



TODAY'S SUGGESTED SCHEDULE

TODAY'S BIBLE STORY

You Need to Calm Down
Broken-Down Walls
Proverbs 25:28

TODAY'S KEY QUESTION

When do you lose control?

TODAY'S BOTTOM LINE

When you lose control,
it can cause trouble.

MONTHLY MEMORY VERSE

"God's power has given us everything we need to lead a godly life."
2 Peter 1:3a, NIV

HOST SUPPLIES

- 15 uniform-sized cardboard boxes (See "What You Do")
- Volunteers to rebuild the wall (OR Small Group Leaders)
- Various sized recreational balls (soccer, basketball, baseball, golf, whiffle, etc.)
- Wheel of Suggestions or a container with slips of paper (See "What You Do")

STORY SUPPLIES

- 15 Cardboard boxes from Opener (See "What You Do")
- Sharpie
- Cardboard Wall Example Sheet (printable)

PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today. In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

SMALL GROUP

15
MIN

SOCIAL: Providing time for fun interaction

Just for Fun
Opening Activity

LARGE GROUP

35
MIN

ANNOUNCEMENTS:

HAPPY NEW YEAR

- Something important to us at MISSION is recognizing when people are growing in their faith and being transformed by the love of Jesus. One of the ways that we express that at MISSION is through Baptism. It is an outward expression of an inward change/commitment to following Jesus. Here is an example:
- BAPTISM HIGHLIGHT VID - ???
- Every month, we host a class that focuses on taking the next step in your faith. Baptism is a step people take when they want to tell others they are serious about following Jesus. If you want to attend this class NEXT WEEK and learn more, let your SGL know.

MONTHLY WORSHIP LINEUP:

Week 1 - This Is Living & Way Maker

Week 2 - There's Nothing That Our God Can't Do & Graves Into Gardens

Week 3 - The Best Is Yet To Come & Way Maker

Week 4 - Might Get Loud & Graves Into Gardens

Week 5 - Real Love & Way Maker

SMALL GROUP

25
MIN



WEEK
TWO
JANUARY 2022

LARGE GROUP
PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

25 MINUTES

10 MINUTES

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MONTHLY LIFE APP

**Self-control—Choosing to do
what you should even when
you don't want to**

BASIC TRUTH

I need to make the wise choice.

LARGE GROUP

ENGAGE KIDS' HEARTS THROUGH A DYNAMIC AND INTERACTIVE BIBLE STORY, WORSHIP, AND PRAYER EXPERIENCE IN A LARGE GROUP SETTING.

AUDIO: PLAY HIGH-ENERGY MUSIC AS STUDENTS ENTER.

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP

WORSHIP

Worship Leaders enter

WORSHIP LEADER:

AUDIO: *There's Nothing That Our God Can't Do*

AUDIO: *Graves Into Gardens*

Host enters with a soccer ball.

OPTIONAL VIDEO (MEDIA PACKAGE): COUNTDOWN (30- OR 60-SECOND VERSION)

OPTIONAL VIDEO (MEDIA PACKAGE): THEME

WELCOME

Host has lots of energy as he or she welcomes everyone to [Name of Environment]. Host is relatable and inviting. Host can talk about something that happened culturally throughout the week like a big sports game, movie opening (latest Marvel movie, etc.), a viral video on YouTube, etc. Host tells them how excited he or she is that they're there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what's happening.

OPENER

HOST: "Hey, friends! Welcome to Mission Kids! How's your year going so far? Mine's not bad! I mean, it's only been two weeks, but hey, I'm counting that as a win. Most of you have probably noticed that . . ."

Point to the cardboard box wall.

". . . we've got a big wall built here. And I just so happen to have, in my hand . . ."



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Toss the playground ball up in the air and catch it.

“. . . a playground ball. Now, I know what you’re thinking. You’re thinking that I’m going to chuck this ball at the wall and knock it down. Well, the joke’s on you! Sure, I’m tempted, but I can resist. I’m not going to do it . . . AT ALL. Even if you start chanting ‘KNOCK IT DOWN’. I’ll just ignore you.”

If the kids don’t start chanting ‘KNOCK IT DOWN,’ have some Small Group Leaders start it off and get the crowd riled up.

“Not listening. Not going to do it.”

