

**MADE TO MOVE**

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


**GREEN PASTURES RELAY**  
 [EARLY ARRIVAL ACTIVITY]
**WHAT YOU NEED:**

- 3 White balloons

**WHAT YOU DO:**

- Have your group sit in a circle.
- Have one child be the shepherd, give them a white balloon (the sheep), and have them guide their sheep around the circle, back to their spot, and into the center of the circle.
- Inform the kids that the goal is for each “kid shepherd” to guide their “balloon sheep” to the “green pastures.” which is the center of the circle.
  - For a few rounds, have kids guide their sheep only using their elbows. In another round, have them only use their knee. In another round, have them only use their knees.
  - Please have two more balloons ready in case a sheep balloon pops.
- Have everyone stay seated around the circle - forming the “green pasture” into which they’ll each guide their sheep.
- Let everyone have a turn. If your group is feeling competitive, feel free to time their turn.
- For older kids, feel free to make their journey more of an obstacle course that involves challenges.

**WHAT YOU SAY:**

“According to our Bible Story, who is our Good Shepherd? (pause for responses) That’s right! Jesus is our Good Shepherd. Who are the sheep? (pause for responses) That’s right, we are! Some of you guided the sheep gently, while some of you hit the sheep hard expecting the balloon to move faster. Which method do you think got you to the green pastures sooner and safely? When you whacked or pushed the sheep too hard, you lost control, which put the sheep in danger of going astray. It was easier and safer to get to the green pastures when you gently guided the sheep.

“In the same way, Jesus, our Good Shepherd, wants to guide you with gentle nudges and keep you safe from danger. One way He can do that is when you learn to hear His voice. Since He knows everything about you, He knows what’s good and what’s bad for you. When you learn to hear His voice, He can help you make good choices and stay away from bad ones. Can you think of some ways you can learn to hear God’s voice? (pause for responses) Those are some great ideas to practice! God knows you completely and He loves you, and He wants to guide you to the best ways and keep you safe from danger. That means that you can be bold and brave because He will lead you in the right way. [Bottom Line] I can have confidence because I am known.

**TODAY’S BIBLE STORY**

Who is Jesus?

John 10:14 and John 14:6

**TODAY’S BOTTOM LINE**

I can have confidence because I am known.

**MEMORY VERSE**

“My command is this: Love each other as I have loved you.”

John 15:12, NIV

**LIFE APP**

Confidence—Learning to see yourself as God sees you.

**MADE TO REFLECT**

an activity that creates space  
for personal processing  
and application

**4. VERSES TO TAKE WITH YOU**

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

**WHAT YOU NEED:**

- Dealbreakers Cards - one deck per small group
- Bibles
- Markers

**TODAY'S BIBLE STORY**

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John 10:14 and John 14:6

**TODAY'S BOTTOM LINE**

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**MEMORY VERSE**

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**LIFE APP**

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yourself as God sees you.

**WHAT YOU DO:**

- Gather the group in a seated circle.
- Deal three cards to each player.
- The three cards will have three different numbers on them.
- These numbers will become a kid's "scale" of hypothetical situations that would be potential "dealbreakers" when it comes to being someone's friend.
- Each player should line their cards up, face up in front of them, so that everyone can see.
- Ask them to arrange them in order of the Dealbreaker Scale on the card. (In other words, they're putting the cards in order of the number on the cards.)
- Set the rest of the deck, face down, in the center of the circle.
- To play the game, instruct a kid to draw a card and read the situation to the kid on their right, without letting that kid see what the number is on the card.
- The kid on the right then has to guess, using their personal Dealbreaker Scale in front of them, where that card should go.
  - Example: If a player's scale cards are 1.8, 10, and 23.4, they can rate the new card as:
    - below 1.8
    - above 23.4
    - between 1.8 and 10
    - Or between 10 and 23.4.
- Once they've made their guess, the kid holding the card in question reveals the number on the card.
- If the kid guesses correctly, they get to add the card to their scale.
- If the kid guesses incorrectly, the next kid is asked to rate it according to their own personal scale.
- Whoever guesses correctly after that, going along to the right, adds the card to their own scale.
  - If no one is able to guess correctly, the reader adds it to their scale in front of them.
- Play passes to the right from the first guesser, no matter who won the card.
- Play until someone has six cards and is the winner or until time runs out.
- Ask:
  - What would be a deal breaker for you?
  - At what level of inconvenience or weirdness would you want to stop being someone's friend?
- Look up John 15:12, using the Bible Navigation tips below and read it out loud together.

