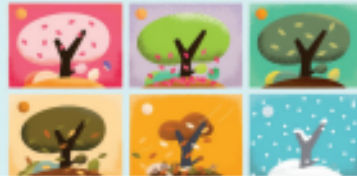


UPPER ELEMENTARY- JANUARY

RAIN OR SHINE

Trusting God in Every Season



PRETEEN
JANUARY 2025

MONTHLY OVERVIEW

GOD VIEW:

THE CONNECTION BETWEEN RESILIENCE AND GOD'S CHARACTER, AS SHOWN THROUGH GOD'S BIG STORY

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.

WEEK **ONE**

BIBLE STORY
Jesus Wept
John 11:1-45

KEY QUESTION
Who can you talk to when you're sad?

WEEK **TWO**

BIBLE STORY
Do Not Worry
Matthew 6:25-34

KEY QUESTION
What kinds of things do you worry about?

WEEK **THREE**

BIBLE STORY
Slow to Anger
James 1:19

KEY QUESTION
What do you do when you feel angry?

WEEK **FOUR**

BIBLE STORY
Paul and Silas
Acts 16:16-40

KEY QUESTION
What brings you joy?

MEMORY VERSE

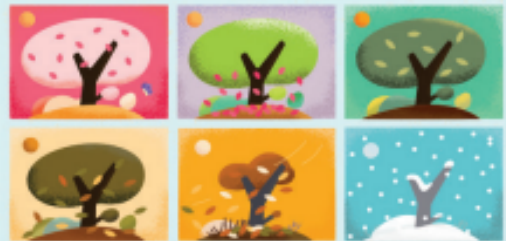
BE STRONG, ALL YOU WHO PUT YOUR HOPE IN THE LORD. NEVER GIVE UP.
PSALM 31:24, NIRV

RESILIENCE

GETTING BACK UP WHEN SOMETHING GETS YOU DOWN

RAIN OR SHINE

Trusting God in Every Season



Upper Elementary Large Group

JANUARY 2025

WEEK 1

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.

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.

Memory Verse

Be strong, all you who put your hope in the Lord. Never give up.

Psalm 31:24 (NirV)

Bible Truth

Jesus Wept

John 11:1-45

Bottom Line

When you're sad, remember you're not alone.

NOTES:

- All **yellow highlighted text** are cues for visual and audio slides.
- The text in **red** indicates stage directions.

Rise and Shine -Week 1 Teaching Outline:

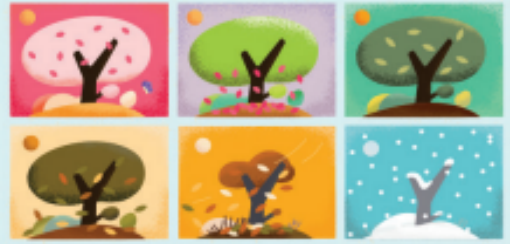
Start at 15 after (if service is expected to be about an hour)

1. Intro: Welcome kids, get them excited.
2. Game Time: **Picnic Sack Race**
3. Worship
4. Intro: Rise and Shine
5. Bible Lesson Video: **Jesus wept**
6. Application
 - a. Weekly Bottom Line: **When you're sad, remember you're not alone.**
 - b. Monthly Virtue: Resilience- **Getting back up when something gets you down**
 - c. -Memory Verse: **Be strong, all you who put your hope in the Lord. Never give up. Psalm 31:24 (NIRV)**
 - d. -Prayer
7. Small Groups: 15 minutes

End on the hour

RAIN OR SHINE

Trusting God in Every Season



Upper Elementary- Large Group

JANUARY 2025

WEEK 1

WELCOME 3 minutes

(Welcome kids)

Hi everyone! Welcome to Flatiron Kids! I'm so excited to see you here today! Happy New Year! Can you believe it's 2025?! I love the start of a new year. It's a chance for a fresh start. There's a whole year ahead of us, and no matter what comes, we know that God will be with us every step of the way. "God is with us, rain or shine! We can trust God in every season—whether it's spring, summer, fall, or winter. **[Basic Truth] We can trust God no matter what.**

(Hold up the umbrella.) Now, as you can see, I came prepared for rain today. (Close the umbrella and set it down.) We're talking about how God is with us in all seasons, but we're starting today with spring.

Announcements

Share campus-specific announcements -see your Kids Director for details.

