



WEEK ONE – JANUARY 2025 – KINDER/FIRST

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: N/A

What You Do:

- Gather your group together.
- Instruct the kids to stand in a circle making sure everyone has enough space to move around.
- Explain that you'll be playing a game that requires the kids to listen closely to what you say and how you say it.
- Instruct the kids to act out or show the emotion or action you describe, but only if you say the words "Show me" before saying the emotion or action.
- If you don't say, "Show me" before an action/emotion, encourage the kids to freeze.
- One at a time, read the following actions/emotions and give the kids the time to perform them (if called for):
 - "Show me a happy face."
 - "Show me how you feel when you open a special gift."
 - "Show me how you feel after you fall and hurt your knee."
 - "Pretend to be a flower swaying in the breeze."
 - "Spin around like a tornado."
 - "Show me how you jump in a rain puddle."
 - "Show me silly!"
 - "Show me how you feel when you see your best friend."
 - "Pretend to be a leaf blowing in the wind."
 - "Show me how you feel when you eat your favorite food."
 - "Show me how you pretend to be a snowman."
 - "Pretend to build a sandcastle."
 - "Show me surprised."

- “Show me how you feel when you’re REALLY tired.”
- “Show me calm.”
- To continue playing, come up with new emotions and actions for the kids to perform. Randomly don’t include the words “Show me” as you share the emotions/actions.

What You Say:

“That was fun! We pretended to be (*model each emotion as you say them*) happy, sad, angry, silly, surprised—there are SO MANY emotions we can feel. Did you know Jesus felt those emotions too? *[Transition]* **Come with me to discover more!**”

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

You’re Not Alone

[Live for God | Application Activity]

Explore: an activity that extends learning through hands-on experimentation and discovery

What You Need: Paper plate halves, markers, jumbo craft sticks, masking tape, and a device for taking pictures

What You Do:

- Encourage the kids to show you a happy face.
- Use a device for taking pictures to take a picture of the group’s happy face.
 - Show the kids their happy faces on the device.
- Next, direct kids to show you a sad face.
- Use a device for taking pictures to take a picture of the group’s sad face.
 - Show the kids their sad faces on the device.
- Give each kid two paper plate halves.
- Set out the markers.
- Instruct the kids to draw a happy mouth on one half of a paper plate (with the straight side facing up).
- On the other half of the plate, instruct the kids to draw a sad mouth (with the straight side facing down).
- As kids work, encourage them to think of when they might feel happy and when they might feel sad.
 - *[Make It Personal] (Share an age-appropriate example with the group of when you’ve felt happy and sad too.)*
- Give each kid several pieces of masking tape and two craft sticks.
- Instruct the kids to tape the sticks to the back of each plate. Be prepared to assist as needed.
- Model how to hold the plate up to your face by holding the craft stick.

What You Say:

“Have you ever noticed you feel different emotions throughout the day? We all do! You might feel happy on your way to school (guide kids to hold their happy masks up to their faces), but angry, worried, or even sad (guide kids to hold their sad masks up to their faces) at school because of something that happened with a friend. You know, Jesus experienced all the happy emotions you do, and He experienced all the sad and hard emotions you do too.

*“So when you’re happy (prompt kids to hold their happy masks to their faces and turn to a neighbor), remember you’re not alone. And **[Bottom Line]** when you’re sad, (prompt kids to hold their sad masks to their faces and turn to a neighbor)*

remember you're not alone. Jesus loves you, and He is right there with you—so however you're feeling, let's invite Jesus into it. We do that by praying and asking Jesus to help give us the courage to get back up!"

HOPE!

[Hear from God | Memory Verse Activity]

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

What You Need: Bibles (marked at Psalm 31), and “Psalm 31:24 Signs” Activity Pages

What You Do:

- Divide kids into groups of two or three.
- Give each group a Bible (marked at Psalm 31).
- Direct the groups 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 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.
- Repeat the verse, encouraging kids to sign it with you.

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 **[Bottom Line]** 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!”*

*As adults arrive to pick up, encourage kids to share today’s Bottom Line: **[Bottom Line]** When you’re sad, remember you’re not alone.*