



## ORANGE GROUP IDEAS

### MAIN IDEAS FOR THE NIGHT

Jesus wants the heart of every Christian's to feel peaceful – even when life is unpredictable. Sometimes we tend to worry about what might happen (or not happen) in the future. Most of the things we worry about never come to pass, but worry can certainly make us afraid and weaken our confidence in God. Jesus wants us all to trust our Heavenly Father who always knows what is best for us and loves to provide for us.

#### KEY VERSES:

*Don't worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him. **Philippians 4:6 (NIRV)***

*"Give all your worries and cares to God, for he cares about you." **1 Peter 5:7 (NLT)***

### ICE BREAKERS

**Orange Group Leader:** Choose the icebreaker(s) that you believe will work best for your group.

#### CANDY COUNTING

*Fill a jar (or several jars of various sizes) with candy. Participants write on a small piece of paper how many pieces of candy they think are in the jar. The one closest to the actual number wins the candy. Invite the person who wins to share a piece of candy with everyone in the group.*

**SAY: God wants our hearts to be filled with His peace, but sometimes other feelings, like worry, can fill our hearts instead. Today we will find out how to empty all the worry out of our hearts!**

#### WHAT'S MISSING?

*Place 8-10 random items on tray. Let the children look at and try to memorize what's there. Take the tray out of the room and remove 1-2 items from the tray. Present the remaining items to the group and let them figure out what's missing. Whomever identifies a missing item wins a piece of candy or some other treat. (They can do this on paper if you want to award everyone who got it right.)*

**SAY: God wants our hearts to be filled with His peace, but sometimes our hearts are so full of other feelings that we forget we're missing God's peace. Today we'll find out how to make room for God's peace in our hearts!**

#### PASS THE HOOP

*This great game requires tactical thinking and encourages teamwork. Instruct the group to form a circle and hold hands with a 12-inch space between each participant. Once everyone is in place, add a Hula Hoop to the circle and instruct everyone to pass the hoop between each other, each going through the hoop, and around the circle without it touching the ground. The game ends once it gets to its original position. Make the game trickier by adding another hoop to the circle.*



## OTHER ACTIVITIES TO SUPPORT THE MAIN IDEAS:

### WORRIED FACE – HAPPY FACE

**WHAT YOU NEED:** pencils, crayons, pre-cut paper for each child (cut 8 1/2 x 11 paper in half vertically)

[USE THIS LINK TO SEE THE CRAFT](#)

**WHAT TO SAY:**

In the Bible, King Saul and the army of Israel were very worried about having to fight the Philistine Army with their 9-foot tall champion, named Goliath. What's something you worry about? (*Invite responses.*)



**WHAT TO DO:** Have your kids fold the pre-cut paper in half and draw their own sad, worried face on top. Tell them to keep the drawing simple.

**SAY:** Now let's see how David responded to this giant and his army. **READ** the following passage aloud:

*34 But David said to Saul, "Your servant has been keeping his father's sheep. When a lion or a bear came and carried off a sheep from the flock, 35 I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. 36 Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. 37 The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine."*

**1 Samuel 17:34-37 (NIV)**

**ASK:** How can you change your worry into trust? (*Invite responses*)

**SAY:** Like David, we need to remind ourselves (and others) of how God has helped us in the past and of how much He loves us. This encourages us to trust God that He will help us again.

**TO DO:** Have kids fold the paper on the existing fold line so the first drawing is on the bottom. They'll trace the outline of the face from the first drawing but this time drawing a smiling, happy face. Then have kids refold the paper so the worried face is on top again. Show them how to tightly roll the worried face side of the paper around a pencil and use the pencil to quickly roll it back and forth, making the picture change from worry to trust.

*Allow the children to alternate their worry-happy face pictures for a moment or two.*

**SAY:** Let's pray right now and ask God to help us trust Him and to give up all our worrying about stuff. (*Lead the children in a prayer.*)

### DON'T WORRY COLORING PAGE

**WHAT YOU NEED:** copy of "Don't Worry" coloring page for each child, crayons

**WHAT TO DO & SAY:**

*As the children color the page, read the verse printed on it aloud (Philippians 4:6) and invite the children to talk about the things that they sometimes worry about.*

*After all of the coloring is finished, lead the children in a prayer like the sample here:*

**God, thank you for how beautiful you make the flowers and the grass and the sky. We know that if you gives those things such wonderful care, you will certainly care for us even more! Help us to never worry but to always trust you. Amen.**

## WORRY & TRUST DON'T MIX

This is an object lesson to demonstrate how our hearts cannot be fully trusting the Lord and be full of worry at the same time.