Pause, let the chant go on for a few seconds, looking at the wall, back at the kids, back at the wall, etc.

Suddenly, toss the ball at the wall, hopefully knocking down the majority of boxes.

“Oh, man! You got to me. I couldn’t help it; the pressure was too much!”

Retrieve the ball and ask a few adult volunteers to quickly reset the wall. Volunteers will stay and reset the wall after each throw.

“Well, even though I may . . . or may not have set that whole thing up. This feels like something that would make a really fun game. Who wants to play KNOCK IT DOWN?”

SLIDE: “KNOCK IT DOWN”

Once things are set back up, explain the rules of the game.

“First of all, we need two teams. You’ll notice that we have an assortment of playground balls in all sorts of sizes and materials and our trusty Wheel of Suggestions (*or other way to pick throwing options. See Getting Ready at the end of the script.*) ready to go! You’ll stand on the opposite side of the room, away from the wall, and try to knock down as many boxes as you can. You’ll go one at a time, pick a ball, and spin the wheel—but beware! The wheel has rules that you have to follow when throwing the ball! Some of these are good, others not so much. But in the end, the team with the most boxes knocked down at the end of the round wins! Who wants to play?”

Choose an amount of volunteers that best fits the size of your room, the amount of boxes you have, and the amount of time you are able to play the game.

Play the game, resetting the boxes after every throw. Count up the number of boxes knocked down, in total, for each team after everyone has gone, and declare a winner.

“Fantastic! Let’s hear it for our teams! We’ll get this cleaned up



COMMUNICATOR SCRIPT (STORY)

SLIDE: THEME BACKGROUND

INTRODUCTION

COMMUNICATOR: “What a fun game. There’s just something about throwing a ball to knock down a wall of boxes that’s super fun! I mean, I’ve been doing stuff like that since I was kid, too!”

“Let’s think about walls for a second. I am guessing that you’re all familiar with the concept of a wall. We’re in a room with walls. The place where we live has walls. But have you ever thought about the function of a wall? I mean, what do walls do exactly?”

Pause for a few answers.

“Right! Walls keep things in or keep things out, offer privacy or protection, and even give a building strength to withstand different types of weather. On top of all that, some walls throughout history have become super famous. Check these out.

CG: PICTURE OF HADRIAN’S WALL

“Anyone ever seen this one? This is Hadrian’s Wall, located in Great Britain. Construction on this wall began in 122 A.D. in the reign of the ruler Hadrian. It stretched the entire width of the country, from the North Sea to the Irish Sea. It was built to separate the southern area of Britannia from the unconquered lands of Caledonia to the north. It was mainly a defensive wall to keep people out!

CG: PICTURE OF THE GREAT WALL OF CHINA

“Anyone have an idea what wall this is? (*Pause for answers.*) Yes! The Great Wall of China. This wall is HUGE. A study was done in 2012 that measured how long the wall is and counted all of the pieces—and the study concluded that the Great Wall has 10,051 wall sections, 1,764 ramparts or trenches, 29,510 buildings, and 2,211 fortifications or passes, with the walls and trenches spanning a total length of 29,510 kilometers.”

“That’s over 13,000 miles! It was built, again, to help protect from invasions, but there was another function of the wall as well—trade. It helped created checkpoints and openings for traders to come and go through the land.”

“All that to say, walls either keep things in or keep things out—or both.”

TENSION

COMMUNICATOR: “Walls around a city are one thing, but have you ever thought about walls you might need in life? Interesting question, huh? Last week, we started talking about the idea of self-control—choosing to do what you should do even when you don’t want to. But what do walls have to do with self-control?”

“And if we’re really honest, with ourselves, we might even wonder why having self-control matters in the first place. Aren’t there times when losing control is a good thing? Isn’t it good to let things out every once in a while? It’s not like you can keep your feelings bottled up inside you forever, right?”



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“Great questions. Tough questions. And a great place to start with great, tough questions is the Bible. In the Bible we get to learn all sorts of wisdom from other people who had relationships with God. God inspired them to write down their experiences, so we could learn from them and grow in our own relationships with God. Let’s head to the Bible now.”

