

Lesson 6

Focus

YOU CAN TAKE YOUR WORRIES TO GOD

Overview

	Section	Students will ...	Supplies
Pre-Start	Pre-Start Activities {15 minutes before class begins}	build relationships and have fun!	Pre-Start Activities [pp. 8, 9], SuperStart! DVD (Intro Loop), SuperStart! CD, CD and DVD players, TV or projection equipment
Large Group	Get-Started Activity {5 minutes}	think about their biggest worries.	SuperStart! DVD (Countdown), DVD player, TV or projection equipment
	Teaching Time {15 minutes}	realize that they can take their worries to God.	SuperStart! DVD (Sticky Situations Game Show Clips, Lesson 6), DVD player, TV or projection equipment, Bible, balloon [optional: 1 balloon per student]
	Worship {10 minutes}	praise God because they can take their worries to Him.	SuperStart! CD, CD player
Small Group	Scripture Study {15 minutes}	study the Scripture to discover that they can take their worries to God.	<i>SuperStart!</i> magazines, Bibles, small bottles of bubbles [optional: 1 bottle of bubbles per student]
	Scripture Memory Discovery {5 minutes}	learn Philippians 4:4-8.	Bibles [optional: small bottles of bubbles]
	Life Application {5 minutes}	share about last weeks' challenge and discuss a challenge for this week.	[optional: 1 small stone per student]
	Recap {5 minutes}	be encouraged to take their worries to God.	none
Extra Time	Extra-Time Activities	further explore the lesson.	Unit 2 Extra-Time Activities (p. 38)

Theme

Philippians 4: A Study in Prayer

Big Question

What's So Great About Prayer?

Scripture

Philippians 4:4-8

Scripture Memory

Philippians 4:4-8

Things to do ahead of time:

1. Set out the supplies for the Pre-Start Activities.
2. Collect supplies for the small groups. Put the supplies in sets, one for each small-group leader.
3. Make sure the DVD and CD players and projection equipment are cued and ready to go.



Supplies

Pre-Start Activities (pp. 8-9), SuperStart DVD (Intro Loop, Countdown, Sticky Situations Game Show Clips, Lesson 6), SuperStart CD, DVD and CD players, TV or projection equipment, Bible, balloon (optional: balloon per student)

Pre-Start

(15 minutes before class)

Choose several of the Pre-Start Activities for students to do as they arrive. You can play songs from the CD and show the DVD Intro Loop as students have fun and interact with the volunteers.

Large Group

(30 minutes)

Get-Started Activity, Teaching Time, Worship

Get-Started Activity (5 minutes)

Play one of the Countdowns when you are ready to begin the Get-Started Activity. Have students think of their biggest worries. Then have them stand up and whisper one of their biggest worries into someone's ear. After students hear someone's worry, they should find a different person and say, ____ (name of the person) worries about ____ (what he or she worries about) and I worry about _____. Have them listen to worries from several others and add these to the worry list each time they whisper to someone else. After a few minutes, have students stop and ask for volunteers to tell some of the things people in the group worry about.

Teaching Time (15 minutes)

Prepare students for the video by saying, **There is a fun game show called Sticky Situations. We've been watching video clips of it for several weeks. We're going to watch another clip of the show today. Patrick is the director and Cassidy is the head camera girl. Patrick is ready to introduce Cassidy to the audience and tells a funny story about her.**

Show the video clip.

After the video clip, ask these questions and solicit one or two answers for each:

- **If you were Cassidy, what would you be most worried about?** (*that Patrick would show that picture to my friends and to everyone, that people would laugh at me for doing such a dumb thing, that people would always call me the hulk*)
- **How does worrying about having green hair compare to some of the things you worry about?** (*I have bigger worries, like whether my parents will get a divorce. I would never worry about a little thing like green hair.*)
- **How big does a worry have to be for God to care about it?** (*not very big since He cares about all of our worries, bigger than green hair*)

Have students stand up, find a partner, and show their partners what they look like or something they do when they're worried. For example, they may wring their hands, get a serious look on their face, or play with their hair. Watch for several good examples and have those students come to the front and demonstrate their worry behaviors with the rest of the group.

Have your Bible open to Philippians 4:4-8. **We all have worries. Some days they're big and other days they're not so big. Some of us tell everyone about our worries, while others keep them inside. Some of us worry a lot, while others of us don't worry as much. But we all have worries and God knows about all of them whether they're big or small, talked about or not, or whether we have lots of them or hardly any. God cares about our worries and wants to hear about them. He wants to help us with them. If we talk to Him about our worries, God will listen. But even if we try to keep them inside, they're not hidden from God. If we have big worries, God cares. And if we have little worries, God cares. YOU CAN TAKE YOUR WORRIES TO GOD, no matter what.**

- **When is a time you remember taking a worry to God and He took care of it the way you had hoped?** Let several students respond.
- **When is a time you remember taking a worry to God and He did not take care of it the way you had hoped?** Let several students respond.

