



TODAY'S SUGGESTED SCHEDULE

TODAY'S BIBLE STORY

One More Time
Go the Extra Mile
Matthew 5:41

TODAY'S BOTTOM LINE

Be kinder than you have to be.

MONTHLY MEMORY VERSE

"You are God's chosen people.
You are holy and dearly loved.
So put on tender mercy and
kindness as if they were your
clothes. Don't be proud.
Be gentle and patient."
Colossians 3:12, NIV

MONTHLY VIRTUE

Kindness—Showing others they are
valuable by how you treat them

BASIC TRUTH

I should treat others the way
I want to be treated.

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.

Scripture

WHAT YOU NEED:

BIBLE STORY

Go the Extra Mile
Matthew 5:41

3. BIBLE STORY

WHAT YOU NEED:

- Storyteller
- Host
- Bible
- Table
- Stack of heavy reference books
- Backpack

Host

WHAT YOU NEED:

- Host
- Dish rag
- Preschool toy
- Pre-drawn, simple crayon picture that looks like a kid

drew it (i.e. a sun shining on a blue sky with clouds)



GEAR UP

AN ADVENTURE IN KINDNESS



WEEK
THREE
FEBRUARY 2024

LARGE GROUP
K-3

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

25 MINUTES

10 MINUTES

TODAY'S BIBLE STORY

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Go the Extra Mile
Matthew 5:41

TODAY'S BOTTOM LINE

Be kinder than you have to be.

MONTHLY MEMORY VERSE

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Colossians 3:12, NIV**

MONTHLY VIRTUE

Kindness—Showing others they are
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BASIC TRUTH

I should treat others the way
I want to be treated.

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 KIDS ENTER.

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP

Host enters.

OPTIONAL VIDEO (MEDIA PACKAGE): COUNTDOWN

OPTIONAL VIDEO (MEDIA PACKAGE): THEME

OPENER

HOST: "What's up, everybody? I am so excited to be here today, and I can already tell it's going to be a great day because you're here too! This month we're talking about kindness.

SLIDE: VIRTUE

OPTIONAL VIDEO (MEDIA PACKAGE): THEME TRANSITION TO VIRTUE

"Kindness is **showing others they are valuable by how you treat them.**

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): VIRTUE TRANSITION TO THEME

"Raise your hand if you want to be someone who treats others with kindness. (*Raise your hand.*) Me too! It's so good to know that God can help us to be kind, because sometimes that takes some hard work. We have to 'gear up' and venture out into the world, **READY** to show kindness. It's like we read in our Memory verse, Colossians 3:12:

SLIDE: MEMORY VERSE

You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient. (NIV)

"We've been playing some fun hiking and camping games this month that help us remember to 'gear up' with kindness. Today's game is called 'Hiker, Bear, Hawk.' Sounds fun, right? For each round of the game, you'll choose to make one of three poses: hiker, a bear, or a hawk. Let's practice the poses now!

SLIDE: HIKER



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“For the hiker, you’ll turn sideways, put one arm out like you’re holding a walking stick, and say, ‘Let’s hike!’

Demonstrate the pose.

SLIDE: BEAR

“For the bear, you’ll put both arms up high above your head and ROAR!

Demonstrate the pose.

SLIDE: HAWK

“For the hawk, you’ll put your arms out to the side like flapping wings and make a high-pitched hawk call, like this: ‘SCREEEEEE!’

Demonstrate the pose.

“I’m not sure that’s exactly what a hawk sounds like, but close enough! You’ll see all three of the pictures go by on the screen, but the picture it LANDS on is the winning pose.

“Okay, let’s start with a practice round.

AUDIO: FUN INSTRUMENTAL BLUEGRASS MUSIC

“Everybody up on your feet. Pick your pose and make your sound—hiker, bear, or hawk!

SLIDE: HIKER, BEAR, OR HAWK (CYCLE THROUGH THE SLIDES)

Tech note: For each round, move quickly through all three slides for a few seconds, then land on one slide.

“For this round . . .

SLIDE: BEAR

“. . . it’s the bear! If this were the real game, those of you who chose the bear would get to stay in and keep playing, and everyone else would sit down.

Play one more practice round in which everyone stays “in.”

Then play the real version of game, in which kids who chose the correct pose stay in, while everyone else sits down. Play several rounds until you have one winner (or several winners, if you’re short on time).

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP



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“That was really fun! Everybody stand back up and give a friend a high-five. Let’s sing and worship our God who is always so kind to us!”



