



TODAY'S SUGGESTED SCHEDULE

NOTE: This version of the curriculum is designed especially for churches with fewer leaders and kids. You may want to use it if you have just one or two leaders and if you combine all your kids in both Large and Small Group time.

TODAY'S BIBLE STORY

Sing, Sing, Sing
Paul and Silas in Prison
Acts 16:16-40

TODAY'S BOTTOM LINE

You can choose joy
when life gets hard.

MONTHLY MEMORY VERSE

"But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."
Isaiah 40:31, NIV

MONTHLY LIFE APP

Resilience—Getting back up when something gets you down

BASIC TRUTH

I can trust God no matter what.

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.

SMALL GROUP

15
MIN

SOCIAL: Providing time for fun interaction

Early Arriver
Opening Activity

LARGE GROUP

35
MIN

STORY: Communicating God's truth in engaging ways **WORSHIP: Inviting people to respond to God**

Welcome/Opener
Worship ("Hope Is Alive" from *Make a Move* and "Your Way" from *Make a Move*)
Bible Story
Bottom Line
Prayer
Closer

SMALL GROUP

25
MIN

GROUPS: Creating a safe place to connect

Bible Story Review: Bounce Block
Application Activity: Expanding Joy
Memory Verse Activity: Jump, Walk, Run
Prayer Activity: Pray and Dismiss

HOME: Prompting action beyond the experience

Parent Cue Card (Print or Email)
Devotionals for Kids
Parent Cue App



PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO CONNECT

an activity that invites kids to share and collaborate with others while growing their understanding



Before kids arrive, pray for each regular attendee by name. Pray for those who might visit your group for the first time. Pray that kids would understand that God can help them find the joy in every bad or hard situation. Ask God to help kids identify the parts of difficult situations that they could focus on in order to choose joy. Pray that kids would remember how much God loves them, especially when they

face a tough time.

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Resilience—Getting back up when something gets you down

BASIC TRUTH

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1. EARLY ARRIVER

WHAT YOU NEED: Offering container, masking tape

WHAT YOU DO:

- Welcome kids by name to Small Group.
- Invite kids who brought an offering to place it in the offering container.
- Tape a line on the floor long enough for kids to stand shoulder to shoulder.
- Direct the kids to stand on the tape line.
- Instruct the kids to step forward if you call out something they'd like to experience and step behind the line if you call out something they would not like to experience.
- Call out some situations. (Make sure some are a little silly, and mix up the "no" and "yes" situations as you call them out.)
- No suggestions:
 - Get a lot of homework
 - Get a shot at the doctor
 - Pet a hungry alligator
 - Walk through water in socks
 - Fall asleep in class
 - Lose a sport game
 - Eat nothing but kale for every meal
 - Do chores all day on a Saturday
- Yes suggestions:
 - Go to the movies
 - Eat pancakes on a Saturday
 - Get an "A" on a test
 - Be able to fly
 - Go to an amusement park
 - Wear whatever you want to school
 - Buy a present for a parent, aunt, or grandma
 - Listen to your favorite music
 - Play video games all morning



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: Playground balls, basketballs, or bouncy balls, music player, a variety of music

WHAT YOU DO:

- Give balls to half of the kids in your group.
- Direct the other kids to be coaches.
- Call out a rhythm, like 1-2-3-4, and invite the kids to bounce the balls to it.
- Continue calling out the rhythm until the kids can bounce to it.
- Turn on some music and challenge kids to bounce the balls to that rhythm.
- Instruct the coaches to help by clapping to the beat.
- Switch bouncers and coaches, as well as songs, after every 30 seconds or so; but let kids get the rhythm with each song and feel confident about it.
- Put the balls away at the end of the activity.

TODAY'S BIBLE STORY

Sing, Sing, Sing

Paul and Silas in Prison
Acts 16:16-40

TODAY'S BOTTOM LINE

You can choose joy when life gets hard.

