



March 22, 2020 Sunday School Lesson
King of Kings Lutheran Church Garden Grove, CA
(with resources from [Children's Ministry Deals](#).)

OPENING DISCUSSION:

How many of you sleep with a night-light in your room? Why are night-lights helpful? (They give us some visibility. If we have to get up and go to the bathroom, it's nice to know where we are going so we don't step on toys or sleeping pets.) But night-lights can do one thing more. They can ease our worries about the dark. They shed just enough light to let us know there's nothing scary lurking in our rooms. We are safe, and we can rest our heads and get some sleep.

Jesus called himself the light of the world, and I don't think that's a coincidence. Jesus wants us to rely on him to ease all our worries. He wants us to trust that he is looking out for us and that he will always protect us. No matter what happens, Jesus is there. He knows our needs before we ask, and he will always help us when we need him.

Worries don't get smaller as you grow up. They will only get bigger. The sooner we learn to trust Jesus with our worries, the easier it will be to give those big worries to Him. Trust Jesus because he knows our needs, and trust him to always provide for us so we don't have to worry.

LESSON:

Read together [Matthew 6:25-34](#)

- Take turns reading verses together.
- Have your children practice finding the lesson in the bible on their own.

For our younger children who can't read yet, read to them from the bible or watch this [video](#) which summarizes Matthew 6:25-34.

DISCUSSION QUESTIONS:

- What do flowers worry about?
- What do birds worry about?
- Why don't flowers and birds worry?
- What does Jesus say we should do about our worries?
- What is one worry you want to give to Jesus today so that you don't have to worry any more?

Don't let worry distract you from what's important. Give your worries to God, and he will take care of the rest.

MEMORY VERSE ACTIVITY:

1 Peter 5:7 Cast all your anxiety on him because he cares for you. (NIV)

1 Peter 5:7 Turn all your worries over to him. He cares about you. (NirV)

Look at the verses surrounding this passage, or read the whole chapter so you can hear this verse in context. What was happening? How do the verses before and after the memory verse help you understand its meaning?

Here are some fun way to learn God's Word by heart:

<https://paththroughthenarrowgate.com/12-bible-memory-verse-bible-games/>

ACTIVITIES:

- SONG: "I Am a Light" by our friend Branches Band [Listen on YouTube:](#) Make up your own actions/dance to go with the song!
- HYMN: "Seek Ye First" listen to [this version](#) and follow along in your hymnal. Don't have a hymnal at home? [Click here to view the words online.](#)
- CREATE: Anything with flowers or birds: draw, paint, collage, make a paper origami flower, create a kite, make a bird out of play-dough, build a Lego bird – let your creativity fly! Ask your parents to take a picture and share your creations online and tag church's [Facebook page](#)
- SCIENCE: This activity combines a craft with learning about how flowers bloom. All you need is paper and water. [Click here to learn more.](#) Let us know how it goes – ask your parents to take a video of your experiment and tag church's [Facebook page](#) when they share it online!