

WORRY

I. Opener

American Eagle 1-2-3

Line everyone up on one side of the room, and have about 2 or 3 kids and leaders in the middle of the room. The object is for everyone to run from one side of the room to the other, and the people in the middle have to pick up whoever they can and say "American eagle 1-2-3" before they SLOWLY LOWER them back to the ground. When the person is picked up they join the middle and it keeps going until there is 1 person left running. Be careful though because some kids get hurt during the game if you don't keep the middle under control (i.e. don't drop the kids on the ground).

II. Announcements

III. Story

Jason is your typical 13 year old kid that worries over everything in his life. He's always worried about getting good grades, he's always worried about what others think of him, and he's always worried about his future and whether or not he will get his drivers license. Ronnie never has peace about anything, but must constantly worry about every detail in his life. As a result Ronnie has been open more to stress disorders and other medical issues, because of his constant worries. How can you prevent yourself from becoming like Ronnie?

Discussion Questions

1. Rate yourself on how much you would worry in the following situations

0 = No worries 5 = Totally stressed out

Failing your final school exams 0 1 2 3 4 5

Never getting married 0 1 2 3 4 5

Always having Pimples 0 1 2 3 4 5

Going to Hell when you die 0 1 2 3 4 5

Being unemployed for a long time 0 1 2 3 4 5

The World having a third World War 0 1 2 3 4 5

Never getting your drivers license 0 1 2 3 4 5

Getting and staying fat for life 0 1 2 3 4 5

Having your best friend die 0 1 2 3 4 5

Catching Aids 0 1 2 3 4 5

2. What are three things that you worry about?

3. When is it bad to worry?

4. When is it good to worry?

²⁵Therefore I tell you, stop being ^[1]perpetually uneasy (anxious and worried) about your life, what you shall eat or what you shall drink; or about your body, what you shall put on. Is not life greater [in quality] than food, and the body [far above and more excellent] than clothing?

²⁶**Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father keeps feeding them. Are you not worth much more than they?**

²⁷And who of you by worrying and being anxious can add one unit of measure (cubit) to his stature or to the ^[2]span of his life?⁽¹⁾

²⁸And why should you be anxious about clothes? Consider the lilies of the field and learn thoroughly how they grow; they neither toil nor spin.

²⁹Yet I tell you, even Solomon in all his magnificence (excellence, dignity, and grace) was not arrayed like one of these. [I Kings 10:4-7.]

³⁰But if God so clothes the grass of the field, which today is alive and green and tomorrow is tossed into the furnace, will He not much more surely clothe you, O you of little faith?

³¹**Therefore do not worry and be anxious, saying, What are we going to have to eat? or, What are we going to have to drink? or, What are we going to have to wear?**

³²For the Gentiles (heathen) wish for and crave and diligently seek all these things, and your heavenly Father knows well that you need them all.

³³**But seek (aim at and strive after) first of all His kingdom and His righteousness (^[6] His way of doing and being right), and then all these things taken together will be given you besides.**

³⁴So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble.

Matthew 6:25-34 (AMP)

5. What does Jesus teach can be achieved by worry?

6. Why does Jesus say not to worry?

7. What does Jesus tell us to do instead of worry?

8. What are some ways that you can change, so that, you do not worry as much?

WRAP UP & PRAYER