



WEEK
FOUR
SEPTEMBER 2022

SMALL GROUP
K-3

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO PLAY

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



OPENING ACTIVITY

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- Play a game of "Telephone," whispering messages from one kid to another.
- Ask kids to sit in a circle or stand in a straight line.
- They need to be close enough that whispering is possible but not so close that they can hear each other whisper.
- Whisper a word or phrase into the ear of one of the kids. (Whisper slowly and clearly but only once.)
- Whatever they hear (correct or not), they must then whisper to the kid on their right, who will whisper what they heard to the kid on their right, and so on until it reaches the last kid who will then say the word or phrase out loud.
- Share the original word or phrase as kids listen for any differences.
- Some words or phrases to try are listed below. (Modify as needed, depending on the abilities of your group.)
 - Munch a bunch of crunchy carrots
 - A guppy in a shark tank
 - Crunchy coconut casserole
 - Courageous crocodiles
 - Red roses have thorny stems—Ouch!
 - Two tiny toads ate fat flying flies.
 - The funny bunny hid the colored candy.
 - A queen sat on a throne and ate kiwi.
 - Many maids mop motels.
 - Dogs dig holes and bury bones.
 - Boiled turnips

TODAY'S BIBLE STORY

Weighed Down

Jacob and Esau's Reconciliation
Genesis 31:3; 32:3-32; 33:1-17

TODAY'S BOTTOM LINE

You can trust God even when you're worried.

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:

"So fun! Those messages didn't make a lot of sense, but you did your best to make sure they got passed along. **[Transition]** In our Bible story today, we'll hear about a man who sent a very important message to his brother. He didn't whisper it or text it or put in the mailbox. Let's go find out what the message said and how it was sent it."

Lead your group to the Large Group area.



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CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO IMAGINE

an activity that promotes empathy and facilitates concrete application through role-play and reenactment



GUESS WHO

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: "Attributes" Activity Page cards, "Attributes Answer Sheet" Activity Page, butcher paper, marker, bag, and tape

WHAT YOU DO:

- Place the "Attributes" cards in the bag.
- Divide the butcher paper into four sections by drawing a vertical and horizontal line in the middle of it.
- Write the name of one of the four main people from today's story in each section: Isaac, Rebekah, Jacob, and Esau.
- Tape the butcher paper to the wall so the group can see it.
- Invite the kids to take turns pulling a card out of the bag.
- Encourage the kids to read the card out loud to the group, one at a time.
- Invite each kid to tape their attribute/description to the character section they think it applies to.
- Continue playing until all the cards are used.
- Use the "Attributes Answer Sheet" to help determine if kids' choices were correct.

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WHAT YOU SAY:

"Raise your hand if you have ever been so angry that you wanted to get back at someone. (*Invite a show of hands. Raise your hand, too!*) Esau felt that way about Jacob. Jacob tricked Esau and took away something that was rightfully his.

"When the two brothers were going to be reunited, Jacob had reason to be worried about what Esau might do to him. I love how Jacob stopped and asked God to help him deal with his worries. Not only had God changed Esau's heart over time, so that he loved and forgave his brother, but God also changed Jacob's heart, too. When the brothers finally met, they were ready to fix their relationship.

"God had a bigger plan than Jacob could have imagined. While Jacob was away from home, Jacob learned some important lessons about how God can be trusted. When we face situations that worry us, we can remember the story of Jacob and know that we can trust God, just like Jacob did. I want you to always remember that **you can trust God even when you're worried.**

[Make it Personal] (Tell kids about a time you were very worried but chose to trust God with the outcome. Did you talk to God? Did you recall a story from the Bible that helped you trust God? How did God work in that situation?) "You can trust God even when you're worried, and so can I!"



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MADE TO MOVE

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



*WORRY BLASTERS

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: "Worry Blasters" Activity Page cards

WHAT YOU DO:

- Give each kid a "Worry Blasters" card.
- Practice the poses as you talk about how each action can help them trust God when they feel worried, nervous, or fearful.
 - PRAY—You can talk to God about anything that is bothering you. You can ask God to help you not be worried or scared.
 - THINK—You can think about a promise from God, a Bible story, a Bottom Line, or a worship song that helps you remember God loves, cares, protects, and helps you.
 - READ—You can ask an adult to help you find and read a verse or story in the Bible that reminds you to trust God when you're afraid or concerned.
 - TALK—You can talk to someone about how you're feeling and ask them to pray for you.
- Invite kids to choose a partner.
- Ask partners to stand back-to-back.
- Explain that on the count of three, they will turn and face each other, but AS they turn around, they must freeze in one of the "Worry Blasters" positions.
- If their partner is doing the same pose when they turn around, they each earn a point.
- Switch partners several times.
- Invite kids to take their "Worry Blasters" cards home with them.

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WHAT YOU SAY:

"When you feel worried, stop and remember what we learned today. **You can trust God even when you're worried.** You can put one of these Worry Blasters to work any time you need help trusting God. When you get home, put your Worry Blasters card in a place where you can find it when you feel nervous or upset. Maybe you can carry it in your backpack or tape it to your mirror or door. God will help you blast your worries as you learn to trust God more and more."



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MADE TO REFLECT

an activity that creates space
for personal processing
and application



PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: Cards from "Worry Blasters" Activity

WHAT YOU DO:

- Invite kids to do the actions on their "Worry Blasters" cards as you close with prayers similar to the ones

suggested below.

- **PRAY**—Dear God, help us talk to You about things that are bothering us. We know we can ask You to help us not be worried or scared.
- **THINK**—Help us think about Your promises, a story in the Bible, a Bottom Line, or a praise song that helps us remember that You love, care, protect, and help us.
- **READ**—Remind us to ask an adult to help us find and read a verse or story in the Bible that reminds us to trust You when we're afraid or concerned.
- **TALK**—Help us talk to someone about how we're feeling and ask them to pray for us.

WHAT YOU SAY:

"Dear God, when we are worried this week and feel nervous or upset, help us remember that no matter what happens, we can always trust that You are with us. We want to love You more and more and trust You with all of our heart. In Jesus' name, amen."

As adults arrive to pick up, invite kids to show them their Balancing Buddy as they say Proverbs 3:5.

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