



WEEK  
**FIVE**  
MAY 2022

SMALL GROUP  
**K-5**  
STARTER

## 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

**Keep Holding On**  
Keep Looking to Jesus  
Hebrews 12:1-3

### TODAY'S BOTTOM LINE

Keep going because of what Jesus did for you.

### 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 ("Love Like You" from *Make a Move* and "Never Gonna Give Up" 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 Back Race  
Application Activity: Life Map  
Memory Verse Activity: New Metaphors  
Prayer Activity: Pray and Dismiss

### HOME: Prompting action beyond the experience

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



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**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



*Before kids arrive, pray for each regular attendee by name. Pray for those who might visit your group for the first time. Thank God for sending Jesus to pay the price for all of us by going to the cross. Ask God to help kids remember that they can bounce back because of what Jesus did for them.*

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Hebrews 12:1-3

### TODAY'S BOTTOM LINE

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### MONTHLY MEMORY VERSE

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### MONTHLY LIFE APP

**Resilience—Getting back up when something gets you down**

### BASIC TRUTH

**I can trust God no matter what.**

## 1. EARLY ARRIVER

**WHAT YOU NEED:** Offering container, small bouncy ball

#### WHAT YOU DO:

- Welcome kids as they arrive.
- Invite kids who brought an offering to put it in the offering container.
- Play a game of "Hot and Cold" with the bouncy ball.
- Send one kid out of the room and hide the ball somewhere.
- Bring the kid back in and instruct the rest of the kids to guide the kid who was out of the room to the ball with "hot" for nearer and "cold" for farther away.
- When the kid finds the ball, send someone else out and let the kid who found the ball hide it.
- Repeat as long as time allows.



PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

**MADE TO EXPLORE**

an activity that extends learning through hands-on experimentation and discovery



**2. OPENING ACTIVITY**

**WHAT YOU NEED:** Masking tape, bouncy balls

**WHAT YOU DO:**

- Divide your group into teams of four, two pairs of kids in each team.
- Give both pairs within a team a roll of masking tape.
- Instruct each pair to tape a maze on the floor.
- When the mazes are complete, direct each pair to switch with the other pair on their team then use just their index fingers to carefully roll a bouncy ball along the lines of the maze the other pair made. (For older kids, issue the challenge to push the ball along the maze with their toes or noses!)
- When all mazes have been solved, circle up and collect the bouncy balls.

**TODAY'S BIBLE STORY**

**Keep Holding On**

Keep Looking to Jesus  
Hebrews 12:1-3

**TODAY'S BOTTOM LINE**

Keep going because of what Jesus did for you.

**WHAT YOU SAY:**

"You didn't know what was ahead when you were designing your mazes! It was fun to watch your friends have to get through the mazes you made. (Mention how specific kids kept going, and especially mention if there were any funny moments!) [Transition] **Let's go hear how we can navigate situations we never saw coming by looking to someone who has seen it all.**"

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**

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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



## 1. BOUNCE BACK RACE [TALK ABOUT GOD | BIBLE STORY REVIEW]

**WHAT YOU NEED:** Prepared obstacle course with cones, playground ball or basketball, ping-pong balls, bowls, balloons, timer

### WHAT YOU DO:

- Instruct the kids to run through the obstacle course, one at a time, following these directions:
  - Dribble the ball around the cones.
  - Bounce three ping-pong balls into the bowl.
  - Bop the balloon ten times in a row (or five times using just one hand, their elbow, or head).
  - Hop back to the end of the line on one foot.
- Time the kids as they go through the course.
- Once everyone has had a turn, let kids go again to try to beat their time.

### WHAT YOU SAY:

“You remember some of these obstacles from other weeks this month. The cones are from the week when the disciples were challenged to tell the world about Jesus. The ping-pong bounce is from the story about Paul and Silas in prison. And the balloon bop is from our opening activities.”

“It’s fun to look back on everything we’ve learned about resilience—bouncing back—this month. What was your favorite Bible story? *(Invite responses and share something you remember or found meaningful this month.)*”

“When we need help running our race, it helps to remember what we’ve learned before. You can **keep going because of what Jesus did for you**. If you’re tempted to give up, remember what you’ve learned: that Jesus never gave up on God’s plan. Jesus loves you so much that He gave His life for you. And through the Holy Spirit, Jesus is always with you and will give you what you need to keep going.”

*Optional Discussion Questions for Older Kids*  
If you lead 4th, 5th, or 6th graders, consider asking these discussion questions:

- When was the last time you felt like giving up? What happened?
- Read Romans 8:11. How does God’s Spirit give us what we need to keep going?

### TODAY’S BIBLE STORY

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Hebrews 12:1-3

### TODAY’S BOTTOM LINE

**Keep going because of what Jesus did for you.**

### MONTHLY MEMORY VERSE

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**Resilience—Getting back up when something gets you down**

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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



### \*2. LIFE MAP

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** Paper, coloring materials, (Optional) decorations like stickers, embellishments, ribbon, etc.

**WHAT YOU DO:**

- Give each kid a piece of paper and set out the coloring materials (and optional decorations).
- Ask kids to think about three or four difficult times they've gone through. (These can be anything from learning to ride a bike and falling a lot; moving to a new place; a fight with a sibling or friend; not making a sports team, etc.)
- Once the kids have thought of a few difficult times they have experienced, encourage them to think about how those things could be represented in a pretend obstacle course.
- For example:
  - Learning to ride a bike could be walking or riding a tricycle on a track
  - Moving could be packing up a box and carrying it
  - A fight with a friend might look like a tug of war
  - Not making a team might look like shooting some soccer goals
- Once the kids have some ideas, direct them to make a map of the obstacle course of their lives.
- The obstacles can be arranged chronologically or from least to most difficult.
- Once the obstacle courses are finished, invite the kids to share about their maps.

