



THE SABBATH CIRCLES HOME SUNDAY SCHOOL CURRICULUM

Unit Theme: Illumination of mind and heart

Lesson connected to Sunday, February 2, 2020

Today's Scripture: Matthew 6:25-34

Key Verse: "So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today." Matthew 6:34

Contexts of the Scripture:

- Matthew was written down sometime in the late first century, probably around 80 CE. Thus it is not as old as Mark's Gospel and, in fact, it is likely that Matthew's author had access to Mark's Gospel.
- Matthew is the first book of the New Testament, or Christian Scriptures, for several reasons. First, it quotes a lot from the Hebrew Scriptures making it a natural bridge between the Hebrew and Christian Scriptures. It was also the Gospel most frequently used by the ancient church as the source of information on Jesus and his teachings.

Questions to go deeper:

- This text is part of a larger "discourse" or sermon by Jesus Matthew uses to explain the teachings of Jesus. This particular discourse is called "the Sermon on the Mount." In this text, Jesus is trying to help the people figure out what's really important about living life each day. Specifically, he tells them what NOT to worry about. What is Jesus' list of things not to worry about?
- Jesus makes the point here that we don't need to worry because God is ultimately in charge of everything. What examples does he use to make this point?
- What does Jesus encourage the people to "strive for?" How might this striving be more productive than worrying?
- What is Jesus' closing point in verse 34? Do you think it's possible to do this in real life? Why or why not?
- One of the points of the movie is that small town living allows for more personal connections between people who are friends and neighbors who see each other regularly. Do you agree with this? Why or why not?

Activity possibilities:

- **Family activities:**
 - Where would this fall on the bible timeline? Hint: Check out the context info above!
 - Everyone in our church was encouraged to watch the movie *Groundhog Day* to prepare for worship on this Sunday? Watch the movie as a family and see if you can figure out the connection between this text and the movie. How is each of the items on Jesus' list of things not to worry about

present in the movie??

- Do some research into Punxsutawney Phil and the traditions around the groundhog and Gobblers Knob. What do you find that surprises you?
- **Younger children activities:**
 - Check out this link on pinterest.com for some fun groundhog crafts:
<https://www.pinterest.com/happyteacher/groundhog-day/>
 - Have some fun with shadows! Have an adult hold a flashlight for you so that it makes a shadow outline of you. Act out in shadows the groundhog emerging from his burrow using your hands and some other props.
- **Older children and youth activities:**
 - Check out the original trailer or advertisement of the *Groundhog Day* movie which would have been shown in movie theatres as part of the “Coming Attractions” before the movie was released:
<https://www.youtube.com/watch?v=GncQtURdcE4>
Does anything surprise you about this? Does it make you want to see the movie? Why or why not? What scenes depicted in the trailer might cause some parents to be hesitant to let younger children watch the movie? Why? Are there any scenes depicted that your parents wouldn’t want you to see?

Remember, Rev. Ruth is always happy to answer your questions and help you find more information on anything in the Bible that interests you! Catch up with her through the church or come to the Savoy Bookstore and Café any Thursday afternoon between 2-4pm.