WHAT YOU SAY:

"This was harder than it sounded! That pun is definitely intended! Music gives us a rhythm so we can walk, sing, dance, and bounce. Every time your ball hit the ground, it bounced back to the rhythm of the song. The beat guided the bounce! *[Transition]* **Let's go hear about people who used music to bounce back from a really tough situation. They needed a new rhythm to help them out!"**

Lead your group to the Large Group area.

MONTHLY MEMORY VERSE

"But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."

Isaiah 40:31, NIV

MONTHLY LIFE APP

Resilience—Getting back up when something gets you down

BASIC TRUTH

I can trust God no matter what.



WEEK
THREE
MAY 2022

SMALL GROUP
K-5
STARTER

PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

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



1. BOUNCE BLOCK

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: Prepared ping-pong balls, large bowls, masking tape

WHAT YOU DO:

- Divide your group into two teams: One and Two. (If you have more than six kids, you'll need four teams.)
- Place two bowls in the middle of your Small Group area.
- Line up a team on either side of your Small Group area. (If you have four teams, set up four bowls and playing areas.)
- Tape an "X" about three feet away from each bowl.
- Give four ping-pong balls with a #1 to the first kid on Team One and four balls with a #2 to the first kid on Team Two.
- Direct the kids to take turns standing on their "X" and trying to bounce each ping-pong ball into their bowl.
- The ball must hit the ground once before it falls in the bowl.
- Instruct both kids at the front of their lines to play at the same time so there are ping-pong balls knocking each other out!
- Once a kid has bounced all of their ping-pong balls, instruct them to go to the end of their line, and it's the next kid's turn.
- Play until a team gets five balls in their bowl (or ten if you have older kids).
 - If a team bounces a ball into the other team's bowl, that counts as a point for the other team.
- The kids who are standing in line waiting can chase the stray balls and hand them to the kid who is next.

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Resilience—Getting back up when something gets you down

BASIC TRUTH

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WHAT YOU SAY:

"What was fun about this game? What was maybe a little difficult? (*Invite responses.*) I think the most difficult part was when you planned your bounce and another ball knocked out yours.

"We can't always control everything that happens to us. Life throws us a lot of curveballs. You might have to move somewhere you don't want to or take a class you don't like or try to get along with a sibling who has decided to be cranky.

"What's the last thing that happened to you that wasn't your choice, but you had to live with it? (*Encourage kids to share but be sensitive to those going through difficult situations. Some suggestions are: going to school when you'd rather stay home, having to do chores instead of playing online, waiting for an adult to be ready to leave a place when you want to go home, eating a meal you don't like, etc.*)

"We can't always choose what happens to us. But we can choose our reaction. **You can choose joy when life gets hard.** That doesn't mean you have to be



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THREE
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SMALL GROUP
K-5
STARTER

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

(1. BOUNCE BLOCK, CONTINUED)

happy with everything or be fake about things you don't like, but you can look at your situation and think, 'Where could I have joy here?'

"Paul and Silas had joy, even in prison. They remembered that God was always with them, and they thought about all the ways God was working to spread the Good News of what Jesus came to do. They considered that the other prisoners and even the jailer were watching to see what they'd do. They chose to have joy and sing, thanking God for the opportunity to share about Jesus, even while they were in prison."



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K-5
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PRELUDE SOCIAL STORY WORSHIP 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



*2. EXPANDING JOY

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: Foil or heavy paper, bags of rubber bands

WHAT YOU DO:

- Give each kid a small piece of foil or heavy paper.
- Instruct the kids to shape the material into a small, tight ball about the size of a ping-pong ball.
- Guide the kids to see if the balls will bounce. (They won't very much.)
- Set out the rubber bands.
- Demonstrate how to wrap the ball with the rubber bands, layer by layer, so that the ball is covered with rubber bands and gets bigger.
- Let kids add rubber bands as long as time and supplies allow.
- After the kids have placed a few layers of rubber bands on the balls, check to see if they bounce! (As long as there are at least a few layers of rubber bands completely covering the core, the balls should bounce well.)

