



WEEK
FOUR
MAY 2022

SMALL GROUP
PRETEEN

TODAY'S SUGGESTED SCHEDULE

TODAY'S BIBLE STORY

Glory Days
Heroes of the Faith
Hebrews 11

TODAY'S KEY QUESTION

Who inspires you to get back up?

TODAY'S BOTTOM LINE

Trusting God can help
you get back up.

MONTHLY MEMORY VERSE

**"But those who trust in the LORD
will receive new strength. They
will fly as high as eagles. They will
run and not get tired. They will
walk and not grow weak."**

Isaiah 40:31, NIV

MONTHLY LIFE APP

Resilience—Getting back up
when something gets you down

BASIC TRUTH

I can trust God no matter what.

PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today. In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

SMALL GROUP

15
MIN

SOCIAL: Providing time for fun interaction

Just for Fun
Opening Activity

LARGE GROUP

35
MIN

STORY: Communicating God's truth in engaging ways **WORSHIP: Inviting people to respond to God**

Welcome/Opener
Worship ("I Trust In You" from *Every Beat*, "Never Gonna Give Up" from *Make A Move*, and "Enough For Us" from *Every Beat*)
Bible Story (Communicator Script)
Key Question
Prayer

SMALL GROUP

25
MIN

GROUPS: Creating a safe place to connect

Application Activity: Take a Snapshot
Bible Story Review: Bible Story Review and Discussion Questions
Memory Verse Activity: Verses to Take with You
Prayer Activity: Make it Personal with Prayer

HOME: Prompting action beyond the experience

Parent Cue Card (print or email)
Devotionals for Kids
Parent Cue App



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PRELUDE **SOCIAL** **STORY** **WORSHIP** **GROUPS** **HOME**

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



Before kids arrive, pray that your kids would connect with you and this idea of resilience that's illustrated by so many in the Bible as well as in our own lives. Ask Him for the resilience you need to lead your group well today.

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1. JUST FOR FUN

WHAT YOU NEED: Offering container, a ball, a basket

WHAT YOU DO:

- Invite kids to put their offering in the offering container as they arrive.
- Set up a basket in the room for a basketball type game. Kids may want to make "backboard" shots, so set the basket near a wall.
- Let kids take turns trying to bounce a ball into the basket.
- The ball must bounce at least once before landing in the basket.
- Kids can bounce the ball off the floor or off the wall.
- Once a kid makes a basket, everyone in the group must duplicate the shot, standing in the same spot with the same form.
 - Anyone who misses gets a point.
 - For example: If a kid closes their eyes, bounces the ball with their left hand and the ball bounces in the basket, then everyone in the group must close their eyes, bounce the ball with their left hand to bounce the ball into the basket.
- Anyone who misses the basket gets a point.
- Kids continue to try to make a basket.
- Encourage them to be silly and go for the trick shots.
- The kid with the least number of points when time runs out is the winner.



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PRELUDE **SOCIAL** **STORY** **WORSHIP** **GROUPS** **HOME**

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15 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and/or working as a group



2. OPENING ACTIVITY

WHAT YOU NEED: Empty water bottles, balls, masking tape, timer or mobile device

WHAT YOU DO:

- Divide the group into three teams.
- Give each team 8-10 water bottles and two balls.
- Using masking tape, create a line on the floor.
- Tell one kid from each team set up the water bottles behind the taped line.
- Suggest they set the bottles up in a triangle formation like a bowling alley.
- Using masking tape, create a line about 20 feet from the water bottles.
- Lead kids to take turns (within their teams) trying to knock the water bottles down with the balls.
- Instruct teams to either:
 - Choose a designated person to set the pins "Back Up" and keep track of the number of pins their team knocked down.
 - Or take turns being that person
- The other teammates take turns rolling their ball at the pins to knock down as many pins as they can with each roll.
- After kids roll their ball, they retrieve their ball and get ready to roll it again.
- Kids within each team cannot roll their ball at the same time. They must wait until their teammate has set the pins "Back Up."
- Teams race to see how many pins they can knock down in one minute.

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Resilience—Getting back up when something gets you down

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WHAT YOU SAY:

"You know what this game reminds me of? RESILIENCE! [Transition] Let's head to Large Group to learn what can help you to get back up when something knocks, I mean gets, you down."

Lead your group to the Large Group area.



CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CONNECT

an activity that invites kids to share and collaborate with others while growing their understanding



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Resilience—Getting back up when something gets you down

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1. TAKE A SNAPSHOT
[LIVE FOR GOD | APPLICATION ACTIVITY]
WHAT YOU NEED: Butcher paper, tape, markers

WHAT YOU DO:

- Tape a large piece of butcher paper to a wall.
- On the left side of the paper, draw an outline of a giant arrow pointing down. Next to that, on the right side of the paper, draw an outline of a giant arrow pointing up.
- Ask: What are things that get you down?
- Write kids' responses in the center of or near the down arrow.
- Ask: When you are down, who inspires you to get back up?
 - If necessary, use the down arrow ideas to prompt kids. (i.e., What are the opposites of the items written on the other side of the paper?)
 - For example: Who helps you to get back up when people around you are fighting? Or what are some things that encourage you to get back up when you feel alone?
- Write those responses in the center of the up arrow.
- *[Make it Personal]* (Share an age-appropriate example of something that gets you down and what in your life inspires you to get back up.)



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PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

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an activity that encourages learning through following guidelines and/or working as a group



2. BIBLE STORY EXTENSION

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: Cones, balls, blindfolds, Bibles, items to be used for obstacles (chairs, stools, tables, hula hoops, etc.)

WHAT YOU DO:

- Pair kids up.
- Set three cones in the center of the room. Scatter teams along the perimeter of the room.
- Blindfold one kid from each team and give them a ball.
- Scatter obstacles throughout the room blocking any direct path to the three cones.
- Explain that the goal is to be the first team to set their ball on top of one of the cones.
- The rules for the game are:
 - The "sighted" kid cannot touch their teammate or their team's ball. They must give verbal directions to guide their teammate to a cone.
 - If the blindfolded kid touches an obstacle with their body, including the cones, the "sighted" kid must sit down, clap three times, and get back up before continuing.
 - When a team reaches a cone, the "sighted" kid directs the blindfolded kid to place the ball on the cone.
 - First team to place their ball on a cone wins.
 - Repeat and allow kids to change roles.
- Use the following to discuss the game and to help kids process the Bible story:
 - Say: "It is not easy to move when you can't see where you are going. And it can be hard to get back up when something gets you down. There are many stories in the Bible of people who kept going even when they didn't know what would happen next, because they trusted God."
 - Challenge the group to work together to make a list of people in the Bible who kept going because they trusted God. Use Hebrews 11 as a guide if necessary.
 - From the list we made, who inspires you and why?
 - Who in your life would you describe as a hero of faith and why?
 - **[Make it Personal]** (Share an example of someone in your life you would describe as a hero of faith and why you consider them faithful.)
 - How can trusting God help you to get back up when you're faced with something challenging?

TODAY'S BIBLE STORY

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Heroes of the Faith
Hebrews 11

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an activity that invites kids to share and collaborate with others while growing their understanding



3. DISCUSSION QUESTIONS [TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

Ask:

- What is faith, in your own words?
- How can our actions show we have faith or show we trust God no matter what?
- How can faith and trusting God help us to get back up again?
- Why is knowing the stories in the Bible important? How does knowing stories of how God showed up in difficult situations affect our faith? How do the stories affect our ability to bounce back?

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an activity that increases the oxygen in the brain and taps into the energy in the body



4. VERSE TO TAKE WITH YOU [HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles, bouncy balls

WHAT YOU DO:

- Give kids a Bible.
- Look up the memory verse together, Isaiah 40:31.
- Allow kids to recite the verse from memory while the rest of the group follows along in the Bible.
- Gather kids in a circle.
- Using a bouncy ball, challenge kids to bounce the ball to each other saying a word of the verse as they bounce the ball. Continue until the entire verse is recited.
- To increase the challenge:
 - Kids standing across from each other in the circle pair up.
 - Give each pair of kids a bouncy ball.
 - Teams bounce the ball to each other saying a word of the verse with each bounce. If someone misses the ball, the team sit down.
 - Encourage teams sitting down to help the teams still standing to remember the next words to the verse.
 - The last team left standing is the winner.
- Gather the group together for discussion.
- Give kids a Bible and look up Psalm 111. Read to the group verses 1-4.
- Ask:
 - What words are repeated in the first four verses of this Psalm? Why do you think the Psalmist repeats them?
 - Read verse two: *The Lord has done great things. All who take delight in those things think deeply about them.* (NIRV)
 - Why is it important to remember what the LORD has done? Why does remembering what God has done help us to trust Him?
 - What does the Psalmist write about God? What are the words they use to describe who God is? Why does remembering who God is help us to show resilience?
 - How does knowing God and what He has done help inspire us to get back up?