Just because you pray and take your worries to God doesn't mean that God will make everything turn out the way you think it should. What it does mean is that you can know that God is with you and that He will help you through every worry and every sticky situation. He may send you a special friend to give you good advice. Maybe He'll show you a way to get help. When you worry a lot you're telling God that you don't trust Him. When you know Jesus and know that He's with you all the time, you can have confidence to face any situation no matter how sticky it is.

If you don't take your worries to God, they build up inside of you. Show the balloon and blow into it after each of the following sentences. **Let's say I'm worried about some schoolwork that's too hard. And then I worry about something a friend said. Then I worry about a big homework assignment. And there's a game this weekend and my grandparents are coming to watch me play and I worry that I might mess up. I worry about wearing the wrong clothes. I'm really worried because my mom and dad had a fight. And I'm worried that my best friend might move.** When the balloon is very full, stop and look at the balloon.

If you don't take your worries to God, you can see what's going to happen. Just like this balloon, you'll explode. You'll add one more worry and then you'll *pop!* Or, instead of exploding, something could happen

Bible Insight

Philippians 4:6

"Do not be anxious about anything" is not a guideline, but a command. And we're told how to follow that command—pray! When we really believe in God's love and care, worries disappear.



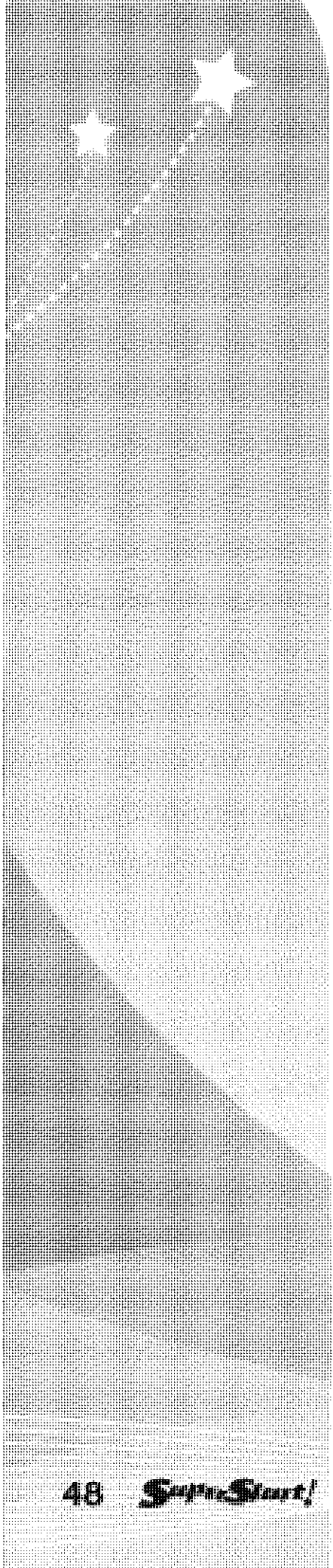
Teacher Tip

If you have time and would like to add more thoughts from Scripture, see these passages: Matthew 6:25-34; Luke 11:5-13; 1 Peter 5:6, 7.



Teacher Tip

If you're brave, give each student a balloon. Challenge students to call out their worries and then blow into their balloons after each worry. Have them hold the ends tightly so air doesn't escape.



to release the pressure. When you trust God and take your worries to Him, He will help release the pressure and help you with your worries. Slowly let the air out of the balloon. It's so much better to take your worries to God and trust Him to help you. You won't get all pulled out of shape, you won't get all worn out, and you won't explode.

What's so great about prayer? That's the big question we've been thinking about. It's easy to answer this week. Prayer is great because YOU CAN TAKE YOUR WORRIES TO GOD.

Worship (10 minutes)

Ask students to join you in praising God because you can take your worries to God. Lead in two or three songs from the CD, especially "All Of Me."

Lead in prayer by saying two or three sentences thanking God for sticking with us and helping us with our worries.

Have students go to their small groups to go deeper into God's Word and for relationship building.

Q&A with Eric

If you have time, there are three fun review questions on the DVD for this lesson [Q&A with Eric, Lesson 6]. You can pretend you're doing your own Sticky Situations Game Show by choosing one boy and one girl to be the contestants, or have the boys compete against the girls. Pause the DVD player after each question to students can answer. You can use this fun video clip in lots of ways: at the end of the large-group time, at the end of the small-group time while you're waiting for parents to arrive, just before the lesson Recap in the small-group time, or during the Pre-Start Activities. It's one more fun way to help students remember the important concepts in the lesson.

