



3rd-5th

October 26-27, 2019

NEED TO KNOW

- **We all struggle to trust God sometimes, especially when we're worried that he won't give us what we need.** Prepare for today by thinking about one big or small worry that you haven't handed over to God yet. Pray to God about it, then thank him for what he's done for you!

LARGE GROUP | 20 Minutes

- Big Idea: **We can go to God for what we need**
- Story: **The Woman and the Bread**

GAME TIME | 10 Minutes

- Play a fun paper plate race challenge in small groups!

COOL DOWN | 10 Minutes

- Use a bean bag to help kids identify and discuss how they can show trust when they're worried.

LARGE GROUP | 15 Minutes

- Respond to today's big idea through worship and prayer.
- Practice this month's memory verse: **Hebrews 13:5**

SMALL GROUP | 15+ Minutes

- Identify your small, medium and big worries, then hand them over to God!

CONNECT QUESTION | 5 Minutes



- Break into small groups and put up today's **Connect Question** on the screen. Go around the group and let each kid say their **name** and their **favorite TV show**. Then discuss the connect question for a few minutes, and gather for Large Group when the timer is up.
- **Connect Question:** What's one thing that stresses you out?

THE BIG IDEA | 15 Minutes



- **Say:** Welcome to Kids' Club, we're so glad you're here! We want this to be a **safe** and **fun** place for you. To do that, let's all commit to doing a few things:
 - Show respect to each other
 - Listen when someone else is speaking
 - Have fun!
- **Say:** You all just talked about things that stress you out. Can I hear some of your answers? *(Let kids respond, and then share your own answer.)*
- **Say:** Today we're talking about how sometimes, we stress and worry that we won't get what we need. Maybe it's something fun like video games or TV. But a lot of times, it can be things like food, a place to sleep, feeling safe, family, or friends that you fit in with. Sometimes, we don't trust that God will give us everything we need. Here's our "big idea" for today:
- **Slide: We can go to God for what we need**

THE WOMAN AND THE BREAD | 15 Minutes



- **Say:** Let's check out a video and hear about a guy named Elijah, and how he helped a woman trust God, even when it was really scary and it seemed like she wouldn't even have enough food to feed her son!
- **Video: [The Woman and the Bread \(4:40-11:26\)](#)**
 - *Leader: There's a moment halfway through the video where you can pause and let kids respond for a few minutes, then resume play.*
- **Ask:** What was the woman in that story scared of? Yep, that she wouldn't have enough food for her and her son.
- **Ask:** How did God show her that he would take care of her, and that she could trust him no matter what? Yes, he did a miracle, and supplied with her more food as soon as she gave it away!
- **Say:** Sometimes we go through the same thing. Maybe we're afraid that when we start a new school year or move somewhere new, we won't have friends, or we won't fit in. *(Let kids come up with examples, or give one of your own.)*
- **Say:** No matter what we have, or don't have, God WILL take care of us. He is good, and trustworthy, and he loves us. And no matter how bad it seems sometimes, he wants us to rely on him, and ASK him for help!

LARGE
GROUP

GAME
TIME

COOL
DOWN

LARGE
GROUP

SMALL
GROUP

SUPPLIES

- Paper plates (1 per kid, + one extra plate per group)

PREPARE



- Start the **10 Minute Countdown Timer**
- Split into **small groups**.

HEAVY RELAY RACE | 10 Minutes



- **Say:** We all need help sometimes, and we need to trust each other to get through stressful things. Let's play a game where we have to work together and trust our teammates to get through a challenge! Let's check out a video to help explain our game.
- **[Video: Pass the Plate](#)**
- Split into small groups, and give each kid a paper plate, plus one extra for each group.
- Line teams up on one side of a large open area, and on your mark, let them race to get to the other side of the room by hopping from plate to plate, as shown in the video.
- To make it extra hard (or if you have a very small group, and want to make the challenge go longer), have the teams follow a more challenging path around the room (around tables, crossing the room, going around a chair, etc.)

