

Explore It

FOR LEADERS



DOING WHAT GOD WANTS

Matthew 6:25-34 Don't worry

Each child will need:

- Pens/pencils and paper

You will need:

- Be prepared to explain or answer questions about fake news
<https://www.bbc.co.uk/bitesize/tags/zr2yscw/fact-or-fake/1>
- 'Fact or Fake' news quiz – see Start It section
- A plate and cup; a piece of clothing; a toy bird, or a picture or a book with a bird image in it; a flower or a plant, or an image of one; something which reminds you of God

Start It

Ask: Have you heard of the phrase 'fake news'?

- **Say:** There are so many stories and pieces of information flying around, especially on the internet, that it can be hard to know what is real and what is fake.

Play a 'real or fake' quiz. Here are some quizzes you could use with the children:

- <https://www.bbc.co.uk/cbbc/quizzes/real-or-fake-news-quiz>
- <https://www.bbc.com/ownit/the-basics/real-or-fake-news-quiz>
- <https://www.bbc.co.uk/bitesize/articles/z86xjsg>

Ask: Why is fake news a problem?

- **Say:** There are different types of fake news:
 - made-up stories written as a joke
 - eye-catching but misleading headlines designed to get people to click on links
 - false 'facts' to get people to think, act or even vote in a particular way
 - mistakes, that people have made by accident
- **Say:** The consequences from fake news can be dangerous. It can upset people, ruin people's lives or businesses and affect how people vote.

Ask: How can you try and identify fake news?

- **Say:** Think about what is being said – can you find the same story somewhere else? Who is saying it? Where is it on the internet? When was it written? Talk to someone else about it.

If you have time you could play a game of Two Truths, One Lie. Each member of the group shares three statements about themselves and the rest of the group has to guess which one is not true about the individual. It is helpful to give all children some time at the beginning to write down their three statements, as it can be hard to think of three examples on the spot.

- **Say:** But why are we talking about fake news, and truth and lies? It is important to understand that not everything we see, read or hear is true and to know ways we can spot fake stories and untruths.

- 🗨️ **Say:** As Christians, we believe God's word, the Bible, is true and full of teaching and instruction about how to live for God. In our story today, we will be exploring a part of the Bible where Jesus is sharing some teaching on how to live for his followers.

Sing It

Are we ready to follow Jesus?

'I'm trusting you' by Lifetree Kids (3 mins 43 secs)

<https://www.youtube.com/watch?v=0VDpHibftHs>

Tell It

- 🗨️ **Say:** This week our Bible story is part of some teaching Jesus gave his disciples called 'The sermon on the mount'.

Ask: Why do you think it was called 'The sermon on the mount'?

- 🗨️ **Say:** A mount is a high hill or a mountain. Jesus went up a mountainside and from there he sat down with his disciples and began to teach them. He talked about many things:

- ➔ those who are blessed by God;
- ➔ letting your light shine on Earth;
- ➔ showing love for your neighbour and enemies;
- ➔ giving to the needy;
- ➔ about prayer; and
- ➔ about not worrying and seeking what God wants.

- 🗨️ **Say:** To help us think about what Jesus was saying, I want you to go and hunt for a few things around your home. (You could send the children to collect a few things or one thing at a time.)

Go and find:

- ➔ A plate and cup
- ➔ A piece of clothing
- ➔ A toy bird or a picture or a book with a bird in it
- ➔ A flower or a plant or an image of one
- ➔ Something which reminds you of God

- 🗨️ **Say:** As we read the passage, hold up the object which is being spoken about and think about what Jesus is saying.

Bible reading

Read slowly Matthew 6:25-34 (ICB). You could screen share and invite children to read with you.

'So I tell you, don't worry about the food you need to live. And don't worry about the clothes you need for your body. Life is more important than food. And the body is more important than clothes.'

'Look at the birds in the air. They don't plant or harvest or store food in barns. But your heavenly Father feeds the birds. And you know that you are worth much more than the birds. You cannot add any time to your life by worrying about it.'

'And why do you worry about clothes? Look at the flowers in the field. See how they grow. They don't work or make clothes for themselves. But I tell you that even Solomon with his riches was not dressed as beautifully as one of these flowers. God clothes the grass in the field like that. The grass is living today, but tomorrow it is thrown into the fire to be burned. So you can be even more sure that God will clothe you.'

'Don't have so little faith! Don't worry and say, "What will we eat?" or "What will we drink?" or "What will we wear?" All the people who don't know God keep trying to get these

things. And your Father in Heaven knows that you need them.

'The thing you should want most is God's kingdom and doing what God wants. Then all these other things you need will be given to you. So don't worry about tomorrow. Each day has enough trouble of its own. Tomorrow will have its own worries.'

Discuss:

- What questions do you have about what we have read?
 - What are some of things Jesus says not to worry about?
 - We all need food to eat, water to drink and clothes to wear, so why do you think Jesus is teaching his disciples not to worry about these things?
 - 'The thing you should want most is God's kingdom and doing what God wants.' What does this verse mean to you?
 - Are there things which worry you?
 - How do you cope with things which worry you?
 - What are some parts of your life where you need to trust God is in control?
- 💡 **Say:** God knows what the plan is for each of our lives. He knows what we can handle and guides us as we piece together the parts of the plan. When we trust God and put our lives in his hands, we can have hope that the parts will come together as God designed even if it is not as we expect.
- 💡 **Say:** We can face tough choices in deciding what God wants us to do and we may make a wrong choice or things out of our control affect us, and then we need to change direction. With God, we can back up and keep going. God is there to help. When Jesus says, 'Don't worry', it is because he wants us to let God be in control.

Action It

- 💡 **Say:** At the beginning, we talked about fake news and real news. Everyone needs to hear the real news of Jesus and we need to remind ourselves too, particularly when we are going through difficult times.

Share screen: 'You know that you are worth much more than the birds.'

Explain that this is one example of a positive and true statement Jesus shares with his disciples. Look at the Bible passage and see if you can find other examples. You could screen share the examples the children choose.

Ask the children to choose one which particularly stands out to them and reminds them to let God be in control.

Poster

Ask the children to make an illustrated poster of the verse they have chosen and to display it somewhere to remind them – for example their room, on the fridge, in the car ...

Pray It

From *Prayer Activations and Encounters* (River Kids 2nd Edition)

💡 Say:

Close your eyes and hold your hands palm down.

Take a deep breath in and a deep breath out.

Spend this next moment just giving God the things that are on your mind.

The Bible says in 1 Peter 5:7 that we can give our worries to Jesus because he cares.

Are there any relationships that are worrying you? At home? At school? Or elsewhere?

What area of your life do you want to give over to God again? (Give more promptings as you feel led by the Holy Spirit.)

He carries those things for you.

As a symbol that you are ready to receive from God, turn your hands up and ask God, 'What do you want to say?'

What does Jesus call you?

What is he calling you to?

Is there a Bible verse that Jesus is bringing to mind?

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.