



Kids today are under stress like never before and constant anxiety has become a fact of life. Children need to practical help to overcome those feelings while looking to God in times of distress. That's why we created the "Fidgets of Faith: 6-Week Sunday School Curriculum."

Fidgets of Faith is a Sunday School curriculum designed to help children learn how to trust in God while facing anxiety. Based on popular fidget toys, this series of lessons will keep their attention, get them deep into the Bible, and help them personally connect with Jesus Christ.

The theme verse for this series is Psalm 62:1-2, "For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken."

Kids will love this fun lesson series. More importantly, they will learn to overcome anxiety by looking to Jesus Christ. That's a lesson that will serve them long after the fidget toys are forgotten. You are viewing the free sample lesson plan – use the link below to purchase the complete 6-Week

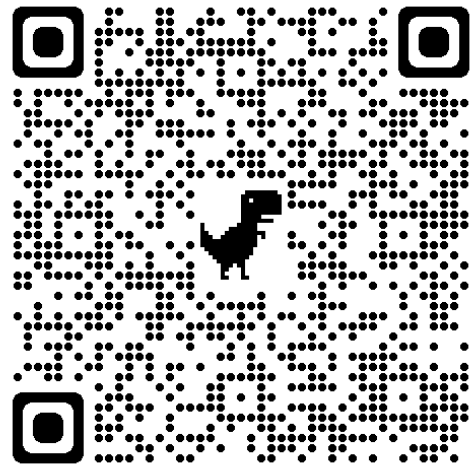
<https://sundayschool.store/products/fidgets-of-faith-6-lesson-sunday-school-curriculum>

# Fidgets of Faith: 6-Week Overview of Lessons

1. Pop-Its: Jesus leaves impressions on our hearts.  
Luke 8:40-48 - Woman healed when she touched Jesus clothes
2. Peas in a Pod- Believers need each other to strengthen each other.  
Ruth 1:1-18 - Ruth and Naomi
3. Squeezey Putty: God molds us to be like Jesus  
Jeremiah 18:1-6 Potter and Clay
4. Stress Ball: We Can Overcome Anxiety Through Faith in Jesus  
Mark 14:32-42 - Jesus prays in the Garden of Gethsemane
5. Fidget Spinner: We Can Rest In Jesus' Presence  
Luke 10:38-42 - Mary and Martha
6. Flipping Bike Chain Rings: The Holy Spirit Helps Us Stand Firm  
Romans 7:15-20 (1 Kings 18:20-34) So Ahab and Elijah at Mount Carmel

## About the Author

[Jessa McClure](#) is a curriculum writer for the Sunday School Store. She serves as the Children's Ministry Coordinator at The Well church in Moody, TX. She is married to the Executive Pastor of the church and they have three children and are also foster parents. She is passionate about making Biblical knowledge fun and accessible to children and making Sunday school a fun, impactful experience. Jessa's professional background is in Journalism and early education. She is a graduate of the University of Mary Hardin-Baylor in Belton, TX and holds a bachelor's degree in Mass Communication and Journalism. She grew up in Arlington, TX and has spent the last 15 years in Central Texas.



# Fidget Spinner: We Can Rest In Jesus' Presence

*Luke 10:38-42*

**Summary:** Just as a fidget spinner zips quickly around without really going anywhere, we will learn that Martha was busy doing many things and missed the most important thing of all: time with Jesus.

**Gospel Connection:** God wants us to spend time with him. In life, we may busy ourselves with hobbies, sports, chores, or school, but without Jesus, we are spinning without going anywhere. When we rest in Jesus, He allows us to be productive in ways that really matter, by furthering His kingdom.

**Memory Verse:** Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

**Additional passages:** Deuteronomy 5:12-14; Psalm 23; Psalm 46:10; Matthew 11:28-30; Mark 2:23-28



# Memory Verse Activity

## Verse Race

Suggested time: 5–10 minutes.

Supplies: dry erase board, dry erase markers

Instructions:

- Form two teams of kids. Teams will line up at one end of the room opposite a dry erase board.
- When you say “go,” the first player on each team will race to the board and write the first word of the verse, then return to the back of his team’s line.
- Then the second kid in that line will race to the board and write the second word before returning to her line. Play continues in this way until the entire verse is written. The first team to complete the verse wins.

LEADER: One of the most popular fidget toys in recent years has been the fidget spinner. Today, we will learn about a woman who was a little like a fidget spinner in some ways. She whizzed around her house busily but failed to take advantage of the amazing opportunity God had presented her with. She probably would have benefited from memorizing this verse. God alone can give us rest, peace, and protection. We'll talk more about it in large group time.



