

Lesson Plan

August 16th, 2026

This Month's Truth: I am designed for a purpose

Bible Story: Do not worry (Matthew 6:25-34)

Theme Verse: Let your light shine before others, so that they may see your good works and give glory to your Father in Heaven. (Matthew 5:16b)

Teachers rally with your team a few minutes before kids start to arrive: Rally is a pre-service time for you to be expectant and equipped before the kids start arriving. Go over the lesson and any ideas for the day. Pray over your space and for the kids that will be coming that they will be connected to the person of Jesus.

Share: Jesus taught people that instead of worrying, they could remember how God provides for His creation. (Read Matthew 6:33-34.) Kids will learn that God loves and cares for us more than the birds in the sky or flowers in the fields. Let's help them learn that we do not have to worry, but we can trust that God loves us and provides everything we need.

Pray: Lead the group in prayer, asking God to help your team trust like Jesus this week.

Pre Service

Arrival time, please use this time to build relationships with kids and encourage them to build relationships with one another.

Service

What To Do:

- **Teacher Start 5-minute countdown 5 minutes prior to service start time.**

Teacher Opener: Hey there, everybody! My name is _____. What is my name? (Allow responses.) It is great to be here with you today! Are you ready for what is next? We can know next up in our lives is discovering the truth that God designed us for a purpose! God knows everything. We can trust Him. What a great God we have! Say, "Next!" (Next!) Say, "Up!" (Up!) Say, "Next up!" (Next Up!) Now, without further ado, next up is—drumroll please (pat legs to make a drumroll sound, then cut off)—a fun game!

Wheel of Contortion

Game Rules:

1. Start the video.
2. Direct the kids to move around the space while the music plays; then choose a pose and freeze after the buzzer.
3. Start the next video to spin the "Wheel of Contortion."
4. Instruct the kids to stay frozen during the next round if the wheel landed on their pose.
5. Continue playing for six more rounds.

What You Say: Next up is "Wheel of Contortion!" Say, "Huh?" (Huh?) Sounds like you might be wondering what contortion means. It means you contort, or twist, your body when you move it around into different poses like this! (Strike a pose.) Or this! (Strike a different pose.) Five poses are in this game. Before each spin of the "Wheel of Contortion," you will travel around the room until you hear a buzzer. When the buzzer sounds, you will choose one of the five poses and freeze. I will then spin the wheel. If the wheel lands on the pose you chose, you must remain frozen through the next round of gameplay.

Before we spin, let's take a look at each of our poses! Say, "Show me the poses!" (Show me the poses!)

We have "The T!" "The Drop!" "The Flamingo!" "The Chicken!" and "The Jazz Hands!" Practice these poses with me. (Demonstrate as you lead the kids.) Show me "The Flamingo!" (Allow kids to pose.) "The Drop!" (Allow kids to pose.) "The Jazz Hands!" (Allow kids to pose.) "The T!" (Allow kids to pose.) And "The Chicken!" (Allow kids to pose.)

All right, you all look ready to play "Wheel of Contortion!" Start moving until you hear the buzzer!

Choose your pose and freeze! (Allow kids to pose.) Say, "Spin that wheel!" (Spin that wheel!)

(Start when the wheel stops.) Looks like we landed on "The Drop!" If you are in this pose, stay frozen! Those of you not frozen, walk around the room until you hear the buzzer!

Choose your pose and freeze! (Allow kids to pose.) Say, "Spin that wheel!" (Spin that wheel!)

Community Big Kids

(Start when the wheel stops.) “The Jazz Hands!” If you are in this pose, freeze! If you were frozen before, you can unfreeze! Those of you not frozen, walk around the room until you hear the buzzer!

Choose your pose and freeze! (Allow kids to pose.) Say, “Spin that wheel!” (Spin that wheel!)

(Start when the wheel stops.) “The Jazz Hands” again! That was tricky! If you are in this pose, freeze! If you were frozen before, you can unfreeze! Unfrozen players, walk around the room until you hear the buzzer!

Choose your pose and freeze! (Allow kids to pose.) Say, “Spin that wheel!” (Spin that wheel!)

(Spin the wheel) Looks like we landed on “The T!” If you are in this pose, freeze! If you were frozen before, you can unfreeze! Everyone not frozen, walk around the room before the buzzer tells you to choose a new pose!

