

No Worries

PRESCHOOL LESSON PLAN

Theme: Don't let worry distract you from the most important things in your life.

Scripture: Luke 10:41-42

Memory Verse: Luke 10:42, 'But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.'

The Children's Sermon

One day, Martha was very upset because her sister, Mary, was not helping her with the work. They had a very special guest at their house, Jesus, and there was much to do. Martha was busy cooking, cleaning, and making sure everything was just right for Jesus. But Mary, she just sat at Jesus' feet, listening to Him talk. Martha couldn't believe it! So, she went to Jesus and said, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

But Jesus had a surprising answer for Martha. He said, "Martha, Martha, you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

This story, known as the Martha and Mary Bible Story, teaches us a very important lesson. It's not just a story about two sisters; it's a story about what is truly important in life.

Martha was doing good things. Cooking and cleaning for Jesus is a good thing, right? But Jesus showed Martha that spending time with Him and listening to Him is even more important. This is the main lesson from the Martha and Mary Bible Story.

Sometimes, we can be like Martha. We get so busy doing things that we think are important. We might be doing our homework, playing sports, or even helping around the house. These are all good things, but we should not forget the most important thing: spending time with Jesus, praying, and listening to what He has to say to us.

The Martha and Mary Bible Story also teaches us about the power of choice. Mary chose to sit and listen to Jesus. She chose what was better. Every day, we make choices too. We can choose to be busy with many things, or we can choose to spend time with Jesus, reading the Bible, praying, and going to church. These choices help us to grow closer to Jesus and to understand what is truly important in life.

Another lesson from the Martha and Mary Bible Story is about worry. Martha was worried and upset about many things, but Jesus told her that only one thing is needed. Sometimes, we worry about homework, making friends, or what we will eat. But Jesus tells us not to worry. He reminds us to focus on Him, and He will take care of our worries.

Let's remember that Jesus loves us and wants to spend time with us, just like He wanted to spend time with Martha and Mary. He wants to hear about our day, our dreams, and even our worries. When we choose to spend time with Jesus, we are choosing what is better.

So, the next time you feel worried or busy, think about the Martha and Mary Bible Story. Remember that spending time with Jesus is the most important thing. You can talk to Him anytime, anywhere. Jesus is always ready to listen.

Let's try to be more like Mary and choose what is better. Let's make time to sit at Jesus' feet, listen to His words, and learn from Him. This doesn't mean we stop doing our chores or homework, but it means we balance our time and always make room for Jesus in our busy lives.

The Martha and Mary Bible Story is a beautiful reminder for all of us, not just kids, but adults too. It's a reminder to slow down, to choose what is better, and to focus on Jesus. By doing this, we will find peace and happiness in our hearts, just like Mary did.

Now, let's take a moment to pray together. Dear Jesus, thank You for teaching us through the Martha and Mary Bible Story. Help us to remember to choose what is better and to spend time with You every day. Help us not to worry too much about other things but to trust in You. We love You, Jesus. Amen.

Remember, kids, Jesus loves when we talk to Him and listen to His words. Let's try to be more like Mary and choose the better part every day. And don't forget, even when we get busy like Martha, Jesus is always with us, ready to guide us and help us choose what is better.

So, the next time you're feeling overwhelmed or too busy, think about the Martha and Mary Bible Story. Ask yourself, "Am I choosing what is better?" Let's all try to make more time for Jesus, because that's the most important thing we can do.

Bible Memory Verse

Luke 10:42, 'But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.'

You Will Need:

- Colored paper
- Scissors
- Glue
- Markers or crayons
- Stickers (optional)

Get Ready:

- Cut the colored paper into large heart shapes, one for each child.
- Write the memory verse on a large poster or whiteboard where all the children can see it.

Do This:

1. Give each child a large heart-shaped paper and markers or crayons. Explain that the heart represents our attention and what we care about.
2. Ask the children to think about things that are important to them and draw or write them on their hearts. Encourage them to think about family, friends, and God.
3. After they have finished, talk about the memory verse and how Mary chose to listen to Jesus because that was the most important thing. Ask the children to choose one thing they can do this week to show they are choosing 'that good part' like Mary did. They can draw this choice on the back of their heart.
4. If time and materials allow, let the children decorate their hearts with stickers.

