

Jesus Cares For Us

Overview

Materials You'll Need

- no extra materials are needed for this lesson



Scriptures

Mt 6:25-34; Lk 12:22-31

Bible Truth Objective(s)

Jesus loves and cares for each one of us; He will provide according to our needs

Behavioral Objective(s)

To identify ways Jesus takes care of our daily needs

Memory Verse

"For He cares for you." (1 Pet 5:7)



Bible Knowledge

The Sermon on the Mount

Today's lesson is based on a passage from the Sermon on the Mount. The Sermon on the Mount was Jesus' longest recorded sermon, found in Matthew 5-7. He began with the famous Beatitudes, which described the traits Jesus was looking for in His followers. Then He continued to talk about the function of the disciples ("the salt and light of the world"). Jesus also included His interpretation of the law in this sermon ("murder and adultery begin in the heart" and "loving your enemies"). Jesus concludes with a long discourse on the attitude of His followers ("do not worry" and "ask, seek and knock"). The central theme of the sermon is, "You shall be perfect, just as your Father in heaven is perfect" (Mt 5:48). As Jesus further explained, perfection does not mean sinless; it indicates completeness, wholeness, and maturity—being all God wants us to be.

Throughout the message, Jesus talked about what the marks of Christ's citizens are. He also mentioned the standards of the kingdom, which is

to love God and our neighbor. Most importantly, Jesus urged us to set correct priorities and stop worrying, understanding God's promise of daily provision. When we trust God, we will be free to give ourselves to serve Him with singleness of purpose. Then we will be able to place the concerns of His kingdom first, rather than being anxious about lesser things.

Even though Jesus had directed much of this sermon toward His disciples, many in the crowd who heard these words were amazed. They saw a man who spoke with authority and knowledge (see Mt 7:21-23). They had heard rabbis and other teachers in the past who had passed on traditions from generation to generation. But Jesus here talks directly about God's kingdom and how His followers could give glory to Him.

In today's lesson, Jesus commands us not to worry about our daily living, or about what we are going to eat or drink. Rather, we should set the priority on seeking the kingdom of God, for everything else shall be given to us. Jesus emphasized the importance of making God the Lord and King of our life.



Understanding Your Students

Children at this age become restless and inattentive if they are asked to sit quietly for more than 5 to 10 minutes. To help them see how God takes care of the flowers, the trees, the birds, and all other living things in a more interactive way, you can invite them to go on an "Imaginary Garden Walk" with you.

Ask your students to stand up carefully and get ready to walk around the garden with you. Say, "Let's pretend we're going for a walk in a beautiful garden to see some amazing things God has made." Stop occasionally and point to an imaginary woodpecker pecking at the tree trunk, looking for worms to eat; a busy little bee flying here and there trying to gather nectar from the flowers; or a cute squirrel jumping from one oak tree to another, picking up acorns to eat. Encourage the children to use large muscle actions such as hopping, skipping, jumping, etc. as they "tour" the garden.

Once the walk is over, ask the students to sit

down. You can talk about the different things that they saw in the imaginary garden, and what the animals were doing. Ask them questions, such as, "Did they have food to eat, or a home to go back to?" Point out that God takes care of everything in His creation.

Also take some time to talk about what "worry" means, and what kind of worries are on the little ones' minds. Even young children may already worry about things in their daily life: family members being sick, parents not getting along, or being bullied at school. It is important to understand what your students are worried about, and acknowledge their feelings, because they are very real to them. Most importantly, encourage them with today's story to let them understand God's unfailing care. During the concluding prayer, you may also ask each student to share one thing that they are concerned about. Then pray together about these things, and trust that the Lord will take care of every need. After the prayer, recite the memory verse aloud with the students: "For He cares for you" (1 Pet 5:7).



Vocabulary

Amazing

something that is great; we have a hard time believing it

Worried

to feel unhappy or sad because there are things bothering us



Before You Teach

Although we all know and understand that Jesus loves us, and how He provides for us, how many of us are able to live our life completely worry-free? How we can truly live without worries? The Bible tells us that only faith can free us from the anxiety of not having enough, or that things may go wrong in our life. We should be assured that God promises to supply, and His promises never fail.

When things are not going the way we want

them to, it is all right to be concerned, but we should not worry. The difference is that worry immobilizes us. We may spend a great deal of time thinking about the problem but nothing gets done. Even worse is that worriers are consumed by fear and find it difficult to trust God. However, genuine concern moves us to action. Planning for tomorrow is time well spent; worrying about tomorrow is time wasted. God likes us to plan ahead, but we also need to trust God's guidance after the planning takes place. When planning is done right, it helps lessen our worries. We should always remind ourselves to not allow worries about tomorrow affect our relationship with God today.



