



## WEEK ONE – MAY 2024 – KINDER/FIRST

**Bible Story:** *God's Word Is A Light | Psalm 119:105*

**Bottom Line:** *Practice hearing from God*

**Memory Verse:** *“Training the body has some value. But being godly has value in every way. It promises help for the life you are now living + the life to come.” – 1 Timothy 4:8*

**Virtue:** *Commitment – Making a plan and putting it into practice*

**Basic Truth:** *I need to make the wise choice*

**Series Overview:** This month, we'll help kids discover that one of the best plans they can make is to commit to an ongoing relationship with Jesus. We hope they commit to practicing their faith by reading God's Word, praying to God honestly and consistently, talking about God with others, and living for God in how they show love throughout the everyday.

**Bottom Line: Practice hearing from God.** Part of growing in our faith includes learning about what God has planned for our lives. In order to do that, we need to take time to listen to what God is telling us through the Bible, and through those who've read the Bible who can help us understand what it means for our life. While kids might not be able to read and understand everything they encounter in the Bible, we still pray that, through this lesson, they'll get the foundation they need to navigate and personalize the Bible. On top of that, we hope they will eventually make reading the Bible a regular part of their faith journey as they grow in their relationship with Jesus.

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## 9:05 - 9:20 | 11:05 – 11:20 | EARLY ARRIVERS ACTIVITY

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### Opening Small Group Activity

*Move: an activity that increases the oxygen in the brain + taps into the energy in the body*

**What You Need:** N/A

### What You Do:

- Welcome kids by name as they arrive with a fist bump or high five
- Direct the kids to stand up, facing you.
- Say: “I’m going to lead you through a plan for some warm-up exercises. I’ll call out an exercise and tell you how many to do!”
- Demonstrate or give a more detailed explanation, when needed.
- One at a time, call out the following:
  - 5 jumping jacks
  - 4 high knees
  - 4 squats
  - 2 push-ups
  - 1 crunch
  - 5-second plank
- Feel free to mix up or add to the exercises above.

### What You Say:

“Great job, everyone! You knew what to do because you listened carefully! Some of you even looked around or asked questions to know what to do. It’s important to listen carefully! Sometimes hearing takes practice! *[Transition]* **Today we’re going to discover Who we can always hear from, no matter what’s going on around us!**”

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**9:20 - 9:50 | 11:20 – 11:50 | LARGE GROUP**

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**Large Group Overview:** We start the month with **Psalm 119:105**, where David wrote, “*Your word is like a lamp that shows me the way. It is like a light that guides me.*” When we read what the authors of the Bible wrote, we can find out how God wants us to live. It’s like we’re listening to God. God offers us wisdom throughout the pages of the Bible that can guide us to not only discover more about ourselves, but also how to love God, trust Jesus, and treat others well.

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**9:50 – 10:10 | 11:50 – 12:10 | SMALL GROUP**

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**Animal Sound Charades**

[Live for God | Application Activity]

*Connect: an activity that invites kids to share with others + build on their understanding*

**What You Need:** “Animal Charade Cards” Activity Page

**What You Do:**

- Instruct the kids to sit in a circle.
- Set out the “Animal Charade Cards” Activity Page cards face down in a pile.
- Direct one kid to pick the card at the top of the deck.
- Instruct the kid to read their card, keeping the type of animal a secret, and make the animal’s sound.
- Encourage the rest of the group to guess what the animal is.
- Share that the kids are allowed to ask you for help during the activity. They can ask you to:
  - Read the card and make the animal sound along with the kid.
  - Read the card and give a few helpful hints to the group if more help is needed.

- Instruct the kid who guesses correctly to choose the next card from the deck and take a turn.
- Continue until all animals have been guessed.