*Finding verses with 4th-5th graders: Our verse is from John. Ask kids to tell you whether that's in the Old Testament or the New Testament. (New) So we know it's toward the back of the Bible. It's the last of the four gospels (Matthew, Mark, Luke and John). When they find John, explain that the big numbers on the page are the chapter numbers. Tell them to find chapter 15. Explain that the small numbers are verse numbers. Tell them to them find verse 12 in chapter 15.*

- Let kids select a "Dealbreakers Card" and write John 15:12 on the back of it in marker.
- Let the kids take the "Dealbreakers Card" home with them.

**WHAT YOU SAY:**

"We all worry about people not loving us once they get to know us. We all have dealbreakers we're afraid of people finding out. (If appropriate, add a "dealbreaker" you were worried about in middle school. If it is a close-knit group, invite them to share dealbreakers either they or their friends or "a friend" struggles with.)

"The great news is this: There are no dealbreakers with God! Can you think of anyone in the Bible who might have had a "dealbreaker," but God loved and forgave them anyway? (Jonah, Peter denying Jesus, Saul before he started following Jesus, Zacchaeus, etc.)

"In fact, when we had put distance between us and God and we could do nothing to be close to Him, God sent Jesus to rescue us and make it so we could have a relationship with God.

"Since we are known and loved just as we are, we can have confidence to love others that way too. Who would you have the confidence to be kind to, if you weren't worried about what other people think?"

BRINGS PET  
HAMSTER ON  
FIELD TRIP



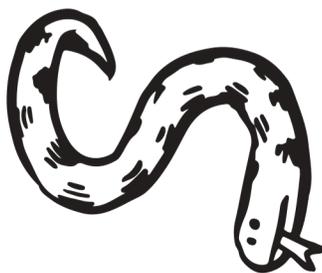
5.5

BURPS  
LOUDLY



7.0

BRINGS PET  
BOA CONSTRUCTOR  
ON FIELD TRIP



14.2

BURPS  
THE  
ALPHABET



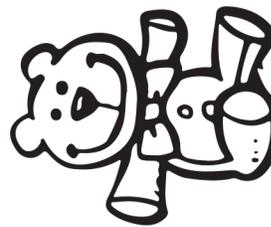
1

EATS  
LUNCH  
TOO MESSILY



3.0

SLEEPS WITH A  
BLANKET OR  
STUFFED ANIMAL



1.75

EATS  
YOUR LUNCH  
TOO MESSILY



13.2

SLEEPS  
WITH THE  
LIGHTS ON



2.0

SLURPS  
SOUP  
LOUDLY



1.3

SLEEPS WITH A  
PHOTO OF THEIR  
FAMILY NEARBY



0.05

What to Do:

Print on brightly colored cardstock and cut out. Make one set per small group.

Dealbreakers Cards

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SLEEPS WITH A PHOTO OF NICOLAS CAGE NEARBY



20.7

LIKES TO EAT GIANT BOOKS ABOUT DIRT



15.3

SLEEPS WITH THEIR PET BOA CONSTRUCTOR



28.0

EMBARRASSES YOU ACCIDENTALLY



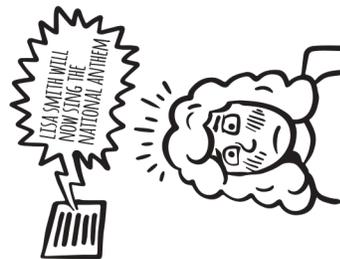
5.0

BATHES TOO FREQUENTLY



4.0

EMBARRASSES YOU ACCIDENTALLY OVER THE SCHOOL LOUDSPEAKER



15.0

BATHES TOO INFREQUENTLY



10.0

BORROWS YOUR BASKETBALL WITHOUT ASKING



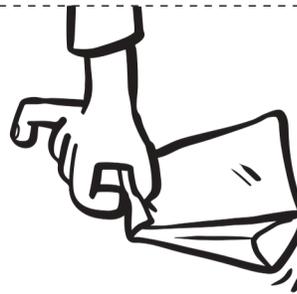
4.3

LIKES TO READ GIANT BOOKS ABOUT DIRT



2.5

BORROWS YOUR LUNCH WITHOUT ASKING



12.3

What to Do:

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Dealbreakers Cards

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**BORROWS YOUR  
DEODORANT  
WITHOUT ASKING**



