



RESILIENCE | WEEK 1 | MAY 1, 2022

4th-5th Lesson

Start Spreading the News

Life App: Resilience—Getting back up when something gets you down

Bible Story: Start Spreading the News (Great Commission and Spread of the Gospel) • *Matthew 28:16-20; Acts 1-2*

Key Question: When have you felt alone?

Bottom Line: God is always with you.

Basic Truth: I am loved by God no matter what so I can love God, love others, and love life.

Memory Verse: But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak. *Isaiah 40:31 (NirV)*

**KID CONNECT:
5 MINUTES**

**LARGE GROUP:
25 MINUTES**

**SMALL GROUP
25 MINUTES**

LEADER BIBLE STUDY

God is strong and faithful, always working in our lives. We might get knocked down from time to time, but when we put our trust in God, we find the strength we need to get back up again. Jesus showed us how to face life with resilience. No matter what happened, Jesus relied on God to help Him accomplish the mission set before Him. Because of Jesus, we can trust God no matter what. We can bounce back from whatever knocks us down and complete the mission God has for us.

Key Question: When have you felt alone? Discovering the stamina to show resilience can be difficult, especially when you feel like you're on your own. We start a conversation with preteens about the times they've felt alone to help them realize that they're never really alone: God is with them and can give them the strength needed to get through whatever they face.

We start our month in **Matthew 28:16-20** and **Acts 1-2**. Right before God takes Jesus back to heaven, Jesus gave His disciples an incredible task: tell the world about Him and share His love with others. This task wouldn't be easy, but Jesus promised He would send the Holy Spirit to help. When the Holy Spirit did come at Pentecost, the Spirit gave the disciples power to accomplish the task Jesus set out for them.

Bottom Line: **God is always with you.** Kids are just beginning to learn that there are parts of life we have to do independently. From our schoolwork to household chores to getting up to bat, it's all on us to get it done. This realization can be overwhelming for anyone. Thankfully, we're not on our own when it comes to resilience. God is always with us and can give us the drive to bounce back and keep going to finish what needs to be done.

KID CONNECT

WELCOME TIME

(VIDEO: INTRO MUSIC)

Play intro music and greet each kid as he or she arrives. Use this time to fill out attendance sheets, and help new kids connect to your group.

OPENING ACTIVITY:

(No Supplies)

During this time, concentrate on getting to know your group and building a relationship between you all. Create a place where they feel like someone knows them and that they belong. A great way to do that is to pull them into an activity (coloring, LEGOs, etc.) and ask them questions. Here are some suggestions:

- What are some highs/lows from your week?
- What do you like to do for fun?
- If you could ride on any animal, what would be the most fun/most difficult?
- Do you have any siblings/pets? What are their names?
- If you could build anything, what would you build?
- What is the worst smell in the world?

LARGE GROUP

COUNTDOWN AND WELCOME

(VIDEO: COUNTDOWN, SLIDE: KIDCITY EXPECTATIONS)

Show the countdown video as you transition to Large Group. Set it to end as the session begins. *The Large Group Leader has lots of energy as he or she welcomes everyone to KidCity. The LGL is relatable and inviting. LGLs can talk about something that happened culturally throughout the week like a big sports game, movie opening, a viral video on YouTube, holiday, etc. The LGL tells them how excited he or she is that they're there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what's happening.*

LGL: Welcome everyone! I'm so glad you are able to come hang out with us in KidCity today. My name is [INSERT NAME]. We are going to have a lot of fun today by playing a game, singing some incredible songs that worship God, and then we are going to hear an amazing true story from God's Word, the Bible.

But first, let's quickly go over our KidCity Expectations (rules) so we can make sure that we make the most of our time today: *(Don't dwell on these too long, but make sure you review them briefly so we can set everyone up for success.)*

1. Be Kind – We need to be kind with our words and actions to our friends, leaders, and the space that we are using.
2. Be Safe – Make wise choices with your actions and words.
3. Have Fun – Participate in what we are doing! It's no fun just sitting there...

5th SUNDAY FUNDAY ANNOUNCEMENT

(SLIDE: 5TH SUNDAY FUNDAY, PARTY MUSIC)

Before we play a game, I have a VERY exciting announcement. You may not know this, but four times a year it just so happens that instead of there being 4 Sundays in a month there is a bonus 5th Sunday. Well, we've decided that on those special 5th Sundays we are going to throw a party in KidCity!

(SLIDE: 5TH SUNDAY FUNDAY) We are going to have a lot of fun playing games that we don't normally play, you will have the chance to win awesome prizes, and have a whole day focused on fun. You will want to invite your friends! It's going to be a blast.

Why am I saying all of this? Well, this month has a 5th Sunday...so get ready to party at the end of the month! We want you to invite your friends that don't come to Hope KidCity to come that day. In fact, if you bring a friend, you both will get a special prize. You don't want to miss it!

