



RESILIENCE | WEEK 4 | MAY 22, 2022

4th-5th Lesson

Glory Days

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

Bible Story: Glory Days (Heroes of the Faith) • *Hebrews 11*

Key Question: Who inspires you to get back up?

Bottom Line: Trusting God can help you get back up.

Basic Truth: I am loved by God no matter what so I can trust God to guide me.

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: Who inspires you to get back up? Starting can be easy. We often start projects, sports seasons, new endeavors with excitement. Yet when whatever we're working on gets complicated, we wonder if we should throw in the towel and give up. But since the beginning, people have trusted God to help them not give up and overcome their difficulties. We want preteens to think about the people in their lives who've shown resilience and bounced back after hardships. These people can inspire us to keep going no matter what we face.

For week four, we spend time in **Hebrews 11**. The author of Hebrews reminds us that when life gets hard, we can look to the heroes of the faith and see how they trusted God through some tough circumstances. We use Abraham, Joseph, and Moses to help kids understand how to show resilience through difficult circumstances.

Bottom Line: **Trusting God can help you get back up.** It's comforting to know that others have made it through to the other side of difficult times. When we see how God helped them, it helps us trust God more with our circumstances.

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. Next Sunday is 5th Sunday Funday!

(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. Be sure to bring your friends!

LARGE GROUP GAME

DONUT LET GO

(Box of Donut Holes)

LGL: "What's up, everyone? We've had a fun month so far talking about RESILIENCE.

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

(SLIDE: THEME)

"That's something all of us need, right? All of us have things that knock us down. But with God's help, we can bounce back and keep going!

"I've got a fun game for us today that will be a true test of resilience for a few brave contestants. It's called, 'Donut Let Go.'

(SLIDE: "DONUT LET GO")

Hold up the box of donut holes, then place it on the table.

"If you'd like to play, and you don't have any food allergies, raise your hand.

Bring up four kids. Have two of them stand on each side of the table.

Note: These should be older kids who will be able to handle being distracted during the game and won't get too upset if that causes them to lose. The tone of the game should be lighthearted and fun, not super-competitive.

"Okay, contestants, as you can see, we've got this box of delicious donut holes. I'd love to share them with you. Each of you must put a hand on the donut box and run-in-place. The last person to stop running, wins the game!

"Sounds simple enough, right? Well, there are a few rules we need to go over first. You CAN switch hands, but you have to have one hand on the box at all times. That means you have to

switch out by putting both hands on the box first then lifting one off. Anyone who has both hands off the box, at any time, is automatically out. Also, anyone who stops running in place, for even a moment, is automatically out. And anyone who tries to get someone else out by knocking their hand off is automatically out. Cool?

“Oh—and there will be distractions. This is KidCity, after all. So, you’ll need to bounce back and use all the resilience you’ve got. Get ready, get set, let’s go!

(AUDIO: FUN INSTRUMENTAL MUSIC)

Comment on the action as the kids run in place. Encourage the audience to cheer for them. From time to time, present one of the following distractions and keep a close eye on the contestants to see if any of them lift off a hand or stop running.

Potential distractions:

- Offer someone one donut hole right now if they quit.
- Try to play a game of “Simon Says” to get them to stop running. (Use “Stop running” as a non-Simon instruction.)
- Have a Worship Leader speed-walk awkwardly by, grab a small cup of water, throw it on their OWN face, and keep speed-walking.
- Another Worship Leader comes out wearing a ridiculous costume and does a ridiculous dance.
- Another Worship Leader comes out and sprays his armpits with a spray water bottle.
- Have the volunteers answer multiplication problems, recite the ABCs backward, or try to guess your middle name.

Play the game for a minute or two, so that you can make it through all the possible distractions. Stop the game if you get down to one winner. If multiple kids are still playing, stop the game and congratulate them all as co-winners. Put on food service gloves and give each contestant one or two donut holes. Let the winning kid(s) have first pick of the flavor but give one to each kid on stage. Then dismiss the contestants to their seats.

(SLIDE: THEME)

“Nicely done! I don’t think I could have been so resilient in the face of . . . everything that just happened. Ha! Now, everyone get on your feet, because it’s time for us to sing some praise to God!

WORSHIP

(VIDEO: GOD IS FOR US, THIS IS LIVING NOW)

INTRODUCE THE SESSION

(No Supplies)

We've talked a lot this month about resilience and how we can get back up when something gets us down. We know that it's super-important to trust God and believe that God is with us; because that helps us bounce back even in the toughest situations.

"One really great way that can help us learn resilience is if we look BACKWARD. We can look at how God has been faithful in our own lives and helped us through tough times in the past. (*Hold up Bible.*) We can also look back at God's story, in the Bible, and see how people found a way to keep going when THEY faced tough times. You see, the more we discover about what God has done in the past, the easier it will be for us to trust God right now.

(*Hold up Bible.*) "There's a book in the New Testament called Hebrews. The writer of this book was writing after Jesus died and came back to life. This person looked back at the long history of God's people and wrote about people who showed amazing resilience. These people were able to stand strong in tough situations because of their great FAITH in God."

