

# The Birds of the Air

## Bible Verse

Teach me your way, LORD, so that I can walk in your truth. Psalm 86:11

## Did You Know?

**T**here are so many things in life we can worry about. Will we have enough money to pay our bills? What will happen if we get sick? Will our children grow up healthy, safe, and happy? The list can become endless once we begin to name it.

In Matthew 6:25, we read that Jesus said, "Don't worry about your life, what you'll eat or what you'll drink, or about your body, what you'll wear." Jesus went on to say that just as God provides for the birds and the flowers, God also will provide for us. While these words can be comforting, they are more than that. There is a reason we are not to worry, and that reason is revealed in Matthew 6:33 when Jesus went on to say, "Desire first and foremost God's kingdom and God's righteousness." When we worry, it distracts us from what is important. We are to put God first, not our concerns about physical needs. This is a passage about getting our priorities straight.

Does this mean we no longer need to work or be responsible with our money? If God will provide for us, can we simply relax and do nothing? No. Although God is capable of providing manna from heaven as God did for the Israelites, more often the means of God's provision is through the efforts of those who love God. We are the hearts and hands of God. Yes, we must work and plan to take care of ourselves and our families, but we must first and foremost trust in God. By focusing on God and spending time discovering what it is God wants us to do and be, we just may find that we don't have time to worry.

Adults are not the only ones capable of worrying. Although the focus of their worry may be different from adults, children are capable of finding plenty to worry about. Help your children know that no matter the worries they face, they can trust in God. Remind them that God is always with us. Not only is God with us, but God is taking care of us.

Remember, you are a blessing to the children you teach. Through you, God is providing them the opportunity to learn about the God who loves them, cares for them, and provides for them.

## Bible Story

Matthew 6:25-34

## Anchor Point

Jesus teaches us how  
God wants us to live.

## Your Lesson

### JUMP IN:

- Welcome
- Kids Stuff:  
Flower Worries
- Exploration Station:  
Worry Wall

### DIVE DEEPER:

- Bible Story Time
- Experience the Story:  
The Birds of the Air
- Look It Up!
- My Thoughts

### GROW STRONGER:

- Life Connection: Birds
- Learn & Serve with  
the Deep Blue  
Kids: Lanterns
- Craft Activity:  
Prayer Stones
- Spiritual Practice:  
Breath Prayer

### WORSHIP:

- Gather, Sing, and Sign
- Praise and Reflect





## JUMP IN!

*The following activities may be done in learning centers as the children arrive or may be done with the entire group.*

### WELCOME

**Supplies:** **Class Stuff**—pp. 16-17, **CD, DVD (optional)**, CD player, DVD player (optional), television (optional), markers, offering basket, tape



Continue to display Attendance Chart and obtain offering basket.

- Play “Jesus, Teach Me” and greet each child as they arrive.
- Let children mark their attendance and place their offerings in the basket.

### KIDS STUFF: FLOWER WORRIES

**Supplies:** **Kids Stuff**—pp. 5-6, glue sticks, pencils, scissors

**SAY:** Our Bible story tells us not to worry, but sometimes this is hard. When we feel worried, we can write our worries and give them to God.

- Distribute Flower Worries and let children cut out the flower pieces.
- Direct children to write their worries on the circle. Then assemble and glue the flower together.



### EXPLORATION STATION: WORRY WALL

**Supplies:** Flower Worries flowers (from Kids Stuff), markers, poster paper (large), tape



Write “Worry Wall” at poster-paper top. Display so it is easily accessible to children.

**SAY:** The Bible story today tells us not to worry. But sometimes that is difficult.

**ASK:** What kinds of things do you worry about?

**SAY:** Let’s give our worries to God. We can call this our Worry Wall.

- Encourage children to attach their flower worries to the wall.

**SAY:** We can always give our worries to God, and pray that God will help us worry a little less.

# DIVE DEEPER

## BIBLE STORY TIME

**Supplies:** DVD, DVD player, television

- Place DVD in the player and cue Session 2, then watch video.