TRUTH

COMMUNICATOR: “We’re looking at a single proverb from the book of the Bible called Proverbs today! I have to tell you that I LOVE me some proverbs. Some of these are just so brilliant, and we can discover a wealth of knowledge packed into each one. It’s Proverbs 25:28.”

SLIDE: PROVERBS 25:28

Open the Bible to Proverbs 25:28 (NirV) and read.

“A person without self-control is like a city whose walls are broken through.”

“Let’s begin with the most basic use of a wall—protection. And back in Solomon’s time, cities had walls for protection. Most cities had massive stone walls around them to keep invaders from, well, invading.”

Start stacking the cardboard boxes into a circular fort, only putting up the bottom-most layer first.

“If your lives are like a city—like the comparison this proverb uses—then there are lots of things that are a part of our lives. In a city, you have streets, buildings, people, offices, cars, alleys, restaurants—all sorts of things! And the most important thing in a city are the people in it! In your life, your city, you have different relationships with all of the people in your city. And all of those people and all of these relationships are worth protecting. Well, what if how you live could be part of protecting you and the people you care about? Let’s read Solomon’s words one more time:”

SLIDE: PROVERBS 25:28

Open the Bible to Proverbs 25:28 (NirV) and read.

“A person without self-control is like a city whose walls are broken through.”

“In other words, when we make wise choices in the way we show self-control, we’re actually creating a wall that can will protect those relationships. You might be wonder how that works. Let’s chat about it.”

“First, let’s think about you and ideas that can get into your heads.”

Hold up a cardboard box. Reference the “Cardboard Wall Example Sheet” to know where to put each box.

“Your mind is worth protecting! But how in the world do you protect your mind? It’s not like you can stop negative thoughts from popping in your head all the time, right? Well, even if you can’t stop every thought from doing a tap dance in your brain, you can protect yourself from the sorts of things that lead to negative thoughts.”



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“Think about what you listen to and watch. With all that’s available to us through technology, we can scroll through a LOT of messages. We just want to find a funny video, but sometimes we see all this other stuff on our way to the video. You don’t mean to see it or hear it, but you do. Over time, the more you hear those things, the more you think about those things, and the easier it is for those negative thoughts and images to impact how you think about yourself and others.”

“That’s why it’s important to ask God to help you have self-control. Think about how what you’re listening to and watching is impacting the person you’re becoming. There’s a word we’ve talked about before. It’s a word for us to remember when it comes to self-control: integrity.”

Write “INTEGRITY” with a Sharpie on the front side of the box, and the letters “PR” on the backside. Keep the backside hidden.

“Integrity is basically choosing to be your true self no matter if you’re by yourself, with your family, or hanging out with your friends. Who you are with them should be who you are when no one’s looking.”

“If we want to have integrity, we need to think about how we’re blocking the things that can hurt us before they even get in front of your eyes.”

“What would happen if you just put down your device for a while? What would happen if you stopped scrolling? What if, instead, you filled that time with other things that built your integrity?”

“Here’s the truth—your humor, your conversation, and your imagination will all be fed by what’s in your mind; and what’s in your mind is whatever you’re filling it with. Block the bad stuff before it even gets to your eyes! Fill your mind with all of the truth that God has for you.”

Stack the “INTEGRITY” box on the next layer, facing out so the large group can read it. Continue stacking the fort, finishing the layer.

“Next, let’s think about the relationships you have with members of your family. Those are *definitely* worth protecting with some self-control like Solomon’s words say in Proverbs.”

Hold up a cardboard box.

“We love our families and the people we consider as close as family. But even though we love them, sometimes, they can get on our nerves. How we respond to them in those moments matters. You can’t stop *everything* from happening, but you can protect the relationships you have with them with something Jesus said was most important: love.”

Write “LOVE” with a Sharpie on the front side of the box, and the letters “AY” on the backside. Keep the backside hidden.

“Now, when it comes to the idea of love. I’m not talking about how you love pizza or you love birthday presents; I’m talking about taking time to care about someone—not just in the words you say but also what you do.”

“You might be annoyed by how your brother or sister might always want you to play with them. You’d like to slam your door shut and tell them to leave you alone! But when you think about it, maybe they just look up to you. When



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you choose to respond with love and spend time with them, you let them know that they matter to you! It could make their day!”