Bible Story

Jesus Knows All Our Needs

In the last lesson, we learned about two more

people who came to believe Jesus and followed Him. Do you remember their names? They were Philip and Nathanael. When they heard the things Jesus said to them, they knew He was the Son of God and so they decided they wanted to be His fol-

lowers.

At that time, Jesus and His followers, or disciples, would travel to many places and talk about God. Today's lesson is about one of those times when Jesus stopped somewhere to teach His followers about the kingdom of God.

Today we are going to begin our lesson with a question: can any of you share with the class a time when you were scared that no one would be there to take care of you? Maybe you got lost in a shopping mall and couldn't find your parents, or maybe one of your parents got sick and was late picking you up at school. (Give students time to respond and tell their own stories.) You know what? You're not the only ones to get scared; in fact, everyone feels the same way at times. Today's lesson is about how God knows what we're scared of and tells us that He will take care of everyone and everything.

Jesus Teaches on a Mountain

One day, it happened that Jesus was teaching on a mountain. Jesus was teaching his friends, and a very big crowd of people also wanted to hear what Jesus was saying. Why do you think so many people wanted to listen to Jesus? That's right. He did amazing things like heal the sick and make the blind see. He also said many amazing things that made people think about God. Because all these people wanted to be close to Jesus, it was very crowded. The people pushed and shoved. They were all trying to hear what Jesus was saying. Do you know what Jesus was going to talk about?

We don't know exactly what Jesus was thinking at the time, but He was probably looking at the faces of His disciples and all the people around Him. He could see from their faces whether they were happy or sad, full or hungry, healthy or sick. Maybe as He was looking at everyone, He saw that so many people were not that happy. Instead, they looked a little bit worried. They looked the same way you did when you were scared that no one was going to take care of you. Some people had little lines on their foreheads and around their mouths because they wrinkled their faces in worry all the time. Others looked scared in their eyes. (Teacher may want to demonstrate the various facial expressions.) Maybe because Jesus saw that many people around Him were worried and scared, He decided to say something that would make the people feel better and safer.

Jesus Tells Us Not to Worry

So Jesus began to speak and everyone became really quiet, the way you are now. He began to talk about what makes people worry. What do you think people were worried about back then? (Take responses. Help prompt the students when necessary.) Sure, they worried about the same things we worry about now- what to eat, what to wear, or losing what belonged to them.

Jesus knew exactly what they were all worried about, so He said in a calm voice, "Do not worry or be upset about anything. Do not worry about what you are going to eat when you are hungry. And do not worry about what clothes you will wear. There are many things that are more important than food and clothes."

By saying these things, Jesus sure did catch everyone's attention! Everyone was probably thinking, "What is more important than food and clothes? If we don't worry about food and clothes, what will we wear and how will we eat?" Everyone was curious about what Jesus would say next and whether what Jesus said was true.

Jesus Says He Will Take Care of Us

Jesus knew that the people around Him were waiting for Him to keep talking. He also knew that He would have to show what He said was true.

As Jesus was speaking, there were birds flying through the blue sky and birds hopping on the grassy hills. They were pecking at the grass and eating. Some of the birds were bringing food home for their baby birds. Jesus may have pointed to them.

"Look at these birds," He said to the crowd. "They can't grow food for themselves. Yet God feeds them and takes care of them."

And the people looked to where Jesus was pointing and saw how true it was. The birds didn't worry about food and didn't even need to plant, but God fed them and their babies!

Then Jesus said, "Aren't you more important to God than the birds in the sky? Of course you are! Don't worry or be upset about anything. God loves you. He will take care of you!" When Jesus said that, everyone sat down and thought. They began to understand- yes, since God takes care of the birds and makes sure they have enough to eat, God will surely take care of them, whom He loves more than the birds!

Jesus Always Takes Care of Us

Perhaps Jesus looked around some more and saw the beautiful wild flowers growing in the tall grass. What color do you think some of the flowers were? (Take students' responses and help feed their imagination.) Sure, there may have been gold flowers, dark purple flowers, light pink flowers, and sky blue flowers. Have any of you ever looked closely at a flower before? What do you see? They're beautiful, aren't they? Some have little designs on them. And some of their shapes are so pretty, it looks like they're wearing wonderful dresses or robes!

This time when Jesus spoke, He started to talk about the flowers.