**WHAT YOU NEED:** Cooking Oil, Water, 3 clear containers (2 smaller and 1 larger), Food Coloring, Tape, Sharpie marker

**Tip:** The size of the containers and the amount of liquids is up to you. If presenting in front of a large group, it would be best to use large containers and a large amount of liquid to make the containers easier to see. It would also be best for the third container to be larger than the first two.

### WHAT TO SAY & DO (STEP BY STEP):

1. **"Today I brought with me some supplies which each of you could find in your own home. First, I brought some cooking oil."**
2. *Hold up the oil and pour some into one of the smaller clear containers. "This oil is going to represent worry." Write the word worry on a piece of tape as a label for the container. Stick the tape to the container, so the children can see it.*
3. **"What does it mean to worry?"** *Take some responses from the kids.*  
**"Worry is when we are afraid or concerned because we do not know what is going to happen."**
4. **"I also brought some water with me."** *Pour some water into a second clear container.*
5. **"I am going to add some food coloring to the water to make it easier for you to see."** *Add a few drops of food coloring to the water depending on the amount of water used and stir until evenly mixed.*
6. **"This water represents trusting God."** *Write the word trust on a piece of tape as a label for the container. Stick the tape to the container, so the children can see it.*
7. **"What does it mean to trust God?"** *Take responses from the children.*  
**"Trusting God means that we remember He is in control and knows everything. We don't need to be afraid because God is taking care of us."**
8. **"Does God want us to worry or to trust in Him? Can we trust God and worry at the same time?"**  
**"Let's let our 'worry' and 'trust' show us the answer. Can trust and worry mix? Can they blend and be happening at the same time?"**
9. *Pour some of the oil and water into the third container at the same time. The oil and water will appear to mix at first. But, as the children watch they will slowly see the two separate with the oil resting on top of the water.*
10. **Hold up the third container for the children to see. "From looking at our demonstration of worry and trust, can the two be mixed together and happen at the same time?"**  
**"No, our hearts cannot be fully trusting God and worrying at the same time. The two do not mix."**  
**"God wants us to trust in Him whenever we are tempted to worry because He cares for us. He is in control and knows about everything that has happened in the past, is happening now in the present, and ever will happen in the future. God is more than worthy of our full trust."**

### READ the following passage aloud:

*6 Don't worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him. 7 Then God's peace will watch over your hearts and your minds. He will do this because you belong to Christ Jesus. God's peace can never be completely understood.*

**Philippians 4:6-7 New International Reader's Version (NIRV)**

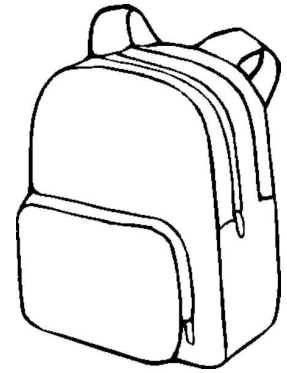
## BACKPACK OF WORRIES

This is an object lesson to demonstrate that we can trust God with all our worries. It is intended to help us, as well as our kids, learn how to give our worries and anxiety to God and trust Him.

**WHAT YOU NEED:** Backpack, heavy books or other heavy random useless items

**WHAT TO DO & SAY:**

*Pre-fill your backpack with a few useful items such as back-to-school supplies and several very large random books. Put the backpack on and appear to be struggling under its weight.*



**ASK: What items do you normally carry in your backpacks? Ask them to guess what might be in your backpack.**

*Set the backpack on the ground and begin to unload the large random books commenting on their uselessness and not really knowing why you packed them. Finally pull out your Bible or other supplies that you did need to have with you.*

**SAY: Everyday we carry around worries just like a load of books that weren't ours to carry.**

*Invite the children to name some worries or fears with which they struggle. Share a few of your own worries.*

**ASK: What does Jesus tell us about worrying?**

**READ: Matthew 6:25-27 aloud (of invite a child to read it):**

25 "I tell you, do not worry. Don't worry about your life and what you will eat or drink. And don't worry about your body and what you will wear. Isn't there more to life than eating? Aren't there more important things for the body than clothes? 26 Look at the birds of the air. They don't plant or gather crops. They don't put away crops in storerooms. But your Father who is in heaven feeds them. Aren't you worth much more than they are? 27 Can you add even one hour to your life by worrying?"