### TODAY'S BIBLE STORY

#### Keep Holding On

Keep Looking to Jesus  
Hebrews 12:1-3

### TODAY'S BOTTOM LINE

Keep going because of what Jesus did for you.

### 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.

**WHAT YOU SAY:**

"Each of our lives has ups and downs, easy times and difficult ones. What keeps you going when you face obstacles like the ones on your maps? (Invite responses.)"

*[Make It Personal] (Share about a time you felt like you were just facing obstacle after obstacle in life. How did you handle it? Who did you talk to? How did you pray during this time? Let kids share if they would like to, but keep in mind those going through exceptional circumstances.)*

"Jesus' life had obstacles, too. In fact, He was killed as a result of people lying about Him. He was hurt and betrayed by one of His friends. But none of this stopped Jesus. He kept going through all these difficulties to fulfill God's plan."

"Jesus kept going—to the cross and beyond. He even came back from the dead to show nothing could stop Him from showing God's love. And He sent His Spirit so He could always be with us, to give us what we need to keep going during our own obstacles. That's why you can **keep going because of what Jesus did for you.**"



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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



### 3. NEW METAPHORS [HEAR FROM GOD | MEMORY VERSE ACTIVITY]

**WHAT YOU NEED:** Bibles, index cards, pens or pencils

**WHAT YOU DO:**

- Make sure each kid has a Bible.
- Together, look up and read Isaiah 40:31 out loud

together again.

### TODAY'S BIBLE STORY

#### Keep Holding On

Keep Looking to Jesus  
Hebrews 12:1-3

### TODAY'S BOTTOM LINE

Keep going because of what Jesus did for you.

*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.

### 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

- Point out the metaphor in the verse: fly as high as eagles.
- Then point out the phrases “run and not get tired” and “walk and not grow weak.”
- Give each kid an index card and a pen or pencil.
- Ask the group to come up with some ideas for a different metaphor to use.
  - How else could we talk about how it feels to receive strength from God?
  - Is there another animal we might compare that to?
  - Anything we know about now with technology or science?
- Give kids a few moments to write down their ideas.
- Once kids have brainstormed, invite them to act-out their metaphor for the group.

### MONTHLY LIFE APP

Resilience—Getting back up when something gets you down

### BASIC TRUTH

I can trust God no matter what.

**WHAT YOU SAY:**

“These are some cool metaphors! Is there anything we could talk about doing and ‘not getting tired’ or ‘growing weak’? Since we don’t have to walk or run everywhere we need to go, what might be some things we’d need help to do without getting tired? (Invite responses such as cleaning rooms, doing dishes, helping a younger sibling, learning a tough subject at school, etc.)

“While we’re not going to substitute our own ideas for the memory verse words, it helps to remember that the promises in the Bible are for all time. God will always help those who ask, whether they compare that help to eagles or to Wi-Fi!



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CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

### **(3. NEW METAPHORS, CONTINUED)**

“When you face a problem that you need strength for, remember to **keep going because of what Jesus did for you.** He will give you what you need to keep following Him.”



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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:** Obstacle papers from “Life Map” Activity

**WHAT YOU DO:**

- Ask kids to pair up and talk about their obstacle maps.
- Invite them to pray for each other and remind each other to **keep going because of what Jesus did for you.**
- Close your group time in prayer.

**WHAT YOU SAY:**

“Dear God, we know that no matter what we face, You will give us the strength we need to keep going! Thank You for always being with us. We love You, and we pray these things in Jesus’ name. Amen.”

As adults arrive to pick up, invite the kids to share their obstacle maps. Remind the kids that no matter what life throws at them in the future, they can **keep going because of what Jesus did for you.**

### TODAY’S BIBLE STORY

#### Keep Holding On

Keep Looking to Jesus  
Hebrews 12:1-3

### TODAY’S BOTTOM LINE

**Keep going because of what Jesus did for you.**

### 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.”

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

##### WHAT YOU NEED:

- Offering container
- Small bouncy ball

#### 2. OPENING ACTIVITY

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

##### WHAT YOU NEED:

- Masking tape; one roll for every two kids
- Bouncy balls; one for every two kids

### 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 BACK RACE

**[TALK ABOUT GOD | BIBLE STORY REVIEW]**

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

##### WHAT YOU NEED:

- Cones
- Playground ball or basketball
- Ping-pong balls
- Bowl
- Three or four balloons
- Timer

- Create an obstacle course in your Small Group area.
  - Set up the cones and place the playground ball or basketball near them.
  - Set the bowl and ping-pong balls beyond the cones.
  - Inflate the balloons and tied them then place them after the bowl and ping-pong balls.

#### \* 2. LIFE MAP

**[LIVE FOR GOD | APPLICATION ACTIVITY]**

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

##### WHAT YOU NEED:

- Paper
- Coloring materials
- (Optional) Decorations like stickers, embellishments, ribbon, etc.

#### 3. NEW METAPHORS

**[HEAR FROM GOD | MEMORY VERSE ACTIVITY]**

*Made to Imagine:* an activity that promotes empathy and facilitates concrete application through role-play and reenactment

##### WHAT YOU NEED:

- Bibles
- Index cards
- Pens or pencils

#### 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:

- Obstacle papers from "Life Map" 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.**