"Think about the flowers," He said. "They don't sew clothes for themselves, do they? No! But look around. The richest king never had clothes as beautiful as these flowers."

Jesus' friends listened very carefully as Jesus continued, "If God gives these little flowers such beautiful clothes, don't you think He will make sure you have clothes, too? Flowers do not last very long. Sometimes, they only bloom for a night or a few

days, but God still gives them such beautiful clothes! You are even more important to God than flowers, so don't you think He will give you the clothes you need too?"

Then Jesus told the people, "Don't worry about things like food and clothes. Don't keep asking, 'What are we going to eat? What are we going to wear?' God knows you need these things. Just ask Him! He will take care of you. He loves you!"

Look For God Instead

By the time Jesus finished speaking, the people felt better and less worried. They understood that they didn't need to worry about food or clothes. But now if they didn't need to spend so much time worrying, what would they do instead? That day, Jesus told the people what was most important in life: to look for God and get close to God instead of worrying. He said, "If you look for God and put Him first, He will make sure you have enough clothes to wear and enough food to eat. So put God first in your life, and He will take care of everything!"



Check For Understanding

1. **What do animals need to live?** (Water, food.)
2. **What do plants need to live?** (Rain, sun, soil.)
3. **What do children need to live?** (Food, clothes, homes, families. Help the students understand that God is the One who supplies all these needs, either directly or through families and caretakers.)
4. **Can we make rain so the plants can grow?** (No, only God can make it rain, and only God can provide the water so we can water the plants.)
5. **How does God feed zoo animals?** (He provides zoo keepers to take care of all the animals.)
6. **How does God give children clothes to**

wear? (He gives them families who make sure the children have all they need.)

7. **In our Bible story today, Jesus tells about God's care for everything He made. God has given us trees, flowers, and birds. He makes wild flowers grow and takes care of birds. He loves us and wants us to enjoy His world. But He wants us to help take care of ourselves and take care of His world, too! How can we take care of our bodies?**

(Some possible answers: eat the food our parents give us; go to bed early; go to the doctor for check-ups and do what he says; brush our teeth; wash our hands before eating.) **How can we take care of His world?** (Some possible answers: don't waste water or food; take care of the things in the wild and nature; reuse and recycle whenever we can; don't take more than we need of anything.)



Life Application Story

Togo, the Dog

Susie and her brother Ben excitedly ran outside with their new golden retriever puppy, Togo. It was the first nice day out in a long time, and they had been looking forward to playing catch with him. Togo looked pretty excited too. His whiskers were perked up, his soft golden fur swayed in the wind, his big ears flopped back, and his big loveable dark eyes showed he couldn't wait for the games to begin.

Susie and Ben first started with catch. Susie and Ben threw a bright blue ball to each other and Togo tried catch it. When he did, he would bark, wag his tail and bring it to either Susie or Ben. Other times, Togo would end up chasing Susie and Ben all around the yard, which they loved. The two of them would dart between the trees to get away from Togo, but somehow Togo would always find them! The three were very happy together.

After thirty minutes of running, Ben was thirsty. "Susie, do you want some water?"

"Yes. Let's go inside," Susie said, panting hard.

After Susie finished her water, she poured some water into a bowl for Togo. Susie thought that Togo would want something to drink too.

"Togo!" Susie called. She whistled and put the bowl of water by the door. But where was Togo?

Susie called again, "Togo! Togo! Come on, boy!"

Susie began to get worried. She ran out and looked behind the bushes. Togo was not there. Susie looked behind the fence. Togo was not there. Susie went to the front porch and looked under the bench. Togo wasn't there either. Susie felt her stomach turning as she thought about Togo being lost.

"Ben! Ben!" Susie cried, "I can't find Togo!"

Ben came outside. Ben said, "Come on, we'll look for him together. He has to be somewhere."

They looked all around the yard. Then they looked all around the house. They even walked all the way down the street. By then, Susie and Ben were very worried about their new golden retriever puppy. He was new to the house and the neighborhood. What if he got lost and couldn't find his way back? Even though Susie and Ben tried to tell

themselves that Togo would be fine, they kept thinking about all the bad things that could have happened to Togo.

Susie and Ben walked around the house and neighborhood for over an hour, and it was getting dark. Soon it would be time for dinner. Susie and Ben headed back, wondering what they would tell their parents.

When they got home, Susie said to her mother in a tearful voice, "Mommy, we can't find Togo. We just went in for some water when we were playing ball, and when we came back out, he was gone!"

"We looked everywhere," Ben added. "I just don't know where he could have gone! And now we don't know what's happened to him."

