



RESILIENCE | WEEK 1 | JANUARY 5, 2025

Elementary Lesson

Rainy Days and Mondays

Monthly Virtue: Resilience—Getting back up when something gets you down

Bible Story: Rainy Days and Mondays (Jesus Wept) • *John 11:1-45*

Key Question: Who can you talk to when you're sad?

Basic Truth: I am loved by God no matter what so I can be confident that God knows who I am.

Memory Verse: Be strong, all you who put your hope in the LORD. Never give up. *Psalms 31:24 (Nirv)*

LEADER BIBLE STUDY

With every season comes new and different challenges but also the chance to experience incredible joy. Through sunshine or rain, storms, and blue skies, seasons and weather are important to growth, but not just for flowers and trees. How we respond to each season of life helps us grow in maturity and can spur us to a deeper faith in God. This is especially true when it comes to our emotions. Just as seasons come and go, so do our emotions. And how we choose to handle those emotions can shape us and teach us a lot about how God cares for us. No matter what emotion we may be feeling or what we may face, because of Jesus, we can learn to trust that God knows how we feel. Jesus showed us how to face life with resilience, and because of it, we can trust God no matter what.

Key Question: Who can you talk to when you're sad?

Sometimes, our problems can feel so big that it's difficult to talk about them with others because we think they don't understand. However, God has created us for relationships, and we don't have to do life alone. We hope this question not only invites preteens to find people in their lives they can trust, but also know that God is there for them no matter what.

We start the month in *John 11:1-45* with a peek into Jesus' personal life. After the death of one of His friends, Jesus wept — even though He knew what would happen next. Jesus trusted that God would be with Him in His sadness and wept anyway, showing us He is there with us in our sadness too.

Pre-Service Check List

- HUDDLE AS TEAM → You're in this together! Pray together and talk about the activities for the day.
- PLAY MUSIC
- PUT OUT TOYS → A welcoming environment is important! We want it to be obvious from the moment kids walk in that they belong HERE!
- PUT ASIDE DISTRACTIONS
- ENGAGE WITH KIDS

Morning Flow

Doors
Open
9:15/11:00

Large Group
Starts
9:35/11:20

Small Group
Starts
10:05/11:50

LARGE GROUP

COUNTDOWN AND WELCOME (3 Minutes)

(VIDEO: COUNTDOWN, SLIDE: KIDCITY EXPECTATIONS)

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, but before we do let’s go over these announcements/KidCity Expectations.

(SLIDE: BAPTISM) *(Said on the fourth weekend of the month only)* “Today are baptisms at Hope. Baptism is a way of telling the world that you love God and have made the decision to follow Him with your life. It’s a big deal! Is there anyone here who is getting baptized today? *(Pause and if someone is, go ahead and give them a high five and get the kids to clap).* Awesome!”

(SLIDE: KIDCITY EXPECTATIONS) “Now, 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
2. Be Safe
3. Have Fun

LARGE GROUP GAME (5 Min)

SPRING GAME

(“Bunny” AP – 2-10, depending on the size of your group, Glue Sticks, Painters’ Tape, Cotton Balls)

All this month we are talking about resilience. We define it as this...

(SLIDE: VIRTUE) Resilience—Getting back up when something gets you down

We know that there are good and bad things in life. When the bad things come, we have a choice with what to do next. Do we get overwhelmed with our emotions or do we do the next right thing and have resilience?

Check out our verse for the month.

(SLIDE: MEMORY VERSE) Be strong, all you who put your hope in the LORD. Never give up.
Psalm 31:24 (NirV)

Take a minute to explain that ‘Psalms’ is a book in the Old Testament, and that the first number means ‘chapter’ and the second one means ‘verse’. ‘NirV’ is what translation the Bible is in. The Bible wasn’t originally written in English! There are different translations.

More on that later, but for now, let’s play a game! This month we’re talking about how God is with us—rain or shine. We can trust God in every season!

“Who can tell me what the four seasons are? *(Pause for response.)* That’s right! Spring, summer, fall, and winter are the seasons that we have each year. You might notice that today I’m dressed for the spring season! Who can tell me some things that usually happen in the spring where we live? *(Pause for response.)* That’s right! Those are all great reasons to LOVE spring. I thought it would be fun if we played a springtime kind of game: ‘Pin the Tail on the Bunny’!

