

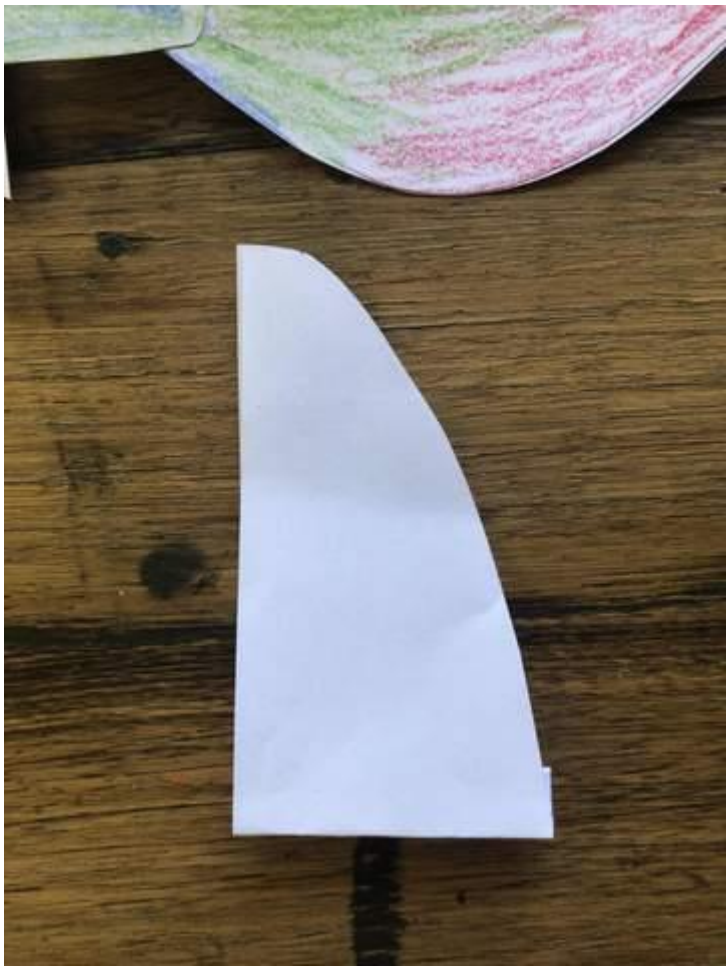
## Do Not Worry

- **Ask:** Is there anything your worrying about?
- **Activity:** Allow the children to go outside and blow big and little bubbles. Talk to the children about worries big and small, and how the bubbles represent all the 'worries' of our lives but 'see how they pop and disappear'! Let the children blow more bubbles and see how long each bubble can last! Explain to the children that our 'worries/bubbles' disappear when we live by faith in God providing all that we need!
- **Sing:** Our God is a Great Big God, available at [https://youtu.be/uZNVaBNzs\\_Q](https://youtu.be/uZNVaBNzs_Q), or Jesus Love is Very Wonderful at <https://youtu.be/VC4eb8Pk-3g> or Wiggle Freeze at [https://youtu.be/tM\\_wGFVBBmA](https://youtu.be/tM_wGFVBBmA) or Wiggle like a Worm at [https://youtu.be/\\_YenZbKXjYg](https://youtu.be/_YenZbKXjYg).
- **Talk:** What sorts of things do you worry about? Do you think worrying is a good or bad for us? **Worrying a little bit can keep us safe from dangerous things, but if we worry too much it can stop us from doing everything.** We can end up being scared of everything. Just like Arthur in today's film clip from Arthur Christmas. This film is about Arthur who is trying to deliver a Christmas present that Santa has not delivered to Gwen before she wakes up and discovers she's been missed! In this clip Arthur, Grandsanta and Bryony Shelfley the elf are on the Atlantic ocean with 30 minutes left till morning.
- **Watch/Read:** Arthur Christmas 'scared of everything' clip on Youtube at <https://youtu.be/YpnaQ-vr53Q> or watch Lottie's 'Do Not Worry' on YouTube at <https://youtu.be/7OZV247HsIM> or read Matthew 6:25-34 <https://www.biblegateway.com/passage/?search=Matthew+6%3A25-34&version=NIV>.
- **Discussion:** How was Arthur feeling in the clip? **Worried. Arthur was worrying about everything because that's what he does best.** Arthur is a gibbering wreck in the boat unable to do anything. When he starts worrying about Gwen what happens? **He is motivated to do what he needs to do to catch the sleigh.** This reminds us of what Jesus says in Matthew 6:24-34 where he says, "Do not worry saying what will we eat or drink". He goes on to say look at the birds they don't plant seeds, harvest or store food. Do birds have food cupboards their nests? **No.** Where do birds get their food from? **The ground, trees and bushes (& us!).** Birds get insects and worms from the ground. Berries from trees and bushes; seeds & bread from us. God provides exactly what they need and he does the same for us - he knows exactly what we need. Jesus says in Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own". I think what Jesus is saying here is no matter what you face in life, don't worry because he will take care of us so that we can take one day at a time. Trust in him to provide what we need for today and not worry about tomorrow. Can you concentrate on all the things you need to do today and trust that Jesus will provide what you need? Rather than worrying about what might happen tomorrow or next week? Try talking to God about today's worries and make a note of how he helps you through.
- **Pray:** Dear Jesus, thank you that you provide everything we need. Reassure us when we worry and forget to give our worries to you. Please help us to take one day at a time, rather than worrying about the future. Amen.