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WORSHIP

Worship Leaders enter as Host exits.

WORSHIP LEADER: "Hi, everyone! I love to sing God's praise with all of you. Today, let's use our energy. Let's use the sound of our voices. Let's use the movement of our arms and legs. Let's give all that we are to worship and honor God together. Come on—let's sing God's praise!"

AUDIO: "SING YOUR PRAISE" / TRACK 2 FROM MY LIFE FOR YOU

OPTIONAL VIDEO: "SING YOUR PRAISE" LIVE LYRICS OR DANCE MOVES MUSIC VIDEO

"Listen to these words from Jeremiah 31:3 that God spoke to the Israelite people: *'I have loved you with a love that lasts forever. I have kept on loving you with a kindness that never fails.'* (NirV) That's the same kind of love and kindness that God gives US: a love that lasts forever . . . a kindness that never fails. Let's worship God now and sing, 'How amazing is Your love.' Here we go."

AUDIO: "HOW AMAZING" / TRACK 6 FROM EVERYTHING TO ME

OPTIONAL VIDEO: "HOW AMAZING" LIVE LYRICS OR DANCE MOVES MUSIC VIDEO



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BIBLE STORY

SLIDE: THEME BACKGROUND

Storyteller enters as Worship Leaders exit.

SETTING UP THE STORY

STORYTELLER: "Hello, friends! It's great to be here with you today as we continue to discover what kindness is all about. Jesus said something really important about kindness that we can read about in the book of Matthew. (*Hold up Bible.*)"

"You can find the book of Matthew at the beginning of the New Testament. It's one of the four books in the Bible that are known as the Gospels, which tell stories from the life of Jesus. The book of Matthew was written by a man named Matthew, who was a tax collector who chose to follow Jesus."

Host enters.

HOST: "Hi, [Storyteller's name]. Is it time for me to come out?"

STORYTELLER: "Yes—perfect timing, [Host's name]. Thanks for helping me show everyone what Jesus had to say about kindness."

Walk over to the table with the backpack and stack of large reference books.

(To Host) "I just need you to take this backpack . . . put all those books in it . . . put it on your back . . . and then crawl around the sides of this entire room until I tell you to stop. Got it?"

HOST: "Wait—you want me to fill this backpack and . . ."

STORYTELLER: ". . . put it on your back and crawl around the room one time. Yep."

HOST: "But . . . why, exactly?"

STORYTELLER: "Great question. It'll all make sense soon enough. But you should get going!"

HOST: (*Confused*) "Um . . . okay?"

Host (looking confused, then shrugging) puts the books in the backpack, then puts on the backpack and begins to crawl around the room. Host groans at first because of how heavy it is, but then quiets down so it's not distracting during the story.

STORYTELLER: "Great! Thanks so much! (*To audience*) Now, while [Host's name] works on that, let me explain what Jesus had to say."

"At this point, Jesus had begun to travel from town to town, teaching and healing people. And everywhere He went, people gathered to see Jesus and hear His teachings."

Host continues to crawl around the perimeter of the room as Storyteller continues.



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GO TWO MILES

STORYTELLER: "One day, Jesus went up on a mountainside to teach the people. His friends, the disciples, were there, and a crowd gathered around. Jesus taught about many things that day . . . and He gave a very interesting example of what it looks like to treat others with love and kindness.

"He said:

Open the Bible to Matthew 5:41 (NirV) and read.

"Suppose someone forces you to go one mile. Go two miles with them." (NirV)

"Listen to that again. Hold up your fingers with me.

"Suppose someone forces you to go one mile."

Hold up one finger.

"Go two miles with them." (NirV)

Hold up two fingers.

"Now, for us today, this might be kind of hard to understand. I mean, when would anybody ever tell you to go a mile with them . . . and if they did, why should you go one more?"

A MILE TAKEN

STORYTELLER: "Well, at that time, Roman soldiers were in charge over the Jewish people. And Roman soldiers often marched on foot, carrying up to 60 pounds of armor! By Roman law, a soldier was allowed to choose any random person along the road, and force that person to carry their heavy pack for a whole mile!

"Do you know how far a mile is? It would actually be way farther than what our friend [Host's name] is traveling here today. It would be . . .

Explain a landmark that's about a mile away from where your children's environment is located.

"So if a soldier told you to carry his pack, you had to do it. You had to go one mile with the soldier. But after that mile was done, you didn't have to keep going. No one could make you carry that weight an extra step!

