

REFLECTION IDEAS

Why Worry?

Luke chapter 12 verses 22-31 and Matthew chapter 6 verses 28-34

In the Bible, Jesus teaches his friends that worrying about things does not help. God provides food for the birds and clothes for the flowers, so how much more will he provide for us as he knows what we need. We should try not to worry about tomorrow – but instead, we should be concerned about doing what God wants us to do today.

Reflection

- What are some of the things that people worry about? What about you?
- Food and clothing are things which we must have - but does worrying help us to get the food and clothing that we need?
- The Bible says we should hand all of our worries over to God because he cares for us. Imagine getting rid of your worries by naming them and throwing them in the bin. As a class you might want to write your worries on a piece of paper then rip them up and put them in a bin.

Story Link

A cartoon version of Jesus teaching can be found here: <https://www.youtube.com/watch?v=PG1LjFO99dA>. Please watch this before showing to your class as it has been produced for church use and makes assumptions about children's faith which you may wish to be aware of.

Inspire Prayer Space Activity – Worry Knots

inspire
prayer spaces

Equipment

- A length of rope, string, ribbon or similar

Instructions

- Tie lots of loose knots along the length of your rope/string.
- Sometimes people say that they feel 'knotted up' inside with worries and anxieties. What are you worried about right now?
- Pick up the rope/string and slowly untie the knots as you think about your worries. Imagine your worries becoming untied too. As you do this, you might like to pray and ask God to help you untie your worries and give you hope instead.



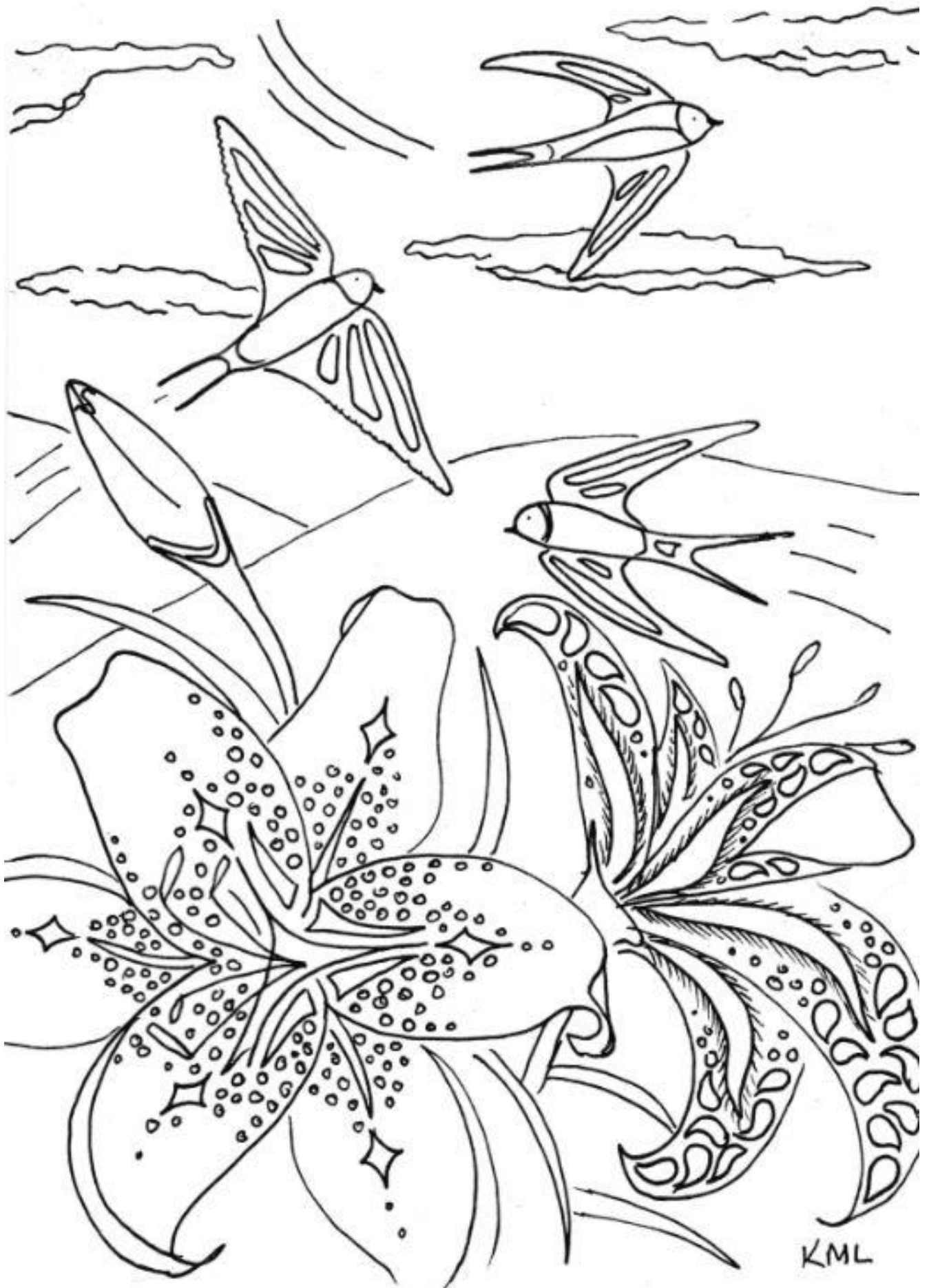
Adapted from a Prayer Spaces in Schools resource



See below for activity sheet

Why Worry?

