

5 min

Opener

5 min

K1 Opening Activity

What You Need

👤 Offering Container 1

What You Do:

- Welcome the kids with a high-five or fist bump.
- Invite kids who have brought an offering to put it in the offering container.
- Tell the kids you're going to practice some "get strong" moves together.
- Call out different moves and have the kids do them with you.
- Say, "Show me how you get strong by lifting heavy weights!" (*Pretend to lift weights.*)
- Say, "Show me how you get strong by doing jumping jacks!" (*Do 10 jumping jacks together.*)
- Say, "Show me how you get strong by doing push-ups!" (*Do 3 push-ups or knee push-ups.*)
- Say, "Show me how you get strong by running in place!" (*Run in place for 20 seconds.*)
- Ask: "What are some other moves that make our bodies strong?" (If you can, do the move the kids suggest!)

- *Select "get strong" moves so all kids can participate. Some moves may be done in a seated position.*

What You Say:

"Great job with all those moves! It takes practice to make our bodies strong. Did you know we can practice to make our faith strong too? Our faith is our friendship with God! **[Transition] Today, we're going to learn about one of the most important ways we can make our friendship with God stronger! Let's go!**"

5 min

Memory Verse Activity

5 min

K1 - Bop the Verse | Made to Move

What You Say:

"Great job! That took a lot of focus!"

What You Need

-  Bibles marked at 1 Timothy 4:8 Several
-  Inflated, latex-free balloons Several

What You Do:

- Divide the kids into groups of two.
- Give each pair of kids a Bible marked at 1 Timothy 4:8.
- Demonstrate how to look up the verse using the Bible Navigation Tips.

Finding verses with kindergartners: Guide children to open their Bibles to the marked page. Point to the book name at the top of the page as you say it aloud. Then, guide children to find the big number on the page—this is the chapter number. Finally, guide them to look under the big number for the little number; this is the verse number. Tell them to leave their finger on the verse as you read it aloud. Then, lead everyone to say the verse together.

Finding verses with 1st graders: Guide them to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When the kids find the table of contents, lead them to find the name of the book in the list. You can help by pointing out the first few letters of the book's name. When the kids find the book, lead them to look at the page number beside it. Explain that the number tells them on what page they can find that book. Help the kids find the page. When they find the book, explain that the big numbers on the page are the chapter numbers. Help them find the right chapter. Then explain that the small numbers are verse numbers. Help them find the correct verse in that chapter.

- Repeat the verse together several times.
- Review any words that might be unfamiliar to the kids.
 - Share that “being godly” means getting to know God and following His good ways!
- Invite the kids to set their Bibles aside.
- Give each pair of kids an inflated balloon.
- Explain that they will practice this month's Memory Verse while trying to keep the balloon from touching the floor.
- Lead the whole group in saying the verse slowly one time: *Training the body has some value. But being godly has value in every way.*

“Our verse from the Bible reminds us that being godly—that's getting to know God and following Him because you love Him—is so valuable. It's valuable for this life and when we are living with God forever in eternity! Getting to know God and following Him is one of the best things you can do with your whole life!”

It promises help for the life you are now living and the life to come.

- Challenge the pairs to say the verse together while they bop the balloon back and forth. Encourage the kids to try to say one word for each time they bop the balloon.
- Let them practice for a few minutes.
- Gather the group back together and try to say the verse all together one more time.

- *This game can be played from a seated position.*
- *For kids sensitive to balloons, play this game with a beach ball.*

5 min

Bible Story Review

5 min

K1 - Prayers on the Wall | Made to Connect

What You Need

- 👤 Large piece of paper taped to the wall labeled "Prayer Wall" 1
- 👤 Different-colored sticky notes Several
- 👤 Coloring Supplies Several

What You Do:

- Gather the kids in front of the "Prayer Wall."
- Encourage them to sit down.
- Ask: "What do you remember about the prayer Jesus taught His friends?" (*In the prayer Jesus taught His friends to praise God, to ask Him to bring His Kingdom, to ask Him for what they need, to ask Him for forgiveness, and to ask Him to help them follow His ways.*)
- Give each kid a sticky note.
- Set out the coloring supplies.
- Invite the kids to think of one thing they want to talk to God about. (It could be something they are thankful for, something they need help with, or someone they want to pray for.)
-

What You Say:

"Look at our amazing Prayer Wall! This helps us remember that God hears every single one of our prayers. He does!"

"In what we learned from the Bible today, Jesus taught His friends a special prayer they could pray to God, and it was about so many different things. That means that we can talk to God about anything!"

"Let's [**Bottom Line**] practice praying to God by talking to Him about absolutely anything. He is our friend, and He loves it when we talk to Him!"

Instruct them to draw a picture of their prayer on their sticky note.

- When they are finished, invite each kid, one at a time, to tell the group what their prayer is about (if they want to), and stick it on the Prayer Wall.
- Fill the wall with all their prayer pictures.

5 min

Application Activity

5 min

Prayer Stations | Made to Move

What You Need

- Construction paper in four different colors 1
- Wall Tape 1
- Permanent Marker 1

What You Do:

- Write one of the following words on each piece of paper: Praise, Kingdom, Need, Forgiveness
- Tape one piece of paper to four places around the room.
- Travel to each spot as a group and do the following for each:
 - Praise: One at a time, tell God one thing you love about Him. Then have a dance party, showing your best dance move.
 - Kingdom: One at a time, share one way that you can make your world look more like God's Kingdom. (Remember, God's Kingdom is where love, joy, peace, and goodness are the way things work. Maybe you can hold the door for someone, or cheer someone up when they're sad.) Then, give everyone a high five, because they're bringing great things into the world.
 - Need: Talk to God silently about one thing you need that day. Then, one at a time, act out eating your favorite food. See if everyone else in the group can guess what the food is.
 - Forgiveness: Let's talk to God silently and ask Him to help us forgive someone

What You Say:

"That was a great way to pray! Prayer is just talking to God, and you can talk to God about so many different things. We can talk to God about absolutely anything! God is your friend, and He just wants you to talk to Him about anything at any time.

"We followed the prayer Jesus taught us to pray. We talked to God about how great He is, how we want the world to look more like His Kingdom, what we need today, and who we need to forgive. That's a lot of different things that we talked to God about!

"And prayer is something we can get better at when we practice! Let's **[Bottom Line] practice praying to God** this week."

January - Week 2

who hurt us. Then, let's pretend to put BAND-AIDS® on everyone's knees because forgiving someone who hurt us, and letting God handle the payback, is the first step to us getting better.

- *Modify movements as needed. You can keep all of the pages in a circle between the kids, and point to each one as you talk about it.*
- *If a kid is sensitive to loud noises, the group can whisper their praises or say them silently.*

Supplies

K1 Opening Activity Quantity

- | | | |
|----|--------------------|---|
| 1. | Offering Container | 1 |
|----|--------------------|---|

K1 - Bop the Verse | Made to Move Quantity

- | | | |
|----|--------------------------------|---------|
| 1. | Bibles marked at 1 Timothy 4:8 | Several |
| 2. | Inflated, latex-free balloons | Several |

K1 - Prayers on the Wall | Made to Connect Quantity

- | | | |
|----|--|---------|
| 1. | Large piece of paper taped to the wall labeled "Prayer Wall" | 1 |
| 2. | Different-colored sticky notes | Several |
| 3. | Coloring Supplies | Several |

Prayer Stations | Made to Move Quantity

- | | | |
|----|---|---|
| 1. | Construction paper in four different colors | 1 |
| 2. | Wall Tape | 1 |
| 3. | Permanent Marker | 1 |