LARGE
GROUP

GAME
TIME

COOL
DOWN

LARGE
GROUP

SMALL
GROUP

SUPPLIES

- Beanbag (1 per group)

PREPARE



- Start the **10 Minute Countdown Timer**
- Split into **small groups**.

BEANBAG TOSS | 10 Minutes

Say: Having trust in someone means believing a person will do what they say they'll do. I'm going to give you some scenarios of situations where choices must be made. I'll have the **beanbag** in my hand. If I throw the beanbag to you, tell me what choice you would make to show trust in the person or thing.

- *A child climbs a tree and then becomes frightened. He screams for help. His dad comes out of the house, follows the child's voice to the tree, and stands under it, looking up. He holds his arms out, calling to the child to jump into his arms. What actions will follow to show trust?*
- *You were playing football at a friend's house. Because you played so hard, you need to sit down for a while. On the back porch is a big, comfortable-looking hammock, but a few of the many ropes holding it up are broken. Next to the hammock is a chair with some mud on it. It's dirty and doesn't look quite as comfortable, but it's sturdy. Which resting place will you choose?*
- *A friend asks you to come home with him after school to play video games. Last time you were at his house, he wanted you to play some games that you knew your parents wouldn't want you to play. He said, "What they don't know won't hurt them." Even though he says he doesn't have the games anymore, you aren't sure you can believe him. What will you do?*

Say: Trusting God is a choice we make again and again—every day— as we make decisions. We can choose to believe God, or we can choose not to believe God. The decisions we make will show whether or not we trust God.

LARGE GROUP

GAME
TIME

COOL
DOWN

LARGE
GROUP

SMALL
GROUP

THE BIG IDEA | 5 Minutes



Play the **10-Second Countdown** to redirect kids attention to Large Group.

- **Say:** No matter how big or small your worries are, they can add up and start to feel really HEAVY. And then there's no room for peace, or joy, or trusting God! That's why God wants us to *tell him what we need*. You don't have to be anxious or worried about *anything*.
- *(Leader, Talk about a time when you were worried about something, and how you either did, or didn't, trust God to take care of you.)*
- **Say:** God wants to give you what you need in hard situations, when you feel anxious or scared or worried. That doesn't mean he'll give you everything you want, but he'll give you what you need, and he'll give you things that are good for you.
- **Say:** Let's check out a verse we heard last week. It's in a book called Hebrews, and it talks about being content with what we have, because God will never leave or forget us.
- **Hebrews 13:5 Be content with what you have. For I will never leave you. I will never forget you.**

Hebrews 13:5 Be content with what you have. For I will never leave you. I will never forget you.

WORSHIP AND RESPOND | 5 Minutes

- **Say:** Let's respond to what we've heard today by worshipping. Worship is when we spend time with God, and focus on him in a special way. We can worship God in SO many ways, so let's do it today by **praying!**
- **Say:** We're going to ask God for what we need. This can be harder than it sounds though! Take a quiet minute right now, and think of something that you need, and that you want to ask God for. It could be something for you personally, or something for a friend or family member! *(Give kids a few seconds of silence to think.)*
- **Say:** Now we're going to pray, but in a special way. **I want everyone to hold your hands out in front of you, with your palms upward (model for kids.)** Keep your hands like this as we pray. It's a way to show God that we're open to him, and we want to accept his help!
- **Pray:** God, thank you for all you've done for us. We want to ask you for what we need, and trust in you when we're worried. Please help us to do that. We believe that you will do what you say, and that you love us. Amen!



SUPPLIES

- Worry template (1 per kid)
- Markers

CONNECT | 5 minutes

Take time to connect with kids through some personal life questions.

- What was the best or worst part of your week?
- How does talking to God help when we're stressed out or worried?
- How does sharing your worries with God help? Who else do you share your worries with?
- Do you think there are things God *doesn't* care about in your life?
- What are you really looking forward to this coming week?