Luke chapter 12 verses 22-31 and Matthew chapter 6 verses 28-34
Colouring picture



| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| J | Y | E | S | U | S | P | S | S | A |
| I | D | R | D | O | R | F | D | N | O |
| T | W | W | R | O | O | L | R | R | R |
| C | Y | E | V | O | K | O | I | L | B |
| E | L | I | A | N | W | W | B | I | C |
| A | D | O | I | R | U | E | S | F | E |
| E | G | R | T | O | D | R | K | E | N |
| O | D | W | S | H | W | S | A | H | A |
| F | O | O | D | A | E | T | S | N | I |
| T | Y | O | U | N | E | S | E | D | ☺ |

Find these words in the story of what Jesus taught:

- | | | |
|---------|---------|---------|
| BIRDS | CLOTHES | DRINK |
| EAT | FLOWERS | FOOD |
| INSTEAD | LIFE | PROVIDE |
| WEAR | WORRY | |

The letters that are left spell out the message that the Bible says Jesus told his friends. Fill them in the spaces below.

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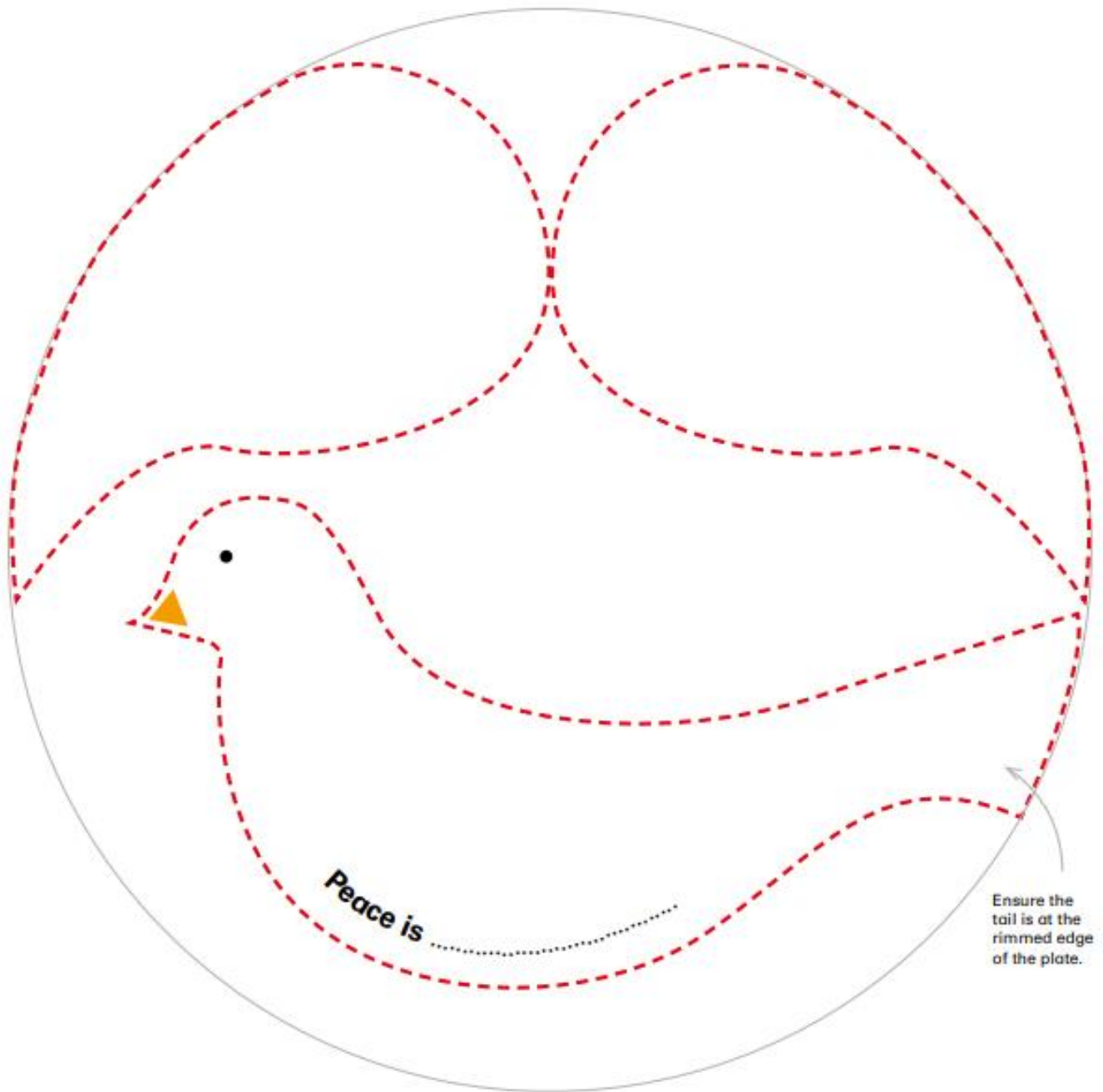
Use coloured pasta shapes to make all kinds of flowers



PASTA FLOWERS



The dove is a symbol of peace. Make a paper plate dove to remember not to worry.



Paper plate dove activity



Materials

Paper plate
Scissors
Markers
Pencil
Stapler

Steps

1. Print template; cut it out. On the back of a paper plate, trace the template with a pencil.
2. Using scissors, cut out the body of the dove while making sure the tail hits the rimmed edge of the plate. When cutting out the wings, follow the indentation of
3. the rimmed edge for added texture. Use an orange marker to add the beak and a black marker for the eye. Pupils can complete the sentence 'Peace is...' on the body of the dove with markers. Then, staple the wings to the body of the dove.