



RESILIENCE | WEEK 2 | MAY 8, 2022

K-3rd Lesson

Go The Distance

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*

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:
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.

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, 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 WHEN THE GOING GETS TOUGH

(4 Apples, 10 LEGOS, 2 Cups, 2 Ping Pong Balls, 2 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 three, comprised of really outgoing kids who don’t mind being the center of attention. The older and 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!

“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. 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)

BIBLE STORY

(Bible)

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."

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.

(VIDEO: BIBLE STORY - 7:02)

"When Peter and John got into trouble for talking about Jesus, they could have just given up and gone home. But instead, they kept going. They spoke with boldness about everything Jesus had done, because Jesus had changed their lives forever!"

"And you know what? I'm so glad they did! The reason we know about Jesus today is because people like Peter and John were brave enough to talk about Him."

"Remember, we can bounce back from any challenge because of God's Spirit working in our lives. We can..."

(SLIDE: BOTTOM LINE) "Keep going even when it gets tough."



“So, what are some tough things going on in YOUR life? It might be that you’re having trouble getting along with a friend or someone in your family. You might be worried about something that you think might go wrong. You might have to do something new that you’ve never done before, and it makes you feel a little nervous. Those are all very normal things to feel when you’re going through something difficult. And ‘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.”

Being able to keep going even when it gets tough is a BIG thing. I’m so glad that we have God to help us.

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)

“Talk about resilience!”

Let’s pray.

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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CATCH AND ANSWER

(“Story Review Questions” Activity Page, Playground Ball)

What You Do:

- Divide your group into two teams.
- Direct the teams to line up in parallel lines, facing each other.
- Hand the ball to a kid on Team One.
- Call out the names of two kids on Team Two. Those are the kids who are allowed to catch the ball.
- Have the kid with the ball throw it so that it bounces at least once.
- The goal is that one of the two kids you called must catch the ball before it bounces a second time.
- Once a kid catches the ball, ask a question from the “Story Review Questions” Activity Page.
- Kids may ask team members for help in answering the questions.
- Then call out the names of two kids on Team One and have the kid holding the ball on Team Two bounce it to one of the two kids you named.
- Repeat, tossing the ball back and forth between teams until you’ve covered all of the review questions.

What You Say:

“Peter and John kept going, even after being arrested, even after the religious leaders told them to stop, even when they didn’t know how things would turn out. Peter and John bounced back. They moved forward. They kept preaching and telling others about Jesus because they KNEW what they had seen. They knew that Jesus was who He said He was and that He did what He said He would do.”

“They wanted everyone to know about Jesus, and they knew the BEST way to make sure that happened was to tell people about Him. God gave them power to heal the man so everyone could see how powerful God is. And as a result, over 5000 people quickly joined the new church. Even when things were scary and hard, Peter and John kept going. And we can, too. We can keep doing the right thing. We can keep following and trusting God. We can **[Bottom Line] keep going even when it gets tough!**”

[Make it Personal] (Tell kids about a time you kept going even when things were tough. Think about a time when you had to keep doing the right thing even when it was hard. How did God help you build the resilience to keep going even when you wanted to quit?)

WHAT KIND OF STRENGTH?

(Bibles, Memory Verse Poster)

What You Do:

- Make sure each kid has a Bible.
- Look up the verse together, Isaiah 40:31, with the navigation tips below. Say the memory verse out loud a few times.

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.

- Tell kids that they get to play a different kind of strength game.
- Ask the kids to stand in a line facing you.
- Tell them that you are going to read different scenarios to them. After each scenario you will prompt them to do a different strength building activity and to respond to the scenario with "Keep going even when it gets tough!"
- Read the following scenarios:
 - You have to run 4 whole laps in PE. After the second lap, you feel pretty tired. What should you do? (*"Keep going even when it gets tough!"*)
 - *Tell kids to:* Walk forward 5 steps and then backward 5 steps twice.
 - You grabbed something just so your brother couldn't have it, and now he's upset. You know you should hand it over and say you're sorry. What should you do? (*"Keep going even when it gets tough!"*)
 - *Tell kids to:* Stretch high then touch your toes twice.
 - Your aunt needs your help carrying in groceries. There are a LOT of bags to bring in. What should you do? (*"Keep going even when it gets tough!"*)
 - *Tell kids to:* Do four push-ups.
 - Someone is constantly teasing you at school when you see them in the hallway. What should you do? (*"Keep going even when it gets tough!"*) *Be sensitive to this. Be sure to also add (1) kindly ask the people teasing you to stop, and (2) let an adult know if it doesn't stop.*
 - *Tell kids to:* Do 10 jumping jacks
 - Someone you're close to is very sick. What should you do? (*"Keep going even when it gets tough!"*) *Be sensitive. Use the "What You Say" section to help lead discussion.*
 - *Tell kids to:* Do 7 butt-kicks.

What You Say:

"We all use different kinds of strength every day. In this verse, Isaiah was writing about a special kind of strength that helps us do the right thing. It's the strength that comes from trusting God

and living the way God calls us to live. It's a special kind of strength that we develop inside by learning to listen to the Holy Spirit. God sent the Holy Spirit as a special helper to live inside us and help us **[Bottom Line] keep going even when it gets tough**. In today's story, God's Holy Spirit helped Peter and John continue to share the message of Jesus with lots of people, even when things got tough.

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.

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

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

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