



**Course 1**  
*Teacher's Guide*  
**God's Answers to My Problems**

*This set contains . . .*

- ◆ Student Lesson Copy Masters
- ◆ Teacher's Guide
- ◆ CD with Student Lesson Copy Masters and Teacher's Guide in PDF and RTF files

**Lesson 1:** When I'm Worried

**Lesson 2:** When I'm Depressed

**Lesson 3:** When I Lose My Temper

**Lesson 4:** When I Can't Control My Tongue

**Lesson 5:** When I Have Doubts

**Lesson 6:** When I'm Prejudiced

**Lesson 7:** When I'm Stressed Out

Suggested for Grade 9

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# Introductory Pages for Topical Courses

## TOPICAL COURSE FORMAT

Each course contains four to ten lessons on a specific theme, such as witnessing for Christ or making choices. You may spend as many days as you wish on each lesson.

## LESSON FORMAT

Each lesson contains four to ten copy masters for use with the students. These student copy masters may be reproduced. The teacher's guide contains copy master text, answers, and other instructions. Each student should have a three-ring binder to store and organize all the copy master sheets.

## Overview

This page contains the information the teacher needs to understand the lesson.

- **Lesson title**
- **Bible references**
- **Spiritual goals:** We pray that the Holy Spirit would help the students learn these spiritual truths and adopt these spiritual attitudes and habits.
- **Suggested memory treasures:** Assign these as you see fit. Be sure to discuss their relationship to the truths in the lesson. The students will have learned almost all the suggested memory treasures in their Christ-Light lessons at Lutheran elementary school or Sunday school. One asterisk designates those memory treasures that are part of the Sunday school core. Two asterisks designate what is additional core for Lutheran elementary schools.
- **Suggested commentary readings:** Read these to review Scripture or add depth to your instruction.
- **Introduction ideas:** Use these to interest the students and to help them see their need for what they will learn in the lesson.

## Copy Masters

- The **Bible lesson** guides the students in their study of specific portions of the Bible. It begins with an Aim question and ends with a Truth(s) that answers that question. Key Points are emphasized along the way. You may hand out the Bible lesson copy master and have the students fill it in as you teach the lesson, or you may have the students work in small groups to complete a portion of it before you discuss it. Please note that the student pages will lose their effectiveness if assigned as homework before class.

- The **Discuss This** sheet contains questions related to the Bible lesson directly preceding it. Each option is designated to the specific Key Point to which it is most closely connected. The discussion options require a variety of learning skills, such as analysis, synthesis, evaluation, and application. *At least some of these questions should always be used, because they help the students apply the lesson to their lives.* Plan in advance which questions you will use and where the questions fit best. Then vary your use of these questions:
  - ~ Discuss some questions as a class.
  - ~ Have students write answers first before discussing the questions as a class.
  - ~ Have students discuss the questions in pairs or small groups before discussing them as a class.
  - ~ Assign some questions as homework.
- The remaining sheets contain **activities** to help the students explore the topic and make applications to their lives. The sheets include additional Bible studies of many kinds, real-life situations, skits and roleplays, simple doctrinal studies, hymn and memory treasure studies, illustrations, writing activities, simple art activities, and so on. They may be done in class or outside of class, independently or in small groups. *Select those activities best suited to your class, and limit the number of activities to fit the time allotted. Plan in advance at what point in the lesson you can most appropriately and effectively use the selected activities.*

## Sample Lesson Plan

The following sample lesson plan is for Lesson 1:  
When I'm Worried.

1. Introduce the lesson with the second Introduction option (*Give the students slips of paper . . .*).
2. Hand out **Copy Master 1** (*Not to Worry*). Have the students work in pairs to read and complete the first section, concluding with Key Point 1.
3. To apply Key Point 1, hand out **Copy Master 2** (*Not to Worry*), the **Discuss This** page, and discuss applications 1 and 2.
4. Return to the lesson on **Copy Master 1**. Read and discuss the second section, concluding with Key Point 2.
5. To apply Key Point 2, discuss applications 4 and 5 on **Copy Master 2**.
6. Return to the lesson on **Copy Master 1**. Read and discuss the third section, concluding with Key Point 3. Then answer the Aim question with the Truth of the lesson.
7. To apply Key Points 1, 2, and 3, use applications 7 and 8 on **Copy Master 2**.
8. To further apply the lesson, use **Copy Master 4** (*Frenzied Friends*). Have the students work in pairs to discuss how to respond to each friend. Then discuss all four situations as a class.
9. Use **Copy Master 3** to discover worriers and trusters in the Bible. You may assign different biblical characters to different students or student groups. Then discuss them as a class.
10. Use **Copy Master 6** (*Care Packages*) to explore comforting Bible passages.
11. Assign **Copy Master 5** (*Hymn for the Heart*) as homework.

