



TODAY'S SUGGESTED SCHEDULE

TODAY'S BIBLE STORY

Keep Holding On
Keep Looking to Jesus
Hebrews 12:1-3

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.

TODAY'S KEY QUESTION

What can help you
focus on Jesus?

SMALL GROUP

15
MIN

SOCIAL: Providing time for fun interaction

Just for Fun
Opening Activity

TODAY'S BOTTOM LINE

Keep going because of
what Jesus did for you.

LARGE GROUP

35
MIN

ANNOUNCEMENTS:

- **WELCOME** to our new 4th graders & **NEW GUESTS**
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- **SUMMER CAMPS** - Still time to sign up - **BUT REGISTRATION CLOSSES THIS WEEK**
- **New expectations for the pre-service experience**
 - check-in with leaders and place sticker on clipboards
 - hang out until we gather at the entrance
 - grab a seat close to your group
 - Games open back up after all small groups are finished (around 10:05 or 11:35)
 - Be respectful of the other groups meeting (girls in game room and guys in large group space)

MONTHLY 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

HOST

- One Small Group Leader
- Four kid volunteers
- One bike helmet
- Two pool noodles
- Cones
- One spinning office chair

STORY SUPPLIES

- Dry erase board
- Dry erase marker
- Dry erase eraser

MONTHLY WORSHIP LINEUP:

Week 1 - Never Gonna Stop Singing
Week 2 - Let Go & There's Nothing That Our God Can't Do
Week 3 - This is Living & Graves Into Gardens
Week 4 - Might Get Loud & Who You Say I Am
Week 5 - Real Love & Waymaker



WEEK
FIVE
MAY 2022

LARGE GROUP
PRETEEN

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

25 MINUTES

10 MINUTES

TODAY'S BIBLE STORY

Keep Holding On
Keep Looking to Jesus
Hebrews 12:1-3

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MONTHLY LIFE APP

**Resilience—Getting back up
when something gets you down**

BASIC TRUTH

I can trust God no matter what.

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: Real Love

AUDIO: Waymaker

Host enters . . .

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, a viral video on YouTube, holiday (National Brisket Day, Memorial Day, National Creativity Day, National Smile Day), 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: "(Rushing) Hi. Hello. How are you? Great. I'm good. Glad you are here."



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“PHEW! Now that the niceties are over, it’s time to move onto the REAL reason all of you are here in [Name of Environment]! And you already know what I’m talking about – COMPETITION, WINNING, AND, OF COURSE, DESTRUCTION! *(Prompt and allow crowd to erupt into a chaotic applause.)* Yes, today, we will tie a climactic bow on this month of absurd obstacle courses and challenges by playing Captain Noodle Chair! *(Pause for response.)* I said, CAPTAIN NOODLE CHAIR! *(Pause for bigger response.)*”

SLIDE: “CAPTAIN NOODLE CHAIR” TITLE

“To play this game, we need to bring up the most responsible and least accident-prone Small Group Leader in the room.”

Host brings up the most responsible and least accident-prone leader to the stage. Host places a bike helmet on their head, sits them in the spinning chair, and hands them two pool noodles.

“Now we need two teams of two volunteers willing to face off in a test of agility and attentiveness. Any willing individuals? *(Pause for response.)*”

Host brings four volunteers to the stage.

“Thanks so much for volunteering. On this stage we have [Name of Small Group Leader] sitting in the Captain Noodle Chair . . . also called a spinning chair. Around the spinning chair, we’ve marked off a circle. All four of our volunteers must stay inside the circle throughout the game. Our Small Group Leader will hold out the two pool noodles at different heights and spin in a circle. If you are touched by the noodle ANYWHERE, you will be eliminated from the game. If you step out of the circle, you will be eliminated from the game. Your objective is simple: be the last person standing at the end of the game.

