



## TODAY'S SUGGESTED SCHEDULE

### BIBLE STORY

Jesus is a good friend  
when I am **afraid**.

**PETER WALKS ON WATER**  
**MATTHEW 14:22-33**

### MEMORY VERSE

"A friend loves you all the time."

**PROVERBS 17:17, NCV**

### KEY QUESTION

Who is always a good friend?

### BOTTOM LINE

Jesus is always a good friend.

### BASIC TRUTH

Jesus wants to be  
my friend forever.

### 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

*Offer one or more of these activities as preschoolers arrive.*

- Row Your Boat
- Muffin Cup Emotions
- Weathercaster

### LARGE GROUP

**20**  
MIN

#### WORSHIP: Inviting people to respond to God

#### STORY: Communicating God's truth in engaging ways

"My Friend Forever" and "Never Better"

- Bible Story
- Prayer

### SMALL GROUP

**25**  
MIN

#### GROUPS: Creating a safe place to connect

*Offer as many of these activities as your time, facilities, resources, and leadership allow.*

- Memory Verse with Motions
- Pretend Play
- How I Feel
- Puddle Jumping
- Walkin' on Water
- Journal and Prayer

### HOME: Prompting action beyond the experience

- Going Home
- Memory Verse Card
- Parent Cue Card (*print or email*)
- Parent Cue App



**PRELUDE      SOCIAL      WORSHIP      STORY      GROUPS      HOME**

**PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES**

**MADE TO MOVE**

an activity that uses a preschooler's natural desire to move to help them learn



**1. ROW YOUR BOAT**

**WHAT YOU NEED:** Stretchy band, such as [pin.it/7xsKoao4A](https://pin.it/7xsKoao4A)

**WHAT YOU DO:**

**BEFORE THE ACTIVITY:** Ask children to come sit on the floor in a circle with you.

**BIBLE STORY**

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**PETER WALKS ON WATER  
MATTHEW 14:22-33**

**DURING THE ACTIVITY:** Encourage each child to grab hold of the stretchy band, and move their arms in a circle as if they are rowing a boat. Sing "Row, Row, Row Your Boat" together.

**AFTER THE ACTIVITY:** Introduce the Bible Story.

**WHAT YOU SAY:**

**BEFORE THE ACTIVITY:** "Hello, hello friends! It's wonderful to see you today! Come join me over here, and let's sit in a circle together."

**MEMORY VERSE**

"A friend loves you all the time."

**PROVERBS 17:17, NCV**

**DURING THE ACTIVITY:** "I have this really cool band, and it's super-stretchy! We're all going to hold the band. *(Make sure everyone has a hold of the band. Reposition your circle closer or farther back as needed.)* Now, follow me. Stretch the band out in front of you like this, *(demonstrate)* then bring it back to your lap like this. *(Demonstrate.)* Let's try it together. Out in front of you, back to your lap. Again. Out in front of you, back to your lap. *(Repeat a few times.)* Great! You've got it! This reminds me of rowing a boat! Let's sing the 'Row, Row, Row Your Boat' song while we row. Ready?"

**KEY QUESTION**

Who is always a good friend?

"Row, row, row your boat  
Gently down the stream  
Merrily, merrily, merrily, merrily  
Life is but a dream!"

*(Repeat as desired.)*

**BOTTOM LINE**

Jesus is always a good friend.

"That was fun! Everyone, stand up while holding the band. Let's squish in together to make the band really small. *(Pause.)* Great job, friends! You can let go of the band."

**BASIC TRUTH**

Jesus wants to be my friend forever.

**AFTER THE ACTIVITY:** "Today in our story, we're going to hear about some of Jesus' friends, the disciples. They were out in a boat, rowing or paddling like we were. I wonder if they sang any songs while they rowed."

**TRANSITION:** Move to Worship and Story by continuing to sing and do the motions to "Row, Row, Row Your Boat."



PRELUDE SOCIAL WORSHIP STORY GROUPS HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

**MADE TO MOVE**

an activity that uses a preschooler's natural desire to move to help them learn



**1. MEMORY VERSE WITH MOTIONS**  
[HEAR FROM GOD | MEMORY VERSE REVIEW]

**WHAT YOU NEED:** No supplies needed

*Note: You can find examples of hand motions in the "Memory Verse Hand Motions" PDF and video, included in the Prelude folder and on Pinterest.*

**BIBLE STORY**

Jesus is a good friend when I am **afraid**.

**PETER WALKS ON WATER**  
**MATTHEW 14:22-33**

**WHAT YOU DO:**

**BEFORE THE ACTIVITY:** Say the Memory Verse and demonstrate the motions for the children.

**DURING THE ACTIVITY:** Teach the Memory Verse motions. Invite the children to do them with you several times.

**AFTER THE ACTIVITY:** Connect the Memory Verse to the Bottom Line.

**MEMORY VERSE**

"A friend loves you all the time."

