

Sunday School Lesson Outline



Lesson: Don't worry
Passage: Matthew 6:25-34
Big Idea: Jesus' followers know that we don't need to worry, because our Father is in heaven.
Main Aim: Don't worry, remember what Jesus said.
Key verses: Matthew 6:33-34

Please pray for the lesson preparation, that God's word would feed us and the children.

Laptop/tablet + speaker: You will need to bring a device to play media.

If needed, Jonny can provide **a laptop and Bluetooth speaker**. 😊

Additional resources for prep: Grace Group booklets or talk to Jonny if needed.

Sermon on the Mount Overview

Matthew is a book which makes disciples, who go and make disciples, who make more disciples...

This teaching from Jesus is about how his disciples will live the "blessed" life: the good life.

So, each week we'll highlight - this *isn't* how we live to become disciples.

Instead, *this is* how followers of Jesus will live as Jesus' already-saved people.

Passage overview – Talk outline on page 3.

1. So, don't worry. 6:25

Because of what Jesus said last time.

2. So, don't worry. 6:31

Because our Father looks after the birds and flowers.

And we're worth more than them.

3. So, don't worry. 6:34

Because worrying doesn't change anything.

Seek first his kingdom, and our Father will give us everything we need.

Main Aim/Application - For them then & us now.

Realise that as followers of Jesus, we have a good heavenly Father.

This means that we shouldn't worry about anything, because he cares for us.

Groups

At CW – Prepare for **Sailors and Officers**, taught together.

At GR & EC – Prepare for either **Sailors or Officers**, taught separately.

Ages
Sailors: Age 3 to Year 2
Officers: Years 3-6

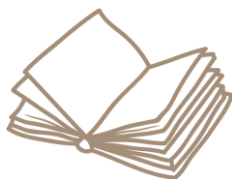
Lesson Overview

Get Going
~3 min + Song



Welcome & Pray
Intro Idea
Song

Bible Talk
~10 mins



The Big Idea
The Main Aim

Heart & Hands
~30 mins



Craft/Worksheet
Further teaching
Memory verse

Catechisms
~10 mins

The New City
Catechism for Kids



Practice Together

Land the Lesson



Recap
Pray
Extra Fun Time



Get Going

Welcome, Pray, Introduction idea & Song

At GR and EC the Sailor Leader will lead the “Get Going” section, by default.

Welcome and connect briefly with the children

- Ask a fun question. Something like:
Was your week good or bad? Show me with thumbs up/down/halfway. Why?
How was your week out of 10? Show me with fingers. Why?
What's the most fun/boring thing that happened? The best food you ate? Smelliest smell?

Prayer by the leader

- Help us to listen carefully to what God has to say to us today, and to have fun.

Set expectations:

- Rules:
 - We listen to the leader.
 - We love our neighbour.
- We're here to learn about Jesus and have fun.
- If you need the toilet, let us know and we'll take you.

Intro Idea - Introduce the “Big Idea” of the passage with **Intro Powerpoint slides**.

- Ask the children – Is this a good reason not to worry?
 - Don't worry! You're walking beside a cliff/ you have a rail to stop you falling.
 - Don't worry! You're stuck in a storm on a boat/You have a good boat driver.
 - Don't worry! You're all alone/you have a Father in Heaven.
 - Jesus says that we have a Father in Heaven who cares about us.
So we don't need to worry.

Sing - If needed, talk through the words and actions before singing.

Your love. Choose one of the following versions (or something else!)

<https://www.youtube.com/watch?v=znPfF7AY66E>

https://www.youtube.com/watch?v=2qb31RRg_Eo



Bible Talk

Teaching the Big Idea & Main Aim.

Using the ICB translation: International Children's Bible.

Available at: [Bible Gateway](#)

Keep it clear and snappy.

Centre the talk on the Big Idea and the Main Aim.

Have a Bible open throughout to show that we're teaching from God's word, and not from our heads.

Think of ways to make the Bible talk engaging. Ideas for this are below.

Key Verses – Matthew 6:33-34

Passage info

- Sin

In Sunday school, we have two ways of talking about sin.

Sin is the bad things we do, say, think and feel. With actions. This will be extra useful this week.

Sin is "Shove off God", "I'm in charge", "No to your rule." Classic.

- Get to Jesus

Often in the Sermon on the Mount, it's Jesus who practices what he preaches.

We'll make sure to mention him in our talk, and that how we live comes after being saved by him.

Lesson Points

Introduction

Jesus has saved us, so we live for him.

We know - what we do, say, think and feel matters.

But sometimes, we might worry about things.

We might be unsure about what's going to happen.

We might see bad things happening on the TV.

We might wonder whether God has anything to say about worries people have.

Jesus will tell us how his rescued followers live...

1. So, don't worry.

6:25

Because of what Jesus said last time.

We have a Father in heaven.

2. So, don't worry. Look at the birds and flowers.

6:26-31

Look at the birds.

What do the birds do?

They don't plan their food: sowing, harvesting, storing.

But our Father in Heaven feeds them.

And we're worth more than them!

Look at the flowers.

What do the flowers do?

They don't work really really hard, or make clothes.
 But our Father in Heaven gives them the best clothes.
 Better than King Solomon!
 And we're worth more than them!