Pick a pose and freeze! (Allow kids to pose.) Say, “Spin that wheel!” (Spin that wheel!)

(Spin the wheel) Looks like we landed on “The Chicken!” If you are in this pose, freeze! If you were frozen before, you can unfreeze!

OK, those of you not frozen, walk around the room before the buzzer tells you to choose a new pose!

(Start when the wheel stops.) It is “The Drop” again! If you are in this pose, stay frozen! Those of you not frozen, walk around the room until you hear the buzzer!

Choose your pose and freeze! (Allow kids to pose.) Say, “Spin that wheel!” (Spin that wheel!)

Choose your pose and stay frozen! (Allow kids to pose.) Say, “Spin that wheel!” (Spin that wheel!)

(Start when the wheel stops.) Looks like we landed on “The Flamingo!” This is actually our final round, so everyone, make “The Flamingo” pose on the count in 3-2-1! (Allow response.) Great contorting! You can return to your seats.

You contorted yourselves into some pretty funny poses! You were pretty fortunate whenever the wheel did not land on your pose. This wheel was designed specifically for this game. It was

made to spin and land on poses that were already chosen. Its purpose was for us to be able to play the game. It was designed for a purpose! God has designed us for a purpose too! God can tell us what is up next in our lives because He is in control and designed everything and everyone. This doesn't mean that we get to know everything that will happen, but we can know what is next up when it comes to following Him.

Today we will explore how God designed you for a purpose. Turn to your neighbor and say, "You were designed for a purpose!" (You were designed for a purpose!) Put a hand on your heart and say, "I am designed for a purpose!" (I am designed for a purpose!)

Transition Script to go into the Intro Video: Let's get caught up with the latest news by watching, "Nifty News with Nikki Nevada!" Say, "Gee, that sounds nifty!" (Gee, that sounds nifty!) Let's get the news started by saying, "3-2-1! Action!" (3-2-1! Action!)

Play Intro Video

What You Say: Though I am sure he would have enjoyed some of Neena's popcorn, Socrates—a.k.a. Lil' Soccy—did not seem worried at all. We have Someone we trust who really helps us not to worry. Like Nikki said, we can trust God like Jesus trusted God, which we will learn about in the Bible. Say, "Let's trust like Jesus!" (Let's trust like Jesus!) When worries come or bad things happen, we can know God designed us for a purpose and part of that purpose is to trust Him.

Worship

What You Say: Let's all come up front and worship together this morning!

What To Do:

- Turn lights off
- 2 songs of worship
- **Teachers and Small Group Leaders worship with the kids, modeling what it looks like to give God our praise. Stand in the front of the room, or next to the kids- but not in the back.**
- Dismiss the kids back to their seats when the songs are over

What To Do:

- Have the kids **open up** a physical Bible and find the Bible story for that day.
- Use the Bibles provided in the classroom if a kid does not have their own Bible with them.

Transition Script to go into the Bible Story Video: (Open the Bible to Matthew 6:25-34.) Next up is today's Bible story! (Hold up your Bible.) This is a Bible! What is it? (A Bible!) Right! The Bible is God's true message to us about Himself. Today's Bible story comes from the book of Matthew. Which book? (Matthew!) We will hear that Jesus talked to a group of people about what they should do when they worry. If you are ready to hear what Jesus has to say, let me hear you say, "Next!" (Next!) Say, "Up!" (Up!) Say, "Next up!" (Next up!)

Play Bible Story Video

Questions to consider asking after the video:

- What is something that you learned about God from the video?
- What is something that you learned about people?
- What can you take away from the video?
 - How can you apply the lesson from today into your life?

Making The Connection Script: Jesus told the people in today's Bible story that instead of worrying, they could remember how God provides for all His creation. He feeds the smallest bird. He clothes the fields with flowers. God not only provides for His creation, but He also cares for everything in creation! And if He cares about birds and flowers, then He most certainly cares about people—His most special creation! He cares about us, and He designed us with a purpose—to trust Him like Jesus trusted Him. Repeat after me: "I am designed for a purpose!" (I am designed for a purpose!) "Let's trust like Jesus!" (Let's trust like Jesus!)

