



RESILIENCE | WEEK 3 | MAY 15, 2022

K-3rd 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*

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:
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.

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 among 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 THE FLAMINGO CHALLENGE

(No Supplies Needed)

LGL: "What's up, everybody? My name is [your name], and I'm so excited to see you here at KidCity. This month, we've been talking about resilience.

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

(SLIDE: THEME)

"It's important that we learn to be resilient, because all of us have to face tough things from time to time. With God's help, we can find a way to bounce back . . . so those tough things don't KEEP us down.

"Today's game is fun test of resilience that I call 'The Flamingo Challenge'! We're about to find out who can stand on one foot the longest—like this. (*Demonstrate.*) Get it? Like a flamingo!

"First, I want to see which of our Small Group Leaders can stand on one foot the longest. Ready, leaders? You can go ahead and stand on one foot, right where you are. But if your other foot touches the ground, then have a seat. Let's get started!

(AUDIO: GAME MUSIC)

Comment on the action as the leaders play the game. Congratulate the last leader standing. (If more than one are still "in" after about a minute, stop the game and congratulate all who are still standing.)

“All right—now the rest of you get to play! First, everyone stand and circle-up with your small group. When I say, ‘Go,’ everyone will stand on one foot. If your other foot touches the ground, it’s time to sit down. The person in your group who stands on one foot the longest will advance to the final round . . . on stage. Okay, are you ready? Three, two, one, GO!

(AUDIO: GAME MUSIC)

Have groups compete to see who can stand on one foot the longest. Once you have a “winner” from each group, bring the winners up on stage to compete in the final round.

(AUDIO: GAME MUSIC)

If it feels like the game is going long, you could level up the challenge by giving the kids blindfolds or having them switch feet or swing their arms. When kids are out, make sure you cheer for them and mention how well they did, to avoid embarrassing anybody.

“That was lots of fun! You ALL looked like flamingos. It was really quite amazing! Now it’s time to dance and sing as we praise God together. Everyone on your feet!”

WORSHIP

(VIDEO: WAVEWALKER, GOD IS FOR US)

BIBLE STORY

(Bible)

“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.

(VIDEO: BIBLE STORY - 6:45)

“If you want to know what it means to be resilient, check out Paul and Silas! I mean, these two men were thrown in prison for following Jesus and for helping someone get well. They hadn’t done anything wrong, and still, they were being punished! They must have felt pretty angry, sad, and discouraged while all of that was happening.



“But in the prison, Paul and Silas made a choice. They didn’t let their tough situation keep them down. They praised God! They remembered that God was right there with them, and that’s how they were able to choose joy.

“I think that’s something we can do when something gets US down.

(SLIDE: BOTTOM LINE) “You can choose joy when life gets hard.

“The truth is, there are times in life when things just don’t go the way we want them to. Things happen that we don’t expect. And that can make us feel really angry or frustrated.

“But we don’t have to let our anger and frustration take over. We can be resilient. We can choose to focus on what’s good instead of what’s bad. We can think about the good things that will ALWAYS be true: that God loves us, and God is always with us. We can pray and ask God to help us choose joy.

“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.

“Our memory verse for the month is a promise that God gives us.

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!

“Let’s pray together and thank God for what He taught us today.

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

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BOUNCE BACK (K-3rd)

("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."

BIBLE STORY MEMORY MATCH (K-1)

("Paul and Silas Memory Match Cards" Activity Pages - precut, 2 sets per group)

What You Do:

- Shuffle the "Paul and Silas Memory Match Cards" and lay the cards face down in a grid pattern.
- Guide the kids to play a memory game.
- On their turn, kids will turn over two cards to try to find a match.
- If successful, they set the matches aside, and it's the next kid's turn.

- If they turn over two cards that do not match, have them return the two cards to their original spots face down in the grid. Play then moves to the next kid.
- Repeat until all matches are found. Then, hold up each picture and review the Bible story.
 - Paul and Silas picture: Paul and Silas loved Jesus and loved telling others about Him. They were traveling together when they met a woman controlled by a spirit. Paul commanded the spirit to come out, and the woman was healed. *(Acts 16:16-18)*
 - Shackles: The men who had been using the woman to make money for them were angry. They grabbed Paul and Silas and claimed they'd been making trouble. Paul and Silas were beaten and thrown in jail. *(Acts 16:19-24)*
 - Musical notes: Paul and Silas were thrown into the deepest part of the jail and chained at their feet so they couldn't escape. They had NO idea what would happen to them. But instead of complaining, they chose to pray and sing worship songs to God. The other prisoners heard them singing and praying. *(Acts 16:25)*
 - Prison doors open: Suddenly, an earthquake shook the prison, the doors flew open, and their chains were loosened. *(Acts 16:26)*
 - Jailer: The jailer thought the prisoners had escaped and that he would get in big trouble. But Paul shouted, *"We are all here!"* *(Acts 16:27-28)*
 - Question mark: When the jailer realized they WERE still there, he asked a very important question. *He asked, "Sirs, what must I do to be saved?"* Paul and Silas told him about Jesus. He and his family believed and were baptized. *(Acts 16:29-34)*