LARGE GROUP GAME

EXTRA EXTRA!

(True + False Signs)

LGL: "Welcome, everyone! I'm [your name], and today at KidCity, we're spreading some news!
(Hold up the newspaper.)

"There can be a lot of not-so-good news out there in the world. But I've got some GOOD news for you today. Here at KidCity, we're spending this whole month learning how to bounce back. When something gets us down, we'll find out how we can get right back up again!

"That takes . . . RESILIENCE."

(SLIDE: LIFE APP)

"Resilience is getting back up when something gets you down."

(SLIDE: THEME)

"You can be resilient when you trust God and RELY on God to help you bounce back. With God's help, you can take a tough situation and find something good in it. In fact, I've got the perfect way for us to spread some good news today—with a game I like to call, 'Extra, Extra!'"

(SLIDE: “EXTRA EXTRA!”)

“Who wants to play?”

Toss the newsboy hats, frisbee-style, to two willing kids who want to volunteer. Ask them to join you at the front. These should be two older kids who can read well and will be comfortable on stage.

“First, a little history lesson. People used to get news on this stuff called ‘paper.’ *(Hold up the newspaper.)* And there were people who sold these *(air quotes)* ‘newspapers.’ They’d stand on the corner of a busy city block and yell, ‘Extra! Extra! Read all about it!’ They’d try to sell these papers to the people passing by.

“We’ve got our [newsboys/girls] here, [kids’ names]. *(Hold up the printed scripts.)* And right here in my hand are headlines from around the world that are either true or false. Our newsboys and newsgirls will shout out, ‘Extra! Extra! Read all about it!’ Then they’ll call out the headlines nice and loud.

Reveal the “TRUE” and “FALSE” signs.

“If you think that headline is true, head over to this side of the room. *(Indicate the ‘TRUE’ side.)* If you think it’s false, head to this side. *(Indicate the ‘FALSE’ side.)* Let’s get started!”

Give a printed script to each volunteer, and have them read the headlines out loud, one at a time. Remind them that they must yell, “Extra! Extra! Read all about it!” before each headline.

NOTE: Ahead of time, on the two printed scripts for the kids, highlight or circle the headlines that each of them should read.

KID #1: “Extra! Extra! Read all about it!”

(SLIDE: HEADLINE #1)

“FLORIDA MAN THROWS ALLIGATOR THROUGH DRIVE-THRU WINDOW.”

Give the audience time to move to one side of the room or the other to guess “true” or “false.”

LGL: “That’s TRUE!”

(Read from the printed script.) “February 9, 2016, authorities in Florida arrested a man for throwing a live alligator through a restaurant’s drive-through window. Why? *(Pause.)* We don’t know.

“Next headline!”

(SLIDE: “EXTRA EXTRA!”)

KID #2: “Extra! Extra! Read all about it!”



(SLIDE: HEADLINE #2)

“TWO ELDERLY MEN SNEAK OUT OF NURSING HOME TO ATTEND HEAVY METAL ROCK CONCERT.”

Give the audience time to move to one side of the room or the other to guess “true” or “false.”

LGL: “That one is also TRUE!”

(Read from the printed script.) “August 18, 2018, two elderly German men escaped the confines of their nursing home on Friday to attend the Wacken Open Air heavy metal festival, police said. The nursing home alerted police after the gentlemen were found to be missing from the center. Police then found the aging metalheads at 3 a.m. at Wacken Open Air, the world’s biggest heavy metal festival. A police spokeswoman said they were ‘disoriented and dazed.’

“Okay, [kid #1’s name]. What’s next?”

(SLIDE: “EXTRA EXTRA!”)

KID #1: “Extra! Extra! Read all about it!”

(SLIDE: HEADLINE #3)

“A POTATO THE SIZE OF A SMALL DOG IS FOUND IN NEW ZEALAND.”

Give the audience time to move to one side of the room or the other to guess “true” or “false.”

LGL: “Once again, that story is TRUE!”

(Read from the printed script.) “November 4, 2021, a couple were weeding their garden when they discovered something gigantic below the surface of the soil. They scratched away some of the skin of the object, tasted it, and realized it was a massive potato weighing a whopping 17.4 pounds! They named the potato . . . Doug.”

“[Kid #2’s name], what do you have for us next?”

(SLIDE: “EXTRA EXTRA!”)

KID #2: “Extra! Extra! Read all about it!”

(SLIDE: HEADLINE #4)

“MAN’S 174-MILE-PER-HOUR SNEEZE BLOWS WIFE’S HAIR COMPLETELY OFF.”

Give the audience time to move to one side of the room or the other to guess “true” or “false.”



LGL: “That headline is . . . FALSE. We just made it up! Okay, [kid #1’s name], you’re up.”

