



RESILIENCE | WEEK 1 | MAY 1, 2022

K-3rd 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

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:
10 MINUTES**

**LARGE GROUP:
30 MINUTES**

**SMALL GROUP:
20 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.

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, 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 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

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)

BIBLE STORY

(Bible)

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 us 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...”

(VIDEO: BIBLE STORY - 7:14)

It’s so cool to think that we’re part of something that happened so long ago, as the good news about Jesus started to spread. The news kept spreading for thousands of years—and now here WE are, talking about Jesus and following Him today!

“Back then, it must have seemed almost impossible for the disciples to imagine telling the whole world about Jesus. I mean, they didn’t have the internet or phones or cars! But Jesus promised them something important. Remember? He said . . .”

Open the Bible to Matthew 28:20 (NIRV) and read.

‘You can be sure that I am always with you, to the very end.’

“The disciples had been through so much already, and this big job Jesus had given them wasn’t going to be easy. But they wouldn’t have to face those challenges alone. And the work they began is still going strong today! This is true for you right now, just like it was for the early believers in the church.”

(SLIDE: BOTTOM LINE) “God is always with you.”

“Sometimes things in your life can seem almost impossible. You might be worried about school. Or maybe something tough is happening in your family. You might feel out of control, and you don’t know what’s going to happen next. You don’t have to face those hard things alone, because **[Bottom Line]** God is always with you. Our Basic Truth today says this...”

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

When we trust in God, we can have confidence that He has a plan for our life that’s for our good and His glory. Knowing that helps us be resilient and to love the life that He’s given us, even when it’s hard.

Check out our memory verse for the month.

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)

“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.”

Let’s pray.

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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Isaiah 40:31 (NIV)

GOD IS WITH ME

(“Idea Cards” Activity Page – precut, Ball)

What You Do:

- Gather kids to stand in a big circle. Put the stack of “Idea Cards” in the middle.
- Explain that you will read an example (below) of a time a kid might feel alone.
- *Then* bounce/toss the ball to a kid across the circle.
- The kid who catches the ball will draw a card from the pile for you to read aloud. Each card will give an example of a way to remember that God is with them even in the example you gave.
- Have the child bounce the ball back to you.

- Continue in the same way until all cards have been removed and read.

Examples of times kids may feel alone:

1. I am left out at recess.
2. It seems like I'm the only one who doesn't understand our math worksheet.
3. No one chooses me for the team.
4. My two close friends are talking about something, and they won't tell me what it is.
5. My older sister has a friend over and won't let me play with them.
6. A group in our neighborhood is playing basketball, and I'm not good at basketball.
7. My bike is broken, and all my friends are riding their bikes.
8. No one chooses to sit by me when the teacher lets us choose our seats.

What You Say:

“Sometimes, we feel left out. Sometimes, we are left out. But the truth is, even when we feel alone, we aren't REALLY alone. God is with us, always. It's a promise God made, and we know for sure that God always keeps promises. So, this week, when you feel all alone or maybe it feels like you're the only one choosing to do the wise thing, remember that *[Bottom Line]* **God is always with you.**”

MEMORY VERSE ACTIONS

(Floor Tape, Bibles)

What You Do:

- Make sure each kid has a Bible.
- Together, look up Isaiah 40:31 using the Bible navigation tips below.

Finding verses with 2nd and 3rd graders: Guide kids to open their Bibles to the front and find the table of contents. Hold up a Bible opened to the table of contents to show the kids what the page looks like. When the kids find the table of contents, lead them to find Isaiah in the list under “Old Testament.” When the kids find Isaiah, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Isaiah. Help the kids find the page. When they find Isaiah, explain that the big numbers on the page are the chapter numbers. Help them find chapter 40. Explain that the small numbers are verse numbers. Help them find verse 31 in chapter 40.

- Read the verse together a few times.
- Tape a big enough circle so kids can run around in it.
- Give the kids different directions as you review different parts of the Bible verse below.
- Part 1: *But those who trust in the LORD will receive **new strength**.*
 - Direct the kids to stand throughout the circle and repeat the first sentence of the verse five times while pumping their arms and bouncing.
 - Challenge kids to increase their speed each time they say the first sentence of the verse.
- Part 2: *They **will fly as high as eagles**.*
 - Invite the kids to repeat the second sentence of the verse three times while expanding their arms out and flapping them.
 - Challenge kids to increase their speed each time they say the second sentence of the verse.
- Part 3: *They will **run and not get tired**.*

- Invite the kids to repeat the third sentence of the verse three times while running in place.
- Challenge kids to increase their speed each time they repeat the third sentence of the verse.
- Part 4: *They will **walk** and not grow weak.*
 - Invite the kids to repeat the last sentence of the verse three times while fast walking.
 - Challenge kids to increase their speed each time they repeat the last sentence of the verse.

What You Say:

“The prophet Isaiah, the author of this verse, was not saying that your body won’t get tired. It will. It probably has during this activity. Where God will help us not be weary or tired is on the INSIDE. We can refuse to give up and bounce back, to keep going when we trust in God to keep us strong on the inside. That is why God gives us the power of the Holy Spirit. Bouncing back is easier when we rely on God’s Spirit because it builds us up on the inside to help us react to difficult situations differently. So this week, remember that **[Bottom Line] God is always with you** when you feel like you’re in an impossible situation and you can’t 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.

PRAY AND DISMISS

(K/1st & 2nd/3rd Devotional, Crayons or Markers)

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 Devotional to each kid. If there’s spare time, the kids can start looking over it.