*Host directs the two girl volunteers to stand at three o’clock and nine o’clock inside the circle.
Host directs the two guys volunteers to stand at twelve o’clock and six o’clock inside the circle.*

“The last person standing will be crowned the Captain Noodle Chair Champion! No player will be allowed to push, shove, or spit on any of the other competitors. This will be a clean battle as you face the Captain Noodle Chair. Any questions? *(Pause for response.)* Excellent! Then enough talkie-talk! Let’s play!”

AUDIO: FUN BACKGROUND MUSIC

Host facilitates game. Direct the volunteer to start off spinning the chair slowly with only one noodle. To make it more difficult, direct the leader to spin a little faster and/or give them the second noodle. Kids should remain inside the circle. Anytime a kid steps out of the circle or is smacked by a noodle, the game should pause to remove the eliminated kid. Once the kid leaves the circle, resume the game. This process should continue until one kid remains.

“Incredible! Absolutely incredible! We’ve witnessed many feats before, but never ever have I ever crowned someone the Captain Noodle Chair Champion! Great job to all of our competitors, but an extra special ovation to our Captain Noodle Chair Champ! Everyone, please give a rowdy round of applause for our champ! *(Pause for response.)*”



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COMMUNICATOR SCRIPT (STORY)

SLIDE: THEME BACKGROUND

INTRODUCTION

COMMUNICATOR: "Hey, hey, everybody! This entire month we've looked various people who have bounced back from some pretty hard stuff! Let's continue with a little activity about kids your age.

Communicator pulls out white board with marker and eraser.

"I want us to fill this dry erase board with situations kids your age face in which they would need to show resilience. You're welcome to share an example from your past or something you heard about from a friend or in the news. To do this, I need one of our Small Group Leaders with good handwriting to scribe while I call on kids to share their example! Make sense? (Pause for response.) Excellent!

Communicator calls up a Small Group Leader to write down examples. Communicator calls on kids with examples. Communicator should stall while Small Group Leader writes by elaborating or flushing out the mentioned example. NOTE: Communicator can offer suggestions you want to cover that aren't mentioned. These could include overcoming a difficult subject, trouble with a friend, difficult chores, or recovering from an injury or sickness. Make sure to include a sick relative, a friend moving away, and an injury before the big game.

"Great examples! Each one of these are difficult obstacles and require resilience to overcome."

TENSION

COMMUNICATOR: "When I was younger, I experienced some of these challenges, too. None of it was fun. However, I spent time around people who loved Jesus and tried to encourage me through these difficult seasons! It wouldn't be uncommon for me to hear others tell me to 'trust Jesus' or 'give it to God' or 'remember God is with you!' All of these statements are great things to hear in the middle of a crisis. However, if I can be real honest for a minute, I didn't really know what these statements actually meant or how they could help.

"As we are in church right now, I realize church could be something new for your family. For others, you've grown up in church and around Christians. Some of you have probably heard people offer similar statements to you. If not, I would venture to say you will at some point!

"If you're anything like me, you might think to yourself, what does that mean? How can I focus on Jesus when I can't see Him? How can I give it to God when I don't always feel that God is with me? How can I trust God to help me through difficult situations when I can't see God?"

"Those are important questions to think about! And you know what? In the Bible, we can discover some great ways to focus on Jesus and put our trust in God to help us bounce back when life gets us down. Let's head there now."

TRUTH

COMMUNICATOR: "We pick up where we left off last week, in the book of Hebrews. Like we said, we're not really sure who wrote the book of Hebrews, but the author helps explain who Jesus is and why Jesus is so important.



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“As many of you remember from Christmas time, Jesus came to earth as a newborn baby. However, He was far from typical. Jesus was the Son of God and born without sin, meaning He never fell short of God’s perfect standard. Jesus was tempted and faced similar hardships to the ones we face today. However, Jesus lived a perfect life. And while Jesus was here, He helped many people. He taught and healed and changed the world!

