



WEEK  
**TWO**  
FEBRUARY 2023

SMALL GROUP  
**3-5** YEAR  
-OLDS

PRELUDE      SOCIAL      WORSHIP      STORY      GROUPS      HOME

PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

## MADE TO MOVE

an activity that uses a preschooler's natural desire to move to help them learn



## 1. STOP AND FREEZE

**WHAT YOU NEED:** Music player and the monthly song

**WHAT YOU DO:**  
**BEFORE THE ACTIVITY:** Play music.

**DURING THE ACTIVITY:** Play the music and encourage the children to dance to the music. Pause the music and ask the children to stop and freeze. Repeat as desired.

**AFTER THE ACTIVITY:** Talk about how we'll hear a story about stopping and listening to someone special.

**WHAT YOU SAY:**  
**BEFORE THE ACTIVITY:** "Friends, join me over here and spread out."

**DURING THE ACTIVITY:** "Let's dance together! When you hear the music, start dancing. (*Start the music.*) Great dancing. (*Pause music.*) Everyone STOP AND FREEZE! (*Pause.*) Good job! (*Start the music.*) Great dancing. (*Pause music.*) Everyone STOP AND FREEZE! (*Repeat as desired.*) Fantastic dance moves!"

**AFTER THE ACTIVITY:** "Watching you stop and freeze reminds me of our Bible story today. We'll hear a true story from the Bible about two sisters who stopped and listened to someone very special."

**TRANSITION:** Move to Worship and Story by dancing. Do fun steps and change speeds.

## BIBLE STORY

Jesus loves me and wants to spend time with me.

**MARY AND MARTHA**  
**LUKE 10:38-42**

## MEMORY VERSE

"How wide and long  
and high and deep  
is the love of Christ."

**EPHESIANS 3:18, NIV**

## KEY QUESTION

Who loves you?

## BOTTOM LINE

Jesus loves me.

## BASIC TRUTH

Jesus wants to be  
my friend forever.



CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO MOVE

an activity that uses a preschooler's natural desire to move to help them learn



## 1. WIDE, LONG, HIGH, AND DEEP

[HEAR FROM GOD | MEMORY VERSE REVIEW]

**WHAT YOU NEED:** Two heart-shaped sticky notes or cutouts and painter's tape

### WHAT YOU DO:

**BEFORE THE ACTIVITY:** Tape a horizontal line (at least 48 inches long) and an overlapping vertical line of the same

length on the wall at a height reachable by preschoolers standing on their toes. Place one heart-shaped sticky note just above the horizontal line and one at the bottom of the vertical line so children must jump up to touch one and crouch low to touch the other.

**DURING THE ACTIVITY:** Gather the children to stand in front of the tape lines and hearts. Review the memory verse motions together. Then demonstrate how to do the motions using the tape lines and hearts on the wall as indicated below. Let each child have a turn as you repeat the verse together.

"How wide (stretch hands along the horizontal tape line) and long (stretch hands along the vertical tape line) and high (jump and tap the heart at the top) and deep (crouch low and tap the heart at the bottom) is the love (hug yourself) of Christ," (point up) Ephesians 3:18. (Open hands like a book.)

**AFTER THE ACTIVITY:** Talk about how Jesus loves us wide and long and high and deep.

### WHAT YOU SAY:

**BEFORE THE ACTIVITY:** "Friends, stand here with me!"

**DURING THE ACTIVITY:** "Let's remember our memory verse for this month. It's about how MUCH God loves us. Let's say it together. 'How wide (hold arms out wide) and long (hold arms up and down) and high (jump high) and deep (crouch low) is the love (hug yourself) of Christ,' (point up) Ephesians 3:18. (Open hands like a book.)

"Great job, friends! Do you see these lines and hearts on the wall? Let's take turns seeing how wide and long we can stretch our arms out and how high we can jump as we say the verse. Let me show you what I mean.

"How wide (stretch hands along the horizontal tape line) and long (stretch hands along the vertical tape line) and high (jump and tap the heart at the top) and deep (crouch low and tap the heart at the bottom) is the love (hug yourself) of Christ,' (point up) Ephesians 3:18. (Open hands like a book.)

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“Now it’s your turn. [Child’s name], you can go first. *(Help child do the motions with the tape and hearts then repeat with each child.)* That was SO fun!”

**AFTER THE ACTIVITY:** “Jesus’ love for us is wide and long and high and deep! Jesus is the best friend ever. Tell me, **who loves you? Jesus loves me.**”



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## MADE TO THINK

an advanced activity specifically designed for older preschoolers



## 3. FRIEND TIME

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** Butcher paper and markers

**WHAT YOU DO:**

**BEFORE THE ACTIVITY:** Write "TIME WITH FRIENDS" in large block letters at the top of the page. Draw a line

vertically down the center of the page to create two columns. Lay the butcher paper on the table.