# Fidget Illustration

## Fidget Spinner

Suggested time: 5–10 minutes

Supplies: 5 fidget spinner toys, dry erase board, dry erase marker, stop watch (optional)

### Instructions:

- Display the fidget spinner toys. Instruct the kids not to touch them.
- Invite the kids to observe them and tell you words that describe the toys. Write down the words the kids use.
- Allow the kids to take turns playing with the toys for 10 seconds. You may use a stopwatch to ensure the time limit is consistent.
- Ask the kids to add new words to describe the toy now that they have handled it. Write these words alongside the original words.

LEADER: What does a fidget spinner do best? [*Allow responses.*] That's right! It spins! But does it spin like a wheel? [*Allow responses.*] Not really. A wheel spins as it travels, going somewhere and helping a car, train, wagon, or other vehicle go there too. A fidget spinner doesn't really accomplish anything by spinning. Today we're going to read about a woman who was busy spinning around and keeping herself busy but missing an opportunity to accomplish something much more important.

So before we go to our large group lesson, I want you to think about the things you like to do and the ways you stay busy. For some of you, it may be playing on multiple sports teams. For some of you, it may be getting all your homework done well. Some of you may like to spend time drawing, playing music, dancing, playing video games, or writing stories. None of those things we do to keep ourselves busy and feel like we are accomplishing something important are bad things, but all of them need to come second to spending time with God and growing in our relationships with Him.

Transition to **Large Group Lesson.**



# Large Group Lesson

Suggested time: 10–15 minutes

Discuss with the kids how much time they spend doing different activities throughout the week. Focus on things like how much time they spend at school, how much time they spend sleeping, how much time they spend playing, and so forth. Then ask them how much time they spend reading their Bibles, praying, or gathering with the church.

LEADER: It probably won't surprise you to hear me say that the most important things you can do with your time are study the Bible, pray, and gather with the church. What may surprise you, at least a little, is to hear me admit that I often find it challenging to make time for God. The world is filled with distractions and tasks, blinking notification lights and blooping alert sounds. Sometimes I feel like I just have too much to do to set aside time for God.

And you know what? I'm not the first person to feel that way.

*READ: Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me."*

*Luke 10:38-40*

LEADER: Are you ready for a super easy question? [Allow responses.] OK, here's the question: Is it bad to serve other people? [Allow responses.] No! Of course not. Serving others is a great way to show God's love. So, how do you think Jesus responded to Martha when she asked Him to get Mary to help her? [Allow responses.] Let's read on!

*READ: But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."*

*Luke 10:41-42*

LEADER: I'm going to be blunt, the first time I read this story, I didn't see that coming. I was thinking *Wow, Mary must be lazy! What a rude sister, leaving all the work for Martha!* In fact, the first time I ever heard this story, I thought Jesus must have made a mistake! Jesus never makes mistakes. Everything He thinks, says, and does is completely perfect in every way. But we just agreed that serving others is good. Why wouldn't Jesus tell



Mary to get up and help Martha serve? [Allow responses.] Great answer. The problem wasn't that Martha chose to serve, it was that Martha did not choose to sit with Jesus and learn from His teaching!

God's plan has always been for us to set aside time to rest and refocus our hearts on His love and goodness.

*READ: Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.*

*Deuteronomy 5:12-14*

LEADER: Mary was happily sitting at the feet of Jesus, absorbing everything he had to say. She was spending time with him and listening to his wisdom. Martha on the other hand, was going, going, going! She was worried about all the preparations for Jesus' visit and was missing a chance to enjoy the company of God the Son in her own home!

Have you ever done that? You're working so hard at doing something that you don't notice the people around you? Maybe it happens when you are fighting the hardest boss in a video game. Or maybe you are reading the exciting climax of a book in your favorite series. Perhaps it happens when you are trying to figure out a tough homework problem, or fix an important skill to be better at your favorite sport. The Bible teaches that it's good to do our best at things. But we must do it for God's glory, not our own. Even though Martha was working hard, Jesus told her she was not putting her energy into the right thing. She wasn't working hard for God, because she was neglecting to spend time with Him!

