

Lesson 4 - Crush WORRY God's Way

Lesson Overview

THE BUZZ

I don't have to worry!
God will provide!

THE TAKEAWAY

Don't worry. Trust
God to provide!

BIBLE STORY

Elijah And The Widow
(1 Kings 17:8-16)

POWER VERSE

"For I can do everything through
Christ, who gives me strength."
Philippians 4:13

Worry is something that affects everyone, including kids. Whether it's worrying about school, friendships, family situations, or simply if things will work out. Sometimes children worry about where their next meal will come from or whether their parents will be able to pay their rent.

Philippians 4:19 gives us a powerful promise: God will supply *all* our needs. Not some of them. Not most of them. *All* of them. This doesn't mean we will always get everything we want, but it does mean we can trust that God will always provide exactly what we need.

The story of Elijah and the widow in 1 Kings 17 is a perfect example of this truth. The widow believed she had just a small amount of flour and oil left. But when she trusted God and obeyed His instruction, God provided for her in a miraculous way. What seemed like "not enough" became *more than enough* in God's hands.

This lesson will help kids understand that worry is not something they have to live with. When worry begins to take over, they can choose to trust God instead. God is the Creator of everything, and He has more than enough to meet every single one of our needs.

Lesson Elements & Supplies

WHAT ARE WE LEARNING ABOUT?

Intro Video

- 4 X 4 - Lesson 4 - Intro Video (EL).mov

The Buzz

- 4 X 4 - Lesson 4 - The Buzz - Teaching (EL).mov
- 4 X 4 - Lesson 4 - The Buzz - Trigger (EL).mov

Game Time

- 4 X 4 - Game Time (EL).mov
- "Bindfolded Musical Chairs" - Graphic
- Nine Chairs
- Ten Blindfolds
- Music

WHAT DOES THE BIBLE SAY?

Bible Story

- 4 X 4 - Lesson 4 - Bible Story Video (EL).mov
- or
- Lesson 4 Graphics

The Breakdown

- Lesson 4 Graphics
- Lota Bowl (or "Endless Water Jug" illusion)
- Large glass bowl/pitcher

Power Verse

- Power Verse Graphic

WHAT DO I DO ABOUT IT?

The Takeaway

- Lesson 4 Graphics
- Prayer Music

Lightning Round

- Lightning Round Bumper (EL).mov
- Lesson 4 Graphics
- Lightning Round Music

What Are We Learning About?



Lesson Intro

Hey everybody! We are finishing up our "4X4" series as we learn our last lesson from Philippians chapter four! I want to ask you a question. Have you ever been worried about something before? (*allow response*)

Maybe you worried about a test at school. Maybe you worried about whether your team would win the game. Maybe your Mom or Dad lost their job, and you worried about whether or not your family would be able to eat or have a place to live.

Worry is something that everybody deals with. But did you know that Philippians 4 teaches something pretty amazing about worry? More specifically, it teaches us how to respond so that we can *crush* worry God's way!

We are going to learn all about that today. Right now, I want to check in with Spike and see how he's doing, today.



INTRO VIDEO

Play: "4 X 4 - Lesson 4 - Intro Video (EL)"

Wow! Spike was really worried, wasn't he? He thought he didn't have enough supplies...or trucks...to make his monster truck experience work. And you know what? Sometimes we feel the same way. We worry about not having enough or things not working out. But the Bible teaches us in Philippians chapter four that God can provide all the things we need. Isn't that cool? (*allow response*)

We are going to learn all about that, today. Right now, it's time to find out "What's The Buzz?"



THE BUZZ TEACHING

Play: "4 X 4 - Lesson 4 - The Buzz - Teaching (EL)"

That's "The Buzz!" So, now that you know it, you are going to have to be ready to say it a bunch of times. I want you to be able to have it memorized so you can tell everyone what you learned, today.



THE BUZZ TRIGGER

Play: "4 X 4 - Lesson 4 - The Buzz - Trigger (EL)"

Game Time

BLINDFOLDED MUSICAL CHAIRS

SUPPLIES NEEDED

- Nine chairs
- Ten blindfolds
- Music

PREPARATION

Choose five boys and five girls to play this game. Stack the chairs in two stacks *(so the players can't see where they will be when they play)*.

