

MADE TO MOVE

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



FREEZE DANCE [EARLY ARRIVAL ACTIVITY]

WHAT YOU NEED:

- "Is This You?" Activity Page
- Music

WHAT YOU DO:

- Encourage the kids to dance around the room using their best dance moves when you "press play."
- When the music stops, instruct the kids to freeze in place while you read a statement.
- Tell the kids that if what you read applies to them, they should remain frozen.
- If what you read doesn't apply to them, direct them to unfreeze and come stand next to you.
- When you "press play" again, the frozen kids should start dancing until the music stops.
- For the next rounds, add one more rule: If the statement you read is true of the kids standing next to you, they can rejoin the dance.
- Continue freeze dancing until all the statements are read.

WHAT YOU SAY:

"Jesus **CHOSE** Simon, James, John, and Levi to be His followers. He said, 'Follow Me!' Did you know that Jesus chooses **YOU** and wants **YOU** to follow Him too? Wow! Jesus want "It was interesting to discover what some of you have in common and what some of you don't. How did it make you feel to share something in common with other kids in our group? When you have something in common with others it tends to make you feel like you belong, doesn't it? It makes you feel like an insider. How did it make you feel not to have the same experiences or likes? In our game, at some point you were standing on the outside.

"Each of us at some point has felt like an outsider. We felt like we just don't fit in. That can make you feel sad, lonely, insecure, and even scared. The amazing thing about being a follower of Jesus is that you never have to wonder if you belong. You belong to a family called the family of God. [Bottom Line] I can have confidence because I belong."

[Make it personal] (Share about how knowing Jesus makes you feel safe and loved. Or share how you, as a part of the family of God, have made others feel safe and loved.)

TODAY'S BIBLE STORY

The Calling of the Disciples
Luke 5:1-11, 27-32

TODAY'S BOTTOM LINE

I can have confidence
because I belong.

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.

1. You play an instrument.
2. You've been to Disney.
3. You have brown eyes.
4. You are wearing something red.
5. You play sports.
6. You have two brothers.
7. Your parent is a teacher.
8. You've ridden a horse.
9. You can speak two languages.
10. You have a pet.
11. You like art.
12. You like recess.
13. You have allergies.
14. You have bunk beds in your room.
15. You like bananas.

What to Do:

Print and provide one for each small group.

Is This You?

VBS, DAY 2, Small Group 2-3
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MADE TO PLAY

an activity that encourages learning through following guidelines as a group



DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED:

- No supplies necessary

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WHAT YOU DO:

Ask the following questions:

- What is so important about being part of a team, group, or family?
- Is it more important that the group have something in common all together (they all like strawberry soda, or math, or have red hair) or that they have a common goal outside the group (they want to play their sport, or build a LEGO structure, or do better at school)?
- Where do you feel like you belong?
- How do you feel when you're where you belong? Who or what makes you feel like you belong?
- How does your group of friends belong together? What do you have in common together? What is a common goal you have outside the group?
- How do kids decide who belongs together in the cafeteria or playground at your school?

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

JOHN 15:12 (NIV)

What to Do:

Print on cardstock. Provide one for each small group.

Memory Verse NIV

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MADE TO REFLECT

an activity that creates space
for personal processing
and application

**PRAYER**

[PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED:

- Index cards
- Pencils
- Colored markers

WHAT YOU DO:

- Pass out an Index card to every child.
- In colored marker, invite the kids to write the word “belong” on today’s card.
- As the kids write, ask:
 - Where or who makes you feel like you belong? (Some suggestions might include: their family, a specific person, church, sports team, school, clubs)
 - How does it make you feel to know you belong? (some suggestions might include safe, known, confident, bold, loved)
 - If they have room, they can write another word to represent how they feel when they belong or where they belong.
- Close in prayer.

WHAT YOU SAY:

“God, thank You for giving us places and people who make us feel like we belong. We are grateful that we always have a place to belong with You and with the family of God. Thank You for making us feel loved, safe, known, and confident. Thank You that [Bottom Line] I can have confidence because I belong. Please work through us to help others feel the same way. We pray these things in Jesus’ name. Amen.

TRAVEL TIME:

As you travel to the next track, use the following questions to keep the conversation going, and to keep kids thinking about what they’re learning.

TRAVEL TIME:

- Where are some places you feel like you belong?
- What does confidence feel like? Is it strong like a lion? Or shy like a mouse?
- How do you know you’re feeling confident?

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