*READ: And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.*

*Colossians 3:15-17*

LEADER: Look at the order of those verses. It ends with a command to do "whatever you do" in the name of Jesus, but it starts with some guidelines for how we can do everything for God. We do things for God by finding peace in Him, being thankful to Him,



filling our lives with the Word, teaching and encouraging one another, and praising God. If our focus is on the stuff we need or want to accomplish, and not on the God for whom we are accomplishing it, we're kind of like a fidget spinner—spinning, spinning, spinning, but never really going anywhere. God offers us a better way.

*READ: The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake.*

*Psalms 23:1-3*

LEADER: God wants to spend time with us, connect with us, and provide us with rest. He sent Jesus to earth so that we could have a close relationship with him and eventually spend eternity in Heaven with him. The time we spend focusing on that relationship will always be worthwhile. Even when you feel like you don't have time for God, making time for him is the best way to ensure you will have time for everything else.

*READ: Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.*

*Matthew 11:28-30*

LEADER: A yoke is the wooden cross-brace that holds oxen to a cart as they pull it around. There is a yoke that corresponds to following Jesus, which means Jesus isn't saying there's no effort involved with loving Him and obeying Him. He is saying that the effort isn't a heavy, toilsome, uncomfortable burden. Adding *spend time with God* to your to-do list makes the list easier to finish, not harder. It's an amazing thing we get to do, not a boring chore we *have* to do.

Transition to **Small Group Discussion and Prayer**





# Small Group Discussion & Prayer (K–2nd grades)

## Discussion Questions:

- Who was busy serving when Jesus visited her?
  - *Martha*
- Which sister did Jesus say had made a better choice?
  - *Mary, for spending time with Jesus*
- Who gives us real peace?
  - *God, through Jesus*
- What's the most important thing we can do with our time?
  - *Get to know God (study the Bible, pray, gather with the church, and so forth)*
- How does Jesus give us true rest?
  - *He took our punishment so we could live with God, forgiven and new*

**Prayer:** You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, thank you for loving us. Thank you for making the way for us to have a relationship with you. Help us never to take that for granted. Remind us daily to make time for you. Give us peace as only you can. In Jesus' name, Amen.



# Small Group Discussion & Prayer (3–5th grades)

## Discussion Questions:

- Why did Jesus say Mary's choice was wiser?
  - *Mary had chosen to sit in Jesus' presence, listening to His words, learning from Him, deepening her relationship with Him.*
- What is the purpose of the Sabbath?
  - *Guide kids to think about what the purpose of rest is. Help them see that God wants us to have time away from work so we can deepen our dependence on Him.*
- What is the difference between godly rest and selfish laziness?
  - *Help the kids think through the activities they think of as "restful." Talk about different ways to use those activities to glorify God or deepen our relationship with Him. Remind them that outside of our time devoted to God, when we aren't resting, we are called to work hard for God's glory.*
- What are the ways we can grow our relationship with God?
  - *Help the kids think about the things all believers should do, such as reading the Bible, praying, and gathering with the church. Discuss the specific purposes of these spiritual disciplines. Consider talking to them about lesser known disciplines, like fasting, and what purpose such disciplines have in our lives.*
- How often do you spend time with God, and what do you do in that time?
  - *Be prepared to share a little bit about your routines and how you make time for God. Encourage the kids to be honest about their lives, and challenge them to come up with a step they can take this week to improve their relationships with God.*

**Prayer:** You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, thank you for loving us. Thank you for making the way for us to have a relationship with you. Help us never to take that for granted. Remind us daily to make time for you. Give us peace as only you can. In Jesus' name, Amen.



# Hands-on Lesson Review

## Pom-pom Scramble

Suggested time: 10–15 minutes

Supplies: 1 plastic spoon per kid; assorted pom-poms in various colors; 2 bowls

Instructions:

- Form two teams of kids. Give each kid a plastic spoon.
- Instruct teams to line up at one end of the room.
- At the far end of the room, place a bowl for each team and fill them with assorted pom-poms in various colors.
- When you say “go” the first player on each team will race to her team’s bowl scoop a single pom-pom into her spoon, and return it to her team.
- Then, the next kid in line will race to the bowl to retrieve a pom-pom.
- While the kids are focused on the task, announce some facts about yourself, such as your birthday, your favorite color, the name of an author you love to read, your middle name, and so forth. Do not explain why you are doing this, or even hint that it is important.
- When one team has emptied their bowl, stop the game. Then announce that the winning team will be whoever can answer 5 questions about you correctly.
- Ask 5 questions about yourself based on the information you shared with the kids while they were playing the relay race.
- If either team is able to answer all five correctly, declare that team the winner.