“You might not love that your mom tells you to pick up your room when you’d rather be doing . . . anything else! But when that happens, you can respond in a way that either helps or hurts your relationship with her. Instead of making matters worse by something you might say or do, show self-control and think about how your actions can show love. Maybe you can take a moment to pick up your room or help with something else your mom might need done at home.

“Love does a lot of things, but one of the most important things love does is protects those closest to you.”

Stack the “LOVE” box on the next layer, facing out so the large group can read it.

“For our last example, let think about how this might apply to our friends.”

Hold up another cardboard box.

“Good friends can be hard to come by. You’ve probably experienced this first hand, but sometimes people can be super mean to one another. When you find a group of friends or even just one great one, it’s important to work hard at that relationship. When you choose to be a good friend, it means you take time to care how *they* feel, not just how they make *you* feel. A good word that can help us build a wall of protection like Solomon mentioned is the word *respect*.”

Take a Sharpie and write “RESPECT” on the front side of the box, and the letters “ER” on the backside. Keep the backside hidden.

“We can respect our friends by giving them the benefit of the doubt when they say or do something that might hurt us. Before we lose control and take revenge, we can pause to consider that possibly they didn’t know that what they said or did would hurt our feelings. Maybe they were having a bad day, took it out on us, and actually are really sorry about it. In this moment, respect your friends enough to talk with them face to face and get the whole story.”

“Jesus once said to treat others the way you want to be treated. We can protect our relationships by having respect for ourselves and for one another.”

Stack the “RESPECT” box on the next layer, facing out so the large group can read it. Continue stacking the fort, finishing the final layer.

APPLICATION

COMMUNICATOR: “Great! It’s built! But what in the world does all of this have to do with self-control?”

Step inside the fort (or behind the wall) you’ve built.

“Let’s take another look at Solomon’s words that are recorded in Proverbs 25:28.”

Open the Bible to Proverbs 25:28 (NirV) and read.



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“A person without self-control is like a city whose walls are broken through.”

“In biblical times, if a city didn’t have a wall, the enemy could waltz right in and take over. There was literally no defense.

Knock out the “LOVE” box from the wall.

“Even the smallest hole could be trouble!

Knock out the “INTEGRITY” box from the wall.

“In the same way, a person who doesn’t show any kind of restraint, someone who doesn’t have any self-control or willpower can’t defend him or herself against overwhelming emotions.”

Knock out the “RESPECT” box from the wall.

“Getting mad turns into rage. Waiting turns into impatience. Without self-control, without the protections built up through Respect, Integrity, and Love, you’re totally wide open to making poor choices.”

Start to rebuild the wall again. This time, re-stack all of the boxes with the words on them on the top most row, with the words facing out. The letters you wrote on the back should read “ER,” “AY,” “PR” facing you.

“And there’s something that will tie it all together.

Flip the boxes around so that the word “PRAYER” is displayed in order toward the Large Group.

“Prayer. Prayer is the one of the things that connects you to God and God to you. When you pray, you get a direct line to God.”

“And God promises to help you. God will help you build and keep strong walls of self-control around our lives if we ask. God gives us the Holy Spirit to help us. Self-control is one of the Fruits of the Spirit that God will grow in us as we follow Jesus.”

“So when you need help, ask God for it. God can help you say kind words when you don’t feel like saying kind words. God can help you find peace when all you feel is upset and frustrated. And when we ask, God can change your feelings towards others to help us show self-control in how we respond to them.”

“Ask God to help you when it’s difficult for you to show self-control. God can give you the wisdom you need to make a choice that’s actually good for you! God wants to help you and will. You can trust God no matter what!”

LANDING

COMMUNICATOR: “As you head to Small Groups, think about this question:”

SLIDE: KEY QUESTION



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“When do you lose control? When do you lose your cool? When do things get out of hand and you can’t control yourself? You’ll talk more about this in Small Group, but before you head out, let’s pray. Let’s ask God to help us navigate these emotions. Let’s thank God for being there when things get out of control. Let’s ask God to grow self-control in our hearts. Let’s pray.”

Communicator leads group in a prayer related to what they just heard. After prayer, Communicator dismisses kids to Small Group.

AUDIO: PLAY HIGH-ENERGY MUSIC AS THE KIDS EXIT.

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP