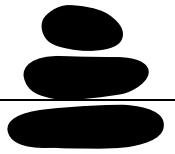




4. Don't worry....



Age range: Primary

Theme: We gather as a community for collective worship that is **inspiring, invitational and inclusive**, reflecting the fact that we are a part of a diverse school family and the wider church community. This term, we are reflecting on some important words of Jesus in the 'Sermon on the Mount', which Christians call the 'Beatitudes'. We are using some of the wider themes in Jesus' words to help us to think about the attitudes we have towards each other – and the ways in which your own school's vision and values helps to shape this into your community.



How does this link to your school's Christian vision & values?

Many of the qualities expressed in Jesus' words will be familiar values for your school community, so we encourage you to link each week's collective worship to your school vision – and the way that you live this out through your values. Today we are especially thinking about what Jesus taught the crowds in the 'Sermon (Lesson) on the Mount(ain)'. The words are quite challenging, so go especially slowly with younger pupils.

Resources:

- The PowerPoint slides are numbered with a point in the script so you can find your way, and the parts in **bold** show you where to click on to activate the next slide or animation. There are slides to go with today's script, but you could quite easily use this collective worship without the PowerPoint if you preferred.
- **You will need to.... Create some 'Emoji Charades' cards using the resources on p4. These will be 'acted out' using facial expressions only, by children and/or adults in the room. You will need to order them so that they match with the emojis shown in the PPT – or remove these slides from the presentation.**
- **There are also some ideas for reflective activities / ideas to ponder for use in your reflective areas for this term, listed at the end of the script along with a handy wall chart to print each week for your reflective area. You can find all these as a separate file in our resources area, which may make it easier for teachers to print and use in their classrooms.**
- **Reflective prayer activity:** this week, you will need some pebbles for your reflective area.

Gathering:

Slide 1: Teach the new gathering words, which will be the same each week.



- **Leader: We are here together**
- **ALL: May our attitudes make our school community a happy place today.**

Engaging:

- **Slide 2:** We are very used to these little pictures (we call them emoji) which sometimes help us to communicate how we might be feeling, our emotions. Today we're going to be finding out a bit more about Jesus' Lesson on the Mountain, and what he said about one emotion in particular.
- But before we do, let's see if you can guess the emoji... I've got some emojis on some cards here, and I'm going to ask a few children / adults to show the expression on their faces, for us to guess – a bit like the game Charades – with no sounds.
- **Slides 3-8: Emoji Charades** Use these ideas (print on cards), or create your own....
- **Slide 9:** Last week, we heard how Jesus taught the people on the mountain, the lesson known as the 'Beatitudes' – and that these words are going to help us to think this term about our 'How-to-be-attitudes' – ways of behaving together as part of our school community, ways that will make *us* happy.
- As you might remember, in the 'Beatitudes' Jesus explained to the people how to be truly happy and some of the attitudes that are important in God's Kingdom.
- Let's carry on a little further into this lesson today....and find out what Jesus' words have to do with being worried....
- **Slide 10:** After he'd spoken all these words about being happy, Jesus saw that the people were still worried about many things. [Pause here for a moment to ask a couple of wondering questions, allowing children some time to think / chat together]



....I wonder what the people might have been worried about?.....

....I wonder what we might worry about?.....

- **Slide 11:** Jesus spotted some birds, gathering food from the hillsides near where the people were sitting. 'Don't worry' he said.....'Look at the birds of the air ...



- **Slide 12:** ‘... they do not sow or reap corn or store their food up in barns.’
- **Slide 13:** ‘... and yet your Father in Heaven, who made the birds, takes care of them. Are you not worth so much more than they are?’
- **Slide 14:** Then he spotted some wild flowers, growing amongst the grass on the mountainside.
- **Slide 15:** ‘Look at the flowers of the field and how they grow. They do not need to work hard or spin wool to make fine clothes.’
- **Slide 16:** ‘Yet even King Solomon in all his finest kingly robes is not dressed as beautifully as these flowers. If that is how God clothes the flowers in the fields, which are here today and gone tomorrow, how much more will he care for you?!’
- **Slide 17:** ‘So do not worry. Trust God, your Heavenly Father, who takes care of you.’

Slide 18: Responding and words for worship

In his Lesson on the Mountain, Jesus said ‘**Do not worry....**’

Jesus wanted the people to think about how the birds of the air and the flowers in the fields didn’t worry about life, but trusted God (who Jesus said made them).



