



SUPER KIDS | WEEK 4 | OCTOBER 26, 2025

Preschool Lesson

Abigail

Bible Story: *Abigail* • God helps me be brave so I can help others • *1 Samuel 25:1-35*

Memory Verse: “Be strong and courageous. Do not be afraid...for the LORD your God goes with you.” Deuteronomy 31:6 NIV

Key Question: Who can help you be brave?

Bottom Line: God can help me be brave.

Basic Truth: I am made for a purpose so the Holy Spirit (*God in me*) will help me do big things now.

LEADER BIBLE STUDY

Deep down, everybody wants to be a super kid, and nothing defines super kid better than the word ‘brave.’ Being brave is a lot easier to say than do—for preschoolers and grownups. What we do to be brave—and Who can help us be brave—is what this month is all about. We can pray, like Esther, and be brave. We can remember that God is with us, like David, and be brave. We can trust what God says, like Gideon, and be brave. And when we pray, remember, and trust, God can help us be brave so we can help others, like Abigail.

We want our preschoolers to grow up knowing that when they are afraid, God can help them be brave, and that is what makes them a super kid. Join us as we pray for our preschoolers and their families, as well as those of us who lead them. Pray that we will look to God and God alone when we are afraid and have to do hard things, because God can help us be brave.

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
- PUT ASIDE DISTRACTIONS → A welcoming environment is important! We want it to be obvious from the moment kids walk in that they belong HERE!
- ENGAGE WITH KIDS

Morning Flow

Doors
Open
9:15/11:00

Kid
Connect
9:35/11:20

Large Group
Starts
9:40/11:25

Small Group
Starts
10:05/11:50

KID CONNECT

WELCOME TIME

(VIDEO: ARRIVAL MUSIC)

Play intro music in the background as you greet preschoolers and follow the KidCity check-in procedures. Set out a few favorite themes related toys, such as puzzles and blocks.

OPENING ACTIVITY

(No Supplies)

Kid Connect time is spent building relationships with the kids. Gather your Small Group together for some intentional connecting time before Large Group. You can do small activities while you chat together (like coloring or building with blocks) or just sit and listen to each other. Ask your kids relationship-building questions like:

- How old are you?
- Do you have a favorite stuffed animal?
- Do you have a brother, sister, or pet? What are their names?
- What do you like to play at home?
- What's your favorite food/color/animal/ice cream flavor?

Transition to Large Group...

LARGE GROUP

COUNTDOWN

(VIDEO: COUNTDOWN)

Show the countdown video as the children clean up and transition to Large Group.

SETTING UP FOR SUCCESS

(CG: EXPECTATION SLIDE, BASIC TRUTHS SLIDE, MEMORY VERSE VIDEO; BIBLE)

LGL: "Hello my friends! How are you today? Come and sit with me. I am so glad you are here! My name is [your name]. I'm excited to spend time with you today! We are getting ready to sing and dance and hear a true story from the Bible. Before we do let's go over our rules and truths.

"Here in KidCity we have three rules. How many rules do we have? (*Kids respond.*) That's right! Three rules. Let's go over our rules now. (*List rules while counting on fingers*)

1. **Be kind.** We can be kind by using our indoor speaking voices, by staying on our blankets (or whatever space you have), and by obeying our leaders.
2. **Be safe.** We can be safe by walking around the classroom and keeping our hands to ourselves.
3. **Have fun!** We are going to have SO much fun, and that's because you are here!

"Can everybody follow those rules today? (*Kids respond.*) Great! KidCity is a place where we learn

about God and Jesus! And there are three big truths that we want you to know. Let's say them all together! Are you ready?

1. **I am made by God.** What is it? *(Kids repeat.)*
2. **I am loved by God no matter what.** What is it? *(Kids repeat.)*
3. **I am made for a purpose!** What is it? *(Kids repeat.)*

"It's time for our memory verse. Let's watch our memory verse motions and do it along with them!"

Show memory verse motion video and then practice without it.

'Be strong and courageous. *(Muscle arms)*
Do not be afraid . . . *(cross and uncross hands)*
for the Lord your God *(flat hand with thumb to forehead, pull down)*
goes with you," *(march in place)*
Deuteronomy 31:6. *(Open hands like a book.)*

"Ok, now let's sing and worship God!"

WORSHIP

(VIDEO: SUPER DUPER KID, VERY BIG THINGS)

Sing the worship songs together.