Use the Three Circle Graphics on the Playlist

(Circle one) God's purpose for us to trust Him makes more sense when we know that God made us to have a relationship with Him. When God made the world, He made everything perfect. The first two people God made had a perfect relationship with Him! There was no pain, suffering, fear, or shame. People never worried about anything. Nothing stopped them from enjoying God's love.

(Circle two) But the first people God created decided to do what they thought was best rather than follow what God said is best. That is called sin. What is it called? (Sin!) Sin breaks our

relationship with God and with other people. When sin came into the world, so did pain, suffering, doubt, fear, and worry. People began to worry that they would not have enough. They worried about what other people thought of them. They worried that God did not love them. Since then, all people have sinned and struggled with worry. Sin breaks our relationship with God. Even when we try not to sin or not to worry, we cannot fix this problem on our own. Our sin deserves punishment, and we need Someone to step in and help us.

(Circle three) The good news is that the same God who designed us for a purpose designed a plan to rescue us! God loves and cares for us more than the birds in the sky or flowers in the fields. God even loves us so much that He sent His Son, Jesus, for us. Jesus came and lived a perfect life. He followed God and trusted Him. Jesus took the punishment we deserved for sin by dying on a cross. He trusted this was God's plan to rescue people from sin. But the story did not end there! On the third day after Jesus died, He came back to life, showing He is more powerful than both sin and death! Let me hear you say, "That is good news!" (That is good news!)

So what can we do when we are worried? The first thing we can do is trust Jesus. When we trust Jesus and ask Him to forgive our sins, He rescues us and makes the way for us to have a relationship with God forever. One day, Jesus will return and make everything new. People who trust and follow Jesus will get to enjoy a life with no more sin and nothing to worry about. But until then, we can go to God every time we are worried. We can admit that we are worried and ask God to help us. We can read the Bible and celebrate God's amazing promises and care. And we can remember all the ways God has taken care of us in the past to help us remember that He will take care of us in the present and in the future.

Trusting God does not mean that everything will go the way we want and be easy. It can be hard to trust God when things are difficult or when hard times come. But trusting like Jesus means that we trust that God's love and care will be with us, no matter what is happening around us. If you want to know more about trusting Jesus, please come talk to me or one of your leaders! God loves you very much and has provided a way for you to have a relationship with Him through His Son, Jesus!

Because of Jesus, we do not have to worry. Instead, we can trust God and believe that He loves us and provides everything we need. Say, "Let's trust like Jesus!" (Let's trust like Jesus!)

Theme Verse Review:

Theme Verse Motions:

Let your light shine before others, (Move your arms in a circle toward each other with palms facing forward, crossing in front of your body.)

so that they may see your good works (Move your arms in a circle toward each other with palms facing up, crossing in front of your waist.)

and give glory to your Father in heaven. (Push your hands up to the sky with palms facing in.)

Matthew 5:16b (Hold your hands out like a book.)

What You Say: We are going to learn a verse from the Bible to help us remember that God has designed us for a purpose! Point to yourself and say, “I am designed for a purpose!” (I am designed for a purpose!) Now let’s learn our Theme verse together!

Play Theme Verse Video

What You Say: God has designed us for a purpose. We do not need to ask, “What should I do next?” because God already has a purpose and plan for us! When we trust God like Jesus—instead of worrying nonstop—people notice. They see our trust, and it is like light shining in darkness, pointing others to God. Everyone, say, “Let’s trust like Jesus!” (Let’s trust like Jesus!)

Large Group Closing:

What You Say: God always knows what is next up. He designed you with a purpose. Part of that purpose is trusting Him no matter what happens. Say, “I am designed for a purpose!” (I am designed for a purpose!) We can pray and ask God to help us, and we can remember the ways God has taken care of us and others. We can also remember that God is in control. When we count on God in hard times, we show other people that God can be trusted. It reminds them that they can trust God too! Trusting God is the best way to tackle whatever is up next in your life! Say, “Let’s trust like Jesus!” (Let’s trust like Jesus!) When I say, “Next,” you say, “Up!” “Next!” (Up!) “Next!” (Up!) Let’s pray together and talk with God in 3-2-1.

Closing Prayer: God, thank You for being trustworthy. Help us bring our worries to You and trust You like Jesus taught. Thank You for Jesus’s reminder that You love us and care for us. Help us share Your love with others. Amen.

