

CHURCH SCHOOL LESSONS
JUNE 28, 2020

Our Bible lesson for this week reminds us that God loves us and will never leave us. In Paul's letter to the Christians in Philippi he reminds them (and us) that when we give our worries to God, God will give us peace. Our Bible reading tells us Paul's secret to happiness. In a minute we are going to try to focus our thoughts and feelings about God using our brains and our hearts. First I want you to try to pat your head and rub your chest at the same time. Can you do it?

Turn in your Bibles to Philippians chapter 4. Philippians is the sixth book in the letters division. Read Philippians 4:4-14.

What were some of Paul's instructions to the Philippians? Which verses did you find the most comforting? Why was that so comforting? Did you find any of the verses encouraging? Why was that verse or verses encouraging?

Paul writes that one of the paths to peace is through giving thanks. Giving thanks or being grateful may not be the first thing you think of when you are feeling anxious, but it can change your outlook. Being grateful is actually healthy for you! What are you grateful for?

This week I want you to keep a Gratitude Journal. Each morning or evening I want you to think of five things that you are thankful for and write them on a piece of paper. Giving thanks will bring us peace when we remember that God loves us.

Paul writes about being content in all circumstances. Sometimes he did not have everything he needed and sometimes he had extra, but no matter the situation, he was able to find peace with God. A lot of our fear and anxiety comes from thinking that we don't have enough. And sometimes we don't. But usually, we've got enough of what we need – we just want more.

Let's play a game to help us distinguish our needs from our wants. I am going to list some things that could be a want, a need or some of both. I want you to write "want" or "need" or "both" depending on what you think. There are no right or wrong answers, I just want you to think about the questions.

- Breakfast, lunch and dinner _____
- Pet cat or dog _____
- Clothes and shoes _____
- Day off from school _____
- Triple chocolate chip cookie _____
- Your own phone, computer or tablet _____
- Car _____
- Good friend _____
- Time to relax and play _____
- Books to read _____

Which ones were easy to decide? Did you change your mind about any of your answers?

At some point we all worry about something. It's hard to feel safe when you are worrying. Our scriptures tell us not to worry, which is easier said than done! The Bible has lots of verses that can help us worry less. I am going to give you some worry busting scriptures. I would like you to write them on a piece of paper and decorate it with pretty colors, stickers or any other craft things you have. Put them in a Worry Jar. You can pull out one of your worry busters anytime you need it. You can keep your Worry Jar by your bed, in the kitchen or wherever you think you will need it most. Whenever you feel worried, pull out a verse and rest in God's peace. Here are the worry busting scriptures:

I am the Lord your God, who grasps your strong hand, who says to you, Don't fear, I will help you. Isaiah 41:13	Throw all your anxiety onto him because he cares about you. 1 Peter 5:7
You are my secret hideout! You protect me from trouble. You surround me with songs of rescue. Psalm 32:7	Peace I leave with you. My peace I give you. I give to you not as the world gives. Don't be troubled or afraid. John 14:27

The Lord is my shepherd. I lack nothing. Even when I walk through the darkest valley, I fear no danger because you are with me. Psalm 23:1-4	I can endure all these things through the power of the one who gives me strength. Philippians 4:13
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We are getting to the end of our year of Bible Story Basics. We have been talking a lot about the Bible Library and the books in the different sections. I have attached to the email a blank Bible Library. How many of the books titles can you fill in without looking at the table of contents in your Bible? Work on that this week and next week I will send a completed Bible Library.

Let's finish up with prayer. Thank you God for giving us peace and joy, even when things are hard. Help us to remember to trust you and not worry. Take care of our families and keep us safe in these turbulent times. In Jesus' name we pray. Amen.