LEADER: Wow, that probably felt like a trick didn’t it! After setting up the game with the pom-poms, you probably thought the most important thing was to *get those pom-poms!* When you found out at the very end that it was actually more important to listen to my words and get to know me, it was too late!

In some ways, this can help us think about our lesson today. It’s easy to be distracted by life and all the things we feel like we *have* to do; the things that feel *so important!* But at the end of our lives, when we stand before Jesus, the only thing that will matter is if we knew Him or not.



## Bonus Activity

### “Make Time for Jesus” Craft

Suggested time: 5–10 minutes

Supplies: 1 Paper plate per kid; Construction paper; Scissors; Markers or crayons; Brad fasteners, Stickers or other craft supplies

Instructions:

- Before class, cut the construction paper into strips of roughly even width. Ensure you have enough strips for each kid to have one
- Give each kid a paper plate. Help the kids write the numerals 1–12 around the edge of the plate like a clock.
- Give each kid a strip of construction paper. Demonstrate how to cut the strip in two so that one strip is longer than the other.
- Help the kids cut the corners of one end of each strip to make them pointed on that end; then help them attach both strips to the center of the paper plate clock face using the brad fastener.
- Allow the kids to decorate their clock faces with markers, crayons, stickers, or other craft supplies. Suggest that they write *I can make time for Jesus* on their clock faces.

LEADER: It's important to make time to spend with Jesus. What can we do with Jesus? [Allow responses.] That's right! We can read our Bible, pray, spend time with other believers, and share the gospel. When you go home today, ask your parents what time of day is best in your schedule to spend time with Jesus. Have your parents help you mark that time with the hands of the clock and hang it up in your room. It will be a good reminder to spend time with Jesus when it's that time. Mary from our story today spent time with Jesus instead of spinning around and keeping busy. Let's remember that spending time with Jesus is very important because the time we spend with him cannot be taken away.



# Parent Page

## Fidgets of Faith Week 5: Fidget Spinner—We Can Rest In Jesus' Presence

- **Summary:** Today, we read the story of Mary and Martha and how these two sisters reacted to a visit from Jesus in very different ways. Mary sat at the feet of Jesus and hung on his every word. While Martha made herself busy trying to make everything perfect for Jesus. But, Jesus reminds Martha that Mary has chosen wisely because it is more important to spend time with him than to try to make her home perfect. Ask your children the questions below and talk about how you can make time for Jesus in your daily schedule.
- **Gospel Connection:** God wants us to spend time with him. In life, we may busy ourselves with hobbies, sports, chores, or school, but without Jesus, we are spinning without going anywhere. When we rest in Jesus, He allows us to be productive in ways that really matter, by furthering His kingdom.
- **Memory Verse:** Psalm 62:1-2 For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.

### Review Questions:

- Why was Martha's hard work less wise than Mary's rest?
- Why do we need to spend time with Jesus?
- How can we spend time with Jesus?
- Why does God want us to rest?
- What activities distract us from Jesus?

### Family Activity: *Weekly Family Worship*

Supplies: Bible; family calendar (optional); smart-home speakers(optional)

### Instructions:

1. Check your family's schedule and decide on a time during the school week when everyone is home at the same time. Set aside 30 minutes to read a Bible passage, sing a worship song, and pray together as a family.
2. Consider making a family calendar that your kids can decorate. Mark this family worship time on the calendar to repeat each week on the same day at the same time. If you use smart-home speakers, set up alerts to remind your family when it's time to gather.





# FIDGETS OF FAITH

***'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'***

***Luke 10:41-42***





The graphic features a vibrant pink background with a repeating pattern of small, faint fidget spinner icons. At the top, several colorful fidget toys are arranged in a semi-circle: a green pea pod on the left, a pink bubble, a square fidget board with colored buttons, a blue fidget spinner, and a teal cloud-shaped fidget toy on the right. The title "FIDGETS OF FAITH" is centered below these toys. "FIDGETS" is in white, "OF" is in a small black box, and "FAITH" is in large, bold, teal letters.

# FIDGETS OF FAITH

***For God alone my soul waits  
in silence; from him comes  
my salvation. He alone is my  
rock and my salvation my  
fortress; I shall not be  
greatly shaken.***

***Psalm 62:1-2***







## Answer Key

### Fidgets of Faith Word Search



Directions: Find the words given in the word search.

Luke 10:41-42 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

Z M P W C S E T L L U W L N V H G M A F I V Z K H  
T Y W R D Y R M X N P T E I L C S E A D Z B G U Z  
B R A O A E B A G N M U V Y V A L C R R D L U F M  
V P O E F M F F A I Y A J X G E X Q V X T C J Q G  
W N O U W V Q G H Z W L J S D F F L N S H H B I D  
B B N R B V M Y Y Q R V F T A H F R Q X M Z A E T  
L L D I T L T F T Z V K T T E X A V L C S L R C R  
H U I J Y I E H W V N G L Q V C X Q J V K Y T H H  
R H R G V Y O D I R A X X K K B Z R F J F R L O M  
X T V Z H L V N K N H N K Z I W L P N F T M E S Y  
G N E C E S S A R Y G B X Y R U Y T P R N T R E O  
R X Y M A R Y B C J Z S U I V W X C S J L G P N L  
D V A W B W V N Y V R Q O S O I P T H V V B R V O  
C U K Z N Y I Q F O O Y E W J U Y C J P S G G P R  
R Z O U R A L S W H A B S D F W S I P X Y B G Q D

### Word Bank

NECESSARY

PORTION

MARY

TROUBLED

MARTHA

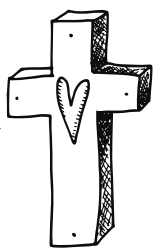
CHOSEN

ANXIOUS

THINGS

LORD

## Fidgets of Faith Word Search



Directions: Find the words given in the word search.

Luke 10:41-42 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

Z	M	P	W	C	S	E	T	L	L	U	W	L	N	V	H	G	M	A	F	I	V	Z	K	H
T	Y	W	R	D	Y	R	M	X	N	P	T	E	I	L	C	S	E	A	D	Z	B	G	U	Z
B	R	A	O	A	E	B	A	G	N	M	U	V	Y	V	A	L	C	R	R	D	L	U	F	M
V	P	O	E	F	M	F	F	A	I	Y	A	J	X	G	E	X	Q	V	X	T	C	J	Q	G
W	N	O	U	W	V	Q	G	H	Z	W	L	J	S	D	F	F	L	N	S	H	H	B	I	D
B	B	N	R	B	V	M	Y	Y	Q	R	V	F	T	A	H	F	R	Q	X	M	Z	A	E	T
L	L	D	I	T	L	T	F	T	Z	V	K	T	T	E	X	A	V	L	C	S	L	R	C	R
H	U	I	J	Y	I	E	H	W	V	N	G	L	Q	V	C	X	Q	J	V	K	Y	T	H	H
R	H	R	G	V	Y	O	D	I	R	A	X	X	K	K	B	Z	R	F	J	F	R	L	O	M
X	T	V	Z	H	L	V	N	K	N	H	N	K	Z	I	W	L	P	N	F	T	M	E	S	Y
G	N	E	C	E	S	S	A	R	Y	G	B	X	Y	R	U	Y	T	P	R	N	T	R	E	O
R	X	Y	M	A	R	Y	B	C	J	Z	S	U	I	V	W	X	C	S	J	L	G	P	N	L
D	V	A	W	B	W	V	N	Y	V	R	Q	O	S	O	I	P	T	H	V	V	B	R	V	O
C	U	K	Z	N	Y	I	Q	F	O	O	Y	E	W	J	U	Y	C	J	P	S	G	G	P	R
R	Z	O	U	R	A	L	S	W	H	A	B	S	D	F	W	S	I	P	X	Y	B	G	Q	D

### Word Bank

NECESSARY

PORTION

MARY

TROUBLED

MARTHA

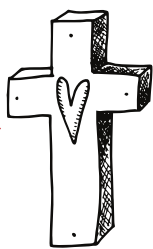
CHOSEN

ANXIOUS

THINGS

LORD

# Fidgets of Faith Word Search



Directions: Find the words given in the word search.

Psalm 62:1-2 For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.

