

Calvary Chapel  Philadelphia



## CHILDREN'S MINISTRY BASKETBALL DEVOTIONS

# 10-18 year olds

Week 7

*Don't Worry*

# Don't Worry

The objective is the goal or main teaching point of this week's study. If you convey one thing to your players, make it this.

Read this passage aloud to the kids, as it will be the focus of this week's study. Each week's memory verse will be in bold.

Our lessons for our older age groups are designed to be more discussion-based. This section is for the coach to read ahead of time so that he/she understands the goal of the discussion and is able to direct the conversation.

**Objective** This lesson will show the kids why we don't need to worry and teach them Jesus' solution for worry.

## Scripture Passage:

"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? ... Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. **But seek first the kingdom of God and His righteousness, and all these things shall be added to you.**" - Matthew 6:25, 31-33 (Memory Verse, Matthew 6:33, in bold)

## Coaches Guide

One of the major challenges teens in our culture face is anxiety. Many worry about grades, the future, friends, popularity, and more. But Jesus wants to set us free from worry, and He teaches us why we don't need to worry in Matthew 6:25-34 (I suggest reading the whole passage).

Worry is fear about the future that believes some need or desire of ours will go unsatisfied. In today's passage, Jesus explains the futility of worry. Being anxious can't add a minute to your life or a penny to your wallet. It also distracts us from thinking about the things that truly matter, the things of God. But worst of all, worry is an act of unbelief.

God is our loving heavenly Father who promises to take care of us. He knows what we need, and He always provides. But when we worry, we aren't trusting Him. We are doubting His love and promise and fearing that He won't come through for us, that He will fail us or let us down.

Instead of worrying, Jesus tells us to seek the kingdom of God. That means focusing not on earthly needs but heavenly responsibilities, like spreading the Gospel, and becoming more like Him. When we follow Christ and trust Him with our needs, He promises to take care of us.

This passage isn't telling us to be lazy. We still need to study to get good grades or work to earn money. It also doesn't mean God will give us everything we *want*. But if we do the things God tells us to do (including work and school) and trust God to take care of us, He will give us all that we need, even if it's not what we think we need.

Team discussion gives questions to ask your team in order to discuss today's topic. Use the information from the coaches guide to steer the conversation toward the biblical truth.

"On the Court" gives some in-game situations where today's lesson can be applied, while "Off the Court" gives examples from everyday life. Encourage them to do the things you listed during the game today.

These are some final notes/goals to accomplish this week. These are not meant to be read, but are instructions for the coach.

## Team Discussion

1. What is worry? Do you ever struggle with worry? What kinds of things do you worry about? What are other things people worry about?
2. Why do you think people worry? Is worry helpful? Does it change our situation? What are the dangers or problems with worry?
3. How is worry an act of unbelief? Do you think worrying is wrong? Why or why not? What is Jesus' solution to worry?
4. What does Jesus mean by, "Seek first the kingdom of God"? What does He promise to do when we seek Him first?
5. Is this passage saying that we don't need to work hard, or that God will just give us whatever we want? What is it actually saying?

## On the Court

- Some players get nervous about how they'll perform or worry that they'll make a mistake. Work hard, do your best, trust in God, and don't worry.
- Don't be anxious about the outcome of today's game. God has everything in His hands.
- As a Christian, your job is to seek God's Kingdom. Look for ways to spread God's love as you play today.

## Off the Court

- When you're worried, remember all the ways that God has taken care of you before and trust that He is able to help you today.
- Many people get anxiety from worrying about what others think about them. Instead, focus on pleasing the Lord.
- When it comes to schoolwork, work hard and do your best, and trust in the Lord to take care of you.

## The Game Plan

1. Review last week's memory verse, Matthew 6:20-21, "But lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also." Give a ticket to any player who can recite it.
2. Learn and memorize Matthew 6:33 with your team. Encourage them to practice the verse over the week.
3. Pray today for anyone this week who struggles with worry or anxiety.