

Calvary Chapel  of Philadelphia



CHILDREN'S MINISTRY BASKETBALL DEVOTIONS

4-9 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.

Here is where we will discuss today's passage with the players. This can be read off the page or summarized and explained in the coach's own words.

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)

In the Word

Many people struggle with worry. You might be worried about what you're getting for your birthday, or what you're going to wear. Maybe you're nervous about school or have a big test this week. Some people worry about what others think about them. We all have many things we want or need, and it can be easy to get concerned that these needs won't be taken care of. But Jesus doesn't want us to worry. He knows that worry is bad for us, and He teaches how to be free from worry in Matthew 6:25-34 (I recommend reading the whole passage).

In these verses, Jesus points out that worry doesn't help anyone. It can't get you the things you need. It won't make you rich, fill your belly, or make you even an inch taller. But worry is not just pointless. It's also a sign that you aren't fully trusting in God. God is our heavenly Father who loves us deeply and promises to provide everything we need. When we worry, we are doubting His promise and His ability to take care of and satisfy us. But when we fully trust in Him, we won't worry about anything because we know that He's in control.

To make His point, Jesus tells us to think about the birds. They don't worry about what they're going to eat, and yet God makes sure they get their food every day. Or think about flowers. They don't worry about what they look like, but God makes each one beautiful. God loves us so much more than He loves birds or flowers, and so if He takes care of their needs, we can trust that He will take care of us too.

In the Word (Continued)

Instead of worrying, Jesus tells us to seek His kingdom. In other words, rather than being concerned about the earthly things we want or need, we should focus on the heavenly, spiritual things that God wants us to do. God gives us many responsibilities. We are supposed to read and obey His Word, share His love with others, and try to become more like Him. When our mind is set on doing what God wants, we won't be worried about our own needs. And that's a good thing, because we don't have to be concerned about those things. God has them all taken care of.

Whenever you're tempted to be worried, remember that God loves you and promises to take care of you. If He can take care of every person, animal, and plant in the world, then He can take care of you. Instead of worrying, focus on following Jesus and trust Him to provide for you. He will never let you down.

"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.

On the Court

- Some players get nervous about how they'll play 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.

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

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 anything the kids may be worried about.