



WEEK THREE – MAY 2019 – PRETEEN

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

Key Question: *What gets in the way of finishing what you start?*

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 can trust God no matter what.*

Summary: Next 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.

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

1. Just For Fun

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

What You Need: Yarn

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
- Gather kids in a circle.
- As a group, create a story on sentence at a time. Each sentence must alternate starting with “Fortunately” and then “Unfortunately.” For example:
 - Fortunately, I got to go fishing today.
 - Unfortunately, my fishing pole broke.
 - Fortunately, I still had my net.
 - Unfortunately, I scooped up an old shoe
 - Fortunately, it was a portal to a different country
 - Unfortunately, I didn’t speak the language . . .

What You Say:

[Transition] Let’s head to Large Group to hear about some people who didn’t let anything hold them back from finishing what they started.”

Lead your group to the Large Group area.

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

OVERVIEW:

Key Question: *What gets in the way of finishing what you start? Starting can be easy. We often start projects, sports seasons, and new endeavors with excitement. Yet when whatever we’re working on gets difficult, we wonder if we should throw in the towel and give up. We want preteens to start figuring out the things that get in the way of finishing, so when they face those times, they can trust God to help them overcome them.*

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

1. Take A Snapshot

[Application Activity]

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

What You Need: Paper tubes, markers

What You Do:

- Gather kids in a circle.
- Place a bunch of paper tubes and markers in the center of the circle.
- Ask: What can cause you to give up? What are reasons we might say, “I can’t do that?”
If necessary, prompt with, “Why might you give up . . .”
 - . . . building a space ship?
 - . . . learning to ride a horse?
 - . . . being patient with the most annoying person in the world?
 - . . . when things get hard?
- As kids answer, allow them time to write their answers on a paper tube.

2. Bible Story Extension

[Bible Story Review]

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

What You Need: Paper tubes from Take a Snapshot Activity, masking tape, rubber bands, ping pong balls, Bibles

What You Do:

- Divide the group into two teams.
- Stand up the paper tubes from the Take a Snapshot Activity.
- Create a line about 10 feet from the tubes with masking tape.
- Line up teams behind the line.
- Give kids a rubber band and a ping pong ball.
- Explain the goal is to launch your ping pong ball and knock down the tubes, i.e. to knock down the excuses we use to give up.
- Give the teams the tubes they successfully knock down.
- The team that knocks down the most tubes wins.
- After all the tubes have been distributed between the two teams, gather kids into a circle.
- Read from Hebrews 11, verses 7, 8, 22, and 24.
- Ask:
 - What did Noah, Abraham, Joseph, and Moses have in common (they obeyed even when it was hard)?
 - What excuses could Noah have used to give up building the boat? Or for Moses to give up and not speak to Pharaoh? Or what excuses could Abraham use when asked to move? If necessary, the paper tubes could provide examples. (Noah:

people made fun of him, he didn't know how to build a boat, Abraham: he was moving far from family, he wouldn't know anyone, he would have to start over, Joseph: his brothers were mean to him and they didn't deserve to be forgiven, Moses: he was afraid of Pharaoh, he didn't have confidence in his ability to speak)

- Read Hebrews 12:1.
- Explain when Paul refers to “a cloud of witnesses,” Paul is talking about the list of people from Chapter 11, the people who had faith in God, who trusted God and didn't give up when things got hard.
- Ask:
 - Why do you think Paul want us to remember the people in verse 11?
 - Encourage kids to give an example of someone they know who faced a difficult situation and didn't give up.
 - How does hearing stories about people who faced hard situations encourage us to finish what we start?

3. Discussion Questions

[Application Activity]

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

What You Need: Words associated with joy from Take a Snapshot Activity

What You Do:

- Ask:
 - What gets in your way of finishing what you started?
 - Encourage kids to give an example of someone they know who faced a difficult situation and didn't give up. How does hearing stories about people who faced hard situations encourage us to finish what we start?
 - Who encourages you to finish what you started? How do they encourage you?
 - **[Make it Personal] (Answer the question above for yourself. Who is someone in your life who has encouraged perseverance in you?)**

4. Pray and Dismiss

[Prayer Activity]

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

What You Need: Paper tubes from Take a Snapshot Activity, markers

What You Do:

- Gather kids in a circle.
- Place the paper tubes in the center.
- Allow kids to pick a paper tube.

- Encourage kids to write a prayer on the tube asking for God’s help to let go of anything that is holding them back.
- Encourage kids to also thank God in their prayer for the people in their life that encourage them to keep going. Challenge them to name specific people in their prayer.
- Allow kids time to share their prayers.
- Close in prayer.

What You Say:

“God, Thank You for the stories You share with us in the Bible, stories of people like Noah, Moses, and Abraham who refused to give up even when things were hard. Thank You for the people You have put in our lives, people who encourage us to keep going and who inspire us by their perseverance. God, there are obstacles that get in the way of us finishing what we start . . . fear, lack of confidence, difficulty of the task . . . but, God, You are greater than any obstacle in our way. Give us strength as we trust in You. Amen!”