(SLIDE: GAME SLIDE WITH FUN MUSIC)

- HOW TO PLAY:
 - SET UP. Before Large Group starts, tape up the ‘Bunny’ activity pages around the room at child height. Give each Small Group Leader (SGL) a glue stick and a cotton ball.
 - SPLIT INTO GROUPS. Split the room up by either Small Group or so there are about 5-10 kids per group. They do not have to be even. Send each group to their own picture of the bunny.
 - EXPLAIN. Have the SGL put a dab of glue on the bunny’s tail. Give the first kid in line the cotton ball and have them close their eyes and try to place the cotton ball directly on the tail. If they miss, it will simply fall (no feeling around!) but if they get it, it will stick. Repeat until every kid has a chance to go twice.

“That was so fun! Now everyone stand up and let’s worship God!”

WORSHIP (6-7 Minutes)

(VIDEO: READY, SET, MOVE; EVERY BEAT)

BIBLE STORY (12 Minutes)

(No Supplies)

You know it’s interesting . . . playing a game with friends can bring you joy. Seeing a fuzzy, little kitten can make you feel warm and cozy. Tasting sour milk can make you feel queasy and disgusted. We experience things all the time that make us feel a certain way.

For instance, when I watch Moana, I’m like ‘YES, look at how far she’ll go!’ However, when I watch that one part in ‘Up’ where it talks about Karl’s wife dying, it makes me so sad.

Now, let’s be honest for a second. Truth be told, it’s one thing to feel sad because you watched a movie or listened to a song. But what happens when it’s something in our actual real life that makes us feel sad? What happens when we experience moments when we feel like it’s the end of the world and start to lose hope? I know that might be hard to think about. Some of us in this room have been through some pretty rough times, and it’s okay to feel sad. And when we feel sad, we might not know the best way to handle it. We may even wonder how we can trust God throughout the situation.

“If you’ve felt like that, let me tell you, you’re not alone. And having hard questions is only natural. Thankfully, when we have big, even scary, questions, we have a great place to start: the Bible. Remember, the Bible was written by all sorts of people who experienced God’s power throughout

their lives. God helped them throughout some tricky situations, ones that made them feel all sorts of feelings. In fact, we'll see today that Jesus Himself felt some big emotions when it came to feeling sad. How about we head there now?

(VIDEO: BIBLE STORY 7 MIN)

"This story is obviously pretty incredible. Whenever I think about this moment from Jesus' life, I always come back to the moment when Jesus said, "This sickness will not end in death" but then later in the story Lazarus had actually died. This all seems quite confusing sometimes. It was certainly confusing for His friends Mary and Martha who were honest with Jesus—they told Him things would have been different if He had been there.

"And I come back to that moment because there are times when life can be like this, right? We find ourselves feeling down and out because of a situation we're in and maybe we don't understand what God is doing. We might even wonder if God is doing anything at all.

"Jesus KNEW that He was going to raise Lazarus. But He was still sad! Grief and sadness are real, and Jesus felt those emotions right along with us. This is such a great reminder that no matter how you're feeling, you can trust God no matter what. You can know that Jesus is right there with you in your emotions, even the really hard ones. And because of this, God can help you choose something that we call resilience . . . that means getting back up when something gets you down.

"Invite Jesus to be with you in what you're feeling. Ask Him to help you through and to give you the courage to get back up . . . even though you may still feel sad or lonely. It's also a good idea to find a trusted adult to talk to about what you're feeling. You'll start to see that no matter what you feel, you're never alone. Jesus experienced all the sad and hard emotions that we do. He's right there with you. He's got you.

Check this out:

(SLIDE: BASIC TRUTH) I am loved by God no matter what so I can be confident that God knows who I am.

We don't have to pretend be to someone we aren't or act a certain way to make God love us. God already knows the best and worst parts of us and loves us no matter what. He understands what we are going through and loves us right where we are at. He also loves us enough to not want us to stay where we are at. He wants us to get back up and face life's challenges, so He gives us people to talk to!

