



RESILIENCE | WEEK 4 | JANUARY 26, 2025

Elementary Lesson

Walking on Sunshine

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

Bible Story: Walking on Sunshine (Paul and Silas) • *Acts 16:16-40*

Key Question: What brings you joy?

Basic Truth: I am loved by God no matter what so I can belong to God’s family forever.

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.

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
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Key Question: What brings you joy? What’s your favorite thing about nature? Is it the sunrise, waterfalls, or maybe the fresh smell of grass? As much as those things may make you happy, there is true joy to be found. As preteens begin to think through this question, we hope they start thinking through the differences in happiness and joy and look to the One who gives true joy.

We close out the month in *Acts 16:16-40*. While Paul and Silas were preaching the message of Jesus, they were arrested and thrown into prison! All seemed hopeless, but instead of complaining and giving up, they sang songs and worshipped God.

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)

WINTER GAME

(Snowballs - a LOT of them! floor tape)

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 about 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!

“Speaking of seasons, we’ve been theming out our games this month to match seasons. We’ve done spring and summer and fall, which means that Winter is the only one left! One of my favorite winter activities is to go outside when it snows and pelt my friends and family with snowballs! So, in honor of that, I think we should have a snowball fight, what do you think?”

(SLIDE: GAME SLIDE WITH FUN MUSIC)

- HOW TO PLAY:
 - **SPLIT INTO TEAMS.** Split the room into 2-4 teams (depending on the size of your room). Lay a tape line down to separate the teams.
 - **EXPLAIN.** Dump a bunch of snowballs in the middle and when you say ‘GO’ have kids throw them at the other team! At the end of time (30 seconds), determine roughly who has the least amount of snowballs on their side and declare them the winner! Play again as time allows (maybe even have a kids/leaders round!)
 - **OPTIONAL:** Turn the game into a dodgeball-style game where if kids get hit then they have to sit down. You can either say that they are now out, or that they can throw from where they are sitting.

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

WORSHIP (6-7 Minutes)

(VIDEO: ALIVE, AT THE TOP OF MY LUNGS)

BIBLE STORY (12 Minutes)

(No Supplies)

(Singing) “Joy to the world! *(Beat)* Okay, okay . . . I know . . . Christmas was last month. But you were all having a snowball fight, and today . . . after a few weeks of talking about some of the more negative emotions . . . we’re about to touch on a more uplifting sort of emotion that can help us face life with resilience. And, well, I just couldn’t help myself. Today is all about . . . JOY!”

“So, I brought a few images for you . . . Like this first one.

SLIDE: Story Image #1

“How many of you are pretty happy when you get to play some video games? *(Pause for responses.)* Yeah, it can be a lot of fun, right?”

“Okay check out this next pic . . . how do you feel now?”

SLIDE: Story Image #2

“Still feel happy? I mean, I don’t think this thing is working any time soon. Alright, how about this?”

SLIDE: Story Image #3



“Any fans of bike riding out there? *(Pause for responses.)* But check this out . . .

SLIDE: Story Image #4

“That’s the worst, right? You’re all ready to ride and . . . pppssshhhhhhhhhh . . . flat tire.

“Alright, what about this?

SLIDE: Story Image #5

“It is always a nice feeling to come home, especially if you’ve been away for a while, right?

SLIDE: Story Image #6 House

“I’m guessing some of you have been here before. It can be exciting, but it can also be pretty hard.

“So, did you catch the connection in those images? Three things that can make any of us happy, but then something changed, right? Something happened that might change the way we feel in that moment.

Of course, finding joy is easy when life is going great, right? When we have the best grades in school, made the team, have great friends, or get a new puppy, OF COURSE we will have a feeling of joy and happiness bubble up inside of us. But life isn’t all good grades and puppies, is it? Can we still find a reason to have joy?

“Like, what happens when life gives us reasons to feel those negative emotions like being sad, worried, or angry? How can we find joy when our situations do not FEEL happy?

“This is a great question that’s important to ask. There’s a situation in the Bible that happened to a couple of Jesus-followers, and we can learn from how they faced what they faced.

(VIDEO: BIBLE STORY 5 MIN)

Now, the next day, the judges let Paul and Silas go. Paul and Silas were free, but if you could have asked them if they wished this had never happened, I bet they would tell you something pretty shocking. I bet they would say they were glad it happened. GLAD to be beaten? GLAD to be imprisoned? No. But think about why they were there—to spread the message of Jesus. Did they do that? Absolutely . . . maybe even to people they normally wouldn’t have been able to reach. The entire prison was listening to Paul and Silas, watching them worship God even after being beaten. That must have made an impression. And then when the earthquake happened, did you see who the jailer went to? Paul and Silas. And they had the opportunity to introduce the jailer and his entire household . . . family, servants . . . to Jesus and a forever relationship with God.

“Let’s back up for a second. Imagine Paul and Silas after all they had been through. Just think about how this would have gone down if they were complaining and whining about how unfair it was or about how this mission from Jesus was just too hard and they didn’t want to do it anymore. Would that have changed the outcome of this story? I have a pretty strong feeling it would have.

But because Paul and Silas found JOY through trusting God in the middle of their circumstances, something really positive came out of a pretty dark situation. And it was because of their joy that eventually the jailer and his whole household were filled with joy!

Check this out:

(SLIDE: BASIC TRUTH) I am loved by God no matter what so I can belong to God's family forever.