TODAY'S BIBLE STORY

Sing, Sing, Sing

Paul and Silas in Prison
Acts 16:16-40

TODAY'S BOTTOM LINE

You can choose joy when life gets hard.

WHAT YOU SAY:

"These rubber band balls are so cool! You can take them home and keep working on them. Whenever you find a rubber band, add it to your ball."

"How did your balls bounce before you added the rubber bands? (*Invite responses—not very well, they needed a lot of force, etc.*) What about after you added the rubber bands? (much better) When we add joy to our lives, we increase our ability to bounce back. If you think about every rubber band here as a reason for joy, what would you think of? (*Invite responses: relationships with family and friends, good experiences in the past, things they hope for in the future, God's presence, Jesus, etc.*) Even if something happens that's not awesome at its core, **you can choose joy when life gets hard.** Joy—remembering what's true about God, the people who love you, your future with Jesus—helps us bounce back."

MONTHLY MEMORY VERSE

"But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."

Isaiah 40:31, NIV

[Make It Personal] (Share an experience when you had to add some joy—perspective—to your situation in order to bounce back. Maybe you were let go at your job and had to remember that God still loves you. Maybe someone you love died and you had to choose the joy of knowing that God loves them forever and you'll see them again. Invite kids to share as well.)

MONTHLY LIFE APP

Resilience—Getting back up when something gets you down

BASIC TRUTH

I can trust God no matter what.

NOTE: This is not a "look on the bright side" message but just reminding kids that God is with them, they are loved, and they're never alone—no matter what. Choosing joy is keeping these things in mind. Trials in our lives are unbearable only when we feel alone and unloved. Changing that story can be enough joy to spark resilience in kids' lives.



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THREE
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SMALL GROUP
K-5
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PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CREATE

an activity that explores ideas through the process of drawing, building, designing, and problem-solving



3. JUMP, WALK, AND RUN [HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles

What You Do:

- Make sure every kid has a Bible.
- Look up Isaiah 40:31 together with the navigation tips

below then read it out loud.

TODAY'S BIBLE STORY

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Acts 16:16-40

TODAY'S BOTTOM LINE

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MONTHLY MEMORY VERSE

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Isaiah 40:31, NIV

Finding verses with a multi-age group: Guide all kids 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 kids find the table of contents, ask a middle elementary kid (2nd–3rd grade) to find Isaiah in the list under "Old Testament." When the kid finds Isaiah, lead them to look at the page number beside the word and say it. Explain that the number tells them on what page they can find Isaiah. Ask older elementary kids (4th–5th grade) to help younger ones find the correct page in their Bibles. When they all find Isaiah, explain that the big numbers on the page are the chapter numbers. Ask a kindergartner or 1st grader to find chapter 40. Give time for all kids to turn the pages to find it. Explain that the small numbers are verse numbers and ask a middle elementary kid to find verse 31 in chapter 40. Then, read the verse aloud slowly, especially for your pre-readers; or ask older elementary kids to read it to the group.

- Point out the verbs (action words) in this verse: trust, receive, fly, run, walk, etc.
- Tell the group that since we can't fly, we'll use jump instead.
- Divide the group into pairs or groups of three.
- Ask the groups to come up with the best way to act-out the verse with the verbs.
- After some time, invite each team to perform for the group.

WHAT YOU SAY:

"This verse gives us a lot of reasons that **you can choose joy when life gets hard**. God promises to be with us, no matter what difficulty we face. As we trust in God, we will be given the strength to face anything that comes our way. We can trust that God will never leave us, whether we're just facing everyday hard things or really big problems. We can trust that God has prepared a way for us to live with God forever, no matter what else happens. When you keep that in mind, **you can choose joy when life gets hard.**"

Optional Discussion Questions for Older Kids

If you lead 4th, 5th, or 6th graders, consider asking these discussion questions:

- How is joy a choice? What can you do when you don't know what it looks like to choose joy?
- What is a situation right now—big or small—where you have to choose joy? How will you do that?