INTRO SKETCH

(Story Box with Beginner's Bible, Stuffed Ollie the Owl Dressed in a Superhero Cape and Mask)

LGL brings the story box with the Bible to the center of the room.

"I have my story box ready. I'm SO excited to see what we are learning about God today. Let's see what I have in here..."

Pull out the Bible

What is this? *(Pause for responses.)* Yes, it's the Bible! The Bible is God's word and God's word is always true. The Bible has many stories that make one BIG story, and we (you and me) are part of that story.

There is something else in our story box today. Let's see what it is!

Pull out Superhero Ollie

Hello Ollie! Can everyone say, "Hello Ollie!" *(Pause for responses.)* What is Ollie wearing? *(Pause for responses.)* YES, Ollie is wearing a Superhero costume! *(Pause for responses.)* In our story today, we are going to hear about someone who was BRAVE! Guess what? They didn't need a Superhero costume to be BRAVE. What? How were they BRAVE? Let's get ready to watch our Bible story video and find out!

Let's click on our listening ears (tug on each ear, one at a time, as you make a click, click sound),

let's put on our looking eyes (bring your hands, one at a time, to your eyes like binoculars as you say shook, shook) and let's put our hands that have been moving and praising Jesus quietly in our laps.

Now we are ready. Let's watch today's true Bible story."

WATCH THE BIBLE STORY

(VIDEO: BIBLE STORY, BOTTOM LINE)

"Wow! That was a great story! What was the name of the woman who was BRAVE in our story today? *(Pause for responses.)* YES, her name was Abigail! Who helped Abigail be BRAVE and help bring food to David? *(Pause for responses.)* YES, God did! We are learning this month that God can help us be brave.

When I ask you, 'Who can help you be brave?' I want you to say, *[Bottom Line]* 'God can help me be brave.' Are you ready? *(Pause for responses.)* 'Who can help you be brave?' *[Bottom Line]* 'God can help you be brave.' YES! *[Bottom Line]* 'God can help you be brave.'

SAY THE BASIC TRUTH

(CG: BASIC TRUTH SLIDE)

Let's look at our Basic Truth for today. It says, 'I am made for a purpose so the Holy Spirit (that's God in me) will help me do big things now.' God helped Abigail do something big. He helped Abigail be brave and bring food to David. God can help you do big things and be brave too!

PRAY

"Let's get our hands ready to pray. *Open them, close them, open them, close them, give a little clap. Open them, close them, open them, close them, fold them in your lap.*

Dear God, thank You for the story of Abigail and how she was brave and helped save a lot of people from getting hurt. Please help us be brave and help others, too. You're the best, God, in Jesus' name. Amen."

TRANSITION TO SMALL GROUP

SMALL GROUP

Bible Story: *Abigail* • God helps me be brave so I can help others • *1 Samuel 25:1-35*

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Key Question: Who can help you be brave?

Bottom Line: God can help me be brave.

Basic Truth: I am made for a purpose so the Holy Spirit (*God in me*) will help me do big things now.

ACT LIKE ABIGAIL (2's-5's)

(1 Female and 3-5 Male Little People Figures - per group, 10-15 Cotton Balls per group; Toy Donkey - 1 per group, 3-5 Pieces of Toy Food per group, Small Water Bottle - 1 per group, Mini Paper Lunch Bag - 1 per group)

What You Do:

Before the Activity: Place the four male figures on one side and one figure on the other side. Place the woman figure in the middle of the two groups. Place the cotton balls on the side with the one man. Put the bag, food, and water in your lap.

During the Activity: Review the Bible Story as you act it out with the items.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity: “Friends, come sit in a circle on the floor with me.”

During the Activity: “Today, we heard a true story from the Bible about a woman named Abigail. (Pick up the woman figure, then put back down.) She was about to do something super! Something that would help a lot of people! Abigail and her husband Nabal had a lot of floofy sheep. (Point to the cotton balls.) One day, Nabal’s shepherds brought all of those sheep to where David (move the cotton balls to the other side) and his men were. David and his men protected the sheep and shepherds so nothing bad would happen to them. Later, when Nabal was cutting the wool off all of his floofy sheep and having a party, David sent a few men to ask Nabal if they could have food from the party too. But Nabal said no, and that made David very upset.