(SLIDE: “EXTRA EXTRA!”)

KID #1: “Extra! Extra! Read all about it!”

(SLIDE: HEADLINE #5)

“SNAKE WITH HUMAN HEAD FOUND IN ARKANSAS.”

Give the audience time to move to one side of the room or the other to guess “true” or “false.”

LGL: “The answer is, once again, FALSE. [Kid #2’s name], what do you have next?”

(SLIDE: “EXTRA EXTRA!”)

KID #2: “Extra! Extra! Read all about it!”

(SLIDE: HEADLINE #6)

“BOY EATS FAMILY BIBLE.”

Give the audience time to move to one side of the room or the other to guess “true” or “false.”

LGL: “That headline is TRUE!”

(Read from the printed script.) “January 1926, a physician in Moultrie, Georgia determined that the cause of 12-year-old Mellzo McCoy’s upset stomach was the boy’s appetite for the family Bible. By the time this diagnosis was made, Mellzo had already devoured the entire book, except for the covers and two pages on which the family record was kept. Mellzo’s father said he knew his son sometimes ate dirt, but he had no idea about his Bible-eating habit.

“Wow. Last I checked, you’re supposed to READ the Bible, not eat it.”

(To kid volunteers) “Well, thank you both for spreading the news. You can head back to your seats. *(To audience)* Let’s give them a big hand!

Collect the hats and headlines and dismiss the kids to their seats.

(SLIDE: THEME)

“It’s about time the news brought a smile to your face! This whole month is full of good news—the BEST news. But before we get to that, let’s worship God together. Everyone on your feet!”

WORSHIP

(VIDEO: GOD IS ON THE MOVE, ALIVE)



INTRODUCE THE SESSION

(No Supplies)

Great job singing and worshipping, everyone! Let's remind ourselves what our Life App is for this month...

(SLIDE: LIFE APP) "Resilience is getting back up when something gets you down."

I know what you're thinking...what does that have to do with God? Well, God is strong and faithful, always working in our lives. We might get knocked down from time to time, but when we put our trust in God, we find the strength we need to get back up again. That learning to trust God no matter what helps become more resilient when life doesn't go the way we want.

"Today, we're looking at a time when some people REALLY needed resilience. (*Hold up Bible.*) We're looking at what happened with Jesus' disciples in the very earliest days of the church. Remember, the disciples were some of Jesus' closest friends. Jesus had invited them to follow Him and learn from Him. A lot of confusing and scary things happened to them, and they were tempted to give up. Let's see what they did..."

BIBLE STORY

(VIDEO: SO & SO SHOW 12:18)

"What an incredible story, right? Jesus came back to life, proving He is the Son of God. Then, Jesus said it was time to take His message of hope to the world. He gave the disciples a mission to make more disciples all across the world!

"This mission was full of challenges. The disciples would face hostilities and unseen dangers. The believers would have to figure out how to work through language and cultural barriers. As more people started to believe in Jesus, they would have to figure out how to organize churches. While sharing Jesus with others, many would end up facing prison and much worse.

"But God sent them help so they wouldn't have to face their impossible mission alone—God's Holy Spirit. That meant that God would be with Jesus' followers to work in and through them! We can see the power of God's Spirit when the disciples led thousands to Christ at Pentecost! God would be with them every step of the way!

"And you know what else? Throughout our lives, we will face difficult situations. There will be times in life when it will seem impossible to keep going. We'll want to give up, but in those times, we need to remember this truth: God is with us, too. God is with me and you through the Holy Spirit! When we walk into a new school, God is with us. When we fumble the football, God is with us. No matter what is happening, we don't have to face those situations alone. We can trust God no matter what.

"Obviously, this doesn't mean life will be perfect and without challenges. But it does mean we can do what our Basic Truth says.

(SLIDE: BASIC TRUTH) “I am loved by God no matter what so I can love God, love others, and love life.”

We can trust that God loves us and has plans for us that are for our good and His glory – even when life is tough.

As you head to small groups, think about this question:

(SLIDE: KEY QUESTION) “When have you felt alone?”

Like it or not, every single person in the room will face challenges throughout their lives. Some of you may be dealing with something hard right now. We believe your small groups can be the best place to explore this topic more. You’re not alone. God is with you, and we are, too!

Our Memory Verse for the month helps remind us of how those who trust in God will be resilient through God’s power.

MEMORY VERSE

(SLIDE: MEMORY VERSE)

“But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak. (Isaiah 40:31, NIRV)

“That’s SO good! Let’s pray and then head to Small Group and talk some more about how we can trust God—because God is always with us.

PRAYER

Dear God, thank you for never, ever leaving us alone. You gave us Jesus, and you gave us your Holy Spirit to be with us always. When we have to go through something tough, please help us remember that you are always with us. Help us trust you and find our strength in you. We love you, and we pray these things in Jesus’ name. Amen.