BASIC TRUTH

I can trust God no matter what.



WEEK
THREE
MAY 2022

SMALL GROUP
K-5
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PRELUDE SOCIAL STORY WORSHIP GROUPS HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal processing and application



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

WHAT YOU NEED: Ball from "Opening Activity"

WHAT YOU DO:

- Invite the kids to stand in a circle.
- Give one kid the ball.
- Instruct the kid with the ball to bounce it across the circle to another kid and say, "[Kid's name], **you can choose joy when life gets hard** this week."
- Direct the kid with the ball to bounce the ball across to someone else and repeat the saying. (You might need to prompt younger kids with the phrase.)
- When everyone has had a chance to bounce and receive the ball, set it aside and close your group time in prayer.

TODAY'S BIBLE STORY

Sing, Sing, Sing

Paul and Silas in Prison
Acts 16:16-40

TODAY'S BOTTOM LINE

You can choose joy when life gets hard.

WHAT YOU SAY:

"Dear God, thank You for giving us joy. Thank You for all the reasons we have to remember that You're with us, no matter what. We love You, and we pray these things in Jesus' name. Amen."

MONTHLY MEMORY VERSE

"But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."

Isaiah 40:31, NIV

As adults arrive to pick up, send home the rubber band balls. Invite the kids to share what's inside and that after adding lots of rubber bands, they were able to make the balls bounce back. In the same way, **you can choose joy when life gets hard.**

MONTHLY LIFE APP

Resilience—Getting back up when something gets you down

BASIC TRUTH

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THREE
MAY 2022

SMALL GROUP
K-5
STARTER

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

SOCIAL: PROVIDING TIME FOR FUN INTERACTION (15 MINUTES)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's story.
(Choose one or both of these activities.)

1. EARLY ARRIVER

Made to Connect: an activity that invites kids to share and collaborate with others while growing their understanding

WHAT YOU NEED:

- Offering container
- Masking tape

2. OPENING ACTIVITY

Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body

WHAT YOU NEED:

- Playground balls, basketballs, or bouncy balls; at least enough for every two kids
- Music player
- Songs with a variety of rhythms—upbeat worship, slower worship, wordless dance beat, big band jazz, classical, etc.

GROUPS: CREATING A SAFE PLACE TO CONNECT (25 MINUTES)

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

(Choose as many of these activities as you like.)

** If you don't have time to do all these activities, be sure to do activity #2.*

* 1. BOUNCE BLOCK [TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Play: an activity that encourages learning through following guidelines and/or working as a group

WHAT YOU NEED:

- Ping-pong balls; at least twenty for every six kids
- Two large bowls (If you expect more than six kids, use four bowls.)

- Masking tape
- Permanent marker
 - Write a #1 on half of the balls and a #2 on the other half. If you provided enough balls for four bowls, then divide the balls into fourths and number them equally with #1-4.

* 2. EXPANDING JOY [LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Explore: an activity that extends learning through hands-on experimentation and discovery

WHAT YOU NEED:

- Foil or heavy paper
- Several bags of rubber bands; many bands in different sizes and colors

3. JUMP, WALK, RUN [HEAR FROM GOD | MEMORY VERSE ACTIVITY]

Made to Create: an activity that explores ideas through the process of drawing, building, designing, and problem-solving

WHAT YOU NEED:

- Bibles

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

Made to Reflect: an activity that creates space for personal processing and application

WHAT YOU NEED:

- One of the balls from "Opening Activity"

HOME: PROMPTING ACTION BEYOND THE EXPERIENCE

- Print on cardstock or email this week's devotionals and Parent Cue cards.
- Tell parents about our additional family resource: **Parent Cue app.**