**ASK:** What does this story tell us not to do? How is God like the birds? How is God like the flowers?

## EXPERIENCE THE STORY: THE BIRDS OF THE AIR

**Supplies:** Deep Blue Kids Bibles; Bible Stories & Stuff—Session 4, p. 2

- Direct children to locate in their Bibles Matthew 6:25-34, then read the Scripture aloud.
- Call on a volunteer to read aloud the story.

## LOOK IT UP!

**Supplies:** Deep Blue Kids Bibles, Bible Stories & Stuff—p. 3 (top), pencils

**SAY:** The Bible story today tells about God providing food for the birds.

- Invite children to locate in their Bibles Job 38:41.

**ASK:** How does God provide for the birds? How does God provide for you?

## MY THOUGHTS

**Supplies:** Deep Blue Kids Bibles, Bible Stories & Stuff—p. 3 (bottom), pencils

**SAY:** We all have things we might worry about. But the Bible story teaches us to give our worries to God.

**ASK:** What calms you when you worry?

- Invite children to journal their responses.

# GROW STRONGER

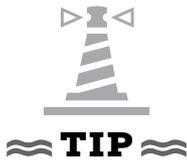
## LIFE CONNECTION: BIRDS

**Supplies:** Bible Stories & Stuff—p. 4

**SAY:** Today's story teaches us how mother birds care for baby birds, just as God cares for us. Let's learn more about birds.

- Invite children to read Life Connection: Birds.





The Mod Podge® will dry clear.

## LEARN & SERVE WITH THE DEEP BLUE KIDS: LANTERNS

**Supplies:** Leader Guide—p. 18, sponge brushes, tea lights (or small battery-powered candles), jars (glass, one per child), Mod Podge®

 Cut or tear tissue paper into pieces. Photocopy p. 18 for each child.

**SAY:** In the video, there are lanterns on the boat to help the Deep Blue Kids see during a storm. Let's make a lantern together.

- Distribute directions and jars.
- Let children place tissue pieces on the glass.
- Use Mod Podge® and sponge brushes to adhere paper to the jars.
- Let jar dry, then place candle inside.

## CRAFT ACTIVITY: PRAYER STONES

**Supplies:** paint pens, rocks or stones

**SAY:** When we are worried, we can always talk to God. Let's make a prayer stone you can hold when you feel worried, and it can remind you to talk with God.

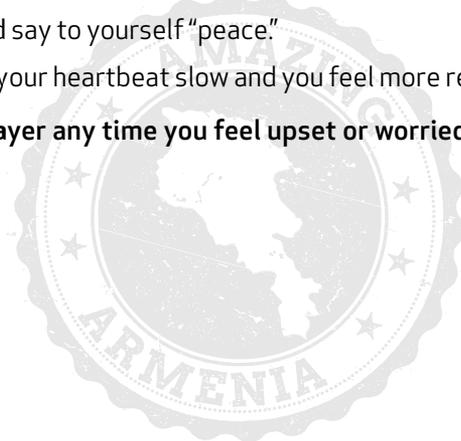
- Distribute rocks and pens.
- Invite children to write or draw on their rocks.
- Encourage them to use the prayer stones at home.

## SPIRITUAL PRACTICE: BREATH PRAYER

**SAY:** Sometimes we can worry about a lot of things, and sometimes our worry can make it difficult to calm down. But when we pay attention to our breaths, we can slow our heartbeats and feel more calm.

- Encourage children to do the following breath prayer with you:  
Breathe in (3-5 seconds) and say to yourself "calm."  
Breathe out (3-5 seconds) and say to yourself "peace."
- Repeat this prayer until you feel your heartbeat slow and you feel more relaxed.

**SAY:** You can practice this breath prayer any time you feel upset or worried.



# WORSHIP

## GATHER, SING, AND SIGN

**Supplies:** Deep Blue Kids Bibles, Bible Stories & Stuff—Songbooks, Class Stuff—p. 27, Leader Guide—p. 85, CD, DVD (optional), CD player, DVD player (optional), tape, television (optional)

 Continue to display Poster: Unit 1 Bible Verse. Review the Unit 1 Bible verse American Sign Language, using page 85 as a guide. Photocopy that page for children.

- Distribute songbooks. Play the song “Jesus, Teach Me” one time, letting children follow along. Then sing the song together. Set aside songbooks to collect later.
- Teach children the Unit 1 Bible verse sign language, then say and sign the verse.

