

# Children's Spiritual Formation

## ENY/NE Wesleyan Children's Ministry

### What Are You Looking At?

**Emphasis:** God wants you to trust him to take care of your problems.

**Object:** Large Square with “God” written on it and Small Square with “Problem” written on it

**Scripture:** Isaiah 26:3

**Lesson:**

Problems are a way of life. James tells us to count it all joy when we encounter problems, not if. God wants you and I to choose to focus on God and not on your problems. All too often, though, when problems come, we let them overwhelm us. You don't have to do that.

Show both the large and small squares. (The large square has “God” written on it and the small one has “Problem” written on it.) Which square is bigger? That's right, the one with “God” written on it. But, did you know that you can make the small square *seem* larger than the big one.

Hold the big square out as far from you as you can. Now take the small one in your other hand and put it in between the large square and your face. Now, slowly bring the small square closer to your face. What seems to be happening to the small square? It seems to be getting bigger doesn't it? Is it actually getting bigger? No. But if you get it really close to your eye, it seems even bigger than the large one. Place the small square on the big one. Now you can see what its actual size is. It doesn't seem so big anymore does it?

When you have a problem and only think about the problem, it will seem to get bigger and bigger and bigger, just like the small square. The problem hasn't changed; your attitude and thoughts toward it have and made it seem even worse.

Instead of focusing on the problem, think about the Lord Jesus because he is the One who can solve it. Before you talk to the Lord Jesus about your problem, though, take a few moments to thank him for his power and his love. Think of some ways God showed his power in the Bible and thank him for them. Then talk to God about your problem and ask for his help. If you focus on God first, you'll remember that no matter how big the problem is God is even bigger.

God also gives us a wonderful promise in Isaiah 26:3. He says that he will give you perfect peace as long as you focus on him. When you do, he helps put your problems in the proper perspective.

# God

What Are You  
Looking At?  
Object Lesson  
Visual

**Problem**