



RESILIENCE | WEEK 4 | MAY 22, 2022

K-3rd Lesson

Glory Days

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

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

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:
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.

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, 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. 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)

BIBLE STORY

(Bible)

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. Today, we are going to hear some of those stories. Let's watch.

(VIDEO: BIBLE STORY - 6:48)

“It can be tough when things happen in our lives that just don't seem to make sense. But that's when it can be really helpful to look at the stories in the Bible (*hold up Bible*) like those we read about in the book of Hebrews.

“It helps to see how God has been working in people's lives since the very beginning. When something gets us down, we can look back at stories of people who came before us. The Bible is filled with stories of people who had all kinds of troubles. Time and time again, the way they made it through was by trusting in God. And that's something we can do, too!

“Remember . . .

(SLIDE: BOTTOM LINE) “Trusting God can help you get back up.

After all, God knows the whole story, even if we can't always see it.

“God knows what you're going through . . . and everything you ever *will* go through. When you put your trust in God, it means you believe that God is in control. Even in the tough times, you can know for sure that God loves you and God will never leave you.

Our Basic Truth today talks about 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.

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)”

Let’s pray.

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

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

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

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

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 (NIV)

FAITH HEROES TRADING CARDS (K-1st)

(“Faith Heroes Trading Cards” Activity Pages - 1 set per kid, “Blank Trading Cards” Activity Pages - precut 1 blank card per kid, Crayons, Ziptop Bags - 1 per kid, Scissors)

What You Do:

- Give each kid a set of “Faith Heroes Trading Cards.”
- Talk about each “hero” as you review the Bible story.
- Let the kids cut the cards apart and color them if time allows.
- *NOTE: As the kids work, review the stories of David, Gideon, and Rahab which weren’t covered in the Large Group Bible Story.*
 - o Abraham- trusted God when he was told to pack up and leave his hometown and head to a land God would show him.
 - o Moses- trusted God to help him lead the Israelites out of slavery in Egypt and toward the Promised Land.
 - o Joseph- trusted God and did the right thing, even in a foreign place.
 - o David- trusted God to face Goliath.

- o Gideon- trusted God when he led a small army into battle carrying horns and jars.
- o Rahab- trusted God by hiding the spies in the city and was saved for her bravery.
- As the kids work, cut apart the “Blank Trading Cards” Activity Pages.
- Pass out one blank trading card to each kid.
- Instruct them to draw a self-portrait on the front of the card to add to their other trading cards.
- Remind kids that all of these people mentioned in Hebrews 11 were regular people, just like us, who chose to trust God.
- Have the kids place their trading cards in a zipper bag and set aside for pick-up.

What You Say:

“We can look back at history, at all these ‘heroes’ who trusted God in the middle of some pretty difficult situations, and we can learn from their faith! They got back up, over and over again, even when things seemed impossible. It’s important to remember that Abraham, Moses, Rahab, and David were regular men and women. They didn’t have any superpowers. What they DID have was faith—they put their trust in God.

“We can be heroes, too. We can keep going because God is in control and knows how everything will turn out. He knows the end of the story! When we put our faith and trust in God, we can bounce back and face whatever comes our way! Because *[Bottom Line]* trusting God can help you get back up.”

[Make it Personal] (Tell the kids about a time you trusted God. Maybe someone in your family had a serious illness, but your family came together and was stronger at the end of the illness. Maybe you had to move as a kid and once you got there, even though you missed your old school and neighborhood, God gave you new friends at your new school.)

TRUST HEROES (2nd-3rd)

(“I Have/Who Has” Activity Cards – 3 per group, leave 1 sheet uncut)

What You Do:

- Before you start the activity, do a quick review of the stories not covered in the Large Group Bible story.
 - o David: trusted God when he faced Goliath.
 - o Noah trusted God when he built the ark.
 - o Joshua trusted God’s plan when he marched around Jericho.
 - o Daniel trusted God to protect him in the lions’ den.
- Divide the kids into two groups.
 - o *If you have a smaller group, just do it all together*
- Ask each group to circle up.
- Give each group a set of “I Have/Who Has” cards, mixed up in random order.
- Give each kid at least one card.
 - o *Note: For the game to work, you must pass out all nine cards to each group. This might require some kids to have more than one card.*
- Instruct the kid with the card that says “Begin here,” to read the “I have” and “Who has” parts aloud. Be ready to assist as needed.



- Direct the group to listen closely to the “who has” clue.
- Instruct the kid who has the card with the answer to the “who has” clue to read their card aloud next.
- As kids figure out the clues and answer with who is on their card, guide them to place the cards in order on the floor in the middle of their circle.
- Continue playing until the kids get to last card that says, “the end.”
- Give each kid one or two cards to take home to remind them of all the stories of people who trusted God.

Answer Key

- Joseph/Moses
- Moses/Abraham
- Abraham/David
- David/Daniel
- Daniel/Jesus
- Jesus/Noah
- Noah/Joshua
- Joshua/Sarah
- Sarah/Joseph

What You Say:

“The person who wrote Hebrews loved God deeply. They understood that the more we discover about what God has done in the past, the more we will trust God now. These amazing men and women we read about in the Bible made it through some incredibly difficult situations because they knew that **[Bottom Line] trusting God can help you get back up.** They didn’t give up! God worked in their hearts just like God is working in our hearts today.

“When we choose to trust God and get back up, we continue the stories that each of them started. They trusted God because they knew He was in control and had a perfect plan for their lives. We follow the same God they did, and we can trust God, just like they did!”

ISAIAH 40:31 BOOKMARK (K-3rd)

(“Isaiah 40:31 Bookmarks” Activity Page on cardstock - 1 per 4 kids, Markers, Fun Stickers - optional)

What You Do:

- Pass out a bookmark to each kid and “read” the verse aloud together.
- Set the markers or crayons in the center of your Small Group space so the kids can color their bookmarks any way they want.
- If providing stamps or stickers, let the kids decorate their bookmarks with those as well.

What You Say:

“I love this verse! It is such a good one to put to memory and say out loud when you feel like giving up. No matter what happens, God can give you the strength you need to bounce back and keep going. Just like God gave new strength to Moses and Abraham and Joseph, God can do the



same for you. Take this home and put it in your Bible or use it in a book at school to mark your spot and remember that *[Bottom Line]* **trusting God can help you 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?

PRAY AND DISMISS

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

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