- **Make:** A Flying Bird Craft: You will need: 2 pieces of A4 white card/paper, string/thread, colouring pencils/pens, ruler, scissors and a hole punch or something to make small holes with. Draw a bird's body shape on your card. Make sure you use a ruler for the birds back, so the wings sit properly. Draw a triangular tail with a wavy end to create a feather effect. Cut both of these out and glue the tail onto the body. Then decorate your bird on both sides with your coloured pencils/pens. For the wings fold your A4 card in half and draw a wing shape. Cut this out and fold the paper out for two wings. Decorate the wings on both sides to match your bird. Then fold your wings along the middle where it was previously folded. Then make another fold on each wing about 2 cm below the centre fold to fold the wings up (see below). Then glue the wings to the bird by gluing the folds. Hole punch or make two holes in the top of the wings where they are attached to the bird's body, one on the left and one on the right. Tie some string/thread through the holes, one end on each side and this will also make it an easy handle to hold while flying it. Enjoy flying your bird!
- **Make:** Paper flower: You will need; a square of coloured paper of your choice/colour a piece of A4 white paper in, Yellow card/paper, Green card, Green straw/pipe cleaner/Green card strip, pencil, scissors and glue. Fold the square of coloured paper in half-length ways and cut it in half. Take one half of the paper and fold it from the shortest side in a concertina style like a fan. Do the same with the other piece of paper. Then take each piece of paper that is folded in the concertina and cut the ends into points to make the petals (see below). Then taking the left side of your concertina strip glue the bottom part of the strip and fold it up to attach the top part so that you have a semi-circle with a flat edge (see below). Do the same to both concertina strips. You now have two concertina semi-circle with a flat edge each glue the flat edges together to form a circle for the flower head (see below). Then draw a small circle on the yellow card, cut it out and glue it to the centre of the flower. Using the green card draw two leaves and cut them out. Sticky tape your green straw/pipe cleaner/green card strip to the back of the flower and then glue your leaves to it and you have a beautiful paper flower.
- **Print:** The sheets below and do the Colouring, Word Search and Crossword.
- **Play:** Let the children play with the bubbles - they could name them to match their worries and watch them pop, knowing that God has them and will provide the children with everything they need.
- **Drinks and biscuits!**