Ok, let's turn to the person next to us and answer our Key Question for today.

(SLIDE: KEY QUESTION) 'Who can you talk to when you're sad?'

Have kids turn and talk to their shoulder partner for 60 seconds. Your KQ slide on Playlister will keep track of time for you. While kids are talking, walk around and listen in to what they are saying and give prompts if needed. Don't try to resolve anything, kids will have a further discussion within their small group time.

“Ok friends, come back together in 3, 2, 1...”

“I heard some great thoughts floating around. You are going to have more of a chance to talk about this in small group time, but for now let’s pray.

Dear God, thank you for making us in your image so we can experience emotions. Thank you for, in your wisdom, providing us wise people that we can talk to about what we are thinking and feeling. I pray that we can be people who are resilient to life’s highs and lows. Amen.

DISMISS TO SMALL GROUPS



SMALL GROUP

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TALK ABOUT IT (K-5th)

There are no right or wrong answers but try to challenge the kids to think deeper.

Key Question: Who can you talk to when you're sad?

(Answers will vary: Jesus, mom/dad, friends, SGLs, etc.)

LOOK IT UP (K-5th)

Grab Bibles, look up, and read the following passage.

Look Up: Psalm 31:24

Say: "The book of Psalms is in the Old Testament - roughly in the middle of the Bible. It was mostly written by King David (of David and Goliath) over the course of his life. He wrote a lot about depending on and praising God even when life was hard or when he (David) messed up.

PRACTICE IT (K-5th)

(Cut "Umbrella Feelings" Activity Page)

What You Do:

- In your group space, line up the signs from the prepared "Feelings" Activity Page.
 - o Worry
 - o Sadness
 - o Joy
- Invite kids in your group to choose one of the scenarios from the pile and read the card aloud. (For younger kids: leaders will need to read or help read the scenarios.)
- Then, ask that kid to match with the emotion they think best describes it (worry, sadness, joy).
- Repeat until each of the scenarios has been read.
- Ask the following questions for discussion:
 - o Which of these emotions did Jesus feel? *(All of them!)*
 - o What other emotions do you think Jesus may have felt at different times in His life?
 - o How does it make you feel to know that Jesus has experienced every feeling and emotion you've had?

Explain that we can always trust Jesus to understand how we feel because He's been there, too.

What You Say:

“Who do you trust to talk to about how you're feeling? (*Invite responses.*) God gives us special people in our lives to help us in good times and tough ones too. Maybe it's a grown-up, a leader at church, or maybe a teacher. This week, think about the people God has given you to help you when you're down.

“We will all experience sadness. Whether we're missing a loved one, feeling left out, or struggling at school, we can trust that no matter what we have going on, God can help us get back up when something gets us down.

[Make It Personal] (Share about a time you were sad and didn't feel alone because Jesus was with you and offered you hope.)

GET STRONGER (K-5th)

(“Psalm 31:24 Signs”, Memory Verse Poster)

What You Do:

- Divide kids into groups of two or three.
- Give each group a Bible (marked at Psalm 31).
- Let kids know that you will recite the verse together as a group using sign language motions.
- One at a time, show the kids the signs from the “Psalm 31:24 Signs” Activity Pages.
- Teach kids the sign language motions as you slowly say the verse.
- Instruct the kids to say and sign the verse in the following ways:
 - Perform it as you say the words out loud.
 - Perform it as silently mouth the words.

What You Say:

“Our verse tells us we can be strong and put our hope in God. God created you and me and everything in the world we see! God loves us so much more than we could ever imagine, and we can trust God no matter what! Is God with us when we're happy? (*Yes!*) Is God with us when we're sad? (*Yes!*) So, **when you're sad, remember you're not alone.** Invite God to be with you no matter what you're going through—God is right there with you!”

PRAYER

“Dear God, thank you that you are ALWAYS with us. Thank you for your Son, Jesus. Just like Jesus was with Mary and Martha and Lazarus, He is with us too. When we're joyful, angry, worried, and when we're sad, help us remember that we are never alone—no matter how we feel! We love you, and we pray these things in Jesus' name. Amen.”