

LESSON OVERVIEW

Big Idea: The key to overcoming worry is to keep practicing

Key Question: What do we need to keep doing to overcome worry?

Memory Verse: *Keep putting into practice all you learned and received from me. **Philippians 4:9***

Overview: We're finishing our series "Don't Phlip Out" which has taught us how to handle stress or worry. We've been looking at some key verses in the book of Philippians that tell us what to do with our worry. We learned that instead of being stressed, we need to pray and thank God for all he's done for us. And, we learned about the gift of peace God gives us when we turn our worries over to him. His peace gives us confidence that God will take care of us. We also learned how important it is to avoid the bad thoughts that make us feel yucky and scared. Instead, we're supposed to think about lovely thoughts like, "God loves me." and "God will take care of me." Today, we're going to finish by talking about how important it is to practice these things everyday. Just like with sports or learning an instrument, you won't be a pro the first day out. You have to work really hard to get better because practice makes perfect! So, the next time you want to "phlip out" over something, remember what you've learned from Philippians and put them into practice.

CLASSROOM AGENDA

- 10 min **PLAY:** Begin working on Activity Page #1.
- 5 min **WARM UP:** Make a list of things you like to practice. (sports, instruments, dancing). Why is practicing them important?
- 5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)
- 20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.
- 5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.
- 5 min **EXPLORE:** Read [Philippians 1:9](#). According to the verse, what needs to grow? What do we need to understand?
- 10 min **PLAY:** Do the group activity from Activity Page #2.
- 5 min **CLOSE:**
 - What did you learn from this series?
 - Share prayer requests and pray as a class.

TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together.

Allow each kid to share. The point: We have to practice if we want to get better at something. It works the same way in our relationship with God. We have to practice things like, praying instead of worrying and thinking good thoughts, not bad ones.

Answer: 1. Pray and thank God 2. Get rid of frenzy. 3. Think about lovely things 4. Practice

Unfortunately, when we're stressed about something, our first reaction is usually to worry. But, this series has taught us that God doesn't want us to do that. He wants us to pray and give our worries to him. He wants us to avoid bad thoughts that make us doubt and replace them with good thoughts that remind us that God will help us. And, he wants us to practice these things all the time so that we can become pros at NOT worrying.

Bonus Questions: Why doesn't God want us to worry? Why do our thoughts matter?

4-5th: Of the four things, which one do you need to practice more? What will you do the next time you're faced with a stressful situation?

Our **love** for God will grow the more we get to know him. When we read the Bible, we will better understand how much God loves us, how he wants to protect us, and how he has big plans for our lives. The more we know about God, the more we will love him and want to follow and obey him.

Allow each kid to share. Encourage them to be specific.

ACTIVITY PAGE #2

Classroom Activities K-1st

Option #1

Don't Worry Ice Cream Cone Craft

- Give each kid an ice cream cone template (**page 5**).
- Have kids color each ice cream scoop and cone.
- Have kids stack and tape the scoops in this order:
 - Keep practicing to the cone
 - Think lovely things
 - Get rid of frenzy
 - Pray and thank God

As the kids work, remind them to do these four things the next time they're worried or stressed.

Supplies needed

- ice cream cone template (pg 5) pre cut, 1 per kid
- crayons
- tape

Bonus Activity:

Play **Find the book in the Bible**

Have kids get into pairs. Give each pair a Bible. Have them race to see who can find the books below. Winner has to say if it's in the OT or NT.

Books: Hosea, Luke, 2 Timothy

Option #2

Tic Tac Toe Review

- Divide the class into two teams.
- Assign each team the "x" and "o".
- Give each team a bell or ringer.
- Ask a question from below, first team to ring gets a chance to answer. If correct, they get to put their "x" or "o" on the tic tac toe board. First team to get 3 in a row wins.

Questions:

1. What book in the Bible helped to name this series? (Philippians)
2. God doesn't want us to(worry)
3. What's the first thing we should do when we worry? (pray)
4. We should ___God for all he's done for us. (thank)
5. Who died on the cross for our sins? (Jesus)
6. What gift does God want to give us when we worry? (peace)
7. True or False: We should think about good stuff. (T)
8. What book is full of God's words? (Bible)
9. What's another word for worry, begins with an "S" (stressed)
10. True or False: God wants us to worry. (F)

Supplies needed

- bells or ringers
- whiteboard/markers

Bonus Activity:

Play the **Memory Verse game**.

Say the memory verse as a class. Say it again while **spinning** around. Say it again while **marching** in place.

1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. The key to overcoming worry is to keep _____.
 - a. _____ and _____ God for everything.
 - b. Get rid of your _____.
 - c. _____ about lovely things.

2 Talk about it

Answer these questions together as a family.

1. Make a list of things you need to practice. (sports, instruments, dancing). Why is practicing them important?
2. What are some things you want to pray about this week?
3. Why are frenzied, bad thoughts not helpful to us?
4. What are some lovely thoughts God wants you to think about?
5. Read [Philippians 1:9](#). According to the verse, what needs to grow? What do we need to understand?

3 Live it out

Memorize this week's Bible verse:

"Keep putting into practice all you learned and received from me."