## PRAISE AND REFLECT

**Supplies:** Deep Blue Kids Bible; Class Stuff—pp. 14 & 19, 27; envelope of poster pieces; tape

 Continue to display Poster: Unit 1 Bible Verse. Display on the wall the lighthouse under construction.

**SAY:** Today we will learn the second part of the Lord’s Prayer.

- Read the second part of the prayer.
- Display the poster pieces. Invite a volunteer to place the second piece of the lighthouse on the wall.
- Read the first two parts of the Lord’s Prayer together.

**SAY:** Great job! Next week we will learn another part. At the end of our unit, you will know all of the Lord’s Prayer.

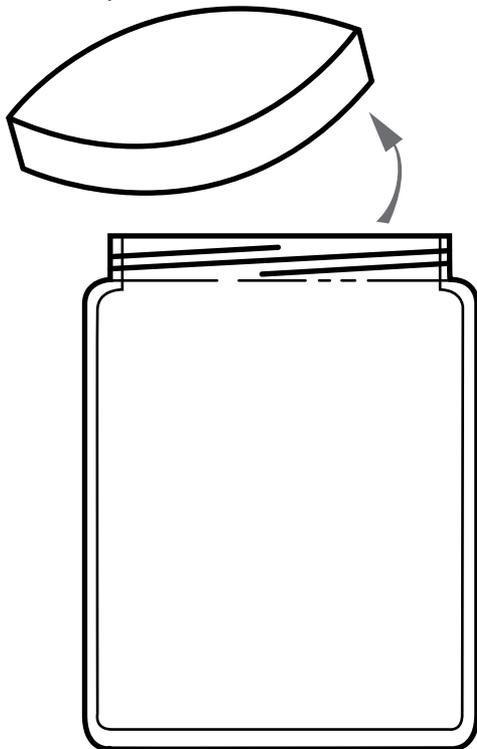
- Invite children to name people or situations they’d like to pray for in the closing prayer. Lift up those joys and concerns at the end of the prayer.

**PRAY:** Dear God, thank you for listening to our worries. Help us to remember we can always talk to you. Amen.

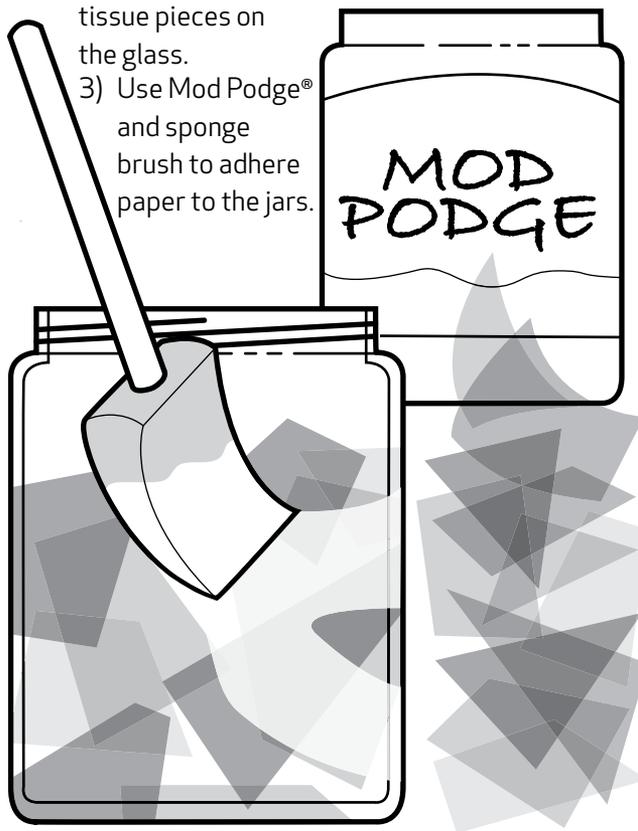


# Learn & Serve with the Deep Blue Kids: Lanterns

1) Distribute jars.



2) Let children place tissue pieces on the glass.  
3) Use Mod Podge® and sponge brush to adhere paper to the jars.



4) Let jar dry, then place candle inside.

