



PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO MOVE

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



OPENING ACTIVITY

WHAT YOU NEED: Hula hoops, Solo cups, **colored game dots**, target (such as chair, large bucket, laundry basket, or tub)

WHAT YOU DO:

- Give each kid a hula hoop or let them take turns if you have a limited supply.
- Ask kids to line up on one side of your small group area.
- Place 15 Solo cups in random places on the floor in front of the line of kids.
- Create a target such as a chair, laundry basket, or storage tub on the opposite side of the room from where kids are standing.
- Invite kids to take turns rolling their hula hoops across the room as straight as possible to hit a designated target.
- Give kids four **game pieces** before the game begins.
- If their hoop hits any of the cups as it rolls, they lose a **game piece** (or point) for each cup.
- If they hit the target, they gain a piece.

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

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.

WHAT YOU SAY:

"A rolling hula hoop is hard to control. It's as if it has a mind of its own—knocking down cups and going anywhere it decides to go. **[Transition] Without wisdom from God to give us direction for our lives, we'd be like a rolling hula hoop that's easily out of control—only MUCH worse. When people get out of control, we don't just topple over a few cups, but we find ourselves facing big trouble. Let's go to Large Group and learn how we can avoid the problems and consequences of letting ourselves lose control.**"

Lead your group to the Large Group area.



WEEK
TWO
JANUARY 2022

SMALL GROUP
PRETEEN

PRELUDE **SOCIAL** **STORY** **WORSHIP** **GROUPS** **HOME**

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CONNECT

an activity that invites kids to share and collaborate with others while growing their understanding



DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

Ask:

- How would you explain self-control to someone?
- Why is self-control so important? Why can't we just do what we feel like doing?
- If parents and other adults have placed more "walls," boundaries, or rules in your life than you'd like, how could growing in self-control demonstrate that you might be ready for some of those walls to open up?
- Where do you need to most grow in self-control? What can you do to help that process along?

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VERSE TO TAKE WITH YOU

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles, tissues, markers

WHAT YOU DO:

- Invite kids to look up Ephesians 5:15-17. If they need help locating the verses, show them how to use the Table of Contents in the front of their Bible to find the page number for Ephesians then use the navigation tip below.

Finding verses with 4th-5th graders: When they find Ephesians, explain that the big numbers on the page are the chapter numbers. Tell them to find chapter 5. Explain that the small numbers are verse numbers. Tell them to then find verses 15-17 in chapter 5.

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- Read the verses together and ask:
 - In these verses, what is God wanting us to be careful about?
 - What does it mean to "make the most of every opportunity"? How do we do that?
 - Even though we don't find the words, "self-control" in these verses, how do you see it implied?
 - How would you need to have self-control in order to live out these verses?
- Give each of the kids a tissue and a marker.
- Ask them to look over Ephesians 5:15-17 again then carefully write one or two words on their tissue that they feel are key to the meaning of the verse. Examples: careful, wise, understand, Lord, etc.
- Invite kids to take turns sharing the words they wrote and why they feel those words are important to the meaning of the verse.
- Ask kids to tilt their head back and place their tissue over their face.
 - Explain that you'll read a short segments of Ephesians 5:15-17.
 - When you pause, that's their cue to take a deep breath and blow their tissue up in air as they repeat what you said.
 - The goal is to not lose control of the tissue and let it fall to the floor.
 - They can grab their tissue before it hits the floor but not until they've repeated the phrase.
 - If they lose control of the tissue by letting it touch the floor, they are out of the game.

Ephesians 5:15-17 (NIV)

- So be very careful how you live.
- Do not live like people who aren't wise.
- Live like people who are wise.
- Make the most of every opportunity.
- The days are evil.
- So don't be foolish.
- Instead, understand what the Lord wants.



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(VERSE TO TAKE WITH YOU, CONTINUED)

- Tell kids that losing control of a tissue and being eliminated from a game is a simple reminder that nothing good comes from losing control. Challenge kids this week to take a breath, take a break, and take a moment to ask God for help instead of losing control and ending up with trouble to show for it.





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MADE TO REFLECT

an activity that creates space for personal processing and application



MAKE IT PERSONAL WITH PRAYER [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: Pens, note cards

WHAT YOU DO:

- Invite kids to print their name neatly on a note card.
- Collect the cards.
- Ask kids to sit in a circle with their backs turned.
- Remove one of the cards from the stack then set out the remaining cards face up on the floor where all the kids can see them.
- Tell kids to turn around and guess the missing card. If they see that it's their own card missing, tell them to remain silent until someone else guesses it.
- Give the missing card to the first kid who guesses correctly.
- Repeat until all the cards have been handed out.
- Invite kids to pray for the person whose name is on the card they are holding.
 - Kids can share specific prayer requests if desired—particularly for situations they need God's help this week to have self-control.

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WHAT YOU SAY:

"Dear God, please be our strong wall and protect us from saying or doing things that will lead us into trouble. Give us Your power to live wisely and carefully as we follow You this week. In Jesus' name, amen."

MONTHLY MEMORY VERSE

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