



## WEEK FOUR – SEPTEMBER 2019

**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.

**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.*

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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**

*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:

- 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.

### What You Say:

*“Transition] Let’s go to Large Group, where we’ll hear about someone who had to do something really difficult under a lot of pressure.”*

*Lead your group to the Large Group area.*

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

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

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

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## GROUPS

*(Creating a Safe Place to Connect)*

### 2. Pressure Time!

#### [Application Activity]

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

**What You Need:** “Pressure Time!” Activity Pages, markers/crayons

### What You Do:

- Give each kid an Activity Page. Set out the markers or crayons.
- Guide kids to point to the picture at the top of the page.
- Encourage kids to describe what’s happening in the picture.
- Tell kids to draw a line from each picture on the left to the picture on the right that shows something good the child can do when the pressure’s on.
- When kids finish, briefly review each scenario. Be sure to emphasize the truth that [Bottom Line] **when the pressure is on, you can trust God is with you.**
- If you have time, lead kids to pantomime the “solutions” shown on the Activity Page.

### What You Say:

*There are times when we all have to do things that seem hard. We might have to go to a new class, go to the doctor, ask for help when we're lost, or learn new words. **[Make It Personal]** (Tell kids about a time when you needed to trust that God was with you. Maybe it was when someone was sick, when you lost your job, or when you had to do something difficult. Remember to keep your story age-appropriate.) But whenever things seem hard—even scary—we can trust God is with us. **[Make It Personal]** (Tell kids how trusted God was with you in your situation.)*

*“Is there something hard for you that YOU can trust God with right now? (Lead kids to draw or write about it on the back of their Activity Pages.) No matter what it is, God loves you, and He will help you get through it. So this week, remember: **[Bottom Line]** **When the pressure is on, you can trust God is with you.**”*

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

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

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

**What You Need:** Sheet of paper; rubber band; hardback book and other unbreakable items; a table or other flat, stable surface; permanent marker; sticky note (to label the book during the activity)

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

- Ask kids whether or not they think a piece of paper can hold up a book. (If time allows, invite kids to suggest and try ways to accomplish the feat!)
- Roll the paper lengthwise and try to balance the book on top of the cylinder. Epic fail.
- Roll the paper into a cylinder length-wise again, but this time wrap the rubber band around the middle.
- Place the paper on the table so it stands tall. Now balance the book on top of the cylinder. Eureka!
- Add other items on top of the book to amaze the kids!
- Label the paper “us,” the book “pressure,” and the rubber band “God.” If you have pre-readers, make sure they know what each word says.
- Use the conversation below as a guide to “bring it home.”

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

*“On our own we don’t have the strength to do some of the hard things we face in life. But when we believe in Jesus, God sends us His Holy Spirit to help us. And knowing and trusting that God is with us gives us strength to do things that we can’t do without Him. So here’s the one thing to remember today: **[Bottom Line]** **When the pressure is on, you can trust God is with you. Let’s pray.**”*

*Lead kids in prayer, thanking God that when the pressure is on, He is with you. Ask Him to help both You and the kids rely on HIS strength during tough situations.*

**As adults arrive to pick up, encourage kids to show parents their “Pressure Time!” Activity Page and tell one thing they can do when things seem hard.**