



WEEK FOUR – SEPTEMBER 2019 – SECOND/THIRD

Bible Story: *Under Pressure* ▪ *Genesis 41*

Bottom Line: *When the pressure is on, you can trust God is with you.*

Memory Verse: “*Trust in the Lord with all your heart. Do not depend on your own understanding.*” – *Proverbs 3:5 (NirV)*

Life App: *Trust—Putting your confidence in someone you can depend on.*

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

Summary: Next, we see how God is faithful to Joseph in Genesis 41. Joseph seemed to continually find himself in situations where he needed to trust God. Pharaoh had a dream that no one could interpret. It's in this moment the king's cupbearer, who was in prison with Joseph, remembered how Joseph had interpreted his dream. At once, Pharaoh sent for Joseph. He went and with God's help interpreted the dreams and offered a plan for helping Egypt survive the famine that God says is coming. Pharaoh put Joseph in charge of the entire kingdom.

PRE-SERVICE ACTIVITIES

1. Early Arriver Idea

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:

- Invite kids to place their offerings in the container.
- Guide kids to place their offerings in the container.
- Lead kids in a few physical challenges:
 - “Bow” pose: Kids lie on their stomachs, bend their knees, lift their chests, grasp their ankles, and look straight ahead.
 - “Standing” on their knees while holding their feet, lifting them to their bodies.
 - Balancing on one foot or, for more challenge (if your group has enough self-control to be safe), balancing on one foot with eyes closed
- If you have a stopwatch, time how long kids can do the challenges.

2. High Pressure

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

What You Need: Timer, paper, pencils

What You Do:

- Explain that kids will be doing several activities where the pressure will be on. They’ll need to do a certain number of things in a set amount of time.
- You can choose what kids will do and/or do some of the following (adjust times as needed):
 - Do 10 sit-ups in 25 seconds.
 - Write down eight words that start with B in one minute.
 - Do 20 jumping jacks in 30 seconds.
 - Draw everyone who stays in your house in one minute. Make sure to write their names.
 - Shake everyone’s hand in 45 seconds.

What You Say:

*“Whew! The pressure really was on, but you all handled it well! [Transition] **Let’s go to Large Group, where we’ll hear about someone else who had to deal with some pressure.**”*

Lead your group to the Large Group area.

LARGE GROUP

OVERVIEW:

Bottom Line: *When the pressure is on, you can trust God is with you. Kids face moments all of the time when they'll need to trust God. Rather than getting scared, they can put their trust in God and face whatever comes their way.*

SMALL GROUP

1. Rebus Review

[Bible Story Review]

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

What You Need: Bible marked at Genesis 41, “Rebus Review” (Activity Page), place markers

What You Do:

- Lay the place markers around your environment, spacing them so kids have room to freely move their arms.
- Lead each child to stand on a marker.
- Invite a child to open the Bible to Genesis 41.
- Read the “Rebus Review” poem, guiding kids to do the motions with you.
- If time allows, repeat the poem.

What You Say:

“It seemed like Joseph was always under pressure. He was sold into slavery by his own brothers, taken away from his home, and thrown into jail! And the next thing you know, he was standing before Pharaoh, the king of Egypt, who wanted Joseph to tell him what his dreams meant! Now THAT’s pressure!

*“But even when he was under pressure, Joseph trusted God. He knew that God was with him. And God is with you, too. He’s with you when someone’s sick and you don’t know why. He’s with you when you need to stand up to a bully. And He’s with you when you’re tempted to lie because telling the truth means you might get into trouble. But no matter what pressure you’re facing, God is with you. So here’s the one thing to remember today: [Bottom Line] **When the pressure is on, you can trust God is with you.**”*

2. Beat the Clock

[Memory Verse Activity]

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

What You Need: “Memory Verse Phrases” Activity Page, timer

What You Do:

- Place each set of “Memory Verse Phrases” in a pile on one side of your small group area.
- Divide kids into two teams, and guide teams to line up on the opposite side of your area.
- Instruct kids to relay to get the phrases and put them in order.
- Explain that they’re competing against each other, but they’re also trying to beat the clock.
- The amount of time you give kids will depend on your kids and the size of your small group area.
- If there’s time and interest, play several times. If they’re able to beat the clock the first time, set the clock for a shorter time the second time.

What You Say:

*“The pressure was on in this game! Not only were you trying to beat the other team, but you were also trying to beat the clock. Sometimes in life, the pressure is on, too, and sometimes it’s in more than one way, like in this game. If you’ve ever had to take a really hard test, or give a speech in front of your class, or stand up to a bully, then you know what it feels like when the pressure’s on. But [Bottom Line] **when the pressure is on, you can trust God is with you!**”*

3. Pray and Dismiss

[Prayer Activity]

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

What You Need: Paper; pencils

What You Do:

- Give each kid a piece of paper and a pencil.
- Invite kids to write a prayer asking God to help them trust Him when the pressure is on in a particular upcoming situation, such as a test at school, a big school project, or a music performance.
- If they can’t think of a specific situation, they can write a more generic prayer about trusting God when the pressure is on. But encourage kids to think of something specific to pray about.

What You Say:

[Bottom Line] “When the pressure is on, you can trust God is with you! When you’re feeling that pressure, and you’re getting anxious or even angry, take a moment to stop and pray and ask God to help you trust Him and face that situation with peace and calmness.”

As adults arrive to pick up, tell them to ask kids what today’s Bottom Line is.