"Let's check in with [Host's name] and see how [he/she]'s doing. (To Host) How are you, [Host's name]?"

At this point, the Host should be arriving back at the stage after crawling all around the room.

HOST: (Out of breath) "I'll be honest. This is not easy. I'm so glad I finally finished my lap! Whew! I'm done!"

Take the backpack from the Host.

STORYTELLER: "Great job! Now just hang with me here for a minute."



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A MILE GIVEN

STORYTELLER: *(To audience)* “Do you remember what Jesus said?”

Open the Bible to Matthew 5:41 (NIRV) and read.

“Suppose someone forces you to go one mile.” (NIRV)

Hold up one finger.

“Then what?”

The kids will say some variation of “Go two miles.” Hold up two fingers.

“Jesus’ followers must have been shocked when they heard that! Why would someone CHOOSE to carry the soldier’s pack for a second mile?”

“Well, Jesus was giving the people an example that they could understand as a way to explain what kindness really means. A Roman soldier could MAKE them go the first mile. But the second mile was a choice THEY could make. They could choose to give another mile out of kindness.

“You see, we can actually show God’s love by doing MORE than is required of us.”

HOST: “Ohhhh. I get it. So, I could show kindness by choosing to go farther than you asked me to, right?”

Storyteller nods.

“Got it. I’ll see you in a few!”

Host takes the backpack back, puts it on, and begins to crawl around the room one more time—but this time, without complaining and with more energy!

WRAPPING UP THE STORY

STORYTELLER: *(Looking at Host)* “Wow. Look at [him/her] go!”

(To audience) “The thing is, Jesus wasn’t just talking about a person carrying a soldier’s pack. That was an example that the people could understand back then. But really, Jesus was helping all of us see what it means to show kindness—by going the extra mile . . . and by being kinder than we have to be.

“So, let’s keep our eyes open for opportunities to show EXTRA kindness to the people in our lives.

“Remember:

SLIDE: BOTTOM LINE

“Be kinder than you have to be.”



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At this point, the Host should be arriving back at the stage. Host takes off the backpack and stands next to Storyteller.

(To Host) "[Host's name], thanks for giving us a great demonstration of kindness today. (To audience) Let's pray."

SLIDE: THEME BACKGROUND

PRAY

STORYTELLER: "God, thank You for the way Jesus showed us how to share Your love and kindness. We want to demonstrate Your love to the world by serving others and going the extra mile. Help us to follow Your example and make a difference for other people. Help us to show others with our actions that they're important and valuable. Help us to **[Basic Truth] treat others the way we want to be treated.** We love You, and we pray these things in Jesus' name. Amen."



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CLOSER

Storyteller exits.

HOST: "I know one thing . . . I'm tired! I think I get what Jesus was saying, though. Kindness isn't always easy. In fact, sometimes our kindness means the most when the person doesn't expect it. That's why it can be such a powerful thing to CHOOSE kindness . . . and be kinder than we have to be.

"Say this with me."

SLIDE: BOTTOM LINE

HOST AND KIDS: "Be kinder than you have to be."

HOST: "Jesus talked about how someone could choose to go an extra mile when they were carrying someone's pack. But there are ways we can all 'go the extra mile' in our lives today.

"When someone asks you for help, do more than you have to do!

Hold up the dish rag.

"If your mom or dad asks you to clear the table, take the time to wipe it down too.

Hold up the preschool toy.

"If you know your little sister is supposed to clean her room, ask if you can help—and stick around until the job is done.

Hold up the crayon drawing.

"If you're at school and you notice that your teacher is having a tough day, you could draw her a picture to let her know that you're thankful for her.

"You can be a person who chooses to give more than you were asked for. That's real kindness—and it's a great way to show God's love to the person you're helping. It shows them that they're important and valuable, because you've chosen to do something extra for them.

"Of course, that doesn't mean you should let someone treat you badly. That's not what kindness is about. If you're ever not sure about the best way to respond to something, you can always talk to a parent or another adult you trust about how you can act with kindness.

"In Small Group, you'll get to talk some more with your friends about how you can **be kinder than you have to be**. Have fun and I'll see you later!"

Dismiss kids to their small groups.

AUDIO: PLAY HIGH-ENERGY MUSIC AS THE KIDS EXIT.

SLIDE: THEME

OPTIONAL VIDEO (MEDIA PACKAGE): THEME LOOP