If you don't yet have a relationship with God, let's talk about it for a minute!

Turn to the person next to you and say, 'GOD LOVED'. Even though everyone sins and chooses to do things that make God sad and isn't His best for us, God still loves us enough to send His son Jesus to save us.

Turn to a different person and say, 'GOD GAVE'. God gave us Jesus to take the punishment of our sin upon himself. Jesus died on the cross, was buried, and rose again 3 days later. The Bible calls sin a curse. When Jesus took our punishment on himself, he broke the curse of sin and death.

Turn to a different person and say, 'WE BELIEVE'. We believe that our choices and sin separate us from God. We believe that we can't rescue ourselves and make our relationship with God right again. We believe that we need a rescuer, and that rescuer is Jesus!

Turn to one more person and say, 'WE RECEIVE'. When we believe in our heart that Jesus is our Lord and Savior and we repent from our sins (meaning, we ask for forgiveness), we receive the gift of eternal life with God! Once you do and you believe it in your heart, the Bible says that nothing in this world or the next will separate you from the love of God again!

If you make the decision to follow Jesus, or if you have any questions - don't keep that to yourself! Tell your small group leader or your parent.

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

(SLIDE: KEY QUESTION) 'What brings you joy?'

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: 'What brings you joy? Think about the differences between happiness and joy.

(Answers will vary: punch a pillow, look up Bible verses about patience and how to love others even when they hurt us, etc.)

LOOK IT UP (K-5th)

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

Look Up: **John 3:16**

Say: John was one of Jesus' disciples. This verse is Jesus speaking to someone name Nicodemus, who was trying to understand who Jesus was and why he came to earth.

PRACTICE IT (K-5th)

("Vision Board Activity Pages" - 3-4 sets per group, Cardstock - 1 per kid, Scissors, Markers/Crayons, Glue sticks)

What You Do:

- Invite kids to sit in groups of 3-4.
- Give each kid a piece of cardstock.
- Give each group the pages from the "Vision Board" Activity Page, markers, scissors, and glue.
- Encourage kids to use their imagination to create a rainy-day JOY board by cutting out images from the "Vision Board" Activity Pages and gluing them on their cardstock.
- Explain to kids that they will have tough days. In the Bible Story today Paul and Silas had been treated unfairly—lied about, hurt, and thrown in prison.

- Remind kids that Paul and Silas chose to look to God and trust God to give them joy. They knew that even if it didn't happen right away, God would make everything right in the end!
- Tell kids that the JOY board can inspire them and bring them joy when they're having a hard day. Encourage them to put their JOY board on the fridge or on their mirror - somewhere where they can see it often!
- Invite the kids to use the markers to draw something they love on their cardstock.
 - Prompt kids with ideas, if necessary:
 - their pet
 - a favorite food
 - a favorite toy
- As kids finish, invite anyone to share their vision board with the rest of the group.

What You Say:

“Look at these JOY boards! Awesome job! If you find yourself this week having a tough day, take a look at your vision boards.

“God can help you choose joy, and your board can be a great reminder to look to God and trust God no matter what! Remember, joy doesn't mean you're always smiling. You can choose joy when you're sad, mad, or when something hard happens. Joy is all about trusting that God will make everything right again in the end for those who follow Jesus, no matter what trouble we face!” *[Make It Personal] (Share an age-appropriate story about a time you chose joy through a hard time. You may not have been happy, but you chose joy and held onto hope in Jesus.)*

Ask:

- How can other people help you choose joy?
- What does resilience have to do with joy?

GET STRONGER (K-5th)

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

What You Do:

- Invite the kids to sit in a circle.
- Give each kid a Bible (marked at Psalm 31).
- Direct the kids to look up Psalm 31:24 using the Bible Navigation Tips below:

Finding verses with kindergartners: Guide children to open the Bibles to the marked page. Point to the word *Psalm* at the top of the page as you say “Psalm” aloud. Then guide children to find the big number 31 on the page. Explain that this is the chapter number. Finally, guide them to look under the big 31 for the little 24; this is the verse number. Tell them to leave their finger on the verse as you read the verse aloud. Then lead everyone to say the verse together.

Finding verses with 1st graders: Guide them 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 Psalms in the list under “Old Testament.” You can help by telling them that Psalms starts with the letters P-S. When the kids find Psalms, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Psalms. Help the kids find the page. When they find Psalms, explain that the big numbers on the page are the chapter numbers. Help them find chapter 31. Explain that the small numbers are verse numbers. Help them find verse 24 in chapter 31.

- Let kids know that you will recite the verse together as a group using sign language motions.



- One by one, go through the signs of the “Psalm 31:24 Signs” Activity Page and demonstrate the Memory Verse motions.
- Say the verse together as a group with the motions, encouraging kids to say the verse and sign it with you.

What You Say:

Friends, it’s not always going to be easy to choose joy. Some things will make us angry, but even when it’s hard to choose joy, it’s so worth it! It’s all about choosing to look to God and trust God no matter what. God has promised to be with us all of the time, and also to make everything right in the end for those who follow Jesus, and that’s good news!

PRAYER

“Dear God, thank You that You are always with us and for promising to make everything right in the end when we follow Jesus! Our troubles might not go away right now, but I’m so grateful You still help us choose joy. Please help us to turn to You when something hard happens. We love You, and we pray these things in Jesus’ name. Amen.”