F	O	N	L	R	S	G	O	D	A	L	O	N	E	M	Y	S	O	F	U
L	W	U	O	A	I	I	T	S	I	N	S	I	L	E	N	C	O	E	F
R	O	O	M	I	H	I	L	M	C	O	M	E	S	M	Y	R	S	A	L
S	V	A	T	I	T	O	N	E	H	E	A	L	O	N	T	E	I	S	M
Y	R	O	C	K	A	A	N	D	N	M	Y	S	A	R	L	V	A	T	I
O	N	M	Y	F	O	R	V	T	R	C	E	S	E	E	S	I	S	H	A
L	L	N	O	T	B	E	G	L	R	E	E	S	N	A	T	L	Y	S	H
A	K	E	N	O	K	L	K	C	A	M	S	O	E	A	R	S	B	F	S
D	I	Z	P	L	T	N	W	O	V	S	L	P	D	P	O	O	R	J	L
Y	O	N	V	I	G	N	O	D	M	A	I	U	F	N	W	V	S	H	N
W	R	G	E	D	M	O	A	H	Y	I	G	D	B	F	H	C	E	R	D
P	S	M	V	K	D	O	I	C	A	U	D	B	C	Z	B	B	H	P	X
C	I	Q	R	K	A	M	Q	T	Y	T	J	A	J	N	G	J	H	D	G
D	Q	C	V	Q	V	H	G	A	W	Z	E	F	U	O	W	W	R	F	Y
Q	O	L	D	L	J	Y	S	R	I	B	E	H	S	B	E	Z	J	R	G

## Word Bank

ALONE

FORTRESS

GOD

SALVATION

SHAKEN

SILENCE

SOUL

Write the remaining words with the hidden message.

---

---

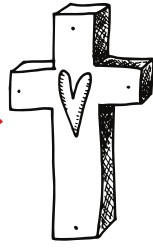
---

---

---

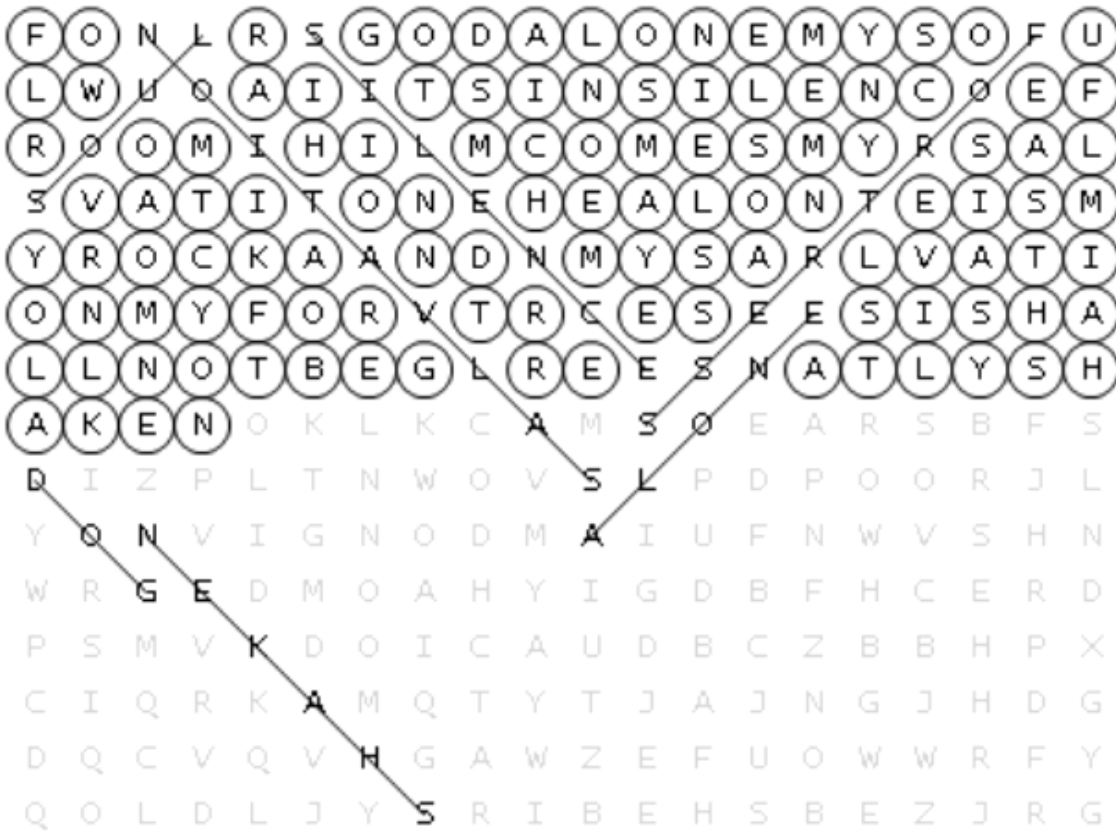
## Answer Key

### Fidgets of Faith Word Search



Directions: Find the words given in the word search.

Psalm 62:1-2 For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.



### Word Bank

ALONE

FORTRESS

GOD

SALVATION

SHAKEN

SILENCE

SOUL

Write the remaining words with the hidden message.

---

---

---

---