**PROVERBS 17:17, NCV**

**WHAT YOU SAY:**

**BEFORE THE ACTIVITY:** "Friends, come stand with me! Let me tell you our brand-new Memory Verse! Ready to hear it? It goes like this: 'A friend (*hook index fingers twice*) loves you (*cross arms over chest*) all the time,' (*tap wrist*) Proverbs 17:17." (*Open hands like a book.*)

**DURING THE ACTIVITY:** "Now, let's learn the motions. The first part of our verse says: 'A friend!' (*Hook index fingers twice.*) Pointer fingers up like this. (*Point both pointer fingers up in the air in front of you.*) Now hook your two fingers together like this, (*cross your fingers right over left, then bend both to create a hook*) then cross them the other way. (*Cross your fingers left over right, then bend both to create a hook.*) Great, let's do that together. Pointer fingers up, hook your two fingers together, then cross them the other way. Say, 'A friend,' with me. (*With children*) 'A friend!' (*Hook index fingers twice.*)

**KEY QUESTION**

Who is always a good friend?

"The next part of our verse says: 'Loves you!' (*Cross arms over chest.*) Cross both arms over your chest like you're giving yourself a hug (*cross arms over chest*) and say: 'Loves you!' (*With children.*) 'Loves you!' (*Cross arms over chest.*) Wonderful! Now let's put that together. 'A friend (*hook index fingers twice*) loves you!' (*Cross arms over chest.*) Great job!

**BOTTOM LINE**

Jesus is always a good friend.

**BASIC TRUTH**

Jesus wants to be my friend forever.

"The next part says: 'All the time!' Pointer finger up, and tap the top of your other arm at the wrist, like you're wearing a watch (*tap wrist*) and say: 'All the time!' (*With children.*) 'All the time!' (*Tap wrist.*) Can we do all three together? 'A friend (*hook index fingers twice*) loves you (*cross arms over chest*) all the time!' (*Tap wrist.*)



WEEK  
**ONE**  
JANUARY 2025

SMALL GROUP  
**3-5** YEAR  
-OLDS

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

"Now the last part is: 'Proverbs 17:17!' (*Open hands like a book.*) Put your hands together in front of you, and open them like you're opening a book (*open hands like a book*), and say: 'Proverbs 17:17!' (*With children.*) 'Proverbs 17:17!' (*Open hands like a book.*) Great job!

"I think we're ready to do it all together! Ready, friends? 'A friend (*hook index fingers twice*) loves you (*cross arms over chest*) all the time,' (*tap wrist*) Proverbs 17:17. (*Open hands like a book.*) Nice job. Let's do it again!" (*Repeat several times.*)

**AFTER THE ACTIVITY:** "The Bible teaches us that Jesus wants to be our friend forever and loves us all the time—when we are afraid, or excited, sad, or happy. **Jesus is always a good friend. Who is always a good friend? Jesus is always a good friend.** Let's say that one more time, friends! **Who is always a good friend? Jesus is always a good friend."**



PRELUDE      SOCIAL      WORSHIP      STORY      **GROUPS**      HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

**MADE TO THINK**

an advanced activity specifically designed for older preschoolers



**3. HOW I FEEL**

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** "How I Feel Chart" Activity Page, and 11" x 17" paper

**WHAT YOU DO:**

**BEFORE THE ACTIVITY:** Copy "How I Feel Chart" on 11" x 17" paper, one per child.

**DURING THE ACTIVITY:** Give each child an Activity Page. Point to each of the four zones and identify each emotion. Ask the children to put their finger on their chart to show how they're feeling today. Remind the children that Jesus is a good friend no matter how we're feeling!

**AFTER THE ACTIVITY:** Review the Bottom Line.

**WHAT YOU SAY:**

**BEFORE THE ACTIVITY:** "Friends, come find a spot at the table!"

**DURING THE ACTIVITY:** "We have all kinds of emotions. Sometimes, we're happy. (Point to the green section of the chart.) Sometimes, we're sad. (Point to the blue section.) Sometimes, we're excited. (Point to the red section.) And sometimes we're afraid. (Point to the yellow section). Look at the paper on the table. How are you feeling today? Point to the section that best describes how you're feeling today. (Pause as children respond.) Happy or sad or excited or afraid, **Jesus is always a good friend.** I'm so glad that Jesus is a GOOD friend who loves us no matter how we're feeling!"

