



RESILIENCE | WEEK 2 | MAY 8, 2022

4th-5th Lesson

Start Spreading the News

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

Bible Story: Go the Distance (Peter and John Are Taken to the Sanhedrin) • *Acts 3:1-4:21*

Key Question: When have you decided to keep going?

Bottom Line: Keep going even when it gets tough.

Basic Truth: I am made for a purpose so the Holy Spirit will help me do big things now

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 decided to keep going?** The best way to create future success is to remind yourself of success in the past. The same is true of resilience. That's why we kick off Small Group time with this question. We hope that kids remember the times when God gave them the strength they needed to bounce back and keep going. We pray they'll do the same for whatever they face in the future.

Next, we head to **Acts 3:1-4:21** with Peter and John and their unflinching moment of resilience. Peter and John were resilient even when arrested for sharing the message of Jesus. They wouldn't let it get them down. They stood up to the religious leaders and never gave up on the mission from Jesus. They were willing to do whatever it took to get it done.

Bottom Line: **Keep going even when it gets tough.** Kids will face moments when they either want to give up or don't know how to keep going. In those times, it's essential to help them remember that God is always with them. God can give them the strength to have resilience and finish whatever task is before them. We pray they learn that they can trust God no matter what and keep going.

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 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 WHEN THE GOING GETS TOUGH

(4 Apples, 10 LEGOS, 2 Cups, 2 Ping Pong Balls, 4 Pirate Patches, Tables)

LGL: "Welcome, welcome! Week two of resilience, and it looks like a lot of you have bounced back to KidCity this week. Resilience is a fantastic word! Here's what it means."

(SLIDE: LIFE APP)

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

(SLIDE: THEME)

"I have to be honest with you, and I know this won't really come as a surprise. But sometimes . . . well . . . life is hard. Not only that, sometimes it seems like things just keep getting harder!"

Take a moment to tell a personal story, something similar to the following paragraph.

"Take this past Monday morning, for example. I started off the week great, wanting to get up early, pray, and start my week off right. But I accidentally slept through my alarm and woke up late. I was off the whole day. Then, a few days later, I found out that I needed to get a new part for my car, but the part won't be in for a week. So now I have to get a ride from someone. After that, I

grabbed some food at a drive-through, and they totally messed up my order, and I couldn't even eat it.

"Doesn't it seem like life is like that sometimes? One thing after another thing after another? It could be small, silly, things that are going wrong, or it could be bigger things. Sometimes life can seem like . . . one big obstacle course!"

Walk over to the obstacle course.

(Gasp.) "What's this? An obstacle course, right here in this room? *(all in one breath)* And it's already set up to be the perfect thing to show you what point I'm making as if we planned it out in advance, and all we need are two teams to compete and have a blast? LET'S DO IT!"

Choose two teams of four, comprised of 3 kids and 1 SGL. The more competitive they are, the better.

"This is a little game I like to call 'When the Going Gets Tough.'"

(SLIDE: "WHEN THE GOING GETS TOUGH")

"I think it'll help us see how well we can 'bounce back' through all the obstacles of life. Now, this path might LOOK like a simple obstacle course . . . but just know that it's going to get really, REALLY difficult!

Do a funny villain laugh, then compose yourself.

(To the contestants) "There are three stations, each with a task you'll have to perform. *(Walk to each station.)* First, you'll have to take these two apples and stack them on top of one another so they won't fall over. Second, you'll have to construct a LEGO® tower that is five bricks tall. Third, you'll have to bounce a ping-pong ball into a cup.

"Here's the twist: for each contestant, we'll add a restriction that will make it harder every time.

"First person: you can use only one hand. Second person: you can use only one hand AND one foot. Third person: you can use only one hand, only one foot, AND one eye - here's a pirate patch for you! And finally, Fourth person (aka Small Group Leader): one hand, one foot, one patch, AND you have to spin around 5 times before going!

