



RESILIENCE | WEEK 3 | MAY 15, 2022

## 4<sup>th</sup>-5<sup>th</sup> Lesson

# Sing, Sing, Sing

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

**Bible Story:** Sing, Sing, Sing (Paul and Silas in Prison) • *Acts 16:16-40*

**Key Question:** What helps keep you going?

**Bottom Line:** You can choose joy when life gets hard.

**Basic Truth:** I am made by God to worship Him.

**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:** What helps keep you going? We have a better chance of showing resilience when we have a plan to help us. As we head into Small Group, we want preteens to think about how they find the motivation to keep going, even when they want to give up. Ultimately, we hope that kids realize that their hope in God can help give them the confidence they need to bounce back and face whatever comes their way.

In week three, we jump over to **Acts 16:16-40** and find two more early followers of Jesus: Paul and Silas. After being arrested, they could have given up their calling to share Jesus' love with others. However, they had resilience even in the middle of this challenging situation. They bounced back and decided to worship God, right there in jail! And when the time came, the Holy Spirit gave them the right words at the right time to help the jailer and his family start a relationship with Jesus.

Bottom Line: **You can choose joy when life gets hard.** We will all face times when life is hard; how we respond to those situations matters. We may not be happy about what we face, but we can still trust that God can help us get through it. That can give us joy. And we hope that kids start to understand that when they choose joy, they can point others to Jesus.

## 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...”

## 5<sup>th</sup> SUNDAY FUNDAY ANNOUNCEMENT

**(SLIDE: 5<sup>TH</sup> 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 5<sup>th</sup> Sunday. Well, we’ve decided that on those special 5<sup>th</sup> Sundays we are going to throw a party in KidCity!

**(SLIDE: 5<sup>TH</sup> 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 5<sup>th</sup> 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

### GIANT BALL OF DOOM

**(Giant Beachball)**

LGL: “What’s up, friends? Let’s have a show of hands. How many of you love scary things? *(Pause for response.)* That’s more than I was anticipating! I don’t love scary things, but I’m not scared of many things. In fact, there are three things in life that scare me—expired milk, my phone battery unexpectedly dying, and getting run over by a massive beach ball! And you know what we do with scary things in KidCity? We face them head on!

“Today I want us to face something scary! My phone is fully charged, and the milk is brand new. Any guesses on what fear we will be facing today? *(Pause for response.)* Nice try! Today, we will be playing a game called THE GIANT BALL OF DOOM!”

**(SLIDE: “GIANT BALL OF DOOM”)**

“To play this game, we will need everyone in this room to get into a circle in less than thirty seconds starting right now!”

*LGL directs the large group to form a circle standing shoulder to shoulder facing the center of the circle.*

“Well done. Now we need a few volunteers to stand in the center of the circle.”

*LGL selects about 20% of the room to form small circle in the middle of the large circle, creating something that looks like a doughnut. The inner circle should be facing the outer circle. The distance between the two circles should be just wider than the width of the big ball.*

“To play THE GIANT BALL OF DOOM, we need our inner and outer circles to work together to push this giant ball around the circle as fast as possible. Here are a couple of rules to keep everyone safe. No one should forcibly hit the ball, kick the ball, jump on the ball, or pick the ball up. Further, no one should change the direction of the ball unless I yell, “switch”! Everyone will push the ball in the same direction. Make sense? *(Pause for response.)* Great! Let’s practice pushing the ball around the circle.”

*LGL places the large ball between the two circles. LGL instructs the circles to push the ball clockwise. LGL allows the ball to make a couple of laps to get the group comfortable. LGL yells “switch” at least once during the warmup to practice the change in direction.*

“You guys make that look TOO easy! Well done! Now we are ready to play THE GIANT BALL OF DOOM. The final piece to this game is a brave individual who is exceptionally fast and feels they can out run this ball! However, if you step inside this ring and the ball hits you, you will be eliminated! If you can avoid the ball, you earn bragging rights as THE GIANT BALL OF DOOM CHAMPION. Any volunteers?”