DO IT | 5 Minutes

Give each kid a Worry template and markers.

- **Say:** On the front of your page, there are three columns—small worries, medium worries, and big worries. (*Model for kids by giving an example of each in your own life.*) Fill out each column with at least one example of each worry (Give kids a few minutes to do this.)
- As a group, let kids share a couple items from their list of worries—small worries, medium worries, and big worries.
- **Say:** When you think of your list of small, medium, and big worries—remember that God cares about everything on that list. He even cares about the things you felt were too small to put on your list!

Tell God what you need. Thank Him for all he's done.

- **Say:** On the back of your worry list, check out the other 2 columns—I NEED and THANK YOU!
 - In the I NEED column, list what you need from God.
 - In the THANK YOU! column, write down what you're thankful for.
- **Say:** God says you can pray about *ANYTHING*. So let's pray to God now by asking him for what we need, and thanking him for all he's done.
- You can pray as one large group and the lead the prayer yourself, or let a kid pray for the group. Make sure to give kids space to think of their own prayer requests, and say them out loud if they want.

EXTRA TIME?

- Give kids **a maze, or a word-search activity sheet** to work on until their parents pick them up.



connect questions

Big Idea: Tell me about the woman and the bread. How can we give our worries to God?

lesson supplies

LARGE GROUP

Item	Usage	Details	Provided by
Adventure Bible	1 per large group, reused	Biblesbythe Case.com	site

GAME TIME | Played in small groups

Item	Usage	Details	Provided by
Paper plate	1 per kid reused + one per group, reused	Amazon Use paper, not styrofoam or cardboard	KC Site Support