What You Say:

"Paul and Silas were thrown in prison for following Jesus. They'd done nothing wrong, and still they were punished. But instead of getting angry or upset, they chose to praise God. They made a choice to look for the good. When life gets hard, you can focus on the hard stuff, the bad stuff, or you can choose to look for the good. Remember, God loves you and is always on your side. God can help you choose joy, no matter what's happening around you. Just like Paul and Silas, with God's help **[Bottom Line]** you can choose joy when life gets hard."

ALWAYS JOYFUL (2nd-3rd)

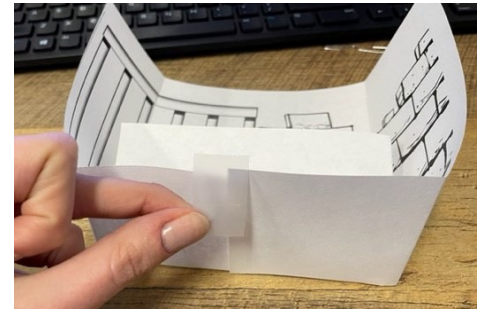
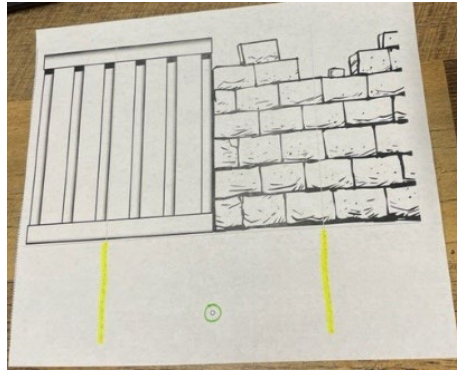
("Always Joyful SG Activity (All)" Activity Pages ["Free" and "Imprisoned" - 1 per 6 kids, precut. "Scene" - 1 per kid, "Diorama Instructions" - 1 per group], Toothpicks, Scissors, Tape, Glue Sticks, Markers/Crayons)

What You Do:

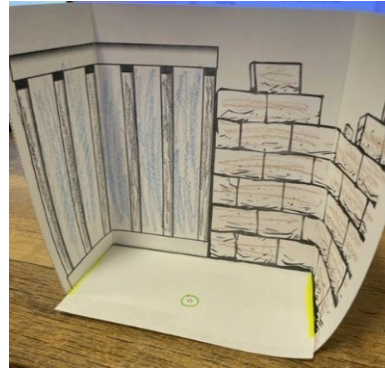
- Give each kid a "Scene" Activity Page, a "Free" Activity Page, an "Imprisoned" Activity Page, and a toothpick.
- Invite the kids to color the images of Paul and Silas.
- Demonstrate how to assemble the diorama using the "Diorama Instructions" Activity Page.
- Instruct the kids to place the diorama towards the edge of the table before pushing the toothpick into the hole.
- Review the story.
- Invite the kids to follow along by moving and flipping the images when you come to those points in the story.

What You Say:

“Do you think it would be normal to sing songs and be joyful when you are trapped in a tough situation? *(Pause for responses.)* If I were Paul and Silas, I would have had a really hard time staying joyful. What about you guys? Do you think you could have been joyful? *(Pause for responses.)*”



“Paul and Silas had already walked through many difficult times, but they had seen God’s faithfulness. So instead of complaining or having a negative attitude, they chose to focus on God’s promises and goodness when they were thrown in jail. Paul and Silas worshiped God with joyful hearts, and God performed a miracle! And because of that miracle, other people came to believe in Jesus. Paul and Silas chose to have joy, even in the middle of a hard situation. **[Bottom Line]** You can choose joy when life gets hard, too.”



[Make It Personal] *(Tell kids about a time your life was very difficult but you chose to have joy in the midst of it. How did God work in that situation?)*

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?)*



PRAY AND DISMISS

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

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