



## WEEK THREE – JUNE 2019 – PRETEEN

**Bible Story:** *Peaceful Easy Feeling • Matthew 6:25–27*

**Key Question:** *How can you find peace even when life seems hard?*

**Memory Verse:** *“The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself.” Galatians 5:22–23a, NIV*

**Life App:** *What God is doing in you to change the world around you*

**Basic Truth:** *I can trust God no matter what.*

**Summary:** Next we head to a moment from the Sermon on the Mount recorded for us in Matthew 6:26. Jesus reminded His followers not to worry. After all, if God cares for the birds of the air and the flowers of the field, God will definitely care for each one of us and what we need.

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## PRE-SERVICE SOCIAL ACTIVITY

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### 1. Get Your Head in the Game

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

**What You Need:** “Action Cards” Activity Page

**What You Do:**

- Welcome kids and spend time engaging in conversation and catching up.
- Invite kids to place their offerings in the *For Everyone* box on the wall near the main entrance
- Form two teams and direct them to stand at opposite sides of your small group space, as far apart as possible.
- Ask one player from each team to be their team’s “Controllers” and come stand in the middle of the room, each facing their own teams.
- Invite the “Controllers” to each take an “Action Card” and call out the directions to their team, which will do the action then freeze in place.
- Continue drawing cards until ALL the players on one team reach their Controller.
- Switch Controllers, shuffle the “Action Cards,” and play again as time allows.

**What You Say:**

*“Winning or losing this game was totally out of your control. Even your team’s Controller couldn’t ‘control’ whether you moved forward, stayed in place, or had to go back to the starting line. Do you ever feel like life is that way, too—out of your control? We make choices that impact our lives for good or bad, but sometimes stuff just happens even when we’ve made great choices. It’s not our fault. It’s not our choice. It’s not anything we can change. If you’ve ever felt that way, it helps to remember that even though we don’t always have control, God does. [Transition] Let’s go to Large Group and discover another important Fruit of the Spirit—peace.”*

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

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## LARGE GROUP

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**OVERVIEW:**

**Key Question:** *How can you find peace even when life seems hard? Preteens are discovering that life can be stressful. From the demands of school to the responsibilities at home to navigating friendships, many of them feel anxious as they try to hold it all together. We pray that they’ll discover ways to trust God and experience peace when life seems out of control.*

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## SMALL GROUP

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### 1. Take a Snapshot

#### [Application Activity]

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

**What You Need:** N/A

#### What You Do:

- Challenge the students to demonstrate what worry would look like if it was expressed using only their feet. What would peace look like?
- Assign each person one of the body parts listed below.
  - Left foot
  - Right
  - Elbow
  - Head
  - Arm
  - Leg
  - Pinky finger
  - Eyes
  - Left hand
  - Right hand
- Repeat the activity, but this time invite students to give examples of stuff people worry about
  - Let them take turns showing what that worry would look like if it was expressed using only their assigned body parts.
- For each worry they come up with, ask them to suggest ways we can find peace in those worrisome situations then take turns demonstrating what peace would look like if it was expressed using only their assigned body parts.

#### What You Say:

*“Kids. Teens. Adults. Old people. All of us worry about something sometime. When you find yourself worrying, stop and talk to God about whatever it is that has your knees shaking or your feet pacing, or making you feel like you’re turned inside-out. More importantly, remind yourself that God is the one who knows everything that’s happening. He’s in control of it all. Things may not always turn out the way you expect, but it helps to know that God sees what’s going on and knows what you need.”*

### 2. Bible Story Extension

#### [Bible Story Review]

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

**What You Need:** Bibles

**What You Do:**

- Form partners or trios. If possible, keep genders the same and create at least three teams.
- Give each group a Bible.
- Tell the groups that they will be looking at the verse from today's Large Group as well as the surrounding verses that Jesus taught his followers.
- Assign portions of Matthew 6:25–34.
  - For example, if you have three groups, divide up the verses as follows: 25–27; 28–30; 31–34.
- Ask groups to read through their portion of Matthew 6.
- Choose one person in each group to be the “Avatar” and someone else to be the “Controller.”
- Explain that the Avatar can only move when Controller physically moves him or her like a doll or when given a verbal command as to a robot.
  - For example, Controller might say, “Avatar, raise your hand to your mouth.”
- Challenge students to come up with actions their Avatars can do to act out words, phrases, or the meaning of their portion of Matthew 6.
- Allow about five minutes for teams to decide what they will do.
- Read aloud Matthew 6:25–34 as groups take turns doing their Avatar demonstrations.
- Afterward, make application by way of questions and discussion.
  - In what way is God's care of birds and flowers a good example and reason to have peace?
  - In order to have true peace, we not only need to believe that God is the “Controller” of all things but that everything He does comes from love and a plan that is often bigger than we know. In what ways do you see evidence of God's love in these verses? How about His control?
  - If we truly believe God is in control of the things that happen to us, how does that give us peace?
  - Think of something you're worried about right now. How do these verses help you have peace?

### **3. Discussion Questions**

**[Application Activity]**

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

**What You Need:** N/A

**What You Do:**

- Ask:

- How can you find peace even when life seems out of control?
- How would you describe a person who has peace? Do you know anyone who fits that description? Tell us about him or her.
- Since peace is a Fruit of the Spirit and not something that comes naturally, how do we go about getting it?
- Do you think gratitude affects the peace we have or don't have? How much or how little?

#### **4. Make It Personal with Prayer**

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

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

**What You Need:** Bible

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

- Read Philippians 4:6–7 from the translation of your choice, pausing to let students interject silent or verbal prayers as the verse directs us to do.

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

*“Dear God, you tell us in Philippians 4:6–7 (NIV), ‘Do not be anxious about anything.’ Please forgive us for worrying about situations in our life. (Pause as you invite students to pray a prayer of forgiveness—silently or aloud.)”*

*“You go on to say, ‘. . . in every situation, by prayer and petition, with thanksgiving, present your requests to God.’ (Pause as you invite students to pray about anything worrying them right now—silently or aloud.)”*

*“Then you give us a promise, ‘And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.’ (Pause and invite students to claim God’s promise of peace—silently or aloud.)”*

*“Thank you, God, for the way you care for us and give us peace in every situation You allow to come into our lives. In Jesus’ name, amen.”*