

## BIBLE TIME LINE ASSEMBLIES

### 19. DON'T WORRY

Bible Base: Matthew 6: 25-34

Key Christian Belief: Our Heavenly Father knows what we need.

Aim: To show that we can trust God for the things we need.

You will need:

- the attached PowerPoint presentation
- a cardboard box decorated with wrapping paper and labelled 'worry box'

#### Introduction

Point out that it is important, often, to get things in the right order and to know what comes first. For example, when you wake up in the morning not feeling very well and tell your mum (as you would) that you don't want to miss school she may well tell you that you will have to take the day off because 'your health comes first.'

Or after tea, when you are about to play your favourite game on the computer, your mum might ask if you have done your homework. If you haven't she might then tell you not to play on the computer until you have because 'your homework comes first.'

Or when you have some visitors in your house for tea and you are handing round the buns, your mum might tell you to wait until others have had one before you have yours because 'visitors come first.'

Sometimes knowing what comes first can save your life. Ask the children to imagine that the plane they are travelling on has crash-landed in the middle of the forest miles from anywhere. No one has broken any bones but some of the passengers have suffered cuts and bruises. It is getting dark and when the sun sets it will be cold. They are going to have to spend the night in the forest. From the PowerPoint, display the list of five things they will need to do in order to survive. Ask the children if they know which of these they will need to do first? And then in which order should they do the rest?

Invite some of the children to say what they think and then reveal the answers, with the following explanation.

You should take care of injuries first because without oxygen (carried by the blood) to the brain a person can survive for no more than three minutes. Next you should build a shelter and then build a fire in order to keep warm because if it is too cold, a person might not survive for more than three hours. The fourth thing to do is to find water because without water a person can survive for three days. Finally, you should look for food. This is least important because without food a person can survive for three weeks.

Today we are going to think about something Jesus said to help us think about what comes first in our lives.

#### Input

Explain that Jesus was continuing to teach His friends about knowing God as their Father in heaven. He pointed out that the people around them always seemed to be worrying about things. Mind you, they did have lots to worry about. The people around Jesus were mostly farmers or fishermen who sold the fruit, vegetables, wheat and barley they grew

or the fish they caught to make a living. The problem was that if the crops didn't grow, or they didn't catch any fish, or they weren't well enough to do the work than they would have nothing to sell and would have no money to buy food or clothes.

So they used to worry about food - where the next meal was coming from. And they used to worry about clothes - how they were going to afford to buy new ones when the old ones were done. And they used to worry about their health - what would happen to them if they were sick.

All these things are important - but Jesus says that there is something even more important than all of these.

Today where we live, we don't often have to worry about where our next meal will come from or how we are going to afford to buy new clothes. And if we are sick we can go to the doctor who won't charge us anything for the medicine we need, unlike the people in Jesus' day. So we have lots to be thankful for!

And yet we still worry, don't we? Ask the children what happens when they worry - e.g. can't sleep, can't concentrate, feel sick.

Then show the children your 'worry box' and ask them to imagine that they have each written down on a piece of paper one thing they are worried about and put it into the box. If we were to lift the pieces of paper out one at a time, to see what is written on them, what sorts of worries do you think we might find?

Display the list of worries from the PowerPoint slide and talk sensitively about each of these. Again, all these things are important - but Jesus says that there is something even more important than all of these. Let's find out what it is.

Read and display Matthew 6: 33. Jesus says that the most important thing we can ever do is to find out what God wants us to do and do it! We should always put Him first.

### **Exploring Christian Belief**

When we are worried about anything, we should remember that we have a Heavenly Father who knows what we need and has promised to take care of us. And instead of worrying, we should learn to talk to Him and to trust Him with everything. We should leave all our worries with Him and just get on with doing what we know He wants us to do. For if we do that - He has promised to take care of us!

So the answer to all the what-ifs that go round in our heads when we worry will always be the same.

- Q. What if I get sick?
- A. God will take care of you.
- Q. What if my dad can't get a job?
- A. God will take care of you.
- Q. What if I fail my exams?
- A. God will take care of you.
- Q. What if I don't have any friends?
- A. God will take care of you.

So why worry? We have a Father in heaven who knows what we need and has promised to take care of us. If we put Him first and just get on with doing what we know He wants us to do we can trust Him to take care of everything else!

### **Song**

If the children know this already you could use the song 'Seek Ye First' at this point.

### **Reflection / Prayer**

Hold up your worry box and again ask the children to imagine that all their worries have been written down and put into this box. Invite them to think silently for a few moments about what these worries might be. Then conclude with a prayer, thanking God that He knows and loves each of the children and asking Him to help them put Him first and leave their worries with Him, knowing that He will take care of them whatever happens.