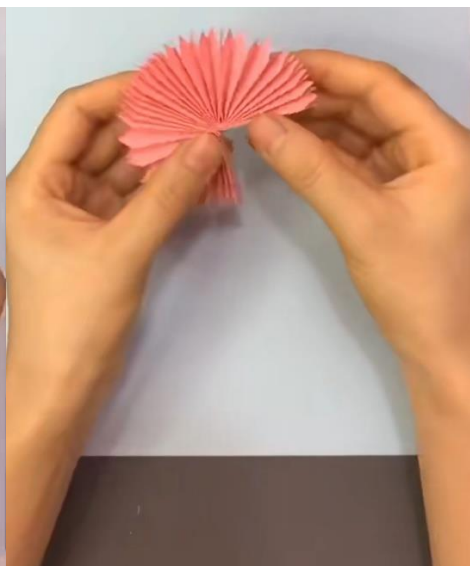
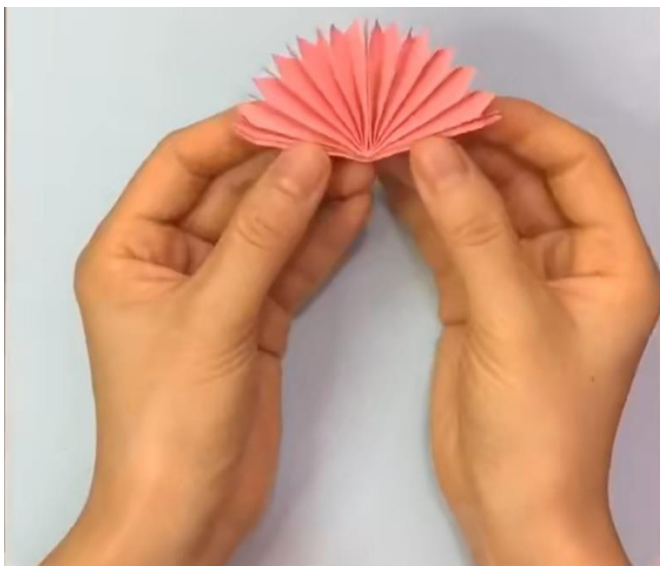
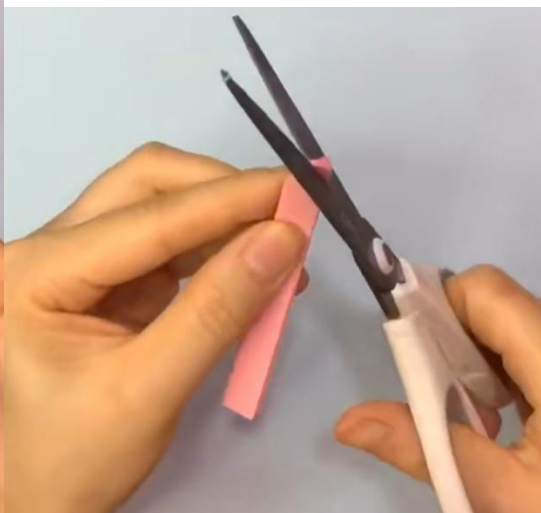
## Flying Bird Craft

