



Helping Kids Work Through Anxiety God's Way

When Worry Weighs on A Child's Heart

Lesson Aim

To help children see that only trusting and resting with Jesus brings peace.

Scripture Focus

- “But the Lord answered her, ‘Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.’” (Luke 10:41-42, *ESV*)
- “Do not be anxious about anything...and the peace of God... will guard your hearts.” (Philippians 4:6-7, *ESV*)

Connect

- **Connection Point:** Ask: “What are some things kids your age worry about?”

Teach

- **Bible Story:** Read or retell the story of Martha and Mary (Luke 10:38-42).

Martha and Mary

One day, Jesus came to visit two sisters named Martha and Mary in their home. Mary was so happy to see Him that she sat down right away to listen. She didn't want to miss a single word.

But Martha had a different idea of what was important. She wanted everything to be perfect for Jesus—the food, the house, the dishes, the pillows! She hurried from room to room, stirring pots and folding napkins. The more she worked, the more worried she became.

As she passed by, she saw Mary sitting quietly at Jesus' feet and thought, “That's not fair! I'm doing all the work!” Finally, she went straight to Jesus and said, “Lord, don't you care that my sister has left me to do all the work? Tell her to help me!”



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Church Lesson | Anxiety

Jesus looked at Martha with kindness and said, “Martha, Martha, you are worried and upset about many things, but only one thing is truly needed. Mary has chosen what is better, and it will not be taken away from her.”

Jesus wasn’t upset that Martha wanted to serve. He loved her. But He wanted her to see that spending time with Him was more important than trying to make everything perfect.

When we slow down and choose to sit with Jesus and pray, read His Word, or sit quiet in His presence, He gives our hearts peace that worry can’t take away.

Discussion Questions:

1. Why was Martha worried?
2. What did Mary choose to do instead?
3. How can we be like Mary this week?

Explain:

- Sometimes we get busy trying to make things go our way, like winning the game, finishing homework, or keeping everything just right. But Jesus reminds us that peace doesn’t come from doing more. It comes from being with Him.
- When we stop and spend time with Jesus, our hearts remember that He’s in charge, and we don’t have to carry our worries alone.
- Jesus is more important than anything else I want to do.

Model

- **Teacher Shares:** a time when you were anxious and how praying or turning to and resting with Jesus helped you.
- **Student Activity:** Choose Pictionary, Charades, or role-play to show “busy and worried” moments (like racing through chores, homework, or being worried about a test). Then act out stopping, breathing, and praying to Jesus for peace.

Pray

- *“Jesus, thank You for loving us when we feel worried. Help us slow down, rest with You, and trust that You’re taking care of everything. Please fill our hearts with Your peace. Amen.”*

Craft/Activity

- **“Worry Basket, Trust Heart”** Give each child a small paper slip. Ask them to draw or write one thing that makes them worry. Invite them to place it in a basket, saying quietly, “Jesus, I give this worry to You.” Then provide heart-shaped paper cutouts. Have them write: “I choose to trust Jesus.” They can decorate it and take it home as a reminder that peace comes from trusting God.

Takeaway

- When we feel anxious, God’s peace makes our hearts still.