## Characteristics of Ninth-Grade Students

### Spiritual Development

- They think more deeply about spiritual truths they have already learned.
- They can understand the interrelatedness of Bible events.
- They want to know how to apply spiritual truths to their lives.
- They may need additional guidance if they do not come from homes that model Christian living.

### Emotional and Volitional Development

- They do not consider themselves children, and they are independent in their attitudes and habits.
- They are still greatly influenced by the actions and opinions of their peers.
- They are often governed by role models they have consciously or unconsciously chosen to follow.
- They are greatly influenced by television, movies, music, and magazines.

### Sexual Development

- Their sexuality is becoming an important aspect of their lives.

### Relationships with Parents

- They are in the process of leaving their parents in order to develop independent lives.
- They share less of their experiences with their parents.
- They are still influenced by their parents, especially if their parents respect their growing independence.

## Learning Style

- They can study one topic in depth over a number of class periods.
- They still enjoy a variety of learning experiences:
  - ~ working independently and in peer groups
  - ~ learning by listening and by doing
  - ~ learning by reading and by writing
  - ~ learning by answering questions and by asking questions
  - ~ analyzing, synthesizing, evaluating, and creating
- They question things they have previously accepted without question.

## Some Teaching Strategies

- **Meet the students where they are and then stretch them:** Recognize that your students have different levels of Bible knowledge and spiritual development, even when they might have received similar spiritual training in elementary school. Do not make assumptions about their previous learning. Start with the simple. Review the basics. Then move on to more complex concepts, deeper understandings, and applications of Bible truths relevant to their teenage years.
- **Create an open, responsive environment:** Recognize that as your students develop independent thinking skills, they may question things they previously accepted without question. Maintain a classroom in which it's good to ask questions, even spiritual questions. You are a spiritual leader. If they have questions, you want to give them truthful and appropriate answers. Encourage them to search the Scriptures not look to worldly "experts" for answers.
- **Allow them to work together on some exercises:** Occasional cooperative-learning activities yield many positive results. Your students may enjoy their work more when they do it with their peers. They may become accustomed to discussing spiritual issues with their peers—a skill we hope they take with them outside the classroom. And when they have already tried out their ideas on a small group of their peers, they may feel more confident discussing an issue in front of the whole class. To keep "chatty" students focused on the task at hand, give the students definite and fairly short time limits.



# When I'm Worried

Matthew 6:25-34; Romans 8:31-39

## Goals

We pray that the student

### knows these spiritual truths:

- Worry is a sinful lack of trust in God.
- God loves us in Christ and will provide for our every need of body and soul.

### develops these spiritual attitudes and habits:

- I worry less as I rely more on God and his promises.
- I know that my future is secure because of the life, death, and resurrection of Jesus Christ.

## To Memorize

Matthew 6:25

\*\* Matthew 6:33

Romans 8:32

\*\* The Fourth Petition of the Lord's Prayer

Hymn 443:1,2,5

## Suggested Commentary Readings

- Pages 261-264 in Franzmann, *Bible History Commentary, New Testament*, Volume 1
- Pages 99-102 in Albrecht, *Matthew, The People's Bible* series
- Pages 142-145 in Panning, *Romans, The People's Bible* series

## Introduction Ideas

- Have students imagine they are playing the game charades. Ask them what they would do if they had to act out the word *worried*. Explain that regardless of how we might show our worry, we've all experienced it. This lesson will teach us what God says about worry.
- Give the students slips of paper, and ask them to write three things they or other people worry about. Collect the slips, and read some of them aloud (without mentioning any names). Note what subjects come up often, and write them on the board. This lesson will teach us what God says about worry.