Bible Interactive Experience

You'll Need:

- Colorful paper hearts
- Markers or crayons
- A basket
- Simple pictures of "worries" (like a sad face, a rain cloud, etc.) and "important things" (like a family, a heart for love, etc.)

Get Ready:

- Write simple "worries" on half of the hearts and "important things" on the other half using the markers or crayons.
- Place all the hearts in the basket.

Do this:

1. Sit in a circle with the children and explain that sometimes we have worries, but we should always remember the important things in our life, like Jesus teaches us.
2. Pass the basket around and let each child pick a heart. Help them read whether it's a "worry" or an "important thing."
3. After each child picks a heart, discuss briefly why "important things" should be focused on more than "worries." Use simple language, like "We love our family more than being scared of the rain."

Snack Activity: Peaceful Hearts Fruit Platter

You'll Need:

- Sliced apples (representing our worries)
- Grapes (representing the good things in life)

- A large plate

Get Ready: Wash all the fruit thoroughly and have them ready on a clean table.

Do this:

1. Explain to the children that sometimes, we have worries in our life, like the apples. But we also have many good things, like the grapes. We shouldn't let our worries, the apples, take up all the space in our hearts or on our plate.
2. Have each child pick up a slice of apple and talk about a small worry they might have, then place it on the plate. Remind them that it's okay to have worries, but we shouldn't let them fill up our whole heart.
3. Next, let the children fill the rest of the plate with grapes, talking about the good things in their life, like family, friends, and fun times. This shows that even though we have worries, the good things are much more and they are what we should focus on.
4. Enjoy eating the snack together, reminding them that focusing on the good things, like enjoying delicious fruit, helps make our worries seem smaller.

Game Activity: Martha and Mary's Path

You'll Need:

- A large space to play
- Simple images or items to represent daily worries (toys, a picture of a clock, a small bag to represent chores)
- A picture of Jesus or a cross to represent the most important thing

Get Ready: Arrange the 'daily worries' in a path leading to the picture of Jesus or the cross at the end. Make sure there's enough space for children to walk or hop between the items.

Do this:

1. Explain to the children that we all have worries or things that distract us, but we need to remember what is most important. Tell them the story of Martha and Mary from Luke 10:41-42, emphasizing how Mary chose to focus on Jesus.
2. Children start at the beginning of the path. They hop or walk from one 'worry' to the next. At each step, they name the worry and then say, 'But I choose Jesus.'
3. When they reach the picture of Jesus or the cross, they can say a simple prayer or express a feeling of happiness to have made it to Jesus, focusing on what's most important.

Craft Activity: Worry-Free Flowers

You'll Need:

- Colorful construction paper
- Popsicle sticks
- Glue
- Markers or crayons

Get Ready: Cut out simple flower shapes from the colorful construction paper. Prepare a small area with all materials easily reachable for little hands.

Do this:

1. Let each child choose their favorite color of flower cut-out and a popsicle stick.
2. Help them write or draw something important in their life on the flower—something they love or are thankful for, reminding them to focus on these things instead of worries.

3. Glue the popsicle stick to the back of the flower to create a 'stem.' Encourage them to display their worry-free flower at home as a reminder to not let worries distract them from the important things.

Prayer Activity: Peaceful Hearts Prayer Time

You'll Need:

- A small, quiet space
- Soft background music (optional)
- Simple, illustrated Bible storybook that includes the story of Mary and Martha (Luke 10:41-42)

Get Ready: Choose a comfortable, quiet corner in your classroom or home. If using music, have it playing softly in the background before the children gather.

Do this:

1. Gather the children in the quiet space and sit them down comfortably. Tell them we're going to have a special quiet time to talk to God.
2. Read the story of Mary and Martha from the Bible storybook. Simplify the story by explaining that Mary chose to listen to Jesus because spending time with Him was the most important thing.
3. Lead the children in a simple prayer, 'Dear God, help us not to worry about little things and remember to spend time with you because you are the most important. Amen.' Encourage the children to repeat the prayer after you, one line at a time.