HOW TO PLAY

Hand each player a blindfold, and have them put it on. Once each player is blindfolded, place the chairs in random places throughout the room. Then, have the players get down on their hands and knees. The moment the music starts, the players must each begin crawling around on the floor, trying to find a chair. Once they find a chair, they must climb up into the chair and take their blindfold off. They may then yell at their teammates and tell them where to crawl to find a chair.

HOW TO WIN

The first team to have all five of their players sitting in a chair is the winner! This can be played in multiple rounds or with new players!

What Does The Bible Say?



Bible Story

Today, we are talking about how to crush worry God's way. We have learned "The Buzz" and now it is time to ask: "What Does The Bible Say?" I think now would be a good time to find out.

→ Show Lesson 4 - Bible Story Video (EL).mov **OR** teach it live using the script below and the provided Bible Story graphics (listed below).

ELIJAH AND THE WIDOW

Hey, friends! It's time for another amazing Bible Story. It's all about the prophet Elijah. Elijah had been living beside a river where God had been providing for him. But something very serious was happening in the land. There had been no rain for a long time. Day after day, week after week, not a single drop fell from the sky.

(Show Lesson 4 – 1) The ground became dry and cracked. Eventually, even the river beside Elijah dried up. There was no water to drink and no food to eat, but he didn't worry. God spoke to Elijah and said, "Go to the village of Zarephath. There is a widow there who will feed you."

Now that must have sounded a little unusual. A widow? During a drought? Widows were often very poor, but Elijah obeyed God and traveled to the village of Zarephath. (Show Lesson 4 – 2) When he arrived, he saw a widow gathering sticks. She looked tired and worn out. Elijah walked up to her and said, "Can you bring me a cup of water?" As she turned to go get it, he added, "And bring me a piece of bread to eat." The woman stopped and turned back toward him.

(Show Lesson 4 – 3) She said, "I only have a handful of flour in a jar and a small amount of cooking oil. I was about to cook one last meal for me and my son. After we eat it, we will die." Wow. This widow was in a terrible situation. She needed that flour and oil for herself, didn't she?

Then Elijah said something that must have shocked her. He said, "Don't worry. For this is what the Lord says: The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain and the crops grow again." The Bible tells us she did exactly what Elijah said. She went home, made a cake, and gave it to Elijah first.

(Show Lesson 4 – 4) Then she went back to her kitchen to prepare something for herself and her son. When she looked into the jar of flour, it wasn't empty.

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Bible Story (Continued)

When she poured from the jug of oil, it didn't run out. She made a meal for herself and her son. The next day, she checked again, and there was *still* flour and oil. And the day after that. And the day after that!

Isn't it amazing how God provided? But notice something very important: The miracle didn't happen before she obeyed and trusted. It happened after she believed that God had enough to take care of all her needs. When she chose to give what little she had, it opened the door for God to provide more than enough.

And that's what you're going to learn about today. When you find yourself in need, you don't have to worry. You can trust God to provide and take care of your needs. That how you CRUSH worry God's way!



The Breakdown

Materials Needed:

Lesson 4 - Breakdown Graphics; Lota bowl or "Endless Water Jug" (www.magictricks.com)

Preparation:

Follow the instructions to fill the above illusion of choice with water

In our Bible story today, the widow felt like she had nothing left. She only had a tiny bit of flour and a little oil - just enough to make one last meal for her and her son. In her mind, she was thinking, "I don't have enough." She was worried about what would happen next. You see...

Worry says, "I won't have enough!" *(show Point - 1)*

Worry often starts with a simple thought: "I won't have enough." In Matthew 6:31-32, *(show Matthew 6:31-32 graphic)* Jesus says, "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?'...Your heavenly Father already knows all your needs."

Jesus knew that people worry about not having enough. That's exactly what the widow was feeling in our story. She looked at what she had and thought, "This is not enough." We do this, too. Worry says, "I Won't Have Enough." But...

God says, "I have more than enough!" *(show Point - 2)*

While worry says, "I won't have enough," God says something completely different. God says, "I have more than enough." Colossians 1:16-17 reminds us *(show Colossians 1:16-17 graphic)* that God created everything and holds everything together. That means God is not limited by what we see in front of us. He has unlimited power. He created and owns *everything*.