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MONTHLY MEMORY VERSE

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Isaiah 40:31, NIRV

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PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal processing and application



5. MAKE IT PERSONAL WITH PRAYER [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: "Thank You Cards" Activity Page, markers, Bibles

WHAT YOU DO:

- Give kids a "Thank You Card" to write a thank you letter to God.
- Encourage kids to pick a Hero of Faith—either from the Bible or from their lives—and write a thank you note to God for them and for their story.
- Encourage kids to tell God how the Hero of Faith encourages them to trust God and to help them show resilience.
- Let kids to share their thank you letters with the group if they would like to.
- Challenge kids to share their thank you notes with someone this week, especially if their "Hero of Faith" is someone from their life.
- Close in prayer.

TODAY'S BIBLE STORY

Glory Days
Heroes of the Faith
Hebrews 11

WHAT YOU SAY:

"God, You can be trusted no matter what! You love us! You are always with us! You know us and You want us to know You! Thank You for Your Spirit to give us strength, for Jesus who gave us a way to be with You now and forever, and for the heroes of faith who show us how important it is to trust You. Thank You especially for . . . *(pause and allow kids to say names of people they are thankful for)*. Thank You for inspiring us to get back up even when things are hard or we don't understand. Amen!"

TODAY'S KEY QUESTION

Who inspires you to get back up?

TODAY'S BOTTOM LINE

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GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

SOCIAL: PROVIDING TIME FOR FUN INTERACTION (15 MINUTES)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's story.

(Choose one or both of these activities.)

1. JUST FOR FUN

Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body

WHAT YOU NEED:

- Offering container
- Basket or container
 - The container needs to be large enough to be used for a basketball-type game in which kids will bounce a ball into the container.
- Ball (beach ball, rubber ball, tennis ball, etc. Kids need to be able to bounce the ball into the basket/container provided.)

2. OPENING ACTIVITY

Made to Play: an activity that encourages learning through following guidelines and/or working as a group

WHAT YOU NEED:

- 16-oz. bottles of water; 20-30 for each small group
 - Note: This is a bowling-type activity. If the bottles are empty, add sand or beans to the bottles will increase the difficulty.
- Balls; six for each small group
 - Ball must be able to knock down the water bottles, e.g., large rubber ball, tennis ball, small soccer ball, etc.
- Masking tape
- Timer or mobile device

GROUPS: CREATING A SAFE PLACE TO CONNECT (25 MINUTES)

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

(Choose as many of these activities as you like.)

1. TAKE A SNAPSHOT

[LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Connect: an activity that invites kids to share and collaborate with others while growing their understanding

WHAT YOU NEED:

- Large piece of butcher paper
- Tape
- Markers

2. BIBLE STORY EXTENSION

[TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Play: an activity that encourages learning through following guidelines and/or working as a group

WHAT YOU NEED:

- Cones; three for each small group
 - If you don't have cones, you can substitute with plastic cups, full rolls of toilet paper, etc.
- Balls, one for every two kids
 - The balls provided should rest on or in the cones.
- Blindfolds or bandanas; one for every two kids
- Bibles
- Items to be used as obstacles. (For example, chairs, tables, beanbag chairs, hula hoops, etc.)

3. DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Connect: an activity that invites kids to share and collaborate with others while growing their understanding

WHAT YOU NEED:

- No supplies needed

4. VERSE TO TAKE WITH YOU

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body

WHAT YOU NEED:

- Bibles
- Bouncy balls; one for every two kids



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PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

5. MAKE IT PERSONAL WITH PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

Made to Reflect: an activity that creates space for personal processing and application

WHAT YOU NEED:

- Print the "Thank You Cards" Activity Page and cut apart; one for each kid
- Markers
- Bibles

HOME: PROMPTING ACTION BEYOND THE EXPERIENCE

- Print on cardstock or email this week's devotionals and Parent Cue cards.
- Tell parents about our additional family resource: **Parent Cue app.**