



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: No supplies needed

WHAT YOU DO:

- From the list below, read the situations which describes a time it might be hard to wait.
- Ask kids to show you how easy or hard each situation might be for them.
 - If they think it's easy to wait, they should turn around slowly.
 - If they think it's hard to wait, ask them to turn quickly.
- Vary the actions but continue using slow movements for when the situation is easy to wait and fast for when it's hard for them to be patient.
- Ask: Is it easy or hard for you to wait when . . .
 - Christmas is only a week away?
 - you're hungry but it's too close to dinner time for a snack?
 - there's a long line for a ride at an amusement park?
 - it's taking a long time for your food to be served at a restaurant?
 - a parent has to finish a job before they can take you to a friend's house?
 - you're sick and want to feel better so you can play?
 - your birthday party is a few days away?
 - you want a pet but your dad says, "Maybe next year"?
 - it's not your turn in a game?
 - you want to watch a show but you have to clean your room first?
 - you're on a long car ride to a fun place?
 - you want to do something an older kid is doing but you're not old enough to do it, yet?
- Add more situations that your kids can relate to or let them come up with some of their own to share with the group.

TODAY'S BIBLE STORY

Unforgetful You

Abraham and Isaac
Genesis 15:1-6; 18:1-15; 21:1-7

TODAY'S BOTTOM LINE

Trust God even when you have to wait.

MONTHLY MEMORY VERSE

"Trust in the Lord with all your heart. Do not depend on your own understanding."
Proverbs 3:5, NIV

MONTHLY VIRTUE

Trust—Putting your confidence in someone you can depend on

BASIC TRUTH

I can trust God no matter what.

WHAT YOU SAY:

"Sometimes it's really hard to wait, isn't it? If you had to wait many, many years for something you wanted very much, you might feel like giving up. **[Transition]** In today's Bible story, we'll hear about some people who had to wait almost their entire lives for something God had promised them. That was a **LONG** time to wait and trust God! Let's find out what they were waiting for and how God kept that promise."

Lead your group to the Large Group area.



WEEK
ONE
SEPTEMBER 2022

SMALL GROUP
K-3

PRELUDE

SOCIAL

STORY

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GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO MOVE

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



HOLD THAT POSE

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: Timer

WHAT YOU DO:

- Explain that you will call out an action or pose for kids to do then you'll set a timer for 30 seconds. (If kids get antsy or lose self-control, you can reduce the time to 15 seconds for the subsequent actions or poses.)
- They must do the action or hold the pose until the timer goes off.
- Tell kids that each action is a clue about something from today's Bible story.
- When the timer goes off, ask kids how the action reminds them of the Bible story they heard in Large Group.
- Use ideas listed below or add others that help review events in today's Bible story.
 - Walk like an old man or woman. (*Abraham and Sarah were very old.*)
 - Point up to the sky. (*God had promised Abraham that the number of people in his family would be like the stars in the sky.*)
 - Bow down. (*Abraham bowed down to the visitors who came to his tent because he knew they were very special.*)
 - Laugh out loud. (*Sarah laughed when she heard the men say that she would have a baby even though she was very old.*)
 - Jump for joy. (*Sarah and Abraham were very excited when Isaac was born.*)
 - Cry like a baby. (*God kept His promise and gave Abraham and Sarah a baby boy.*)
 - Freeze and don't move. (*Abraham and Sarah had to wait and wait and wait, but they trusted God to keep the promise.*)

TODAY'S BIBLE STORY

Unforgetful You

Abraham and Isaac
Genesis 15:1-6; 18:1-15; 21:1-7

TODAY'S BOTTOM LINE

Trust God even when you have to wait.

MONTHLY MEMORY VERSE

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Proverbs 3:5, NIV

MONTHLY VIRTUE

Trust—Putting your confidence in someone you can depend on

BASIC TRUTH

I can trust God no matter what.

WHAT YOU SAY:

"Great job of remembering the story of Abraham, Sarah, and Isaac. Was it hard to hold those poses or do those actions without stopping? It was only [30/15] seconds, but it probably felt like a LONG time to wait. God promised to give Abraham and Sarah a son. Imagine how they must have felt as they waited and waited and waited for many years before God gave them a son. They had to trust that God would keep that promise, no matter what.

"When you want something and it's taking longer than you'd like, **trust God even when you have to wait.** Waiting is never easy, but when you remember that God always keeps promises and never forgets you, it's easier to wait with a good attitude and trust God without worrying or being impatient."



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K-3

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and/or working as a group



* WAIT AND TRUST

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles and "Wait and Trust" hearts

WHAT YOU DO:

Finding verses with kindergartners: Guide children to open the Bibles to the marked page. Point to "Proverbs" at the top of the

page as you say, "Proverbs." Then guide children to find the big number 3 on the page. Explain that this is the chapter number. Finally, guide them to look under the big 3 for the little 5; this is the verse number. Tell them to leave their finger on the verse as you read the verse aloud. Then lead everyone to say the verse together.

Finding verses with 1st graders: Guide them to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When the kids find the table of contents, lead them to find "Proverbs" in the list under "Old Testament." You can help by telling them that Proverbs starts with the letters P-R. When the kids find Proverbs, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Proverbs. Help the kids find the page. When they find Proverbs, explain that the big numbers on the page are the chapter numbers. Help them find chapter 3. Explain that the small numbers are verse numbers. Help them find verse 5 in chapter 3.

TODAY'S BIBLE STORY

Unforgetful You

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TODAY'S BOTTOM LINE

Trust God even when
you have to wait.

MONTHLY MEMORY VERSE

"Trust in the Lord with all
your heart. Do not depend on
your own understanding."
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MONTHLY VIRTUE

Trust—Putting your confidence
in someone you can depend on

BASIC TRUTH

I can trust God no matter what.

- Ask kids what they think it means to "trust in the Lord with all of their heart."
- Explain that we don't always understand why things happen the way they do or why we have to wait a long time for something. God is always good and does what is best. God wants us to trust with all of our heart or no matter what. We learn to trust God by learning to be patient and remembering that God knows what is best.
- Form two teams and send them to opposite ends of your Small Group space.
- Scatter all of the hearts on the floor between the two teams.
- The hearts should be randomly placed.
- Make sure that about half of the hearts have "WAIT" facing up and half have "TRUST" facing up.
- Tell one team that their job is to turn the hearts with "WAIT" over to the "TRUST" side.
- Tell the other team to turn over the "TRUST" side of the hearts to the "WAIT" side.
- Signal teams to begin and after a minute or so, pause the game and count the number of hearts with "TRUST" face up.
 - If it's more than ten, that team leads the others in saying the memory verse.
 - If the WAIT hearts have more, ask that team to lead.
 - Be sure to help the team that's leading, especially since this verse will be new to most of them.
- Repeat as time allows, leading kids in reciting Proverbs 3:5 after each round.
- Allow each kid to take one heart home with them.



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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

(*WAIT AND TRUST, CONTINUED)

WHAT YOU SAY:

"Trusting and waiting go together just like on the hearts in our game. One of the ways we show we trust God is to wait with a patient attitude. And the reason we can wait and not get worried or upset is because we know that God is with us and always does what's right. Think about Proverbs 3:5 this week when you're waiting for something and it seems to take FOREVER. **Trust God even when you have to wait.** Let's TRUST God with all of our heart because God is faithful and can be counted on."



WEEK
ONE
SEPTEMBER 2022

SMALL GROUP
K-3

PRELUDE

SOCIAL

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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space
for personal processing
and application



PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- Name a time kids might have to wait and trust God. Use ideas from previous activities, the list below, or others your

kids can relate to.

- Invite everyone to wiggle and move as if they're impatient until you say today's Bottom Line. **Trust God even when you have to wait.**
- Then prompt everyone to freeze as you lead them in a sentence prayer for God's help in that specific situation.
 - For example, "God, help us trust You even when (describe the situation).
- Repeat with other scenarios and pray a similar prayer after each one.
 - waiting for dessert or your favorite snack
 - waiting to feel better when you're sick
 - waiting for it to stop raining so you can go outside and play
 - waiting for a family trip to a fun place
 - waiting to be a little older so you can do "big kid" stuff"
 - waiting for a special day

TODAY'S BIBLE STORY

Unforgetful You

Abraham and Isaac
Genesis 15:1-6; 18:1-15; 21:1-7

TODAY'S BOTTOM LINE

**Trust God even when
you have to wait.**

MONTHLY MEMORY VERSE

**"Trust in the Lord with all
your heart. Do not depend on
your own understanding."**
Proverbs 3:5, NIV

WHAT YOU SAY:

"When you're upset because you have to wait, remember to stop and ask God's help. God knows what's hard for you and how you feel. God also knows what is best, and sometimes WAITING is what is best for you. So ask God to help you not complain or worry or do something that will get you in trouble. When you have no choice but to wait, stop and think of something you're thankful for. It will help you feel better and learn to **trust God even when you have to wait.**"

MONTHLY VIRTUE

**Trust—Putting your confidence
in someone you can depend on**

As adults arrive to pick up, encourage kids to show them the WAIT and TRUST heart and share today's Bottom Line. **Trust God even when you have to wait.**

BASIC TRUTH

I can trust God no matter what.