



Helping Kids Work Through Anxiety God's Way

When Worry Weighs on A Child's Heart

Learning Objectives

By the end of this lesson, students will be able to:

1. Describe why Martha felt worried in the Bible story.
2. Explain that Jesus cares more about being with Him than doing things perfectly.
3. Practice one way to pause, pray, and rest with Jesus when they feel anxious.

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*)

Lesson Flow (25 min)

1. Connect (3 min)

- **Opening Thought:** Ask: “What are some things kids your age worry about?”
- **Assessment:** Teacher observes student attentiveness and willingness to share.

2. Teach (7 min)

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

Martha and Mary

When Jesus visited two sisters named Martha and Mary, both wanted to honor Him. Mary sat near Jesus and listened to His teaching. Martha wanted everything to be just right, so she hurried around, cooking and cleaning.

After a while, Martha got frustrated. She said, “Lord, don’t You care that my sister left me to do all the work? Tell her to help me!”

Jesus gently answered, “Martha, Martha, you are worried about many things, but only one thing is needed. Mary has chosen what is better.”



School Lesson Plan | Anxiety

Jesus wasn't upset that Martha wanted to serve. He wanted her to see that being with Him matters more than making everything perfect. When we slow down to be with Jesus, He gives our hearts peace that worry can't take away.

Discussion Questions:

1. Why was Martha worried?
2. What did Jesus say Mary chose instead?
3. How can we choose what's "better" like Mary this week?

Explain:

- Like Martha, we sometimes focus so hard on what we're doing that we forget to stop and rest with Jesus.
 - Peace doesn't come from finishing every task or fixing every problem. Peace comes from being with Jesus and trusting that He's in control.
 - Jesus is more important than anything else I want to do.
- **Assessment:** Teacher checks understanding through responses and participation.

3. Model (7 min)

- **Teacher shares:** a time you felt anxious about something you wanted to do perfectly, and how you prayed or trusted Jesus instead and found peace.
- **Student activity:** Kids 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.
- **Assessment:** Teacher observes engagement and application.

4. Pray (2-3 min)

- *"Jesus, thank you for loving us when we feel worried. Help us pause and rest with you instead of letting worries take over. Amen."*
- **Assessment:** Teacher observes participation and reverence during prayer.

5. Closing/Reflection (5 min)

- **Key Takeaway:** When we feel anxious, God's peace makes our hearts still.
- **Student Reflection:** Write or draw one thing that makes you anxious, then write a short prayer asking Jesus for peace.
- **Teacher Closes:** "Jesus doesn't ask for perfection. He wants you to spend time with Him and find peace in His presence."
- **Assessment:** Teacher listens for understanding and ability to recall the takeaway truth.

Optional Extension: Independent Practice

- Students make a simple "Trust Card." On one side kids write: "When I feel worried..." On the other side: "I can stop and rest with Jesus." Students can decorate the card and keep it in their desk, folder, or Bible as a reminder that peace comes from trusting God.