**27.9**

**TEXTS ANOTHER  
FRIEND A HEART  
EMOJI FROM  
YOUR PHONE**



**16.0**

**LOSES  
THEIR PHONE  
ALL THE TIME**



**6.7**

**TEXTS A RANDOM  
NUMBER A HEART  
EMOJI FROM  
YOUR PHONE**



**25.8**

**LOSES  
YOUR PHONE  
ONCE**



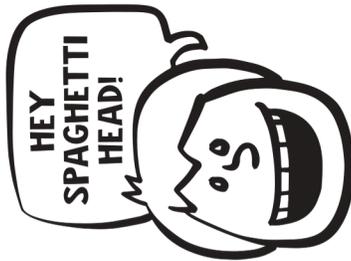
**16.4**

**NEVER DOES THEIR  
HOMEWORK AND  
BLAMES IT ON YOU**



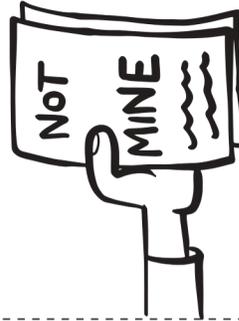
**15.7**

**CALLS YOU BY A  
NICKNAME FROM  
KINDERGARTEN**



**9.8**

**NEVER DOES THEIR  
HOMEWORK AND  
TURNS IN YOURS  
INSTEAD**



**28.5**

**CALLS YOU BY  
THEIR DOG'S  
NICKNAME**



**16.3**

**EATS PIZZA  
WITH A  
KNIFE AND FORK**



**4.5**

**What to Do:**

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**Dealbreakers Cards**

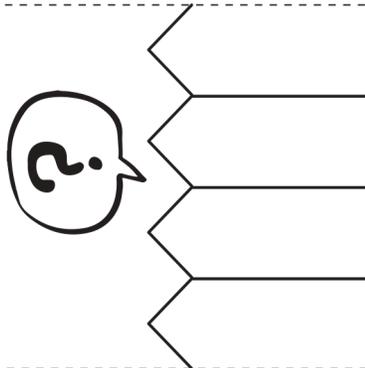
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EATS A CANDY BAR WITH A KNIFE AND FORK



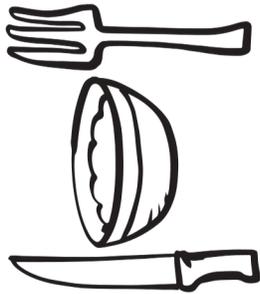
13.8

GETS LOST WHEN YOU'RE IN THEIR BACKYARD



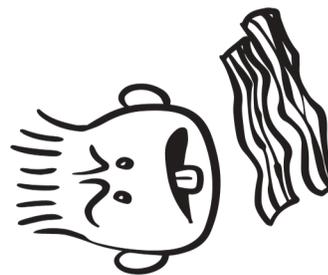
11.2

EATS CEREAL WITH A KNIFE AND FORK



23.7

DOESN'T LIKE BACON



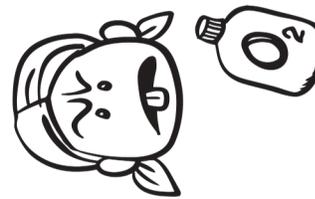
3.6

WHISTLES INCESSANTLY



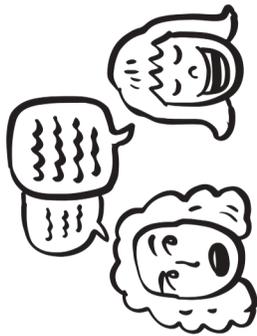
6.8

DOESN'T LIKE OXYGEN



28.9

INTERRUPTS YOU INCESSANTLY



18.4

STUDIES TOO MUCH



5.6

GETS LOST WHEN YOU'RE ON A BIKE RIDE



3.8

STUDIES TOO LITTLE



6.5

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Dealbreakers Cards

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TALKS TOO LOUDLY



7.8

LIVES IN A DIFFERENT COUNTRY



8.8

TALKS TOO SOFTLY



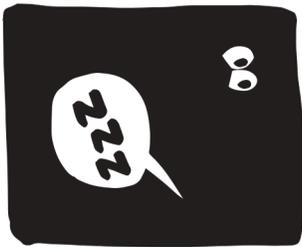
8.7

LIVES ON A DIFFERENT PLANET



29.2

SNORES AT SLEEPOVERS



9.0

COLORS OUTSIDE THE LINES



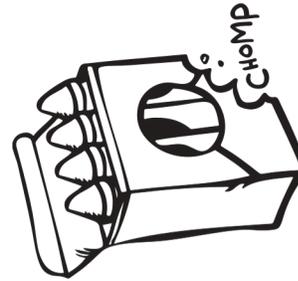
0.4

HATES YOUR FAVORITE MOVIES



8.4

EATS THE CRAYONS



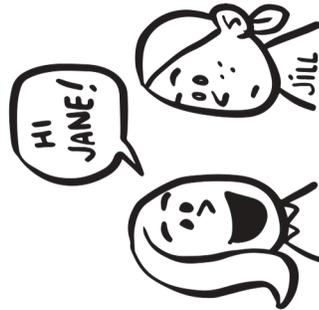
17.2

LIVES IN A DIFFERENT STATE/PROVINCE



4.7

FORGETS YOUR NAME



18.9

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