# Not to Worry

Matthew 6:25-34; Romans 8:31-39



**What does God invite us to do when we're worried?**

Can you imagine a life without worries? Adam and Eve had it. They didn't have a worry in the world when God first created them. But that all changed when they fell into sin. Suddenly they were worried about things that had never concerned them before: their own shame and nakedness, God's questions, the consequences of their sin. Jesus talked about worry in his Sermon on the Mount. His words will remind us of the cause of our worry.

## Mt 6:25-32

- a. What does Jesus teach us about worrying by calling our attention to the sparrows? *The sparrows don't worry, and yet God provides for them. If God provides for sparrows, he can and will certainly provide for the crown of his creation—human beings.*
- b. Worrying serves no useful purpose. Explain. *No one can add "a single hour to his life" by worrying. In fact, one could cite scientific evidence to prove that worrying may decrease the length of life and the quality of life. Worrying doesn't make a person happy—though there are some who seem to enjoy worrying—nor does it offer a longer life.*
- c. What charge does Jesus make against those who worry about having food and clothes? *He says they have little faith. They are forgetting that their Father in heaven will take care of them.*
- d. Jesus called God the "heavenly Father." What is he calling attention to with those two words? *By calling him Father, Jesus is calling our attention to the fact that the Father loves us and wants to care for us, his children. By calling him our heavenly Father, Jesus is reminding us of the almighty power of God. He has the power to provide and care for us.*
- e. When are Christians like pagans, or unbelievers? *We act like unbelievers when we follow the lead of our sinful nature and forget that the Lord knows what we need, when we run after the things of this life and think that we will only have what we need if we take care of it ourselves, or when we act as if our heavenly Father has forgotten us or is powerless to do anything for us.*

## KEY POINT 1

**Why do we worry?** *Because of our sinful nature, we forget that we have a Father in heaven who loves us and has the power to provide everything we need.*

Talk is cheap. People often say things without really meaning them. God says that he loves us enough to give us everything we need for our lives. Is God's talk cheap? Can he really be trusted, or are we right to worry? In Romans 8 the Lord gives us indisputable proof that he loves us and we don't have to worry about a thing.

## Ro 8:31-39

- a. Paul's question "If God is for us, who can be against us?" can actually be translated, "Since God is for us . . ." What does this rhetorical question have to do with worry? *With God on our side, with God himself caring for us, we do not need to worry about anything.*
- b. What proof does Paul offer that God will give us what we need for life? *Saint Paul argues from the greater to the lesser. If God is so committed to us that he would send his own Son into the world and place him on a cross to suffer and die for our sins, he is certainly committed enough to give us food and drink and everything else we need.*
- c. What are some causes of worry, according to these verses? *Being separated from the love of Christ, trouble, hardship, persecution, famine, nakedness, danger, sword, death.*
- d. The apostle Paul dismisses these things as unworthy of worry. Why is there no reason to worry about the difficulties and challenges of life? *Nothing can separate us from the love of God that is in Christ Jesus our Lord. We are more than conquerors through him who loves us, not because we are so strong but because Jesus Christ, the one to whom we cling, conquered all.*

## KEY POINT 2

**How do we know that God will take care of us?** *God loves us enough to give us his Son; therefore, he certainly loves us enough to give us everything we need for our lives.*

At one time or another, you have probably thought about what it would be like to have the ability to see into the future. Suppose you knew exactly what would happen. Do you think you would worry more or less? As Jesus addressed his disciples in the Sermon on the Mount, he told them not to worry, and he made a promise about the future. Let's consider that promise so that we will find strength to face the future with confidence instead of worry.

**Mt 6:33,34**

- a. Knowing that we worry about clothing, food, and everything else we need and want, Jesus tells us to focus our attention on something else. What is it? *He tells us to seek his kingdom and his righteousness first. As children of God, our first concern is our spiritual well-being. We give attention to the gospel in Word and sacrament because the Lord works through these means of grace to strengthen and preserve us in the faith. This is how he establishes his kingdom in our hearts. Through this faith he gives us the life that never ends—the greatest blessing of all.*
- b. Evaluate: If we put our relationship with God before everything else, God will then give us everything we want. *There are two flaws in this statement. First, God does nothing out of duty. He doesn't bless us because we put him at the top of our priority lists. He blesses us graciously through his Word, as we hear and take that Word to heart.*