Transition to Small Group Time: Split the kids into small groups. This can be done either by age, grade, or gender.

Small Group Time:

Option #1: Connection Questions

What To Do: Next up, we get to talk about our Bible story! Remember, God designed you for a purpose. Your thoughts, questions, and answers matter!

1. When you are worried, what helps you feel better? (Allow answers and share your own.)
2. What are some situations in life where you could really use a help buzzer? (Allow answers and share your own. Answers may include trying to score a point in a sports game, trying to remember answers on a test, and so forth.) How is God better than a help buzzer? (Allow answers and share your own. Answers may include God knows more than a host or help buzzer; I can trust God more than a help buzzer; and so forth.)
3. The Bible tells us that God designed us for a purpose, and we can trust Him. Let's open our Bibles to **Matthew 6:33-34** and read about it together. (Invite kids to open their Bibles. Read the passage aloud or invite a kid who volunteers to read the passage aloud. Be sure to have Bibles available for kids who need one. Help kids find the passage so everyone can follow along together.) Jesus told us what we can do instead of worry. Above everything, we can talk with God first. Jesus taught that we do not need to worry because He knew God loves us and provides for us. We cannot get rid of our worries on our own. Only our trustworthy God can bring us peace. How can God's peace help us every day? (Allow answers and share your own. Answers may include God's peace helps me when I feel worried or afraid; God's peace can help my family; God's peace can help my friend; and so forth.)
4. What can we do when we are worried? (Allow answers and share your own. Answers may include we can ask God to help us trust Him; we can read the Bible and remember that God cares for people; we can look at God's creation and see that He cares for everyone and everything; and so forth.) When we are worried, we can remember how much God cares for us. He cares for us so much that He sent Jesus to die and come back to life so we can be forgiven for our sin. God sent Jesus for us, and we can know that He will always give us what we need. If you want to know more about how Jesus can forgive your sins, please come talk to me! I would love to tell you more!
5. The Bible tells us that when we trust like Jesus taught us to trust, we are living in God's design and purpose for us. So next up, **let's trust like Jesus!** What is one way you can

trust like Jesus this week? What is something you learned today? Is there anything you have questions about? (Allow kids to answer and share your own answer.)

Option #2: Do Not Worry Paper Chatterbox

What To Do: Today we are going to be making a paper chatterbox. Has anyone ever made that before? I have directions for how to make them.

First we are going to cut out the square on the paper. Next we are going to fold the paper horizontally twice to make an x on your paper. Then unfold it and flip it so it is printed side down. Then you will take the corners and fold them to have the corners to meet in the middle of the paper. Then flip it over again. You will do the same thing and fold the corners to have them meet in the middle of the paper. Lastly you will fold it in the middle so you have the openings for your fingers. Now you have your own chatterbox that is about our Bible story today!

Loud And Clear: Say, “Do not worry!” (Do not worry!) In today’s Bible story, Jesus told us not to worry. He told us to look at the birds and the flowers. That God takes care of both of them so well so how much more will He care for us! When you see a bird or flower this week you can remember that God cares about you more than them.

Option #3: Activity Page

What To Do: This activity page helps us remember some big things we have learned about today. As you color and work on activities, talk to a friend about some of your favorite parts of our time together.

Leader Tip: Get to know the kids better. You can ask them what they remember about the Bible story or remind them that they can trade their worries for trust in God instead! Next up ... trust that God has designed you for a purpose!

Loud And Clear: God has a plan and a purpose for your life. When we worry, we can remember that God loves us and cares for us. This week let’s trust like Jesus! Say, “Let’s trust like Jesus!” (Let’s trust like Jesus!)

Close out in prayer:

What To Do:

- Ask for any specific prayer requests
- Pray with the group
- Lead the group in the prayer below.

What You Say: God, thank You for the truth that You care for us. Thank You that when we worry, we can trust You instead. Help us to trust like Jesus taught us to trust and shine Your light before others. Amen.

Dismissal:

Leader Tip: Work with your team to dismiss the kids in a fun, manageable, and safe way. As kids leave, make sure they have all of the crafts and papers. Share with the person picking them up something positive you observed today. Invite them back next week.