Philippians 4:9

Bonus: Read these additional passages as a family this week

- Read [Colossians 3:15](#). What does this verse say we should always do?
- Read [Hebrews 13:6](#). Why don't we need to fear?
- Read [Psalm 56:3](#). Who should we trust when we're afraid?

Parent Signature _____



ACTIVITY PAGE #1

K-1st Grade

Kids

BIG IDEA

The key to overcoming worry is to keep practicing

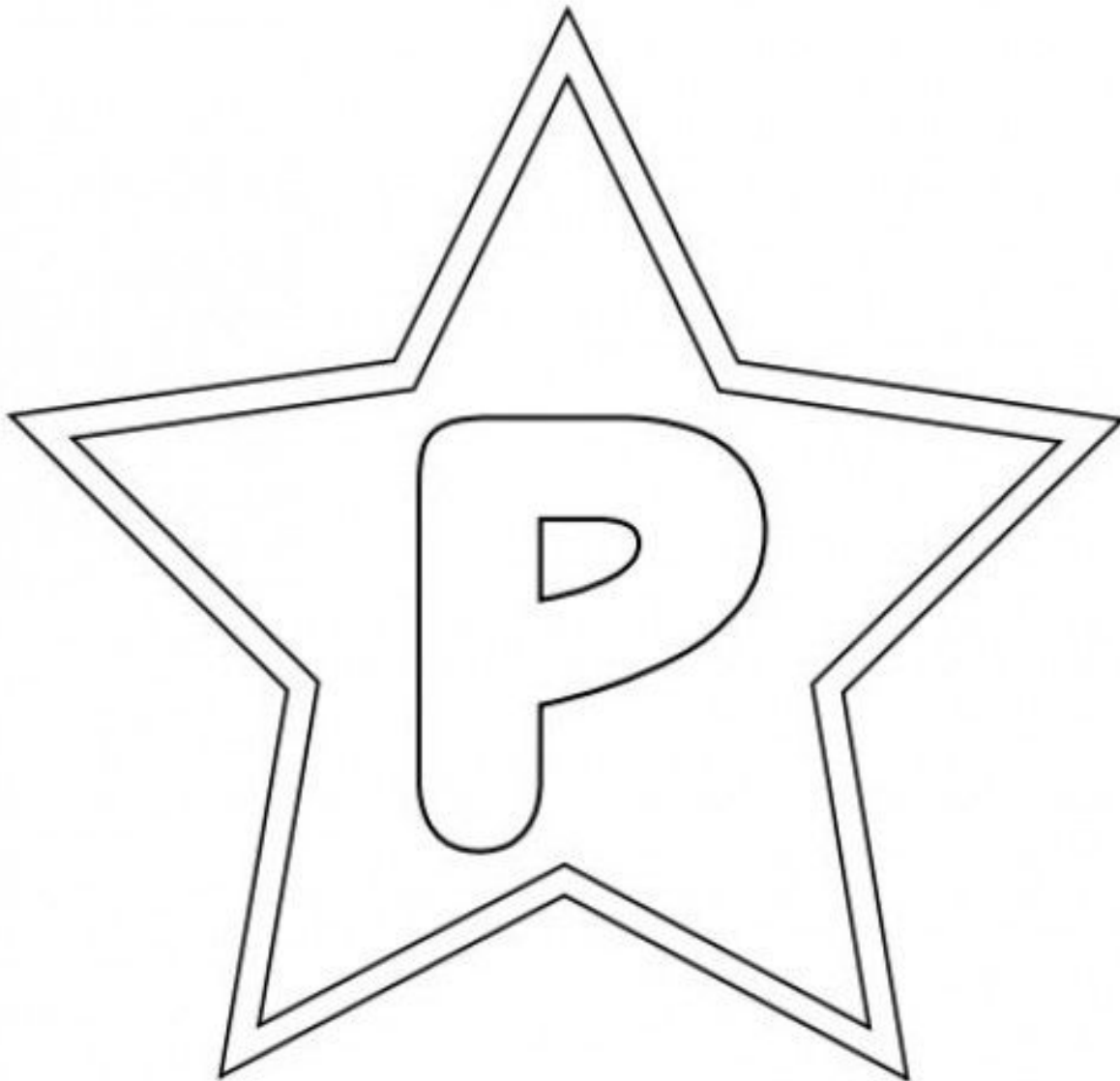
KEY QUESTION

What do we need to keep doing to overcome worry?

MEMORY VERSE

"Keep putting into practice all you learned and received from me."
Philippians 4:9

Color the picture



P IS FOR PRACTICE

PRAY AND THANK GOD

Don't worry about anything;
instead, pray about everything.
Tell God what you need, and
thank him for all he has done.

Philippians 4:6

GET RID OF FRENZY

His peace will guard your
hearts and minds as you live in
Christ Jesus.

Philippians 4:7

THINK LOVELY THINGS

Fix your thoughts on what is true,
and honorable, and right, and pure,
and lovely, and admirable

Philippians 4:8

KEEP PRACTICING

Keep putting into practice all you
learned and received from me.

Philippians 4:9