DISMISS TO SMALL GROUPS

SMALL GROUP

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In Middle School Ministry (MSM), small group time shifts from being more activity based (in KidCity) to being majority discussion based. In order to ease the transition for your rising 6th graders, take the time to lean more into the discussion questions during small group.

BIBLE STORY EXTENSION

(Bibles, Paper, Pens/Crayons, “Globe - Kid Version” Activity Page -1 per 4 kids, “Globe - SGL Version” - 1 per Group, Solid container with lid [similar to aluminum pan], Large Marble, Washable paint)

What You Do:

- Pass out the quarter sheets of the “Globe - Kid Version” and a pencil/marker to each kid.
- Ask:
 - Do you think there were times when the disciples felt alone? (Encourage kids to explain their answers.)
 - When are some times people might feel lonely?
 - When have *you* felt alone?
 - Direct kids to write their answers this this question on the back of the paper.
- Take the back of the “Globe - SGL Version” (full sheet) and write some of their answers on the back. Draw attention to the fact that the front says, “God is always with you.”
- Place the sheet in the container - answer side up.
- Tell kids to put a blob of paint on each corner of the container.
- Place the marble in the box and close the lid.
- Instruct kids to put the ball in the container and put the lid on the container.
- Pass the box around and instruct kids to gently bounce and roll the ball inside the container. Start out slowly to make sure the lid is on tightly.
- Then open the containers.
- Remove the marble
- Hold up the paper and ask: How did the paint spread all over the paper?
- Tell kids that even though we didn’t see the ball moving, we are confident the ball was at work spreading paint and creating our artwork.
 - Just like the ball spread paint all over the paper, the Spirit affects all areas of our lives.

- We cannot see the Spirit, but we can be confident the Spirit is at work because we can see the results of God working.
- Have kids imitate what the paint did by taking crayons and gently going over their own papers.
- To review the Bible story, ask:
 - How did the Spirit affect Peter?
 - What was the result of Peter being led by the Spirit?
 - What is something you learned about the Spirit in the story today?
 - How does this story encourage you to get back up when something gets you down, to show resilience?
 - Often, we feel alone because we are worried or unsure about what might happen next or simply things are out of our control. *[Make it Personal] (Share about a time when something was out of your control but knowing God is with you gave you the push to bounce back.)*

DISCUSSION

Ask the following questions and lead the group to discuss:

- How do we know God is always with us?
- When is it hard to feel like God is with you? How do you know He is still with you?
- When have you seen or heard about something happening that you just knew was a “God thing”? (Give a couple examples, such as a family needing some help making rent and a friend just happening to give them the exact amount they need, or someone moving to a new area but they meet their new best friend.)
- Is there something that is getting you down in your life right now where you need God’s power to help you show resilience? Allow kids the opportunity to share.
 - Depending on the discussion, consider leading the group in prayer for the situations the kids share before moving on to another activity.

MAKE IT PERSONAL WITH PRAYER

(Masking Tape [Write “Trust”, “Resilience”, “Strength”, “Power of God’s Spirit”, “Family/Friends”, “Wise Choice”, and “God’s Truth” on Strips and Attach Them to the Ball], Ball)

What You Do:

- Write the prayer prompts on masking tape and adhere the tape to the ball
- Gather kids in a circle.
 - Bounce the ball to a kid in the circle.
 - Ask that kid to read the words closest to their left thumb and then pray a one-sentence prayer using the words their thumb is pointing to as a guide.
- Potential “Prayer Ball” topics with sample prayers:
 - Trust: God, I am thankful I can trust you no matter what. God, help me to trust that Your Spirit is at work always in and around me.
 - Resilience: God, help me to bounce back. God, help me to be resilient, even when I am unsure what will happen.
 - Strength: God, give me strength to get back up when I feel alone.
 - Power of God’s Spirit: God thank you for giving me your Spirit to guide me.

- Family/Friends: God, I trust you are with me and my family even when I don't feel like you are there.
- Wise choice: God, give me your wisdom. God, give me wise words to talk to my friend this week.
- God's Truth: God, you are always with me. God, you give me strength.

PRAY AND DISMISS

(Preteen Devotionals - 1 per kid)

What You Say:

“Dear God, thank you for sending your Son to die for us, and thank you even more that He rose from the dead to save us from our sins. Thank you for loving us and giving us your Holy Spirit to be with us forever so we can have the resilience to face impossible situations. Remind us to rely upon you and your Holy Spirit for help and strength when we need it. We love you, and we pray these things in Jesus' name. Amen.”

Pass out the Devotionals to each kid. If there's spare time, encourage kids to start looking over it and point out how it relates to today's lesson.