



WEEK
FOUR
Feb 2026

SMALL GROUP
4-6

BIG IDEA

Jesus teaches that God cares for us, so we should give our worries to Him.

BIBLE

Matthew 6:25-35
1 Peter 5:7
Isaiah 41:10
Philippians 4:6
Psalm 56:3

Key Verse

"Don't worry about anything. No matter what happens, tell God about everything." Philippians 4:6 (NIRV)

ORDER OF SERVICE

8:45/10:45 **Pre-service Activities**

9:05/11:05 **Large Group**

- Welcome
- Worship (2 songs)

9:25/11:25 **Small Group Time**

- Worry vs Truth Activity
- Bible Study
- Prayer Time
- Games & Activities *if time allows*

10:05/12:05 **Check Out (Return to Elementary Large Group Space)**

- Worship (1 fun song)
- Choose an activity during checkout

Lead confidently—your voice and energy set the tone!

Kids will follow your excitement and engagement. If you're all in, they will be too. Feel free to give gentle reminders to help keep your group on track. Creating a calm, focused environment helps every child feel safe and seen.

By the time a child leaves eKids, we want them to:

- Feel happy to be here
- Feel like they belong
- Learn one true thing about God

Every activity, question, game, and conversation helps move us toward that goal.



Small Group Page 1

Worry and Truth Key Verse Activity

WORRY | TRUTH

How It Works:

- The leader gives one volunteer student a “worry” to write under the Worry column.
- Students brainstorm what the Bible says about that situation by writing a biblical truth on the truth side of the column.
- Correct any truths that may not be a biblical truth but a worldly truth.
- Discuss some of the supporting scripture truths for each worry.
- Do another worry as time allows. You do not need to get through the whole list.
 - List of worries and truths are on the back of the small group guide.

BIBLE DISCUSSION

“Don’t worry about anything. No matter what happens, tell God about everything.” Philippians 4:6 (NirV)

Read: Matthew 6:25–34

Jesus teaches that worry reveals what we trust.

Because God is our Father, we can trust Him with today and tomorrow.

Matthew 6:25–27

Observation (What does the text say?)

- What does Jesus tell us not to worry about?

Interpretation (What does it mean?)

- What does worry show about who or what we’re trusting?

Supporting Verse:

1 Peter 5:7 — “Cast all your anxiety on him because he cares for you.”

- What does it mean to cast your anxiety on God?

Matthew 6:28–30

Observation (What does the text say?)

- What does Jesus call the people in verse 30?

Interpretation (What does it mean?)

- If God cares for flowers, what does that say about how He cares for you?

Supporting Verse:

Isaiah 41:10 — “Do not fear, for I am with you... I will strengthen you and help you.”

- Which promise in this verse encourages you most?

Application

- When anxiety shows up, what would it look like to trust that God is with you?



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Small Group Page 2

BIBLE DISCUSSION CONTINUED

Matthew 6:31–33

Observation

- What are people worrying about in these verses?

Interpretation

- What does it mean to “seek” God’s kingdom?

Supporting Verse:

Philippians 4:6 — “Don’t worry about anything... tell God about everything.”

- What does God tell us to do instead of worrying?

Application

- What is one thing that competes with God for first place in your life?

Matthew 6:34

Observation

- What does Jesus say about tomorrow?

Interpretation

- Why do we often stress about things that haven’t even happened?

Supporting Verse:

Psalms 56:3 — “When I am afraid, I put my trust in you.”

- What’s the difference between feeling afraid and choosing trust?

Application

- What is one “tomorrow” worry you need to hand to God today?

PRAYER TIME

Say:

Sometimes it feels like we have to carry everything on our own. But Jesus reminds us that we have a Heavenly Father who knows what we need and cares about what worries us. We don’t have to hold onto our fears — we can give them to Him. Let’s take a quiet moment to talk to God on our own.

Directions:

- Have preteens sit quietly.
- Allow a full moment of silence for personal prayer.
- Do not speak during this time.

(Pause for 30–60 seconds.)

Close with a leader-led prayer:



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Small Group Page 3

WORRY: "What if I fail?"

Truth #1 – 1 Samuel 16:7

"But the Lord said to Samuel, 'Do not consider his appearance or his height... The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.'"

Truth #2 – Isaiah 41:10

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Truth #3 – Philippians 4:13

"I can do all this through him who gives me strength."

Truth #4 – Romans 8:38–39

"For I am convinced that neither death nor life... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

WORRY: "What if no one likes me?"

Truth #1 – 1 Peter 2:9

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession..."

Truth #2 – Hebrews 13:5

"Never will I leave you; never will I forsake you."

Truth #3 – Romans 8:15

"The Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'"

Truth #4 – Psalm 34:18

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

WORRY: "What if something bad happens?"

Truth #1 – Psalm 46:1

"God is our refuge and strength, an ever-present help in trouble."

Truth #2 – Psalm 56:3

"When I am afraid, I put my trust in you."

Truth #3 – Romans 8:28

"And we know that in all things God works for the good of those who love him..."

Truth #4 – Philippians 4:6–7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and



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Small Group Page 4

WORRY: "I'm not good enough."

Truth Scriptures:

Psalm 139:14

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Ephesians 2:10

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

John 1:12

"To all who did receive him, to those who believed in his name, he gave the right to become children of God."

Galatians 1:10

"Am I now trying to win the approval of human beings, or of God? ... If I were still trying to please people, I would not be a servant of Christ."

WORRY: "What about my future?"

Truth Scriptures:

Matthew 6:34

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Jeremiah 29:11

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Proverbs 3:5-6

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Deuteronomy 31:8

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."