"Decide your order—who's going first, who's going last! When you're ready, we'll get this started. And we'll be watching. If there are any shenanigans going on, we'll have you go back and start from the beginning.

"We'll set a timer for two minutes, and we'll see if either team can have all three players complete the challenges. I've got to be honest. It seems impossible. But it'll be fun to try! So give it your best shot. Show us your resilience! On your mark, get set, GO!"

(AUDIO: GAME MUSIC)



*Set a timer on your phone for two minutes.
Comment on the action, encouraging the audience to cheer for the contestants. Remind each contestant about the rules they have to follow.
When the time comes for the third contestant on each team, be sure they're wearing their pirate patch over one eye. Then make sure the SGL has everything they need and that they spin before attempting it.
Give all volunteers a huge round of applause when finished and dismiss them to their seats.*

(SLIDE: THEME)

"Congrats to all of our contestants—you did amazing! You bounced back when things got difficult, and you showed resilience. Now everyone get on your feet and get ready for worship!"

WORSHIP

(VIDEO: ALIVE, WAVEWALKER)

INTRODUCE THE SESSION

(No Supplies)

Before we jump into what we are learning about today, let's say the definition of our Life App together on the count of three. Ready? 1, 2, 3...

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

It's easy to keep going when things are going smoothly, but when things start to get overwhelming, or you feel like you're out of control - it can be hard to get back up and keep going. But that's what resilience is all about! And don't worry, like everything, being resilient takes practice. You're not going to get it right the first time or maybe even the fifth!

Well, last week, we learned about how God is always with us. He's with us today, and He was with the disciples when they faced really hard and confusing things and wanted to give up. He showed them that He was with them no matter what and gave them the courage to get back up and keep going.

Today, we are going to learn another amazing story about the early days of the church. People were so excited that God had sent Jesus to rescue us from the punishment of our sins and that through Jesus we can have a new life. They start telling OTHER people about Jesus and more and more people started believing in God. Let's see a story about two of Jesus' disciples, Peter and John.

BIBLE STORY

(VIDEO: SO & SO SHOW 12:27)

What an example of resilience! Peter and John, through the power of the Holy Spirit, helped a man at the temple gate and healed the man's legs! A large crowd saw this man stand up dancing and praising God! Peter took the opportunity to tell them about Jesus! And when the religious leaders tried to punish Peter and John for teaching about Jesus, instead giving up or throwing in the towel, they continued to rely on God's Spirit to speak boldly about Jesus. They kept going! Even when they were verbally told to stop talking about Jesus, they refused!

“And you know what's crazy? We are part of Peter and John's legacy! The reason you and I know about Jesus is because people like Peter and John continued to tell Jesus' story even when they faced hardship! They may have been knocked down, BUT they continued to get back up and do what's right!”

“Life will get hard for all of us from time to time. When things get tough—like when you're struggling to get along with someone at school, or someone is bullying you, or when a close family member gets really sick—you might be tempted to give up. I completely understand! I've been there, too! But giving up in every situation that's difficult could be a huge mistake. When we keep going, it gives us the chance to depend on God and trust Him through the difficulty.

‘Bouncing back’ doesn't mean that that everything is just suddenly okay. Sometimes, God lets us stay in the tough times so we can learn about life and learn how to better trust him. In the end, it's always worth it.

It's like how your teacher doesn't always give you an answer when you are wrestling through a tough math problem. She wants you to learn to work through those on your own so you can better understand it later. The only difference is that God is always with you.

“With God's help, you can keep going. With God's help, you can find resilience. You can bounce back when you remember that you can trust God has plans for our good and His glory.

Our Basic Truth today reminds us of God's Spirit working in our lives...

(SLIDE: BASIC TRUTH) “I am made for a purpose so the Holy Spirit will help me do big things now.”

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 reflect on your life, I imagine you've had some really great moments full of fun and laughter. But you've also had moments of sadness and difficulty. I'd guess many of you decided to keep going during the hardship, even if you wanted to give up. As we head to our small groups, we want you to think about this one question:

(SLIDE: KEY QUESTION) “When have you decided to keep going?”

