



Grace Church Elementary

# Camp Grace

## LESSON 59

3<sup>rd</sup> and 4<sup>th</sup> Grade

**Principle:** Don't Worry. Trust God.

**Bible Character(s):** Jesus

**Scripture Reference:** Matthew 6:25-34



**PERSONAL PREPARATION:** Before this weekend, read the following scripture

references: Matthew 6:25-34, Philippians 4:6-8, 1 Peter 5:7, and Psalm 46:10. This week, we will study about Jesus' teaching on worry. The definition of worry is *to afflict with mental distress or agitation; make anxious*. When we worry, we ultimately question and doubt God's sovereignty and goodness. We fall to the temptation to believe that God is not who He says He is, and we must handle our concerns ourselves. The root of worry is a fear that God cannot provide what we need. God has already provided everything we need and showed His love through Jesus' death and resurrection. He poured out the punishment for our sin on His only Son. We can trust a God who died for us so that we can have eternal life and a restored relationship with Him. He knows each of us better than we know ourselves, and He has a plan that is for our good. Jesus calls us to trust in His sovereignty.

How do you struggle with believing that God will provide for you? How can you fight against the temptation to worry? Spend a few minutes thinking about examples of things you tend to worry about. Pray for God to show you that He is bigger than any worry in your life, and to trust in Him with your worries and concerns.

### PLUG IN TIME - 5-10 minutes as the kids begin to arrive

Arrive early to check the supplies in the bin and review the lesson. Write today's principle on the whiteboard. Remember to greet all campers upon arrival; meet their parents; welcome and introduce all visitors. Create a welcoming cabin for all campers!

### “Worry Is...” Worksheet

Supplies:

Worksheet – “Worry Is...” side (1 per camper)

Give each camper a copy of the “Worry Is...” worksheet to work on before Big Group. Explain that

you'll use it in your discussion later.

## **BIG GROUP TIME - 35-40 minutes**

As you line up, remind campers we are going to have fun as an entire Camp Grace group! We are going to live out GRACE by **Glorifying God** through worship, **Respecting All Leaders**, and **Accepting Responsibility** to listen with attentive ears, minds, and hearts - fully **Celebrating Christ** with passion! We should **Encourage Others** to do the same, by not distracting them from their worship of God.

\*Take your cabin flag to Big Group.

### **The Bridge to Small Group**

Today we will learn more about the sin of worrying and why we do not need to worry. We will define worry/anxiety for the campers, help them to identify issues that they worry about, and then go to the root of anxiety as we focus on God's character. We will end in prayer.

## **Small Group Time - 25-30 minutes**

### **Getting Started**

If your cabin did well in Big Group, acknowledge it. If not, take a couple of minutes to talk about how they can do better next time.

**What did you learn in Big Group? What did the staff members learn from the birds and the flowers?** (God cares about and takes care of them; He cares about us more and will take care of us.) **What should you do instead of worrying?** (Trust God.)

In our last lesson, we learned about how Jesus taught the disciples to pray. Can you remember what Jesus said about prayer? (Allow responses.) We saw Jesus teach the disciples that prayer is an opportunity to grow closer to God. How can we begin our prayers? (We can thank God for who He is, and for loving us and providing for us.) How else can we approach God in prayer? (We can present our needs to Him and praise Him.) Every day we need to spend time with God in prayer. We can pray at any time of the day or night. The Lord always hears our prayer. When we talk to Him, we grow in our relationship with Him.

### **Making it Clear: What is Worry?**



The purpose is to define and identify areas of worry for the campers.

#### **Supplies:**

Worksheet – “Worry is...” side (1 per camper)

Go over the worksheet with the campers and talk about the definition of worry. As you do this, ask the campers what worries them. You might need to help the campers to identify areas of worry. Campers might share areas of real concern: divorce, financial struggles (in their homes), or health issues. Be prepared to listen and meet them where they are. It might be appropriate to jump right to prayer time depending on what is shared. Other areas of worry might include doing well in school, having friends, or pleasing teachers or parents.

## Tie It Together

 To worry is to feel uneasy or concerned about something, to be troubled. We all worry about things or fear things. It is not fun to worry or fear.