*Second, God doesn't ever promise to give us everything we want. He will give us everything we need. That may mean that he gives us the spiritual strength to live without some things we think we need but actually don't. God promises to take care of us completely.*

- c. Why is it foolish to worry about the future? *A fool is someone who should know better but doesn't. It ought to be obvious to us that we cannot make our futures more enjoyable through anxiety and worry. We have enough trouble to face each day without adding to our troubles by worrying about tomorrow. The Lord wants us to trust that he will do as he said and will give us everything we need for life.*

**KEY POINT 3**

**What has God said about the future?**

*God promises to continue to give us everything we need for the future.*



**What does God invite us to do when we're worried?**

*God invites us to trust that he has the power to give us everything we need and that he loves us enough to care for us in the future. He proved his love when he gave his Son into death so we could have eternal life.*

1. **KEY POINT 1**: Evaluate: People are clearly worried about the future. They are so worried about things that might possibly happen to them that they buy insurance of every kind: car, home, health, and life, to name a few.

*It is true that many people worry about the future. Buying insurance, however, isn't necessarily a sign of worry; it could well be wise management of the blessings God has given us. Worry is, finally, a matter of the heart.*

2. **KEY POINT 1**: Evaluate: True Christians don't worry. First, if you're a Christian, you're a true Christian. Second, since we Christians are both saints and sinners at the same time, we do worry. Only in heaven will we be able to avoid the sin of worry. As we grow stronger in our faith, we will worry less, but we need not feel that we are no longer Christians if we fall into the sin of worry.

3. **KEY POINT 2**: Evaluate: God says it's silly to worry. We might say that it is silly to worry because worrying doesn't add an hour to life and can actually cause a shortening of life. It serves no useful purpose, so it could be classified as silly. God, however, doesn't consider worry silly. It's sin. Worry reflects a lack of faith and trust.

4. **KEY POINT 2**: Evaluate: God is concerned about us, but he has more important things to do than worry about the insignificant details of our lives. The Savior, who loved us enough to give his life for us, loves us enough to care for every detail of our lives and souls. He knows all about everyone and is concerned about every aspect of our lives. What great comfort there is in knowing that the Lord is with us in every situation to bless us! With God there is no such thing as an insignificant detail.

5. **KEY POINT 2**: Explain why the following statement is true: To worry is to forget that God gave his Son for us. This is not to say that we intentionally forget the message of God's love for us in his Son. We don't. But we wouldn't worry about things that are happening around us if we remembered that God loves us. If he loved us enough to send his Son into the world for us, then he loves us enough to care for us at all times.

6. **KEY POINT 3**: Some might say that the Bible is the source of the expression "Don't worry! Be happy!" How is the Bible's message different from that?

*The Bible doesn't just tell us not to worry and leave it to us to find the resolve to do it. God gives us reasons not to worry, by pointing us to his absolute power and his faithful love. The Lord who loves us is the Lord who has the power to act on that love and protect us. He also gives us a promise and guarantee, so that our hearts may be free of worry. If we remember the one who makes such great promises, we will have reason never to worry again.*

7. **KEY POINT 3**: (Illustration) There are things we can do to make ourselves less likely to become sick. Exercise, a proper diet, and the right amount of sleep are just a few of the things that ward off sickness. What practical steps can we take to preserve ourselves from worry?

*When we are assured of God's power and love, we can resist the temptation to worry. It is only through the gospel in Word and sacrament that we gain this assurance of God's power and love. When we receive Holy Communion, we are assured of God's love for us and his desire that we be his own forever. When we pause to ponder what happened in our baptisms, we are blessed with the knowledge that God, in love, has washed away our sins. As we meditate on his Word in private devotions, Bible study, and worship, the Spirit of God works in our hearts to assure us of God's power and unending love for us. Since worry cannot stand in the presence of God's love and power, there is nothing more practical to do than to receive the Sacrament regularly and study the Word of Life.*

8. **KEY POINT 3**: A pastor told his confirmation class that many young people, after they are confirmed, rarely come to church anymore. Some completely reject their Lord when they go to college. One member of that class remembers his pastor's words so well that he is worried about falling away from the Lord during high school and college. How would you reassure this person?

*People fall away because they lose contact with the gospel in Word and sacrament. Make the kingdom of God a priority, and the Lord will work through the*