



WEEK ONE – JANUARY 2025 – SECOND/THIRD

Bible Story: *Rainy Days + Mondays | John 11:1-45*

Bottom Line: *When you're sad, remember you're not alone*

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

Basic Truth: *I can trust God no matter what*

Series Overview: With every season comes new and different challenges but also the chance to experience incredible joy. 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.

Bottom Line: **When you're sad, remember you're not alone.** There will be times in our lives when we will experience grief and hardships because that's just the nature of life. However, when troubles come, we can remember that because Jesus experienced the things we experience, He knows how we feel and is with us as we work through our emotions.

9:00 - 9:15| 11:00 – 11:15 | EARLY ARRIVERS ACTIVITY

Opening Small Group Activity

Play: an activity that encourages learning through following guidelines and working as a group

What You Need: Ball

What You Do:

- Gather your group together.
- Instruct the kids to stand in a circle.
- Remind kids of the four seasons: winter, spring, summer, and fall.
- One by one, name each season and discuss it.
- Invite the kids to share things associated with each season.
- Give examples to get them started, like:
 - Spring: flowers, rain, joy
 - Fall: pumpkins, leaves, jackets
 - Winter: cold, snow, Christmas
 - Summer: pool, hot, sun
- Explain that you're going to play a game associated with the seasons.
- Pick a kid to go first.
- Give that kid the ball.
- Explain the rules:
 - Instruct the kid with the ball to pick another kid in the circle to toss the ball to.
 - As the first kid tosses the ball, direct them to say the name of a season out loud.
 - Direct the kid who catches the ball to share something associated with that season out loud.
 - Instruct the kid who caught the ball to share a season and repeat the steps above.
- Continue in the same way until everyone has had a turn.

What You Say:

“Great job, everyone! I enjoyed getting to explore how each season brings up different things for you. You know, different scenarios in our lives bring different emotions too. *[Transition]* Today, we’ll hear all about an emotion that reminds me of a rainy day. I bet you can guess what it is!”

9:15 - 9:50 | 11:20 – 11:50 | LARGE GROUP

Large Group Overview: 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.

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

Feelings Thermostat

[Live for God | Application Activity]

Reflect: an activity that creates space for personal understanding and application

What You Need: Feelings Thermometer” Activity Page, and coloring supplies

What You Do:

- Gather kids together in your group space.
- Give each kid a “Feelings Thermometer” Activity Page.
- Explain to kids that we all experience different emotions each day. With whatever we are feeling, we can know that Jesus is right there with us!

- Walk through the feelings on the “Feelings Thermometer” Activity Page together, pointing out the different emotions and the types of weather they might make us think of.
- Invite kids to take a moment and identify how they’re feeling.
- Ask:
 - How do you react when you feel these emotions? Draw a picture or write in the box.
- Point out the “Resilience Kit” column. Let kids know that this tool kit is full of ways to help us process our emotions, including when we’re sad or lonely.
- Review some of the tools that are in the “Resilience Kit” column of the “Feelings Thermometer” Activity Page.
 - Here are more details about the “tap my fingers together ten times” tool: Place the palms of both hands together with each finger touching. Starting with your thumbs, tap each set of fingers together until you get to your pinky fingers. Start with your pinkies and make your way back to your thumbs.
- Set out the coloring supplies.
- Invite the kids to color the weather column and decorate as they choose.

What You Say:

“Wow, these thermometers are looking fantastic! What a great tool to help us check in with our emotions and work through them. 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, remember that God can give us the resilience and courage to get back up, even when we still feel sad or lonely.

[Bottom Line] *“When you’re sad, remember you’re not alone. Jesus is right there with you!”*

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

Pray + Dismiss

[Pray to God | Prayer Activity]

Reflect: an activity that creates space for personal understanding and application

What You Need: Butcher paper, markers, colored pencils, and crayons

What You Do:

- Lay a large piece of butcher paper out on the floor or on a table in your group space.
- Use a marker to write ***[Bottom Line] when you're sad, remember you're not alone*** on the butcher paper.
- Set out the markers, colored pencils, and crayons.
- Instruct the kids to work together to draw a large rainbow on the paper.
 - If you have a large group, divide the group and create two rainbows on the butcher paper.
- As the group works together, ask:
 - “When you think about Jesus, what is one word that comes to mind?”
(Share some examples, like: strong, kind, helpful, comforting.)
- Use a darker marker to write down the words kids come up with on the rainbow(s).
- Gather the group together to pray.

What You Say:

“Dear God, thank You for giving us hope! Please help every friend here know that when they are sad, they are not alone because You are always with them. Remind us of the joy we have in You no matter what, and help us see signs of hope like a rainbow in the sky You bring after the hard times. We love You, and we pray these things in Jesus' name. Amen.”

As adults arrive to pick up, invite kids to show off their “Feelings Thermometer.” Ask kids to share with their grown-ups which tool from the resilience kit they plan to try this week! Invite adults to hang the thermometer up in a place where the entire family can see it and practice working through their emotions together.