**DURING THE ACTIVITY:** Gather the children around the butcher paper. Point out the title at the top. Call on the children to name a friend and one thing they like to do with that friend. Write the friend's name in the left-hand column and the activity they name in the right-hand column. Give each child an opportunity to answer.

**AFTER THE ACTIVITY:** Talk about how Jesus is our friend and wants to spend time with us.

**WHAT YOU SAY:**

**BEFORE THE ACTIVITY:** "Hey, friends, come gather at the table with me. Aren't friends the best? I love spending time with my friends. Let's make a chart about how we spend time with friends."

**DURING THE ACTIVITY:** "When I call your name, I want you to tell me your friend's name and one thing you like to do with that friend. I'll write your answers on this chart. [Child's name] what is your friend's name? (Pause.) And what do you like to do with your friend? (Pause.) That's great!" (Continue with each child.)

**AFTER THE ACTIVITY:** "Look at all these fun things to do with friends! Jesus is the BEST friend ever because He loves us and wants to spend time with us.

**Who loves you? Jesus loves me."**

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## MADE TO REFLECT

an activity that encourages personal application and prayer



## 6. JOURNAL AND PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

**WHAT YOU NEED:** "Memory Verse Card" from Week One paperclipped in Bible, journal, and a fun-shaped pen

**WHAT YOU DO:**

**BEFORE THE ACTIVITY:** If you do not have the "Memory Verse Card" in your Bible, copy "Memory Verse Card" on cardstock and cut apart. Paperclip one card in your Bible at Ephesians 3:18. Keep this card in your Bible all month.

Lead the children to your Small Group spot.

**DURING THE ACTIVITY:** Talk about today's Bible story and review the memory verse. Talk about how Jesus is always with us so we can spend time with Jesus everywhere we go. Make a list in the journal of everyone's favorite places.

**AFTER THE ACTIVITY:** Pray together.

**WHAT YOU SAY:**

**BEFORE THE ACTIVITY:**

**SMALL GROUP LEADER (SGL):** "It's Small Group time! Today, we'll hop and skip to our Small Group spot, because we're happy we get to spend time with Jesus! (*Skip or hop as you lead the children to your Small Group spot.*)

"We made it! Let's sit down and talk about today's Bible story. One, two, three, sit down with me! (*Open the Bible and lay it in front of the children.*)

**DURING THE ACTIVITY:**

**SGL:** "In our Bible story today, we learned that Jesus wants to spend time with us as He did with Mary and Martha because Jesus loves us! **Who loves you?"**

**CHILDREN AND SGL: "Jesus loves me!"**

**SGL:** "Yes! Jesus loves you, and **Jesus loves me!** The Bible verse we're learning will help us remember how much Jesus loves us. It says . . . (*Turn the pages of your Bible to the Memory Verse Card.*) 'How wide and long and high and deep is the love of Christ,' Ephesians 3:18. (*Close Bible and lay it down.*)

"Let's stand up and say those words together with the motions. Just say what I say and do what I do."

**CHILDREN AND SGL:** "'How wide (*hold arms out wide*) and long (*hold arms up and down*) and high (*jump high*) and deep (*crouch low*) is the love (*hug yourself*) of Christ,' (*point up*) Ephesians 3:18." (*Open hands like a book.*)

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## (6. JOURNAL AND PRAYER, CONTINUED)

*(Repeat the verse with motions a few times.)*

**SGL:** "You sound wonderful! *(Give high fives.)* Now, let's sit down so we can write in our prayer journal and talk to God. *(Hold journal and fun-shaped pen.)*

"Jesus wants us to stop and spend time with Him because Jesus loves us. And since Jesus is always with us, we can spend time with Jesus anywhere! Hey, let's make a list of our favorite places, then we can thank Jesus that we can spend time with Him anywhere!

"When I say your name, tell me one of your favorite places. *(Write each child's name and what they say in the journal. Remember to print so the children can recognize their names and the letters.)*

"This is a great list of places! Let's use it when we pray. Would anyone like to pray before I pray?" *(Give each child who wants to pray the opportunity to do so.)*

### **AFTER THE ACTIVITY:**

**SGL:** "Dear God, thank You that Jesus wants to spend time with *(name each child)*. Help us stop, listen, and spend time with Jesus at the *(read the list the children made)*. It's so wonderful that we can spend time with Jesus anywhere because Jesus is always with us! We love You, God. In Jesus' name, amen."