Maybe it was a long time ago, or maybe it was last week. When did you decide to get back up after life knocked you down? I'm really excited about the conversations you are about to have with your Small Groups. Before we go, let's read our memory verse and pray.

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)

"Talk about resilience!"

PRAYER

"Dear God, thank you for helping Peter and John keep bouncing back when they got knocked down. It must have been really tough for them to be thrown in prison and have people telling them to stop spreading the word about Jesus. But they were bold! They were brave, because of your Spirit working through them. Please help us keep going like they did, even when things get tough. We love you, and we ask 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.

TAKE A SNAPSHOT

(2-5 Sticky Notes Per Kid, Pens/Markers)

What You Do:

- Give kids three to five sticky notes and markers.
- Say: Think about something in your life that has been challenging. What made it challenging?
 - What are the things might keep you from bouncing back?
- Tell kids to write one answer on each of their sticky notes. (*You didn't know how to fix it, you didn't want to do it, it didn't make sense, it was boring or not fun, you were scared, etc.*)
- Lead kids to share their answers. Group similar answers together.
- Keep the notes for the “Bible Story Extension” Activity.
- **[Make it Personal]** (*Share a time when you decided to keep going and it was tough. Share why it was tough and how you felt when you kept going.*)
- Ask:
 - When have you decided to keep going?
 - How did you feel when you kept going and worked through something tough?

BIBLE STORY EXTENSION

(Sticky Notes from Previous Activity, Sticky Notes, Pens/Markers)

What You Do:

- Review the Bible story by asking:
 - Why were Peter and John arrested?
 - What were some challenges Peter and John faced?
 - Write each challenge on a sticky note.

- Compare the challenges with the sticky notes from the Take a Snapshot Activity. Are any the same?
 - How were Peter and John resilient?
 - Why were Peter and John able to keep going and to continue talking and teaching about Jesus?
- *Say:* Often, there isn't an easy fix when things get tough, or situations happen out of our control. While we cannot control situations around us, we can turn to God's truths, and the power of the Holy Spirit, to guide our actions and attitudes. **However, it's important for me to say,** that sometimes situations may be really hard, or unsafe, or really really sad. Yes, you can do hard things with God's help, but He also doesn't want you to do them alone. God loves you no matter what and has placed people in your life like your parents, your family, your teachers, or even me, that can help you when things get tough. You can always ask them for help but know that God may not take the hard things away immediately. In any situation, start with talking to God and then talk to someone you trust.
- *Ask:*
 - Like Peter and John, what some are ways we can train ourselves to be bounce back and push through when things get tough?
 - What can we learn from Peter and John to help us show resilience when *(fill in with an example from one of the sticky notes from the Take a Snapshot Activity)?*

Allow kids to share specific challenges they are facing. The goal of this discussion is not to provide solutions for the situations kids are facing. This is an opportunity to discuss the importance of knowing God's truths, of knowing Scripture, and then turning to those truths to help us keep going. [Make it Personal] (Share an age-appropriate time you were facing challenges and what helped you did to bounce back.)

DISCUSSION

Ask the following questions and lead the group to discuss:

- What does it look like to be resilient when a friend isn't treating you kindly? What about when you're not getting along with a parent? Or when you're struggling with learning something at school?
- What can you do if you aren't sure what it means to be resilient in a certain situation?
- Do you think when you decide to keep going when it is tough, it helps you bounce back when something gets you down again? Why or why not?

PRAY AND DISMISS

(Preteen Devotionals - 1 per kid)

What You Say:

"Dear God, thank you for understanding how we feel when we're tempted to give up. Please give us the courage and strength to be resilient like Peter and John, so we can push through tough situations and make a difference in this world. Help us **[Bottom Line] keep going even when it gets tough.** We love you, and we pray these things in Jesus' name."

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.