### **(AUDIO: GAME MUSIC)**

*LGL selects one volunteer to stand in the center of the two circles on the opposite side of the ball. LGL directs the circles to start pushing the ball hard to get it to spit fast. Once a kid has been hit, a new kid or Small Group Leader should be given the chance. If a volunteer is hard to hit with the ball, change the direction of the ball. There should be very few (if any) volunteers who don’t get hit.*

*SAFETY NOTE: It is important no kids or volunteers kick, punch, throw or jump on the big ball! The ball will win every time!*

“That was both awesome AND terrifying! Anytime I am in the path of a massive ball it is an alarming experience. Thanks to all of our volunteers for playing THE GIANT BALL OF DOOM! But I’m not going to lie. I really thought there would be more champions than that! Regardless, great effort by the entire room! Everyone raise your right hand as high as you can reach and pat yourself on the back for a job well done. *(Pause for response.)* Now, let’s give it up for everybody’s favorite Worship Leader, *[Name of Worship Leader]*. Let’s join together in singing to our amazing God.”

*LGL exits as Worship Leader enters.*

## **WORSHIP**

**(VIDEO: WAVEWALKER, GOD IS FOR US)**

## INTRODUCE THE SESSION

(No Supplies)

“Great job singing, everyone! Let’s remind ourselves of the definition of our Life App.

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

“We’ve already heard a few stories about people in the early church who had to go through some really difficult experiences. Through it all, they had faith that God would be with them. Their faith helped them to get back up and to keep pushing through – knowing that God had plans for their good and His glory.

“Today’s story is no different. Paul and Silas are put through something that REALLY knocked them down. Let’s see what kind of attitude they had when facing this tough situation.”

## BIBLE STORY

**(VIDEO: SO & SO SHOW 12:07)**

“This story is full of difficult situations with the possibility for Paul and Silas to let bitterness sink into their hearts. Both were beaten and arrested even though they didn’t commit a crime. If I was thrown into prison and I didn’t commit any crime, I would be angry. And sad. Possibly mad at God! Paul and Silas did none of that! Rather, they praised God despite their hard circumstances. When the earthquake caused the jail cells to open, Paul and Silas did not escape. Instead, they used it as an opportunity to lead the jailer and his entire family to Christ! This story a powerful example of what can happen when we chose joy as we keep on going.

“Hard stuff will happen. All of us will experience it at some point. Some will lose cherished family pets suddenly. We can lose friendships. We may lose the championship by a close score. Nobody in this room can prevent hard times from happening, but we can control how we respond to those hard situations.

“Here’s a question for you. When life gets hard, how do you react? When you’re grounded from using your cellphone or you must clean up the yard after the dog, do you get angry? Sad? Do you pout? I doubt any of us will be stuck in a first-century Roman prison, but Paul and Silas were! The prisoners and the jailer never noticed the two men throwing a temper tantrum! Not even close. You know what they did witness? Paul and Silas focused on what was good by choosing to praise God instead of what was bad. They chose joy, and that’s exactly what we should do!

“Let’s read our Basic Truth for today. It may be confusing at first why we chose this one, but hang in there, I’ll explain it in a second.

**(SLIDE: BASIC TRUTH)** “I am made by God to worship Him.

“Worshiping God is more than singing, although yes, singing is a part of it. To really worship God, it means that you try to live in a way that shows Him love and honor. Paul and Silas worshiped God with their life. They worshiped God by obeying what He said – to tell people the good news



of Jesus. They worshiped God when they chose to have joy when it got hard. We can also worship God by being resilient, by having faith that God is always with us and has good plans for us – no matter what.