**Jesus says don't worry; it's useless! Worrying doesn't change anything about our situation and it shows that we are not trusting God.**

**ASK: Can we usually fix or do something about these things ourselves? Is there a magic button on us to stop us from worrying?**

*Put everything back inside the backpack and ask for a volunteer to stand by you with the backpack on their back while you teach.*

**Now that we know we shouldn't worry, how do we live that out in everyday life?**

**READ ALOUD: 1 Peter 5:6-8 (NLT)** "So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you. Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

**When we worry, we are actually being prideful. We are trying to handle hard things ourselves rather than trusting God. We must first admit we can't carry it all, we need help! Worry and fear can really devour or eat us up! They paralyze us and keep us from being who God has called us to be - courageous warriors for Christ! We are to "give" or as other translations say "cast" our cares on God. This is a word picture of literally placing them on His back.**

*At this point take the backpack off the student's back and put it on your own.*

**ASK your volunteer: Tell us how that made them feel when I took the load off your back.**

**SAY: God wants to do this for us too. He wants us to trust Him with our worries, anxiety and fear.**

**ASK: So how do we do that? How do we give our worries to Jesus?**

**The Bible gives us the answer in Philippians 4:6-7 (NLT):**

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." NLT*

**Our part is to:**

- 1. Stop worrying**
- 2. Always pray – that's how we give God our heavy worries**
- 3. Give thanks to God for taking charge of those things that you were worried about.**

**Then God will give us peace that might not even make sense, but it can guard our heart and mind in Christ Jesus!**

*Take all the useless things out of your backpack and put to the side. Place the "much lighter" backpack now back on your back and demonstrate how much better it feels to you now!*

#### **BONUS TAKE-HOME REMINDER**

- *Print out a copy of this backpack clipart for each student (see attached).*
- *Have them write some of their worries and fears on the back of the paper (as though it is inside the backpack).*
- *Then have them write on the front of the backpack:*  
**Never Worry. Pray Always. Give Thanks. Philippians 4:6-7.**
- *Allow them to color or decorate it.*
- *Invite the children to take their backpack home and hang it somewhere as a reminder of this lesson.*

## GROW TALLER BY WORRYING?

This is an object lesson to demonstrate that worrying doesn't do us any good whatsoever.

**WHAT YOU NEED:** Tape measure

**WHAT TO DO & SAY:**

**Have you ever measured yourself to see how tall you were? How tall are you?** *(Wait for a few responses.)* **I need a volunteer to come up here so that I can measure them.**

*(Bring up a volunteer and measure them and then tell them how tall they are.)*



**Do you know what worry is? It is when we are really concerned about something until we cannot think about anything else and we are afraid that something bad will happen. I want you to worry really hard about not being tall enough. I think that will make you grow even taller and we will show everyone how well worry works.**

**To help you worry, what if I told you that I will beat you with wet spaghetti noodles if you don't grow taller! If you can't grow taller I will smear ice cream all over your face! I'm going to make you eat pickles and ice cream if you can't make yourself grow taller!**

**How is it going? Do you feel like you are any taller than before?** *(Wait for response.)* **Let's check.**

*(Measure the child again.)*

**Oh no! It didn't work! You did a great job at worrying but you weren't able to make yourself grow any taller! This reminds me of what the Bible says in Luke 12:25.**

*And which of you with taking thought can add to his stature one cubit?*

**Jesus was trying to get us to stop worrying. Did you know that when we worry it is because we really aren't having faith in God and trusting him. Elsewhere the Bible tells us to not worry about anything but to pray about everything instead. This is what we do when we are trusting God.**

**Worry doesn't change anything, you can't even grow taller by worrying. Prayer *does* change things, so let us put our faith in God!**

Don't worry about  
anything; instead, pray  
about everything.

Philippians 4:6 NLT



