



## WEEK THREE – MAY 2019

**Bible Story:** *Stop Draggin' My Heart Around* ▪ Hebrews 12:1

**Bottom Line:** *God can help you let go of what is holding you back.*

**Memory Verse:** *“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.” – Isaiah 40:31 NIV*

**Life App:** *Perseverance – Refusing to give up when life gets hard*

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

**Summary:** In Week Three, we head to Hebrews 12:1 where the author of Hebrews reminds us that when life gets hard, we can look to the heroes of the faith and see how they trusted God through some extremely difficult circumstances. God brought them through those trials, and God will help us through ours.

**Bottom Line:** *God can help you let go of what is holding you back. It's comforting to know that others have made it through to the other side of difficult times. When we see how God helped them, it helps us trust God more with our own circumstances.*

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**9:00-9:10 | 10:30-10:40 - KIDS ARRIVE**

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## Team Welcomes Kids *(Providing Time for Fun Interactions)*

"Je-sus loves me.

2 lap pats – 2 claps

Je-sus loves me.

2 lap pats – 2 claps

Jesus loves [child's name]"  
shout out the name

### 1. Early Arriver Idea (Missing Piece)

*Explore: an activity that extends learning through hands on experimentation and discovery*

**What You Need:** Puzzle with main piece hidden inside

**What You Do:**

- Encourage your group to circle around the puzzle and work together to put it together.

- As they get to the end, ask them what’s holding them back from finishing (if they have not already discovered that they are missing a piece).
- Pull out the missing piece(s) that they need in order to finish.

**What You Say:**

*“What happened when you got to the end and realized you couldn’t finish? How did that make you feel? (Allow time for ideas and responses.) It can be really hard when we have something we want to do and something is holding us back. [Transition] Today in Large Group, we are going to learn about how we can keep going EVEN when there are things that want to hold us back!”*

*Lead your group to the Large Group area.*

**9:10-9:35 | 10:40-11:05 - LARGE GROUP**

*Bible Story – INTRO, Story, OUTRO Videos (whatever works best for your few)  
Worship SONGS*

**9:35-10:05 | 11:05-11:35 - SMALL GROUP**

**GROUPS**

*(Creating a Safe Place to Connect)*

**2. Don’t Sweat It!**

[Memory Verse Activity]

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

**What You Need:** Construction paper strips, “Don’t Sweat It” Activity Page cutouts, glue sticks, markers, tape

**What You Do:**

- Give each kid two construction paper strips. Set out glue sticks and markers.
- Demonstrate how to tape the ends of two paper strips together to create an extra long strip.
- Give kids a few minutes to tape and then decorate their strips.
- As kids finish, go around to each kid and wrap the strip around their head to create a “sweatband.”
- Measure to fit each kid’s head and secure the other ends with tape.
- Ask kids to take their memory verse cutout and write in the missing words in today’s part of the verse.
- Instruct kids to glue their memory verse cut-out onto the sweatband. They might need to help their neighbors with this.
- When all kids are finished, invite kids to stand together and run in place as you recite today’s part of the memory verse

**What You Say:**

*“Can you imagine running and never getting tired? Trusting in God and persevering can be hard, but our verse tells us that God gives us strength so we can! I don’t know about you, but I want to keep running forward in all that God wants me to do because I know that He has the greatest reward at the end of the finish line!*

*“Whether you’re getting tired or discouraged or just don’t want to finish, you can remember that **[Bottom Line]** God can help you let go of what is holding you back so you can finish strong!”*

### **3. Pray and Dismiss**

#### **[Prayer Activity]**

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

**What You Need:** N/A

#### **What You Do:**

- Ask kids to think of people in their lives who encourage them to keep going.
- If time allows, let a couple volunteers share something about someone who encourages them.
- Encourage them to thank that person this week for helping them persevere!

#### **What You Say:**

*“God, we are so thankful for the people You have given us to cheer us on and help us keep going. There are many things in our lives that want to steal our attention away from accomplishing what YOU want of us. Help us to remember that You can help us let go of what is holding us back and that we can persevere in what you have planned for us to do. In Jesus’ name, amen.”*

***As adults arrive to pick up, prompt each kid to share the Bottom Line from today: [Bottom Line] God can help you let go of what is holding you back.***