“Ask yourself this question:

**(SLIDE: KEY QUESTION)** “What helps you keep going?”

“For many of us, choosing joy in all situations won’t be easy. But it is possible, especially when choose to ask God for help. After all, we can trust God no matter what! 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, NIV)”*

“The new strength it’s talking about is the strength to have resilience when life feels hard, long, and exhausting. God promises to help us through if we trust in Him. That’s amazing news!

## PRAYER

“Dear God, thank You for this amazing story! Thank you for helping Paul and Silas to choose joy, even when they were going through a really difficult time. It’s so cool how they prayed and sang to You from that deep, dark prison! Please show us how we can choose joy like they did. When we face tough things in life, give us the strength to remember that You’re with us and we can trust You no matter what. We love You, and we pray these things in Jesus’ name. Amen.”

## DISMISS TO SMALL GROUPS

## SMALL GROUP

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

**Bible Story: Sing, Sing, Sing (Paul and Silas in Prison) • Acts 16:16-40**

**Key Question: What helps keep you going?**

**Bottom Line: You can choose joy when life gets hard.**

**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)**

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 6<sup>th</sup> graders, take the time to lean more into the discussion questions during small group.

## VERSES TO TAKE WITH YOU

(Bibles, "Song Sheet" Activity Page – ½ sheet per kid, Markers/Pens)

What You Do:

- Read Acts 16:25.
- Despite being thrown in jail, Paul and Silas prayed and sang hymns to God.
- Remind kids that a hymn is a song or poem praising God.
  - The book of Psalms is a collection of songs and several of the songs praise God; Psalm 100 is one of these praise songs.
- Give each kid a "Song Sheet" Activity Page.
- Look up Psalm 100 and read it aloud. Encourage kids to refer to their "Song Sheet" to follow along.
- Lead kids in discussion of Psalm 100.
  - What does it mean to praise God?
  - What about this Psalm praises God? (*Encourage kids to use markers to circle phrases that praise God.*)
  - What truths about God does the psalmist sing about? (*Give kids time to underline truths about God in the Psalm. Encourage them to notice where praises and truths overlap.*)
  - If you were writing a song or poem, what truths about God would you write about?
  - Why can praising God help us to be resilient? Why can thanking God help us to be resilient?
- (*Optional*) If it's a good fit for your group, discuss the songs you sing during worship time. Consider searching the lyrics to one of the songs on a mobile device. Can singing praise songs help us get back up when we are down? Why or why not?

## DISCUSSION

Ask the following questions and lead the group to discuss:

- How does trusting God help us to bounce back?

- What truths can you focus on to help you get back up when something gets you down?
- What does it look like to choose joy even when you are not happy about the circumstances you are in?
- *[Make it Personal] (Share an age-appropriate story about a situation that was hard and you weren't happy about it but you decided to choose joy. What did you focus on and how did it help you to keep going?)*

## BOUNCE BACK

("Situations" Activity Page - precut)

### What You Do:

- Instruct the kids to get into groups of two or three.
- Give each group a card from the "Situations" Activity Page.
- Ask the kids to talk in their groups and brainstorm ways they could choose joy if they were in that situation.
- After a minute or so, invite the teams to share their scenario and their ideas.
- After each team shares, ask, "Does anyone else have ideas on a different way you could choose joy in this situation?"

### What You Say:

"You came up with amazing ways to choose joy in some very hard situations! Sometimes, it can be really, really tough to have a joyful attitude when you're going through a hard time. There might be times when things are so hard that it feels impossible to have a joyful response, and that's okay! It's important to remember that no matter what you're going through, God is always with you. Because of God's Spirit in you, *[Bottom Line]* you can choose joy when life gets hard."

## PRAY AND DISMISS

(Preteen Devotionals - 1 per kid)

### What You Say:

"God, we love You. There is no one greater than You. This week, when we face awesome stuff and hard stuff, will You remind us that through it all, You are WITH us? Help us to choose joy no matter what, just like Paul and Silas did. Thanks for always listening to our prayers, God. And thanks for sending Jesus to make a way for us to have a relationship with You. In His name we pray, 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.