Mrs. Lim hugged both of them and said, "Don't worry. We'll look for him some more. In the meantime, though, remember that God watches over everything, and He will make sure that Togo is all right."

"I know, Mom, but I would feel so much better if Togo were here with me now," Susie insisted.

"Yes, honey, and we will look for him. But before we do that, why don't we pray for Togo? Even though we don't know where Togo is, God does. Let's ask God to keep him safe the way he keeps you and Ben safe everyday."

"But I don't know how to pray like that," Susie sulked. Mrs. Lim turned to Ben.

"Mom, I'll pray for Togo," Ben said.

"Thank you. And why don't we have a prayer in understanding so that Susie knows how to pray to God to take care of things that worry us?"

Ben thought for a moment while Mrs. Lim and Susie closed their eyes.

"Dear Heavenly Father," Ben began. "We know that you know all things. We know that you know where Togo is at this very moment. Lord, we ask that you take care of Togo the way you take care of us and also help us not worry about him because all things are in your hands. Please help us to find him. In your name we pray, Amen."

Mrs. Lim smiled. "Do you feel better now Susie?"

"It was a good prayer. But, Mom, I just want to find Togo. If God does bring Togo back, I'll thank Him 200 times for keeping Togo safe and will really know that God takes care of things."

Just then, Susie heard a light scratching noise on the back door. She ran to open it, and in scam-

pered Togo who licked Susie's face right away.

Once Susie felt Togo's soft golden fur, she laughed and said, "Thank God!" Ben put his hand on Susie's shoulder and said, "Well, Susie, you only have 199 'Thank God's' left!"

Susie laughed along with Ben. "I know," she said. "But now I know that God does take care of things for us!"

Questions to Think About

1. **Why were Susie and Ben worried?** (They couldn't find Togo.)
2. **What did Mrs. Lim tell the children when she found out what had happened?** (She told them not to worry and asked Ben to pray to God to keep Togo safe.)



Activity 1

Jesus Tells Us Not to Worry

Jesus taught the people not to worry. First He talked to the big crowd. Then He talked about the birds. Then He talked about the pretty flowers. Jesus says He cares for us more than the birds and the flowers. He tells us not to worry. Color in the pictures.



Activity 2

How Does Jesus Care For Us?

Look at each picture. How does Jesus care for us? Write down the answers.

1. Jesus cares for us by giving us the _____. (sun and rain)
2. Jesus cares for us by giving us a _____. (family)
3. Jesus cares for us by giving us _____. (food)
4. Jesus cares for us by giving us _____. (clothes)

3. **What happened after they prayed?** (Togo came back on his own.)
4. **What did Susie learn from this?** (Susie learned to trust God and know that He will protect everything around us.)
5. **Tell about a time when you were worried. Share what you did so you would worry less.** (Allow students to share.)
6. **What can you do the next time you worry about something?** (Pray to God; talk to your parents or a grown-up.) **What can you do if someone else is worried?** (Pray for them; allow students to share.)
7. **How does God take care of all the things we need?** (Allow students to answer.)

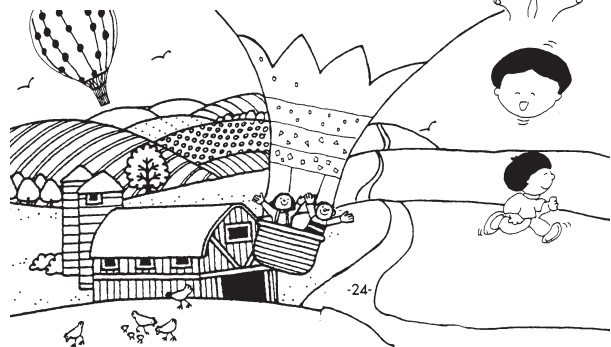


Activity 3

God Takes Care of Everything

Repeat this rhyme with motions so the students can remember the various ways God cares for everything in this world.

Here is our world, our great big world.
And here are the mountains high.
Here is a tree, a tall, tall tree,
And here is a bird that can fly.
There is the sun, the big, bright sun,
That shines on the world all day.
Here are the children, running along,
God takes care of them as they play.