(Bring out the Lota Bowl filled with water) Often, we worry because we think *(holding your thumb over the hole, pour out the water)* everything is all gone. *(take your thumb off the hole and let the bowl fill back up while you're talking)* But that is because we are forgetting we serve a God who can do the impossible. When it seems like everything is gone, *(place your thumb back on and pour more water out of the empty Lota Bowl)* it just keeps coming! *(repeat this process multiple times)* No matter how much we pour out, there is still more! That's a picture of how God can provide for us. Just when you think you've seen everything God can do, He keeps providing more.

That's what happened to the widow. Her jar of flour and her jug of oil never ran out. God showed her that He had more than enough. He took care of the widow, and...

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The Breakdown (Continued)

God will take care of my needs *(show Point - 3)*

We don't have to worry because we know God will take care of every need we have. We see that most clearly in Philippians 4:19 says, *(show Philippians 4:19 graphic)* The final thing to learn from Philippians 4 says, "And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus." That doesn't mean we will always get everything we *want*, but it does mean we will always have what we *need*.

The widow trusted God, even when it didn't make sense, and God took care of her. In the same way, when we trust God instead of worrying, we can believe that He will take care of us, too. Whether it is food, clothes, a home, whatever - God will take care of all of your needs! So when worry starts to creep in and tells you, "You don't have enough," remember what God says. God has more than enough, and He will take care of you.



Power Verse

→ Show the Power Verse graphic to remind the kids of the verse in any of the creative ways we suggest in the "Service Elements" section of this manual. Encourage the children to memorize the verse for the series.

What Do I Do About It?



The Takeaway

Materials Needed:

Lesson 4 - Takeaway Graphics; one of the Prayer Music tracks

Have the Prayer Music playing the entire time you are sharing this section, leading into the prayer

So what do we do when worry starts to take over? What do we do when those "what if" thoughts begin to fill our minds and make us feel nervous or afraid?

The Bible gives us a clear answer. Instead of focusing on what we don't have, we choose to trust God. That means we don't have to live our lives worrying about whether we will have enough. God already knows what we need, and He promises to take care of us. So...

Don't worry. Trust God to provide! *(show image)*

Think about the widow in our Bible story. She looked at what she had and thought, "This is not enough." But when she trusted God, she discovered that God had more than enough. The same is true for us. When we trust God, we begin to see that He is bigger than our problems and able to provide for us in ways we could never imagine.

So, this week, when you start to feel worried or begin to think, "What if I don't have enough?", stop and remember God knows what you need. He cares about you, and He will take care of you. You can trust Him and believe that He will provide exactly what you need, exactly when you need it.

Optional Prayer:

"Dear God, thank You for loving us and caring about everything in our lives. Sometimes we feel worried and afraid, especially when we think we might not have enough. But thank You for reminding us that You are our provider and that You will take care of our needs. Help us trust You instead of worrying. When we start to feel afraid, remind us that You are in control. Give us peace in our hearts and help us believe that You will always provide exactly what we need. In Jesus' name we pray, amen."



Lightning Round

Materials Needed:

*Lightning Round Bumper.mov; Lightning Round - Background Music.mp3;
Lesson 4 - Lightning Round Graphics*

Preparation:

Play the "Lightning Round" Bumper Video; Begin with the title slide; there is a slide for each question and answer

1. What's The Buzz, today?

Answer: I don't have to worry! God will provide!

2. Who was the man in our Bible Story?

Answer: Elijah

3. What was happening in the land?

Answer: A drought

4. Did the widow have lots of food to give?

Answer: No

5. What did the widow find when she got home after giving food to Elijah?

Answer: More oil and flour

6. According to The Breakdown, "Worry says, 'I won't have _____!'"

Answer: Enough

7. According to The Breakdown, "God says, 'I have _____ than enough!'"

Answer: More

8. According to The Breakdown, "God will take care of my _____."

Answer: Needs

9. Today's Takeaway is, "Don't worry. _____ God to provide!"

Answer: Trust

10. Where is our Power Verse found?

Answer: Philippians 4:13