

**7th Grade New Testaments (Gospels)****Lesson Plan:** Worry (Matthew 6:25-34)**Learning Goals:** Students will identify the sources of worry and be encouraged to place their trust in the provision of God.**Opening Question:** What do you worry about most? (or Alternative Activity)

Prayer

Discuss Question on board.

**Activity: “The Worst Thing That Can Happen”**

Have students take out paper and a pencil. Ask them to write a list of the five worst things that can happen to them between the time their alarm rings in the morning and the time they eat lunch on a school day. Tell them not to put their names on the papers. Read their answers (without names) to the group. You can either laugh or cry together as they are read.

Follow Up Questions:

- How many of those worst things have actually happened to anybody here?
- What problems have you been through in your life that you can laugh about now?
- What problems have you had that you would not wish on your worst enemy?
- When people have unexpected problems, how often do you hear them use God’s name in a bad way?
- How often do they call out to God in a good way?

**Read Matthew 6:25-34****God’s Provision**

- Deep in the heart of biblical story is a conviction that God provides.
- The best example of this is God’s provision of manna for the Israelites in the desert.
- Jesus provided for the needs of people in the feeding of the 5,000.
- The Lord’s Supper is an example that we are nourished by Christ and his sacrificial death.

**The Prohibition**

- Jesus prohibits anxiety or worry about day-to-day provisions. (Remember the Lord’s Prayer - “give us today our daily bread . . .”)
- Our anxiety level is a good indicator of our God. (Those who worship Mammon live with high anxiety. Those who trust in God’s provision don’t have to live with such high anxiety.)
- Carpe Diem (YOLO): Each day requires our full attention - we cannot be divided, worrying about the future and things we do not have any control over.

**2 Illustrations from nature:**

- Birds of the Air: birds don’t have anxiety over providing for their daily needs. They live in trust that God will provide.
- Flowers of the Field: flowers do not labor or spin (as in creating fabric) and yet they are more beautifully clothed than any human every could be. They live in trust of God.

from *Aurora Leigh*  
- Elizabeth Barret Browning

And truly, I reiterate, . . . nothing's small!  
No lily-muffled hum of a summer-bee,  
But finds some coupling with the spinning stars;  
No pebble at your foot, but proves a sphere;  
No chaffinch, but implies the cherubim:  
And,—glancing on my own thin, veined wrist,—  
In such a little tremour of the blood  
The whole strong clamour of a vehement soul  
Doth utter itself distinct. Earth's crammed with heaven,  
And every common bush afire with God:  
But only he who sees, takes off his shoes,  
The rest sit round it, and pluck blackberries,  
And daub their natural faces unaware  
More and more, from the first similitude.

#### The Counteraction

- We are to seek or pursue God's kingdom and God's righteousness first and foremost.
- The idea is to focus on, to want to, to plot, and to act in a way that keeps one aimed at the goal (like an Olympic athlete aiming their entire life toward a gold medal).
- We are to trust God, the creator and sustainer of all life. God will provide for us.

*Illustration: Story of woman praying because she doesn't have enough food for the month. Her atheist neighbor hears her praying and decides to play a trick on her. He buys her food, places it on her doorstep, and hides in the bushes. She opens the door, finds the food, and begins praising God for His provision. The neighbor jumps out and says, "See I told you faith was foolish! God didn't give that to you, I did." She responded, "Well I knew that God would provide. I just didn't know he would be the Devil and his delivery boy."*

Are we saying that money and provisions don't matter?

No. We need these things to survive.

But "matter" is not the same thing as "worship."

Jesus doesn't call us to be "care-less" about provisions but to be "care-free."

Bottom line: The disciple's life is radically oriented around the priorities of the Kingdom. It reshapes what we value most and our priorities.

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#### Lesson Summary / Review:

Students should review and highlight the following vocabulary terms and concepts from this lesson in their notes:

- What two illustrations does Jesus provide to help us not worry?
- If we don't worry, what should we do instead?