GAME TIME

Something I love to do at a spring picnic is a sack race. (Hold up a pillowcase.) Who here has seen a sack race or even participated in one? They're pretty tricky, but also a lot of fun! I've got some sacks here. I need one person from each small group.

Begin handing out the pillowcases. If you have a large group, you can choose 2 kids to come to stage to race and repeat as time allows That

way you'll need to have fewer pillowcases and can just re-use the same ones each time.

Alright! Follow me to the starting line. Your finish line is over there on the other side. (Reference the finish line.) When I say 'go,' you'll climb into the sack, then hop to get over to the finish line. Be sure not to get too close to the other racers so you don't knock anyone over. And make sure you're hopping carefully so you don't fall. The first person to cross the finish line is our sack race champion!

WORSHIP 6-7 minutes

I'm so excited for us to worship God together. We can praise God in the good times and when we face tough challenges. We can trust God in every season of life. God's love changes us and makes us new. And we can live each day to bring honor and praise to God. Right now, this is your time to jump in and give all you've got as we worship. You can follow along to the moves or worship in your own way. Let's sing!

(Encourage kids to worship God through song and dance. Play worship songs).

Show Worship Song: I Thank God

Show Worship Song: Rain or Shine

INTRO 1 minute

Show Series Theme Graphic: Rise and Shine

I'm so excited to open God's Word with you today. (Hold up Bible.) Today we're looking at something that happened in Jesus' life, which we find here in the book of John. "The book of John is one of four books in the Bible called the Gospels: Matthew, Mark, Luke, and John. These books tell us about Jesus' life here on Earth."

BIBLE TRUTH 10 -12 minutes

Show Video: Video_WK1_So&SoShow

APPLICATION 3 minutes

Show Series Theme Graphic: Rise and Shine

Jesus is also with US when we face hard things. He cares how we feel. We know that He's there to help us and comfort us, so we're never alone. That's what we need to remember today:

Show Graphic: WK1_Bottom Line

When you're sad, remember you're not alone. Say that with me. **"When you're sad, remember you're not alone."**

As we think about this story today, we can remember that God is with us and God cares about us. God is there when we're feeling full of joy and excitement . . . and God is also there to comfort us when we're sad. God is right there WITH us in all of our feelings. And because of that, God can help us choose something that we call resilience.

Show Graphic: WK1_Virtue

Resilience means **getting back up when something gets you down.**

We can get back up because we can continue to trust God, through whatever we might face in life. When we're feeling sad, we can pray and talk to God about it. And after you've prayed, you can find a trusted adult to talk to about what you're feeling. Don't run away from those feelings or try to just get over them. When you pay attention to what you feel and take the time to work through those feelings, God will help you have the resilience to get back up.

When we talk about trusting God in every season, we're not just talking about the four seasons of the year. We're also talking about the different seasons we experience in our lives. We might have times when we feel different feelings—like sadness, anger, or joy, just to name a few. And we know that God is there to help us through those feelings. Check out our Memory Verse for this month, Psalm 31:24.

Show Verse: Psalm 31:24 (NirV)

"Be strong, all you who put your hope in the Lord. Never give up." Psalm 31:24 (NirV)

Let's say it together. ***"Be strong, all you who put your hope in the Lord. Never give up."***

Psalm 31:24 (NirV)

Jesus experienced all of the emotions you and I wrestle with. He's right there with us. We can be strong because our hope is in God.

Show Slide: WK 1 KEY QUESTION

As you go to your groups today, think about this: **“Who can you talk to when you’re sad?”** Think about where you go when you feel like you’ve been knocked down. Who helps you get back up? Who helps you see how you can trust God throughout your situation? Before you go, let’s pray and thank God for being with us when we’re sad. It’s awesome that God knows what we’re going through. Let’s pray and ask God to help us slow down when we feel angry. Let’s pray and ask God to help us with our feelings.

PRAYER

Dear God, thank You so much for showing us that You are with us when we feel sad. Jesus felt sad because His friend Lazarus had died . . . and He saw how everyone else felt sad too. There will be times when all of us face difficult things in life. Please remind us, God, that we’re not alone. Help us to remember that we can trust God no matter what. We love You, and we pray these things in Jesus’ name. Amen.

SMALL GROUPS

Show Graphic: Small Group [Dismiss kids to their small groups](#)