“When Jesus was arrested and accused of wrongdoing, it was completely false. Imagine the shock of Jesus’ closest friends when an angry mob demanded Jesus be hung on a wooden cross. Jesus died on that cross, but His death paid the debt for all of our sin. Jesus freely gave His life for us to save us from the consequences of sin. And three days after dying, Jesus came back to life!

“Part of why Hebrews was written was to encourage people to keep looking to Jesus, the Son of God, in all situations. Check this out:

Open the Bible to Hebrews 12:1-3 (NIV) and read.

“A huge cloud of witnesses is all around us. So let us throw off everything that stands in our way. Let us throw off any sin that holds on to us so tightly. And let us keep on running the race marked out for us. Let us keep looking to Jesus. He is the one who started this journey of faith. And he is the one who completes the journey of faith. He paid no attention to the shame of the cross. He suffered there because of the joy he was looking forward to. Then he sat down at the right hand of the throne of God. He made it through these attacks by sinners. So think about him. Then you won’t get tired. You won’t lose hope.

“Long before you and I showed up, people like Abraham, Joseph, and Moses trusted God as they struggled through difficult situations. Jesus Himself was another Person Who faced unimaginable shame and pain on the day He was placed on the cross. But I love the fact Jesus never gave up even though it was hard. Jesus didn’t let anything get in the way of His mission here on earth. And because of His life, death, and resurrection, we can reconnect with God forever! This is the very best news, the Good News for all people! On top of that, in Jesus we have an amazing example of how God wants us to live.”

APPLICATION

COMMUNICATOR: “As we navigate this life, we have choices of where to turn in the face of hardships. The author of Hebrews says that to run the race of life with perseverance and resilience, we should focus our attention on Jesus.

SLIDE: HEBREWS 12:2A

“More specifically, it says ‘Let us keep looking to Jesus.’ Let’s look at some of the moments on our dry erase board to see how focusing on Jesus can help.

Communicator moves to the dry erase board and points out the first scenario.

“Suppose you learn a close family member you love becomes sick. One might worry about losing their family member and have an overwhelming sense of helplessness. To fix your eyes on Jesus could look like praying to God to thank Him for your family member and to ask for healing. It might be the way you find comfort when life seems super stressful.



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Communicator moves to the dry erase board and points out the second scenario.

“Some of you may know what it’s like to have a best friend move away. A deep sense of sadness and loss would be perfectly normal reactions. To turn your gaze toward Jesus could look like encouraging your friend to plug into a church at his new town or texting them on your mom’s phone to share a verse from the Bible that can remind them to have courage! Your friend will no doubt need a boost of courage.

Communicator moves to the dry erase board and points out the third scenario.

“So many of you play sports and do extracurricular activities because it’s fun to be on a team and to compete! Suppose you are injured before the big game or a dance recital. Those who want to play would feel a great sense of disappointment. However, to turn to Jesus during this hardship could look like choosing to show love, patience, and determination. Or it could look like showing up anyway to cheer on your teammates. This allows you to reflect Jesus’ example to your entire team!

“Following Jesus is like running in a race! The goal is to obey God, love God, and love others. We can think on that great cloud of witnesses Hebrews talked about who set an example before us. Like them, we may mess up along the way, but we can keep going for God, like they did. At times, we will say and do things that do not reflect Jesus. But we can’t let our mistakes stop us from trying. We can’t let hardships take our gaze off Jesus. We can face any challenge when we remember how Jesus kept going!

LANDING

COMMUNICATOR: “As you spend time with your Small Groups, think about this one question:

SLIDE: KEY QUESTION

“What can help you focus on Jesus? You will likely want to focus on your fear or disappointment or sadness. But is there something or somebody who can help you focus on the most important thing, Jesus? You’ll get a chance to talk more about this with your Small Group, so don’t worry if you can’t think of something right away. Before you head to groups, let’s pray and thank God for sending Jesus to be our Savior and comfort through whatever we face in life. 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 STUDENTS EXIT.

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP