



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**TWO**

FEBRUARY 2024

SMALL GROUP

**2-3**

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



## 2. OPENING ACTIVITY

WHAT YOU NEED: Flashlight

### WHAT YOU DO:

- Instruct the kids to stand side by side facing you.
- Teach the kids the following responses to the direction in which you shine the flashlight:
  - Towards the front, instruct the kids to walk forward.
  - Towards the sides, direct the kids to turn and walk towards the side you are pointing the light toward.
  - Towards the back, instruct the kids to turn around and walk towards the back part of your group space.
- Direct the kids to follow the directions you give with your flashlight as they go on an adventure.
- Play multiple rounds.
- Optional: add movement variations such as hopping, skipping, crawling, etc.

## TODAY'S BIBLE STORY

### Family Ties

Ruth and Naomi  
Ruth 1-2

### WHAT YOU SAY:

"In our story today, some people were on a journey. Someone turned back, but others kept going. **[Transition] Let's go to Large Group to find out who stuck together and showed kindness even when it was not always easy.**"

## TODAY'S BOTTOM LINE

Be kind to the people  
closest to you.

Lead your group to the Large Group area.

## 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.



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**TWO**

FEBRUARY 2024

SMALL GROUP

**2-3**

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO CREATE

an activity that explores spiritual ideas through the process of drawing, building, and designing



## \*2. KINDNESS IN ACTION

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** "Thank You Cards" Activity Page, pens, and markers

### WHAT YOU DO:

- Invite the kids to think about people in their lives who have been kind to them who they may struggle showing kindness to or forget to acknowledge their kindness.
  - *Some suggestions might include Mom, Dad, sibling, grandparent, etc.*
- Ask: "What are some ways these people have shown kindness toward you?"
- Instruct each kid to pick four people they would like to thank for being kind to them.
- Hand each kid four cards from the "Thank You Cards" Activity Page.
- Set out the pens and markers.
- At the top of each card, ask the kids to write the name of the family member or friend they want to thank.
- Instruct the kids to complete the sentence on each card by expressing why they are thankful or how that person has been kind to them.
  - *For example, "Dear Mom, thank you for always being there for me and helping me with my homework."*
- If time permits, encourage the kids to color and decorate their cards however they choose to.

## TODAY'S BIBLE STORY

### Family Ties

Ruth and Naomi  
Ruth 1-2

## TODAY'S BOTTOM LINE

**Be kind to the people closest to you.**

## 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.**

### WHAT YOU SAY:

"Just like Ruth in our story today, we have people close to us who we can show kindness to. We have parents, grandparents, brothers, sisters, aunts, uncles, and cousins who love and care for us. And we have lots of friends who need our kindness too!

"But sometimes, it's easier to be kind to people we don't know well, like strangers. We see our family and friends at their best . . . and their worst . . . just like Ruth and Naomi. Even though our family and close friends might make us feel upset sometimes, you can still choose to **be kind to the people closest** to you.

"Just like Ruth showed kindness to Naomi by being patient, you too can show kindness to the people closest to you by being patient. You can also show them kindness by thanking them. The thank you cards you made are amazing! Make sure you hand them out this week."



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**TWO**

FEBRUARY 2024

SMALL GROUP

**2-3**

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO EXPLORE

an activity that extends learning through hands on experimentation and discovery



## 3. HAPPY TRAILS

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

**WHAT YOU NEED:** Bibles, "Memory Verse Phrases" Activity Page, flashlights, and painter's tape

### WHAT YOU DO:

- Make sure each kid has a Bible.
- Together, look up Colossians 3:12 using the Bible Navigation Tips below:

***Finding verses with 2nd and 3rd 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 Colossians in the list under "New Testament." When the kids find Colossians, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Colossians. Help the kids find the page. When they find Colossians, 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 3 in chapter 12.*

- Keep out one Bible for kids to reference during the game, if needed.
- Use the painter's tape to make two identical trails that have a few turns and dead ends. (A maze can work also!)
- Scatter the cards from the "Memory Verse Phrases" Activity Page throughout the trails face up, in random order.
- Divide the group into two teams.
- Instruct each team to line up at the entrance to the trails.
- Give the first kid in line on each team a flashlight.
- *Optional: if possible, turn off the lights in your environment while playing the game.*
- When you say "go," instruct the first kid on the team to trace the trail with the flashlight to find the first phrase, pick up the card, and bring it back to where their team is gathered.
- Once the first kid returns with the first card, direct them to hand the light to the next kid in line.
- Direct the second kid to trace the trail with their flashlight to find the second phrase of the verse, and bring it back to the team.
- Continue until all phrases have been brought back to the team.
- When a team has recovered all of the phrases of the verse, instruct that team to assemble the verse on the floor and say it three times.
- If you have time, repeat the game, and see if kids can go faster this round.

## TODAY'S BIBLE STORY

### Family Ties

Ruth and Naomi  
Ruth 1-2

## TODAY'S BOTTOM LINE

Be kind to the people closest to you.

## 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.

### WHAT YOU SAY:

"In the verse, the author tells us that we are God's chosen ones—holy and dearly loved. What do you think it looks like to be holy and dearly loved? (Invite responses.)"



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**TWO**

FEBRUARY 2024

SMALL GROUP

**2-3**

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## (3. HAPPY TRAILS, CONTINUED)

“Being holy means trying to be the best version of yourself and making good choices. It’s like being a super-good friend—always kind, helpful, and honest. And dearly loved, well, that’s like knowing you are so loved, like how your family loves you so much. God gave us family and friends so we could feel loved and experience God’s love through them. They can also experience God’s love through you when you choose to **be kind to the people closest to you.**”



# GEAR UP

AN ADVENTURE IN KINDNESS



WEEK  
**TWO**

FEBRUARY 2024

SMALL GROUP

**2-3**

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO REFLECT

an activity that creates space for personal understanding and application



## 4. PRAY AND DISMISS [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: Flashlight

### WHAT YOU DO:

- Instruct the kids to get in a circle.
- Show the group the flashlight.
- Brainstorm ways a flashlight can be used while hiking.
- After the discussion below about a flashlight, close your group time in prayer.

### WHAT YOU SAY:

"Hikers gear up with a flashlight to help them see in the dark. It's like a special tool that acts like a little sun, shining a bright light. This light helps them see where they're going, so they don't bump into things or get lost in the darkness. When we show kindness to the people closest to us—even if they sometimes do things that annoy us or get on our nerves—it's like the flashlight brightening up their day. Our kindness lets them know they matter and can bring a big smile to their faces and make their hearts feel warm. Let's pray."

"Dear God, thank You for the kindness You have shown us. We want to show the people closest to us that same kindness even when they get on our nerves or make us upset. We want to be a light and show kindness to those closest to us and brighten up their day and show them they matter. Help us to have the patience and strength to **be kind to the people closest to us** even when it's not easy. We love You and we pray these things in Jesus' name. Amen."

As adults arrive to pick up, encourage the kids to show them their thank you cards and explain why they created them.

## TODAY'S BIBLE STORY

### Family Ties

Ruth and Naomi  
Ruth 1-2

## TODAY'S BOTTOM LINE

Be kind to the people closest to you.

## 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.