



TODAY'S SUGGESTED SCHEDULE

TODAY'S BIBLE STORY

Don't You Worry 'Bout a Thing
Do Not Worry
Matthew 6:25-34

TODAY'S BOTTOM LINE

When you're worried, trust God.

MONTHLY MEMORY VERSE

Be strong, all you who put your hope in the LORD. Never give up.
Psalm 31:24, NIV

MONTHLY VIRTUE

Resilience—Getting back up when something gets you down

BASIC TRUTH

I can trust God no matter what.

PRELUDE: Setting the Tone for the Experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today.

In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

Check out our Pinterest page here <https://bit.ly/447HSzi> for a visual on some of the activities.

Check out our Small Group Leader Conversation Guides to guide you through salvation conversations: <https://bit.ly/4daxSUg>

SMALL GROUP

15
MIN

SOCIAL: Providing Time for Fun Interaction

Early Arriver
Opening Activity

LARGE GROUP

35
MIN

STORY: Communicating God's Truth in Engaging Ways

WORSHIP: Inviting People to Respond to God

Opener
Worship
Bible Story
Bottom Line
What's Our Part in the Story?
Prayer

SMALL GROUP

25
MIN

GROUPS: Creating a Safe Place to Connect

Bible Story Review: Do Not Worry!
Application Activity: Worry Monsters
Memory Verse Activity: Holding Us Up
Prayer Activity: Pray and Dismiss

HOME: Prompting Action Beyond the Experience

Parent Cue Card (Print or Email)
Devotionals for Kids
Parent Cue App



PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and working as a group



2. OPENING ACTIVITY

WHAT YOU NEED: Index cards, marker, and tape

WHAT YOU DO:

- Create an index card for each kid in your group by writing a feeling (listed below) on each card.
- Here is a list of feelings (feel free to make more if you

have more kids in your group):

- joy
- anger
- pride
- worry
- sadness
- bored
- scared
- surprised, etc.

- Shuffle the cards.
- Ensuring each kid does not see the card, use tape to attach an emotion card to each kid's forehead.
- When you say "Go!", instruct the kids to walk around your group space and find another kid to pair up with.
- When all of the kids have gotten in pairs, instruct the kids to act out the emotion on their partner's head.
- Encourage the partners to attempt to guess the emotion based on the other kid's acting.
- If time allows, shuffle the cards, re-distribute them, and invite kids to find new partners for another round.

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WHAT YOU SAY:

"Wow! I really loved watching your very impressive acting skills as you were portraying these emotions! Speaking of foreheads, **[Transition] let's go hear about an emotion that can really get my head spinning.**"

Lead your group to the Large Group area.



CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CREATE

an activity that explores spiritual ideas through the process of drawing, building, and designing



* 2. WORRY MONSTERS

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: "Worry Monster Guide" Activity Page, empty tissue boxes, scissors, glue sticks, tape, construction paper, self-adhesive pom-poms, pipe cleaners, tissue paper, self-adhesive googly eyes, markers, and index cards

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WHAT YOU DO:

- Give each kid an empty tissue box.
- Display the "Worry Monster Guide" Activity Page.
- Explain to kids they will create a worry monster with their tissue box.
- Set out the construction paper, tissue paper, pipe cleaners, self-adhesive pom-poms, self-adhesive googly-eyes, glue sticks, and tape.
- Invite groups to use any craft supplies they choose.
- As kids begin to finish decorating, give each kid an index card and a marker.
- Invite kids to write something they worry about on one side of their index card.
- On the other side of their index card, invite kids to choose and write one of these truths on their card, or feel free to come up with some more:
 - God is bigger than any problems I may have.
 - God can give me the strength to face any problem I have.
 - God loves me so much more than I can imagine.
 - God is with me in everything I face.
 - God is always working for good in my life.
- Encourage each kid to "feed" their card to the worry monster!
- As kids place their index cards into the worry monsters, remind them that they can trust God with any worry.

WHAT YOU SAY:

"I love the way you used your uniqueness and creativity to make these worry monsters. Worrying could look like wondering if you will mess up, or wondering if anyone will want to play with you.

"But here's the good news! Just like we fed those worry monsters God's truths, you can too. The next time you worry, whether big or small, remember what is true about God. We can trust God to take care of us! Remember you can also talk to a trusted adult about how you're feeling. **When you're worried, trust God!**"



WEEK
TWO
JANUARY 2025

SMALL GROUP
2-3

PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal understanding and application



4. PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: Worry Monster boxes from the Worry Monsters Activity, small pieces of paper, and markers

WHAT YOU DO:

- Invite the kids to sit in a circle.
- Give each kid a small piece of paper, a marker, and their Worry Monster box from the Worry Monsters Activity.
- Tell kids that another way they can use their Worry Monster this week is to write down the worries they are experiencing, wad them up into little balls, and launch them at their monsters.
- Allow kids time to write down any worries they may have on their pieces of paper and launch them at their worry monsters.
- Instruct the kids to gather the papers and throw them in the trash to display how they have power over their worries and they are throwing them away where their worry can't reach them anymore.
- Close the group time in prayer.

WHAT YOU SAY:

"Dear God, thank You for loving and caring for all of us. Sometimes we have worries that feel really big. Even though we can't control the rainy days, we can control how we respond to them. God, help us to trust You when we're worried. Help us to identify adults we trust to talk to them about it too. We love You, and we pray these things in Jesus' name. Amen."

As adults arrive to pick up, invite kids to show off their Worry Monsters! Invite the kids to share how to use the Worry Monster. Prompt their discussion by asking: "What do you feed the worry monster?" "What can you throw at the worry monster?" Remind kids to throw away their papers when they do throw their worries. We don't want a bedroom floor full of worry wads!

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