**AFTER THE ACTIVITY:** "You can take these charts home to help you think about how you're feeling! I want you to remember that no matter how you're feeling, Jesus is a GOOD friend! He loves you always. **Who is always a good friend? Jesus is always a good friend!**"

**BIBLE STORY**

Jesus is a good friend when I am **afraid**.

**PETER WALKS ON WATER**  
**MATTHEW 14:22-33**

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**KEY QUESTION**

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**BOTTOM LINE**

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**BASIC TRUTH**

Jesus wants to be my friend forever.



PRELUDE SOCIAL WORSHIP STORY GROUPS HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

**MADE TO REFLECT**

an activity that encourages personal application and prayer



**6. JOURNAL AND PRAYER**

[PRAY TO GOD | PRAYER ACTIVITY]

**WHAT YOU NEED:** "Memory Verse Card" Activity Page, cardstock, scissors, Bible, journal, a fun-shaped pen, and heart stickers

*Note: You can find examples of hand motions in the "Memory Verse Hand Motions" PDF and video, included in the Prelude folder and on Pinterest.*

**BIBLE STORY**

Jesus is a good friend when I am **afraid**.

**PETER WALKS ON WATER**  
**MATTHEW 14:22-33**

folder and on Pinterest.

**WHAT YOU DO:**

**BEFORE THE ACTIVITY:** Copy "Memory Verse Card" on cardstock and cut, one per Small Group. Place one card in your Bible at Proverbs 17:17. *Note: Keep this card in your Bible all month long.*

Encourage the children to pretend they're rowing a boat, like the disciples, as you lead them to your Small Group spot. Sit down and gather the children around you.

**MEMORY VERSE**

"A friend loves you all the time."

**PROVERBS 17:17, NCV**

**DURING THE ACTIVITY:** Review the Memory Verse and Hand Motions.

Encourage children to help you make a list in the journal of things that make them feel afraid.

**AFTER THE ACTIVITY:** Pray with the children using the list you made in the journal.

**KEY QUESTION**

Who is always a good friend?

**WHAT YOU SAY:**

**BEFORE THE ACTIVITY:** "It's Small Group time! Today we're going to pretend we're rowing a boat, like the disciples in our story. Follow me and row, row, row your boat! (*Pretend to row a boat as you lead the children to your Small Group spot.*) Whew! We made it! Now we can sit down and talk about today's Bible Story. One, two, three, sit down with me!

**BOTTOM LINE**

Jesus is always a good friend.

**DURING THE ACTIVITY:** (*Open the Bible and lay it in front of the children.*)

"Jesus is always a good friend. In our Bible Story today, Jesus was a good friend to the disciples when He told them, 'Don't be afraid. It's Me, Jesus!' Jesus was a good friend to Peter when Peter was brave and wanted to walk on water to Jesus. Jesus told Peter to come to Him. Jesus was also a good friend to Peter when Peter was afraid and began to sink in the water. Jesus reached out and helped Peter get back in the boat.

**BASIC TRUTH**

Jesus wants to be my friend forever.

"Jesus was always a good friend to Peter and the disciples, and Jesus will always be a good friend to you. That's why when I ask you: '**Who is always a good friend?**' I want everyone to say '**Jesus is always a good friend!**' Let me hear you say it! **Who is always a good friend? Jesus is always a good friend!**"



WEEK  
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CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

"Today, we are going to begin learning a new Bible verse that will help us remember that a good friend like Jesus loves you all the time. It says: 'A friend (*hook index fingers twice*) loves you (*cross arms over chest*) all the time,' (*tap wrist*) Proverbs 17:17. (*Open hands like a book.*) Let's stand up and say that Bible verse together! Just say what I say and do what I do. 'A friend (*hook index fingers twice*) loves you (*cross arms over chest*) all the time,' (*tap wrist*) Proverbs 17:17. (*Open hands like a book.*) You did it! (*Give high fives.*) I'm so proud of you! Now let's sit down so we can write in our prayer journal and talk to God. (*Open journal.*)

"Peter was afraid when he heard the wind. Everyone feels afraid sometimes. I love knowing that **Jesus is always a good friend**, because that means Jesus is a good friend when I am afraid. So, when I say your name, I will write it in our journal, and you can put a heart sticker next to your name because Jesus will always be a good friend to you when you are afraid." (*Remember to print as you write in the journal so the children can recognize their names and the letters.*)

**AFTER THE ACTIVITY:** (*Hold up journal.*) "Jesus will be a good friend to us when we are afraid because **Jesus is always a good friend**. And when we are afraid, we can pray to God about it. Would anyone like to pray before I pray? (*Give each child who wants to pray the opportunity to do so.*) Dear God, thank You for sending Jesus to be our friend forever. Thank You that Jesus is a good friend when we are afraid. Help us remember that Jesus loves us all the time. You're the best, God! In Jesus' name. Amen."