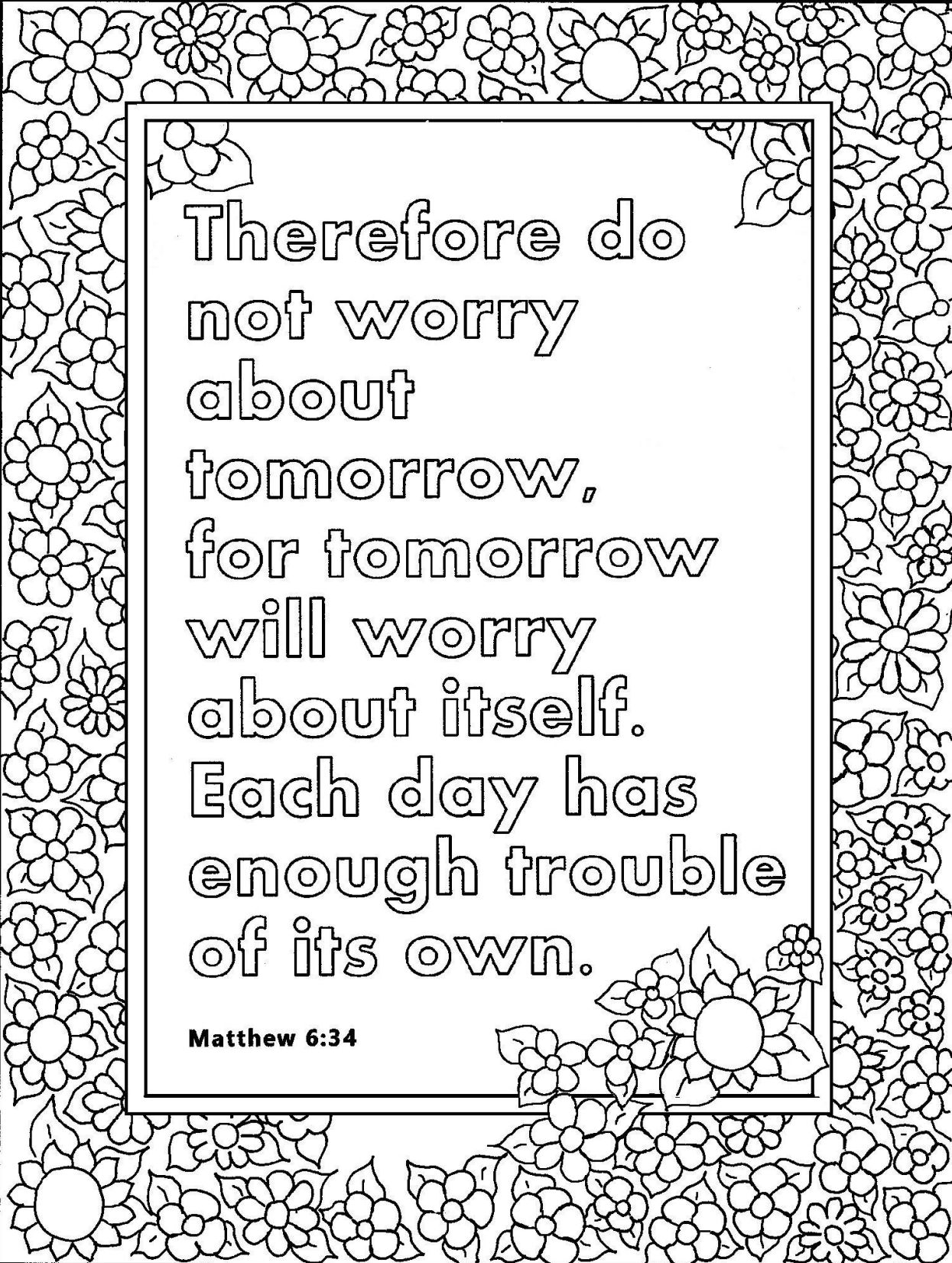






## Paper Flower





Therefore do  
not worry  
about  
tomorrow,  
for tomorrow  
will worry  
about itself.  
Each day has  
enough trouble  
of its own.

**Matthew 6:34**







# DO NOT WORRY

Discover the hidden words.



## Word Bank

BIRDS  
HEART  
HEAVEN  
ANXIOUS

FOOD  
FATHER  
KINGDOM  
TREASURES

EARTH  
WORRY  
FEAR  
JESUS





# The Lilies of the Field

Complete the paragraph by filling in the blanks with the correct words from the word bank at the bottom of the story.



## Do Not Worry

"Therefore I tell you, do not \_\_\_\_\_ about your life, what you will \_\_\_\_\_ or \_\_\_\_\_; or about your body, what you will \_\_\_\_\_. Is not life more important than \_\_\_\_\_, and the body more important than \_\_\_\_\_? Look at the \_\_\_\_\_ of the air; they do not sow or reap or store away in \_\_\_\_\_, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

"And why do you worry about clothes? See how the \_\_\_\_\_ of the field grow. They do not labor or spin. Yet I tell you that not even \_\_\_\_\_ in all his splendor was dressed like one of these.

Matthew 6:25-29 (NIV)

barns	clothes	eat	lilies	wear
birds	drink	food	Solomon	worry

# CROSSWORD PUZZLE

## DON'T WORRY



In the Sermon on the Mount (Matthew 6:31-34 NLT), Jesus tells us how we can stop worrying. Finish each sentence with a word from the list below. Then place the words in the puzzle.

drink

eat

Father

Kingdom

needs

thoughts

tomorrow

wear

worry

So don't \_\_\_\_\_ about these things, saying, 'What will we \_\_\_\_\_? What will we \_\_\_\_\_? What will we \_\_\_\_\_?' These things dominate the \_\_\_\_\_ of unbelievers, but your heavenly \_\_\_\_\_ already knows all your \_\_\_\_\_. Seek the \_\_\_\_\_ of God above all else, and live righteously, and he will give you everything you need. So don't worry about \_\_\_\_\_, for tomorrow will bring its own worries. Today's trouble is enough for today.

