need'.

Christians believe that we can talk to God about our worries and he will listen - we can hand them over to God. They believe that putting God first in their thoughts and actions helps worries go away.

Worry whispers - is there something you're worried about? Whisper/speak silently into your hands. Close your hands and fold up your worry. Throw it up in the air/ send it to God.

Notes:



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