Review Questions

1. You should take all of your worries to God because
 - a. He will immediately fix everything.
 - b. He wants to help you through them.**
 - c. He's a big Bobby McFerrin fan.
2. Patrick gave Cassidy the nickname the Incredible Hulk because
 - a. her hair turned green.**
 - b. she is really strong.
 - c. she has a lot of testosterone.
3. You shouldn't worry because
 - a. it doesn't fix things.
 - b. it makes your stomach hurt.
 - c. God is near.**

Small Group

[30 minutes]

Scripture Study, Scripture Memory Discovery, Life-Application, Recap

Scripture Study [15 minutes]

Hand out the *SuperStart!* magazines and have students turn to page 13. Let volunteers read aloud about the fears and worries of the Sticky Situations Game Show cast members. They may like to try to sound and act like the cast members. Ask students to find Philippians 4:4-8 in their Bibles and ask for a volunteer to read aloud verses 5-7.

Ask the following questions. Encourage all students to participate and be sure to give students time to think about the questions.

- **How does Philippians 4:5-7 apply to the fears and worries of the Sticky Situations cast members we just read about?** *(Eric shouldn't worry so much about messing up as the game show host. Samantha shouldn't worry so much about doing something to Cassidy. They shouldn't worry so much, they should pray.)*
- **How does Philippians 4:5-7 apply to the worries you mentioned at the beginning of class today?** *(I shouldn't worry about them. I should pray about my worries.)*
- **According to Philippians 4:5-7, why shouldn't you worry?** *(because God is near, because God will give me peace, because God will take my worries)*
- **How easy is it to give your worries to God?** *(hard, because I still don't know how things will turn out; it depends on how big the worry is)*
- **What worries do you need to take to God today?** *(worrying about what my friends think about me, worrying about my parents fighting)*

Give each pair of students a small bottle of bubbles. Tell students to share some of their worries with their partners and then pray for each other, taking their worries to God. Then they can blow bubbles. As they watch the bubbles float and pop, this can remind them that as they take their worries to God, God will take their worries and their worries will sort of *pop* or go away as they trust Him.

Supplies

SuperStart! magazines, Bibles, several small bottles of bubbles (optional: 1 bottle of bubbles per student, 1 small magazine per student)

★ Teacher Tip

Be sure to be sensitive to your students' reading abilities. Ask for volunteers to read aloud or be sure to call on those whom you know like to read aloud. Include reluctant readers by asking them to listen as you or others read Scripture aloud and let them answer questions.

★ Teacher Tip

You might want to send home bottles of bubbles with students as a reminder of what they have learned about taking their worries to God.



Optional Activity

Let students take turns blowing bubbles while others answer this question: How are bubbles like or not like these things: gentleness, God's presence, worries, prayers, and thankfulness? Then let students take turns blowing bubbles while the others say together verses 4-6.

Reminder

Last week, students were challenged to talk to God about anything. Celebrate with those who have a good report. Encourage, don't embarrass, those who either forgot or who didn't have a good experience.

Collect the SuperStart! magazines for use in the following weeks.

Scripture Memory Discovery (5 minutes)

Have students look again at Philippians 4:4-8 in their Bibles. Ask half the group to read aloud together verses 4-6 and ask the other half to read aloud together verses 7-8.

■ **On a scale from 0 to 10, with 10 being the highest, what's your level of worrying right now in your life?**

Guess what God would like your level of worrying to be? You're right if you said zero. Prayer is so great because YOU CAN TAKE YOUR WORRIES TO GOD.

Life Application (5 minutes)

Ask students to share how their challenge from last week went. Talk about what they can do for others this week in response to what they've learned about taking their worries to God. One idea might be to look for someone who is worried, sincerely listen to his or her worries, and then share how God wants to help with those worries. Another idea would be to offer help to a friend at school who is worried about something, including praying for that friend. If desired, give each student a small stone. Explain that some people carry stones like this and call them worry stones because they rub them when they're worried. Tell students to put their stones in their pockets to remind them that because Jesus is their "rock" they don't need to rub a worry stone. You could also challenge the students to give their stones to someone as they tell about taking their worries to God.

Recap (5 minutes)

The Bible makes it pretty clear that YOU CAN TAKE YOUR WORRIES TO GOD. When you do, you know God will listen and understand. When you don't, your worries get stored up inside. God may not change what's happening, but He will always be with you and help you. I've certainly found this to be true. Give a brief, personal example of how God helped you when you gave a worry to Him (especially when you were a preteen). **No matter what you do or what happens this week, remember that YOU CAN TAKE YOUR WORRIES TO GOD.**

Extra Time

As you have time, let students participate in one or more of the Extra-Time Activities on page 38.