Worrying is a very human emotion – and what Jesus most certainly *didn’t* mean was that worrying is wrong, or not to share our worries when we have them. Of course we must do this – because caring for each other is important, and sharing our worries can really help. We’ll talk a little more about this in a moment.....

But what Jesus *was* saying to the people was about remembering that God, their Father in heaven, cares so much for them – more than birds and flowers – and to trust him.

People who are Christians still find Jesus’ words about worrying very powerful – and good words to remember.

Let’s now be still and quiet and wonder together about what we’ve heard.....

....I wonder what the people thought when they heard what Jesus said?.....

....I wonder how Jesus’ words might have helped them?....

....I wonder what this might teach people about being truly happy?....

....I wonder what helps *you* when you are worried?....

Slide 19: Sometimes, worries can make us feel as if we are carrying around a big, heavy weight, maybe like this enormous rock, inside our hearts. I wonder if you’ve ever felt like that?

But someone one once said **that ‘a worry shared is a worry halved.’**

This means that one of the best ways to deal with a worry is to talk to others about it, to get it out in the open rather than it staying stuck inside us and weighing us down. I wonder if you’ve every found this to be true for you?

[You might like to invite children to talk to each other about times when this might have helped them]

Some people like to talk to God when they are worried, maybe remembering the words that Jesus said about God caring for them.

Prayer

I’m going to use some words to help us pray now – if you want to pray too, you might want to join in with the words....

Slide 20: We share our worries with you, God.

If you don’t want to pray, then you might find it helpful to be still and quiet and think about the things we’ve talked about today. So now I invite you to join with me if you’d like to....

Slide 21: When worries lie heavy in our hearts



Slide 22: We share our worries with you, God.

Slide 23: Whether worries are big or small, one or many....

Slide 24: We share our worries with you, God.

Slide 25: We remember that a worry shared is a worry halved, so....

Slide 26: We share our worries with you, God. Thank you that you care for us.

Slide 27: Amen

Optional section:

You may want to include a short section here including practical ideas about dealing with worries in your school

Sending: Slide 28

Leader: As we leave this place & time and go into the day ahead...

All: *May we remember that a worry shared is a worry halved.*



To listen to / sing:

[God is watching](#) (BBC)

To listen to (maybe more suitable for older pupils): [Bob Marley Three Little Birds Lyrics \(youtube.com\)](#)



Slide 29: Reflective areas

Stone 'prayers': put pebbles into a bowl. Hold a pebble in your hand, and think about something that might be worrying you. Give your worry away (maybe if it helps you, to God) by putting the stone down (you could put a small standing cross in your reflective area, or just make a pile)



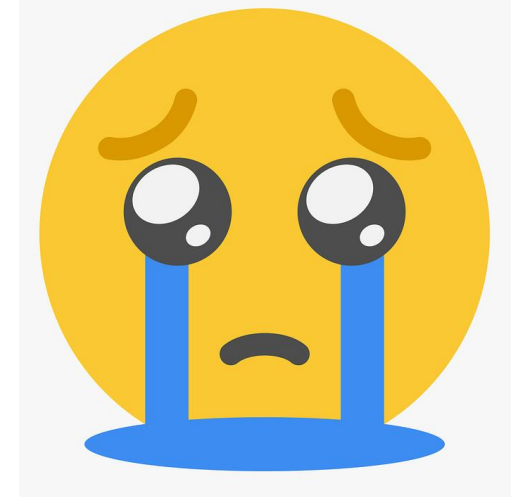
Emoji Charades cards – print out



1. Happy



2. Angry



3. Sad



4. Loving / in love

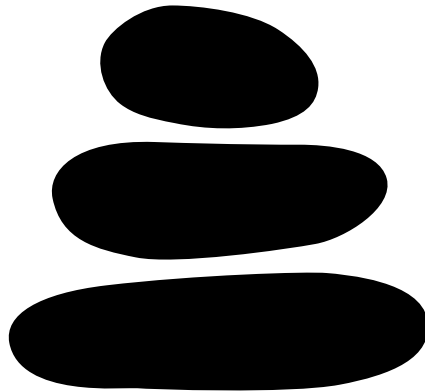


5. Tired



6. Worried





*...Jesus was a great teacher.....
...He said to the people 'Don't worry, because God
cares about you.'*



**I wonder what might make you
feel worried? Take a pebble from
the bowl and hold it in your hand
while you think.**



**What do you do when you feel
worried?
Talk together about your ideas.**



**Now put the pebble onto the pile
and try to let go of your worry as
you do, or give it to God.**

