

MADE TO MOVE

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

**TAKE A SNAPSHOT**

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED:

- Small erasers - one per kid
- Masking tape
- “Stuck and Free Signs” Activity Page—one set per small group
- “Stuck and Free Cards” Activity Page—one set per small group

WHAT YOU DO:

- Make a four-foot line with the tape on the floor of your small group area.
- On one end of the line, put the “Stuck” sign, and on the other, put the “Free” sign.
- Give each kid a small object (or let them choose what will represent them in the activity). This will be their marker.
- Say: “When we do something wrong, or when we need to be open and honest about something, it can make us feel stuck. But once the truth comes out, or once we ask for forgiveness, we start to feel a lot freer.”
- As you read the scenarios on the “Stuck and Free Cards,” pause at the end of each one for kids to put their objects along the tape line, from Stuck to Free, depending on how they would feel in that scenario.
- Ask kids why they chose to put their eraser on that spot on the line.
- Let them share as much or as little as they’d like about their decision.
- When all the cards are read, ask the kids to put their objects away so they aren’t distracted by them.

WHAT YOU SAY:

“Some of those scenarios hit close to home for me!

[Make it Personal] If appropriate, share a time when you felt stuck because of something wrong you’d done, something you needed forgiveness for. Try to remember a time near middle or high school.

“Has someone ever forgiven you? You don’t have to tell us what happened, but how did you feel before and after?” (pause for responses)

“Have you ever truly forgiven someone else? What did that feel like?” (pause for responses)

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.

STUCK

What to Do:

Copy on cardstock and cut apart. Make one set per small group.

Stuck and Free Signs

VBS, DAY 3, Small Group Preteen

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FREE

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Copy on cardstock and cut apart. Make one set per small group.

Stuck and Free Signs

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You tell your aunt a very small lie about loving her spinach chocolate casserole. She then serves it every Sunday family dinner for the whole winter. You have no idea what to say without hurting her feelings and admitting you lied. You never want to see chocolate — or spinach—again.

You spilled milk on your sister’s sweater and hid it under her bed, hoping that she’d find it and think it had been her mistake. It’s been five days, and her room reeks. She still has no idea what’s going on.

Keenan bragged that he can beat the school’s best basketball player, Quincy. Quincy knows it’s not true and asked for a “rematch” at 3:00. The whole team is going to show up. At 3:00, Keenan takes a deep breath and admits to Quincy and everyone that it was a lie. Quincy shrugs, throws a three-pointer in front of the crowd, and shakes Keenan’s hand to show there’s no hard feelings.

You shrunk Mom’s priceless tablecloth in the wash. You admitted it and showed her the new “mini” tablecloth. She forgave you and showed you how to make it into nice little cloth napkins for special meals.

Lacey and Jen are in a fight, but Jen can’t even remember what it was about. They haven’t spoken to each other in two weeks, and their lab project is due tomorrow!

Every time Becca sees Megan, she remembers what Megan said about her on the bus. Megan apologized, but Becca has vowed to be angry for the rest of her life, or until high school— whichever comes first.

Joe wants to play RoblockyMineCorp online, but he knows Dan will be online too. Dan has been a little snobby to Joe in school before, but he’s usually more normal online.

Dan is shocked to discover from a friend that the slightly annoying kid Joe is actually GamerJojoPotato from his online RMC game! He knows GamerJojoPotato is a great player and he feels terrible about how he’s treated Joe in real life. He doesn’t even want to go online and play because he’s nervous about running into Joe.

Everyone knows that last year Julia stole something out of Rachel’s locker. Now no one treats Julia very well, even though she apologized, gave the stuff back, and has tried really hard to change. Julia got sick last week and is in the hospital—none of her classmates know what to write on the get-well card the teacher is passing around.

You lost the tool your dad lent you. You feel badly about it and tell him. You both go to the hardware store to buy a new one. It will come out of your allowance for the next year, but you feel okay about that.

What to Do:

Copy on cardstock and cut apart. Make one set per small group.

Stuck and Free Cards

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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

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.

WHAT YOU DO:

Instruct kids to get out their erasers from the first activity and hold them while the group talks. Ask:

- How is forgiveness like an eraser?
- What does it erase?
- Is there anything it doesn't erase?
- How does it make you feel that God will forgive you for everything you've ever done?
- How is God's forgiveness like an eraser?
- What are some things in your relationships with people that God's forgiveness can't erase?

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
- large sheet of paper
- smartphone or other media player connected to WiFi

TODAY'S BIBLE STORY

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LIFE APP

Confidence—Learning to see
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WHAT YOU DO:

- Gather the group in a circle.
- Ask: "What does forgiveness sound like?"
- Set the paper in the center of the group and hand out a pencil to each kid.
- Ask the group to collaborate on a playlist of what songs remind them of forgiveness, or of the feelings of being forgiven.
- Instruct them to write down the songs on the large sheet of paper.
- If possible, use a smartphone to play one or two of the most popular ones, as long as they're appropriate.
- Hand out an index card to each kid.
- Ask kids to choose a phrase to represent their response to the following question from today.
 - What does it feel like to be forgiven?
 - Invite anyone who is comfortable to share their thoughts.
- Close in prayer.
 - If you'd like, use this traditional "prayer of confession" from The Book of Common Prayer.
 - Pause as needed so kids can repeat after you.
 - Most merciful God, we confess that we have sinned against You in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved You with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent, for the sake of Your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.
 - Follow up by assuring the group that because of Jesus, all our sins are forgiven forever. You may read the traditional response to this prayer: "God is faithful and fair. If we confess our sins, he will forgive our sins. He will forgive every wrong thing we have done. He will make us pure" (1 John 1:9, NIRV).

WHAT YOU SAY:

"Dear God, thank You for Your awesome gift of forgiveness. Please help us to live confidently knowing that You don't hold our sins against us! Give us the grace we need to forgive others. Amen."