Activity 9:1

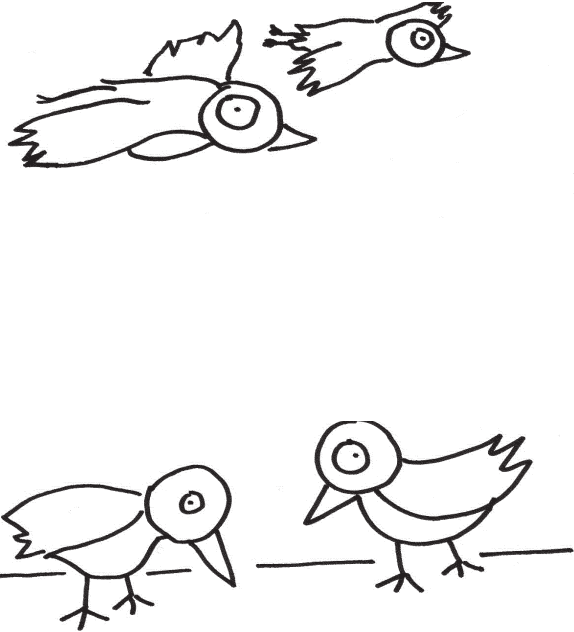
Jesus Tells Us Not to Worry

Read about how Jesus taught the people not to worry. Color in the pictures.

1. First Jesus talked to the big crowd.

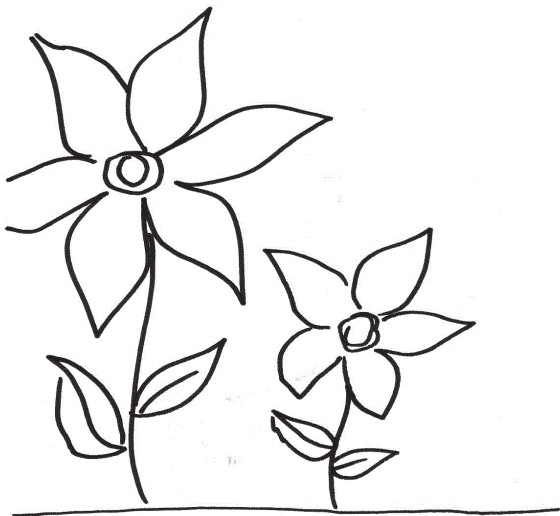


2. Then He talked about the birds.



4. Jesus says He cares for us more than the birds and the flowers. He tells us not to worry.

3. Then He talked about the pretty flowers.



Activity 9.2

How Does Jesus Care For Us?

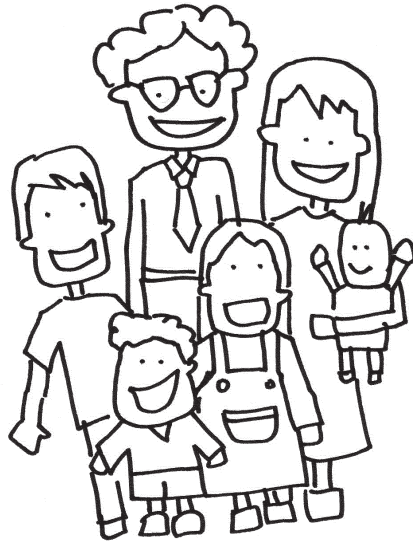
Look at each picture. How does Jesus care for us?
Write down the answers.

1.



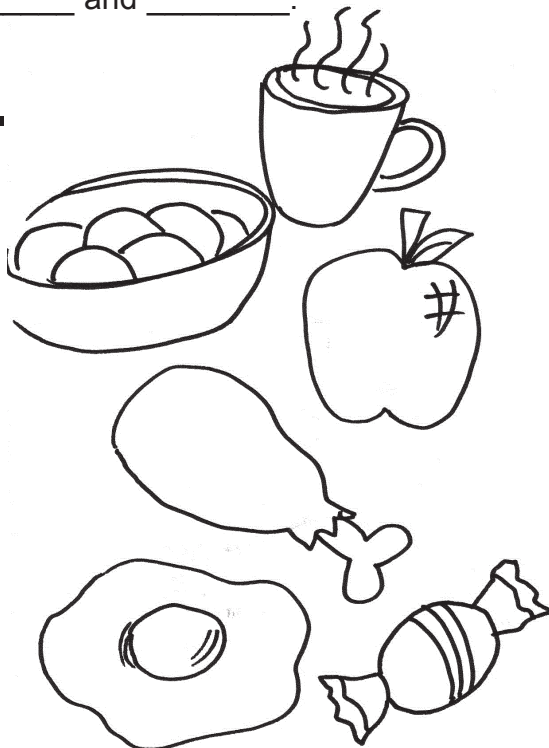
Jesus cares for us by giving us the _____ and _____.

2.



Jesus cares for us by giving us a _____.

3.



Jesus cares for us by giving us _____.

4.



Jesus cares for us by giving us _____.