BIBLE STORY

(VIDEO: SO & SO SHOW 13:17)

"The common thread that weaves throughout all these Old Testament men and women mentioned by the author of Hebrews is their faith. They did not walk around life with their fingers crossed just hoping everything would work out. Rather, they kept going, trusting that God was in control of the situation. This did not mean everything always worked out in their favor for people like David or Samson or Joseph. But it did mean they could confidently face and even bounce back from hard times because they believed God knew the end of the story.

"And you know what's great? The same can be true for us! When we choose to trust God and get back up, we continue the story of these amazing men and women in the Bible. Throughout the Bible, we read story after story of people who faced all kinds of troubles! Some faced giants. One built a boat filled with animals to get through a massive flood. One even lost his strength when his hair was cut. And time and time again, they made it through the challenges life threw at them by trusting in God. When something gets us down, we can look back in time to people who lived long ago and see how their faith in God changed the way they responded to their situations!

"For us, trusting God does not prevent bad stuff from happening. We live in an imperfect and broken world full of hardships. But trusting God does mean we can get back up knowing that God is in control. We've seen this over and over again throughout the pages of the Bible! No matter what we face each day, we can know that God has planned the perfect end to our story. Our Basic Truth today tells us that.

(SLIDE: BASIC TRUTH) "I am loved by God no matter what so I can trust God to guide me.

Life will throw some tricky situations for you to navigate through. We can have confidence that because we know that God loves us no matter what, His plans are for our good and His glory. He will help guide us through those situations with His wisdom AND He will help us be resilient and get back up and keep going if we ask.

Think on this question:

(SLIDE: KEY QUESTION) “Who inspires you to get back up?”

Think about the people you’ve learned about in the Bible. Think about the people you see each and every day. Who helps you see that getting back up when you get down is possible? On top of that, we need to remember that God knows what we’re facing. God can help us get through those moments. If you’re not quite sure who in your life can help you get back up, don’t worry. You’ll have a chance to talk with your Small Group and discover some great ideas.

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)”

“Talk about resilience!”

PRAYER

“Dear God, thank You for giving us such great examples to follow as we follow You! We want to be like Abraham, who trusted You to lead him to a new land. We want to be like Joseph, who trusted You and saved his family from a famine. We want to be like Moses, who had the courage to lead Your people into freedom! Help us trust You and live with resilience, even when we face difficult things in life. We know that You’re with us through it all. 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.

TAKE A SNAPSHOT

(Butcher Paper, Tape, Markers)

What You Do:

- Tape a large piece of butcher paper to a wall.
- On the left side of the paper, draw an outline of a giant arrow pointing down. Next to that, on the right side of the paper, draw an outline of a giant arrow pointing up.
- Ask: What are things that get you down?
- Write kids' responses in the center of or near the down arrow.
- Ask: When you are down, who inspires you to get back up?
 - If necessary, use the down arrow ideas to prompt kids. (i.e., What are the opposites of the items written on the other side of the paper?)
 - For example: Who helps you to get back up when people around you are fighting? Or what are some things that encourage you to get back up when you feel alone?
- Write those responses in the center of the up arrow.
- *[Make it Personal] (Share an age-appropriate example of something that gets you down and what in your life inspires you to get back up.)*

DISCUSSION

Ask the following questions and lead the group to discuss:

- What is faith, in your own words?
- How can our actions show we have faith or show we trust God no matter what?
- How can faith and trusting God help us to get back up again?
- Why is knowing the stories in the Bible important? How does knowing stories of how God showed up in difficult situations affect our faith? How do the stories affect our ability to bounce back?

MAKE IT PERSONAL WITH PRAYER

("Thank You Cards" Activity Page –½ per Kid, Markers, Bibles)

What You Do:

- Give kids a "Thank You Card" to write a thank you letter to God.
- Encourage kids to pick a Hero of Faith—either from the Bible or from their lives—and write a thank you note to God for them and for their story.
- Encourage kids to tell God how the Hero of Faith encourages them to trust God and to help them show resilience.
- Let kids to share their thank you letters with the group if they would like to.
- Challenge kids to share their thank you notes with someone this week, especially if their "Hero of Faith" is someone from their life.
- Close in prayer.

What You Say:

"God, You can be trusted no matter what! You love us! You are always with us! You know us and You want us to know You! Thank You for Your Spirit to give us strength, for Jesus who gave us a way to be with You now and forever, and for the heroes of faith who show us how important it is to trust You. Thank You especially for . . . *(pause and allow kids to say names of people they are thankful for)*. Thank You for inspiring us to get back up even when things are hard, or we don't understand. Amen!"

PRAY AND DISMISS

(Preteen Devotionals - 1 per kid)

What You Say:

"Dear God, thank You for giving us the stories like the ones in Hebrews 11 and those of people we know right here in our own church. So many people refused to give up, even when things became incredibly difficult. Their stories encourage us not to give up. When things get us down, give us strength to trust in You so we can be resilient like they were. 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.