



## WEEK FOUR – JANUARY 2019 – KINDER/FIRST

**Bible Story:** *Too Much* • Proverbs 25:16

**Bottom Line:** *Know when to stop*

**Memory Verse:** *“God’s power has given us everything we need to lead a godly life.” 2 Peter 1:3a*

**Life App:** *Self Control – Choosing to do what you should even when you don’t want to*

**Basic Truth:** *I need to make the wise choice.*

**Summary:** We close out the month with another one of Solomon’s vivid word pictures in Proverbs 25:16 and find out what happens when we indulge and eat too much. But this proverb isn’t just about how much we eat. Kids will learn that too much of anything, even if it’s a good thing, can have serious consequences.

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## 8:50–9:00 | 10:20–10:30 | 11:50–12:00 – EARLY ARRIVERS ACTIVITIES

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### 1. Early Arriver Idea

*Connect: an activity that invites kids to share with others and build on their understanding*

**What You Need:** N/A

**What You Do:**

- Ask kids to tell each other stories about times when they ate too much.
- If their stories get too descriptive and gross, feel free to rein them in!
- Invite kids to place their offerings in the For Everyone box on the wall near the main entrance

### 2. Red Light, Green Light

*Play: an activity that encourages learning through following guidelines and working as a group*

**What You Need:** N/A

**What You Do:**

- Lead the kids in a classic game of “Red Light, Green Light.”
- Remind kids of the rules:
  - They will stand side by side in a line on one side of your space while you stand across the space from them.
  - When you face away from them and say, “Green light,” that means they can take giant steps forward. (No running.)
  - When you yell, “Red light,” and spin around toward them, they must stop immediately.
  - If you see anyone move after you turn to face them, that person must go to back to the start.
  - The first person to reach you is the winner.
- If time allows, you can play again and let a kid be the caller.

**What You Say:**

*“That game is fun, but it can also be a little hard, because you never quite know when the person is going to yell, ‘Red light,’ right? What does a red light mean? (Pause.) Yes! Stop! The red light on a traffic light means you must stop your car. **[Transition] Let’s go to Large Group, where we’ll hear more about times we might need to stop.**”*

***Lead your group to the Large Group area.***

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**9:10–9:45 | 10:40–11:15 | 12:10–12:45 – LARGE GROUP**

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**OVERVIEW:**

**Bottom Line:** *Know when to stop.* Knowing when to stop isn't always easy for kids. A lot of times it's a parent or teacher who helps them know it's time to stop what they're doing and take a break. We hope that kids start to see that stopping something—even if it's fun—can be the wisest choice. We also want them to know they don't need to do this on their own. God will help them know when to stop.

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**9:45–10:05 | 11:15–11:35 | 12:45–1:05 SMALL GROUP**

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**1. Stoplight Scenarios****[Application Activity]**

*Imagine: an activity that promotes empathy and facilitates biblical application through role-play and reenactment*

**What You Need:** Red, green, and yellow plates/papers; “Stoplight Scenarios” Activity Page

**What You Do:**

- Give each kid a red, yellow, and green plate. Keep one of each for yourself.
- Use your own plates to guide kids to lay the green plate right in front of them, lay the yellow plate just beyond it, and lay the red plate just beyond the yellow. (This will make a stoplight effect.)
- Point out that the plates look like a stoplight.
- Ask kids to tell you what the three colors of a stoplight mean. Guide the conversation as needed.
- Explain that you will be reading some scenarios where the person will eventually need to **[Bottom Line] know when to stop.**
  - At the beginning of the scenario, kids will hold up their green plates, because it's okay for the person to keep going.
  - Part way through, they'll hold up the yellow plates, because the person should slow down, think about what they're doing, and get ready to stop.
  - Finally, they'll hold up their red plates, because the person needs to STOP!
  - Explain that you will hold up your plates so they'll know when to hold up theirs.
- Read the scenarios and guide the kids as noted.
- After the first scenario, if you have older, more mature kids, you might let them decide when to hold up the different plates.

**What You Say:**

*“When we're having a good time, it can be hard to [Bottom Line] know when to stop. But we need to have some self-control, because too much of even a good thing can turn out badly.*

*Someone might get hurt or get sick or get angry. We know that God can give us self-control and the ability to **[Bottom Line] know when to stop** if we ask Him to help us and we choose to think about what we're doing and how it might end up if we don't stop."*

## 2. Stoplight Verse

### [Memory Verse Activity]

*Create: an activity that explores spiritual ideas through the process of drawing, building, and designing*

**What You Need:** "Stoplight Verse" Activity Pages, green colored supplies

#### What You Do:

- Hand out the Activity Pages, and say the verse together two times.
- Ask kids to remind you what the colors of a stoplight mean.
- Hold up one page and show kids where the red, yellow, and green lights show up on a stoplight.
- Tell kids that only one color is ever lit up at one time, so on their stoplights they will be making the green light green to show that we should GO and lead a godly life.
- Set out the decorating materials and help kids fill in the green light. If you're using the plastic wrap option, you can either cut out the holes ahead of time, or you can help kids do so now.

#### What You Say:

*"Let's say the verse one last time. (Say verse.) Yes, we can live a godly life because of God's power. He helps us have self-control when things go wrong and we want to do or say things that would hurt us or other people. He helps us **[Bottom Line] know when to stop**, and He helps us GO the right direction and live a godly life."*

## 3. Pray and Dismiss

### [Prayer Activity]

*Reflect: an activity that creates space for personal understanding and application*

**What You Need:** Red, yellow, and green plates from "Stoplight Scenarios"

#### What You Do:

- Hand out the plates.
- Ask kids to remind you what the different colors mean.
- Tell kids that you'll say a prayer and hold up your plates as you pray, and they should do what you do.

#### What You Say:

*"Dear God, thank You for giving us your power (green plate) to lead a godly life. Help us to know when to slow down (yellow plate) and to stop (red plate) when things come along that need self-control. In Jesus' name, amen."*

*“I think you’re all getting the hang of this. I have confidence that this week, when you get into a situation like one we’ve talked about today, you’ll have self-control and **[Bottom Line]** know when to stop.”*

*As adults arrive to pick up, tell them to ask kids why they used stoplights in their activities today. Encourage them to ask kids not just what the colors mean for a real stoplight on a road, but also what they used them for today. Also, don’t forget to hand out this week’s content overview to each parent!*