“Super Abigail heard what happened and knew she needed to be brave and do something to help. So, Abigail grabbed a lot of food and drinks (place the food and water in a few lunch bags) and put it on some donkeys to carry to David and his men. (Walk the donkey and filled bag to David and his men.) Abigail told David the food and drinks were a gift for him and his men. They took the food and said, ‘Thank God for you and for your help.’ Hooray for Abigail! Abigail did it!”

After the Activity: “Abigail helped a lot of people because she was brave! We can be brave and help others too. You can be a Super Kid because God can help you be brave. **Who can help you be brave? [Bottom Line] God can help me be brave.**”

ABIGAIL HELPS OTHERS (2's-5's)

("Abigail Helps Others" Activity Page – 1 cut image per child, "Abigail Helps David and Nabal" Activity Page – 1 per child, White Circle Stickers – 3 per child, Food Stickers – 2-3 per child, Crayons, Glue Sticks – 2-3 per group)

What You Do:

Before the Activity: Copy "Abigail Helps Others" on regular paper and cut one cutout per child. Copy "Abigail Helps David and Nabal" on regular paper, one per child. Write each child's name on their paper.

During the Activity: Encourage children to color the picture of David and Nabal. Ask children to place a few white circle stickers (*pretend they are sheep*) to Nabal's side. Encourage children to color their picture of Abigail and the donkey. Ask the children to add a few food stickers to the donkey's back, then glue Abigail and the Donkey in between David and Nabal.

After the Activity: Connect the Bottom Line to the Bible Story.

What You Say:

Before the Activity: "Hello, everyone! Come sit at the table with me and let's make some story art to help us remember how super Abigail was!"

During the Activity:

- "On your paper is David (*point*) and Nabal. (*Point.*) Color them in. (*Pause.*) Great!
- Now, stick these few white circle stickers to this side (*point to Nabal's side*) with Nabal. We're going to pretend the white stickers are sheep (*Pause.*) Super job!
- Now, who do you think this is? (*Hold up a picture of Abigail.*) It's Abigail! That's right! Abigail is standing with a donkey. Can you color this picture? (*Pause.*) Super!
- Now, Abigail put some things on the donkey's back and went to see David. Do you remember what it was? (*Pause for response.*) Food! You got it! Put some food stickers on the donkey's back. (*Pause.*)
- Now let's glue Abigail to your big picture in between David and Nabal. (*Pause.*) Great job! Your story picture is complete!"

After the Activity: "Abigail and her husband Nabal had a lot of floofy sheep. Point to Nabal and his sheep. (*Pause.*) One day, Nabal's shepherds brought all of those sheep to where David and his men were. Point to David. (*Pause.*) David and his men protected the sheep and shepherds so nothing bad would happen to them. After that, David sent a few men to ask Nabal for some food, but Nabal said no! This made David very upset. Very mad! Very angry! When Abigail heard what happened, she knew that if she didn't do something to help, a lot of people would get hurt. So, Abigail needed to be brave and help! She grabbed a lot of food and drinks and put it on some donkeys to carry to David and his men. Point to Abigail and the donkey with the food on his back. (*Pause.*) Abigail told David the food and drinks were a gift for him and his men. They took the food and said, 'Thank God for you and for your help.' Hooray for Abigail!" Abigail helped a LOT of people because she was brave! We can be brave and help others, too. **Who can help you be brave? [Bottom Line] God can help me be brave."**

MEMORY VERSE WITH MOTIONS

(Memory Verse Motions Poster – 1 per group)

Say the memory verse using motions from the Memory Verse Motions poster. Repeat several times and encourage children for their efforts.

‘Be strong and courageous. *(Muscle arms)*
Do not be afraid . . . *(cross and uncross hands)*
for the Lord your God *(flat hand with thumb to forehead, pull down)*
goes with you,” *(march in place)*
Deuteronomy 31:6. *(Open hands like a book.)*

PRAY

“Let’s pray together. *(Have kids “put both hands up in the air, clap them together once [keep hands clasped], and then lower them down to their lap.”)*

Dear God, You are the best Helper ever! Thank You for helping us be brave so we can help others. We love You, God. In Jesus’ name. Amen.”

PARENT PICK UP ACTIVITY – READ THE STORY

(The Beginner’s Bible)

What You Do:

- Open up the Beginner’s Bible. Look for pictures and stories of people helping others. Choose one story and read it to your small group.

CONNECT WITH PARENTS/INFLUENCERS

(First Look Placemats - 1 per child)

Hand out placemats and encourage parents/influencers to review the Preschool lesson with their child this week.