Today we are going to see what Jesus has to say about worrying. Let's begin by reading the Bible in Matthew 6 [NLT].

### Matthew 6:25-27

*25 "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? 26 Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? 27 Can all your worries add a single moment to your life?*

What does God do for the birds? He provides them with food and takes care of them. How much does God value His children compared to the birds? He values us far more! We do not have to worry about getting what we need. God loves us and wants what is best for us. It does not help us to worry about things. God is in control; He will provide us with all that we need.

## Do Not Worry



The purpose is to show campers that prayer should replace worry.

### Supplies:

Verse cards (1 set per bin)

Read through each verse card. Ask the campers to give examples of times of worry that each verse card could be used as a source of comfort. Write these examples on the board. There are some examples on the back, in case you need prompts.

## Tie It Together

 When we begin worrying about something, we need to turn to God in prayer. Remember a few weeks ago, we talked about how even though God knows everything we feel and everything we need, He still wants to hear from us? He wants us to let Him know about everything! We can pray about what we need and not worry because we know God will take care of us. He is sovereign and will provide for us.

Let's continue reading the Bible in Matthew 6.

### Matthew 6:28-30

*28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they*

are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

God makes beautiful flowers. They do not live long, yet God still cares about how beautiful they are. If He takes such good care of flowers that do not live long, He will definitely take care of us and all of our needs. God wants us to have faith that He will take care of us and provide for us. When we have faith, we do not worry. Let's read more in the Bible.

### **Matthew 6:31-34**

31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

When we worry about something, who are we not putting our trust in? (Allow responses) We are not putting our trust in God. We do not believe that God is in control, that He loves us and that He will take care of us. We question whether God is who He says He is. But God is sovereign and in control. He loves us and wants to take care of us. God showed us His love for us through Jesus' death and resurrection. We can trust a God who gave up His only Son for our sake, so that we could have eternal life. He does not want us to worry about anything! We can trust Him so we do not have to worry!

### **God Provides for the Birds, Lilies and Me**



The purpose is to be reminded of God's character and provision.

#### **Girls: Flower Bouquet**

##### **Supplies:**

Instructions guide (1 per bin)

Flower sample pictures (2 per bin)

Tissue paper squares - approximately 5x5 (5 per camper)

Green pipe cleaner (1 per camper)

Scissors

Tape

#### **Tie It Together**

These flowers will help you remember that you can trust God with every part of your life. You do not have to worry! He will care for you and provide all that you need. You can have faith and stop worrying because God is in control!

## Boys: Origami Bird

### Supplies:

Square paper (1 per camper)  
Pencil or pen (1 per camper)  
Origami instructions (1 per bin)  
Craft sample or sample picture (1 per bin)

Read through the provided instructions as you guide and show campers how to make an origami bird.

### Tie It Together

God made the birds and feeds them. They are able to eat and survive because of the way God made them. God provided the animals with a way to eat and live. If God provides for the animals and birds, don't you think God provides for you as well? You don't have to worry about anything; you can trust God and know that He will give you what you need.

## Heavy Burdens



The purpose is to have campers identify their burdens and then pray and give them to God.

### Supplies:

Scripture promise verses (2 per bin)  
Index card -3x5 (1 per camper)

Talk through the ways that campers worry (from earlier in the lesson) again. Read through each Scripture promise verse. Help the campers choose a passage that they take home to comfort them when they begin to worry. Have them write this verse on the blank notecard. (*For those who made the Lesson 53 scripture booklet, they can add this card to their book; some campers may need help writing their chosen verse down*). Lead campers in prayer by asking God to help each child learn to trust and believe that God is in control and they don't have to worry.

### Tie It Together

If you feel yourself starting to worry about something this week, say a quick prayer thanking God for giving you all you need and ask Him to help you not to worry. Do not forget that He is in control of all things. He loves you so much and He will take care of you and give you all that you need.

## Prayer Time

Spend a few minutes in prayer to close small group time. Thank God that He loves us and cares for us. Ask Him to help us put our trust and faith in Him because He is sovereign and provides all that we need so we do not have to worry about anything.



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