### **What You Say:**

*“Some of these animal sounds were easy to recognize because we learned about them when we were babies—maybe we played with toys or heard songs about these animals and the sounds they make. Other animals we may have learned as we’ve gotten older and some we may not have known about just yet.*

*“What happened during our game when you didn’t know what sound to make or if you couldn’t figure out what the sound was? (Invite responses.) You had to ask for help! There are many different ways we can hear from God! We can hear from God when we read or listen to the Bible, when we talk to God in prayer, and when we ask for help from adults we know who love God too! When we read the Bible, we can see how Jesus lived and then follow His example. All of these things and more are ways that we can **[Bottom Line]** practice hearing from God!”*

***[Make It Personal]** (Share about how to make a habit of hearing from God. If possible, share about a time you heard from God and how that helped you make a decision or know what to do.)*

### **Lighting the Way**

#### **[Hear From God | Memory Verse Activity]**

*Explore: an activity that extends learning through hands on experimentation + discovery*

**What You Need:** Bibles; Cups; Paper Plate

### **What You Do:**

- Make sure each kid has a Bible.
- Guide kids to look up and “read” together the verse (1 Timothy 4:8) using the Bible Navigation Tips below.

- ***Finding verses with kindergartners:*** Guide children to open the Bibles to the marked page. Point to the word 1 Timothy at the top of the page as you say “1 Timothy” aloud. Then guide children to find the big number 4 on the page. Explain that this is the chapter number. Finally, guide them to look under the big 4 for the little 8; 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 1<sup>st</sup> 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 1 Timothy in the list under “New Testament.” You can help by telling them that 1 Timothy starts with the number 1 followed by the letters T-I. When the kids find 1 Timothy, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find 1 Timothy. Help the kids find the page. When they find 1 Timothy, explain that the big numbers on the page are the chapter numbers. Help them find chapter 4. Explain that the small numbers are verse numbers. Help them find verse 8 in chapter 4.
- Read the Memory Verse to the group.
  - Give each kid a flashlight.
  - Instruct the kids to shine their lights on the verse in their Bibles as you read it again.
  - Invite any kids who would like to read the verse a chance to do so.
  - Instruct the other kids to illuminate the verse in their Bibles each time someone reads.
  - Ask: “What do you think it means to be godly?” (*to be like God, become more like Jesus, etc.*)

### **What You Say:**

*“Knowing God’s Word is a great way to help us be godly! Like anything else we want to get better at, we need to make a plan and put it into practice! What are some things you practice? (Invite responses, like: sports, dance, instruments, etc.)”*

*What plans can we make to get better at those things? (Invite responses, like: taking classes, watching others, using our time to practice, etc.)*

*“We can see in our verse that God has promised help for the life we are now living and in our future! Our Bible is a great place to start **[Bottom Line] practice hearing from God**, since it’s God’s Word! God’s Word can shine a light on everything in our lives, and that is really helpful when things get confusing or hard!”*

### **Pray + Dismiss**

#### **[Pray to God | Prayer Activity]**

*Reflect: an activity that creates space for personal understanding + application*

**What You Need:** N/A

#### **What You Do:**

- Instruct the kids to sit in a circle.
- Say: “Everyone is going to have the opportunity to **[Bottom Line] practice hearing from God!**”
- Instruct the kids to sit with their eyes closed as you pray the first lines of the prayer below (Prayer Section #1), then pause for a few seconds.
- At the time of the pause, encourage kids to be quiet and focus their thoughts on the silence.
- After the pause, invite the kids to share what they heard during the silent time.
  - It may be a clock ticking, someone moving, another group’s noises, a knock on the door, etc.
- Then, ask kids to continue being quiet, and this time, to think about what they did and heard about at church today.
- Continue with the second part of the prayer below. (Prayer Section #2)
- After the time of prayer, invite kids to share what came to mind during the second pause.

- Encourage kids that it's okay if they didn't hear anything at all!  
Listening and hearing from God is something we'll get better at with practice.
- Finish by praying the last few lines of the prayer below. (Prayer Section #3)

**What You Say:**

*“Prayer Section #1:*

*“Thank You, God, for being here today with us. Thank You for speaking to us in so many different ways. We want to practice hearing from You. (Pause to encourage kids to focus their thoughts on the silence. Then continue as above, asking kids to share what they heard in the silence.)*

*Prayer Section #2:*

*“Thank You, God, for quiet times when we can focus on You! Please help us to hear You as we practice listening and thinking about You. Is there anything You would like to say to us today?” (Pause to invite kids to listen to God.)*

*Prayer Section #3*

*“Thank You, God, for speaking to us in so many ways! Thank You for giving us the Bible so we can learn about who You are and hear from You. Help us learn to hear from You. We love You and we pray these things in Jesus' name. Amen.”*

***As adults arrive to pick up, encourage the kids to share one way they can practice hearing from God.***