3. So, don't worry. We have a Father in Heaven. 6:32-34
 People who don't know their Heavenly Father, they're the ones that worry.
 But we know we have a Father in Heaven, so why worry?
 He knows we need food, clothes, water.
 So why worry?

Seek first his kingdom, and our Father will give us everything we need.
 Just focus on obeying Jesus words.
 And our Father will give us what we need.

Conclusion

We might see bad things on the TV.
 Or be worried about things at home or at school.

But we know we have a Father in Heaven who cares for us.
 So, we shouldn't worry.
 Jesus tells us not to worry.

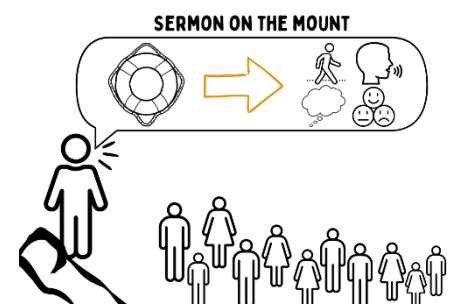
Jesus knew to do, say, think and feel right things. He ALWAYS did!
 He knew his Father was in heaven. He didn't need to be anxious.
 Even though he went through so much. He knew his Father would care for him.

Brief application - The Main Aim expanded.

- **Sailors** State the Main Aim application and expand it a bit.
 When we're at home/school/church or when we're sad/happy/tired...
 This is how it's right to think/act/talk/feel.
 Give a concrete example:
 "When we feel x, we can remember y"
- **Officers** Ask questions to arrive at the Main aim application.
 How does this help us think/act/talk/feel differently?
 What about at home/school/church or when we're sad/happy/tired?
 Give a concrete example:
 "When we feel x, we can remember y"

Teaching ideas - Ask Jonny if you'd like more ideas.

- Use the *Sermon on the Mount* series teaching image.
 Laminated and in the box.
 "Jesus' rescued people live in this way."
 It's about the things we do, say, think and feel.
 (Sin is the bad things we do, say, think and feel
 But Jesus will tell us the good things we do as his followers.)



- Use the teaching images.

Lay them out as you explain. They can help children track through the talk.

- Act something out.

Could you act out what the passage is talking about: someone doing something for a reward from people? Blowing trumpets etc.

- Use actions and a catch phrase. For example: "We don't fear man (*trebling action and point at children*), instead we fear God! (*Tremble and point up*)."

Followers of Jesus. *Walking action*

Don't need to get worries. *Chewing teeth*.

Jesus says, don't worry! *X with hands*

Because we have a Father in heaven. *Point up*.

- Feel free to show this video, they might watch it a lot this term!

<https://www.youtube.com/watch?v=6tLMF6shOLE>

- **Sailors - More question ideas:** What noise/ smell do you think it made? How many stars did he see? Have you ever seen that before? How did he feel? What face would she have made?
- **Sailors - More teaching ideas:** Make actions to copy at certain points, act it out with costumes and scenery, go for a walk around the room, use Lego/Playmobile figures.
- **Officers - More question ideas:** Why do you think he did that? What did she get right/ wrong? What would you do in his situation?
- **Officers - More teaching ideas:** Act it out, have them draw scenes, shout out the best thing they see in the passage, make a puppet show using paper and card, go for a walk, use Lego.



Heart and Hands

More on the **Big Idea & Main Aim** with activities.

Table Activities - Craft or worksheet - Spares go to the Eltham service.

- **Sailors** Craft.
Cut, stick, fasten, colour. Chat about how it relates to the teaching point.
- **Officers** Activity Sheet.
*This is a guided Bible study, to help them learn how Bible studies work.
The sheet progresses from easy questions to harder questions.
Help them find answers in the Bible and think about them.*



New City Catechism

Practice Together

What is this? [Tim Keller Introduces the New City Catechism](#)

Why do this? [Why We Should Catechize Our Children](#)

This week - Question 26.

- Open up the Catechism of the week.
Practice saying it with the children. Some might have learnt it at home to say it with less help.
Talk about difficult words and ideas.
- **Sailors** Use Children's Mode and the songs to learn.
Choose the right question from the following playlist:
[Q1 What is Our Only Hope in Life and Death?](#)
- **Officers** Use Children's Mode where necessary.
You could make up a rhyme or rap to learn it.
Or make up a game of trying to remember it: Get in a circle, say one word each.



Land the lesson

Bring everything together: Recap, prayer and game.

Recap - Use the craft/ worksheet to remind them of the [Big Idea & Main Aim](#).

Pray - Encourage the children to pray with you about the [Big Idea](#) and [Main Aim](#).
They could **thank/praise God** for it or **ask for help** in believing it.

- **Sailors** You could suggest "Popcorn prayers" - really short prayers.
Or "Arrow prayers" - We all shoot up like an arrow at the end.
Or you could try the idea we use with Officers.
- **Officers** You could pass an object, like a Bible, around the room.
When a child receives the Bible, they can choose to pray in their head or aloud.

Game idea - Check the OneDrive

Time fillers, Games and Music - Check the OneDrive

- I often play something from: <https://www.youtube.com/@thebiggeststory>
- A Spotify playlist of Sunday School songs can be found in the Term Overview Document.

Sign out - Give each family a Take Home Sheet

- Sign out with Check-In.