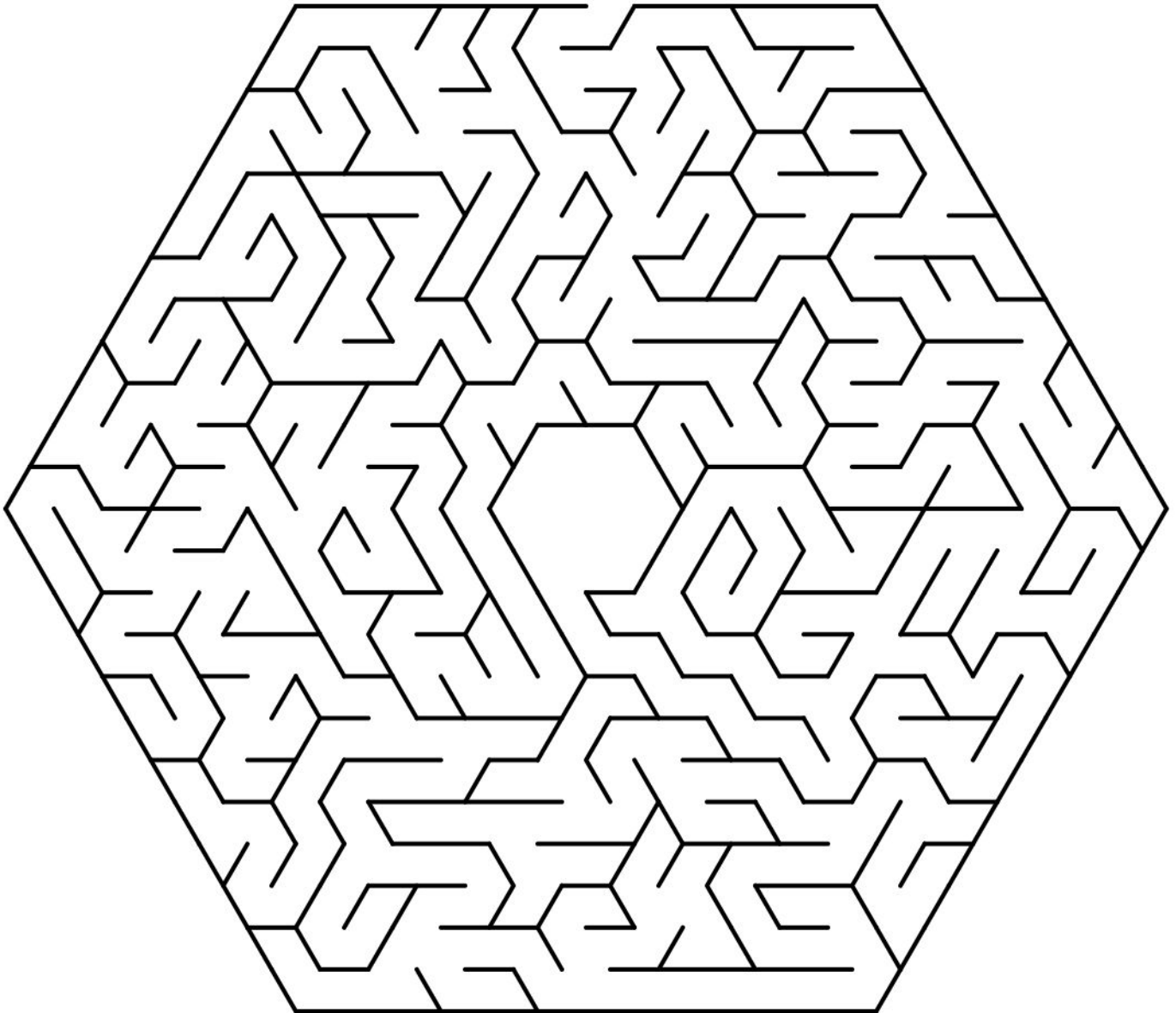
COOL DOWN TIME | Played in small groups

Item	Usage	Details	Provided by
Bean bag	1 per group, reused		site

SMALL GROUP

Item	Usage	Details	Provided by
Maze sheet - Worries	Quantity determined by site.	8.5x11 paper, black & white, Page 8	site
Word search sheet - Worries	Quantity determined by site.	8.5x11 paper, black & white, Page 9	site
Markers	Quantity determined by site.		site
Worry template	1 per kid	8.5x11 paper, black & white, double sided, Page 10/11	site

name



name

S T C A A M I M A T R U S T L
A C J B I B L E O U U U J T O
V V S B V B U F V D I P Z T V
O A S G Y G Y I D T N Q Y C E
A U G B B U K A R P E L G A J
U T E Z L W I D O W S K N F S
T D E Z B I L Z Y N A V X S U
J B W Y Z X A K H W F Q T B S
C R D U H N S I X E R M U V E
O E O B D A K Z A Y R R O W J
G A L B F A J R A B Z T M I I
J D Z Y P P X I G Y O C E I U
D C T W K V I B L L L T W R Q
N D L H N Q B X I E W U E S V
G U E E J D M Z U E Y C B T D

ELIJAH
WIDOW
BREAD
BIBLE
TRUST
FEAR
WORRY
LOVE
JESUS

SMALL WORRIES



MEDIUM WORRIES



BIG WORRIES

I NEED



THANK YOU

A/V needs

3rd-5th



1. KC Logo Slide: for when kids enter the room (All that You Need instrumental; mp3 only; can be downloaded on website)
2. **Slide: Connect Question:** What's one thing that stresses you out?
3. **Slide: We can go to God for what we need**
4. **Video: Kids on the Move / The Woman and the Bread (KC/SM media videos songs>videos>misc)**
5. **Video: 10 Minute Countdown Timer**
6. **[Video: Pass the Plate](#)**
7. **Video: 10 Minute Countdown Timer**
8. **Video: 10 Second Countdown Timer_102719**
9. **Slide: Hebrews 13:5 Be content with what you have. For I will never leave you. I will never forget you.**