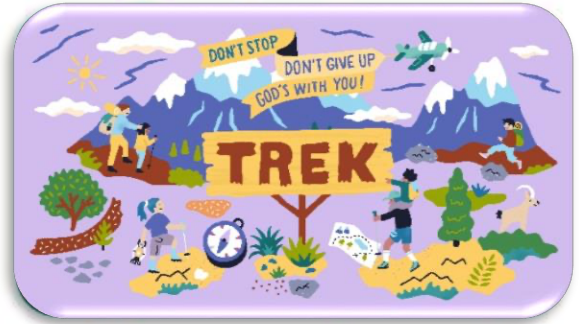


Lower Elementary

WEEK 4- STARTER



Activity Name: Trek Motions

What You Need: None needed

What You Do:

- Tell the kids you're going to get ready for a long journey—a "trek"!
- Lead them in a series of fun warm-up exercises.
- Call out different "trek" motions for them to do:
- "Let's get ready! Do 10 jumping jacks!"
- "We have to climb a mountain! Let's do mountain climbers!" (*Demonstrate.*)
- "Time to stretch so we don't get tired! Reach for the sky! Now touch your toes!"
- "We need to be strong! Show me your strongest muscle pose!"
- Continue for a few minutes with different fun, energetic movements.

What You Say:

Great job getting ready for our trek! A trek is a long, hard journey, and you have to be strong to finish it. In our Bible Story today, Paul was on a journey that got very, very, very hard. It was a good thing he was strong in his faith! He clung to His trust in God. Let's go hear what happened.

Lead your group to the Large Group area.



Bible Story: Paul Shipwrecked • Acts 27–28:10

Bottom Line: Don't give up on God when bad things happen.

Conversation Starter: How do you keep trusting God when bad things happen?

Memory Verse: “Let us not become tired of doing good. At the right time we will gather a crop if we don't give up.” • Galatians 6:9 NIRV

DISCUSSION QUESTIONS:

- Paul trusted God even when the storm was scary. Why do you think he stayed calm?
- What does this story show us about God's promises? How did God take care of Paul?
- Paul said “thank you” to God and ate food during the storm. Why is it important to be thankful, even when things are hard?
- What are some hard things kids your age might go through? (like school, friends, or feeling scared)
- What does it look like to keep trusting God every day? What are some ways you can do that?

Activity Name: Roll the Dice Prayers

What You Need: Prayer prompt pictures Pocket Dice

What You Do:

- Encourage kids to sit in a circle and show them each side of the die.
- Explain that you will take turns rolling the die, and whatever picture it lands on will tell them who or what to pray for.
- Continue around the circle, letting each kid roll and pray.
- Kids can choose to pray silently or out loud.

What You Say:

That was a great way to pray for so many different people. Praying is one of the best things we can do when good things happen AND when bad things happen. God loves it when we talk to Him—even when we're frustrated or mad. So stay with it. Keep talking to God. Keep listening. And you'll find that you can face the hard things and make it to the other side because God is with you. No matter what, we should never give up on Him. Let's pray one more time together.

Prayer: Dear God, thank You for the story of Paul. Thank You that even in a giant storm, You were with him. Please help us remember and know that You are with us when we have our own storms and bad things happen. Help us to never, ever give up on You. We love You, and we pray these things in Jesus' name. Amen.