



WEEK 1

PRESCHOOL LESSON GUIDE

LEVEL UP

BIG IDEA

Jesus trusted God.

THE BIBLE

The Garden of Gethsemane: Matthew 26:36-46

WELCOME TIME

ACTIVITY | Flower Yoga Poses

- In today's story, Jesus went into the garden to spend quiet time with God. We have been moving around a lot in our garden, so let's quiet our mind and our body to get ready to hear about Jesus and God.
- **INSTRUCTIONS:** *Instruct kids in the following modified yoga poses:*
- **Tree Pose:** Tell kids to plant one foot firmly on the ground and then rest the other foot on the leg that is standing. Tell them to lift their hands in the air like tree branches.
- **Lotus Pose:** This pose is basically the criss-cross applesauce pose most kids know from preschool class — sitting with legs crossed and hands on knees.
- **Lotus Mudra:** Tell kids to hold their hands together like a closed flower and then slowly spread their fingers out to resemble a flower blooming.
 - **TODDLER HACK:** *Toddlers should not be expected to stand on one foot. Just ask them to stand up tall and reach their hands up like a tree.*

TEACHING TIME

THE BIG IDEA | Jesus trusted God.

- Today, we are going to talk about a time when Jesus went into the garden to spend time with God. Jesus was going to do something really hard — the hardest thing ever. But Jesus trusted God. That is this week's Big Idea: Jesus trusted God.
- **INSTRUCTIONS:** *Print out this week's printable and have the kids color in the flowers. As they color, you can have them repeat the Big Idea among themselves a few times.*



VIDEO | Level Up, Episode 1

- **INSTRUCTIONS:** Play this week's preschool [teaching video](#).

BIBLE STORY | Matthew 26:36-46

- Now pretend you are one of the flowers in the Garden of Gethsemane. Listen to the story and imagine you are watching everything that happened.
- **INSTRUCTIONS:** Read Matthew 26:36-46 slowly and with expression, encouraging the kids to imagine the scene.
- **How many times did Jesus pray?** Jesus prayed three times because Jesus was about to do something really hard. **Can you count with me?** One, two, three (*Ask the kids to count along on their fingers*).
- **What did Jesus' friends do while Jesus was praying?** That's right! They were sleeping! Show me how you sleep (*Ask kids to pretend to sleep*).
- **How do you think Jesus felt while praying?** Jesus was probably very sad. How do you look when you are sad (*Ask everyone to make a sad face*)?
- Jesus had a hard choice to make. **But Jesus trusted God.**

PRAYER

- Dear God, help us to trust You just like Jesus did. Amen.

DISCUSSION TIME

SNACK | Garden Snacks

- **INSTRUCTIONS:** If you have time to, bake off flower shaped cookies with your kids and serve them for snack! *While the kids are eating their snack, have an informal discussion about what the kids have learned today! You can ask questions like:*
- **Why was Jesus in the garden?**
- **What did Jesus do?**
- **What did Jesus' disciples do?**
- **Do you think they understood what Jesus was going through?**

ACTIVITY | Praying in the Garden

- **INSTRUCTIONS:** Let each kid choose which part to play to re-enact today's story — Jesus, a disciple, or a flower in the garden. If no kids are comfortable pretending to be Jesus, play that part yourself. If more than one want to be Jesus, repeat the exercise, letting a different kid play the Jesus role. Remember, this does not have to be a line by line accurate enactment, just a general idea of what happened.
- Jesus prayed because He didn't want to do the hard thing, but in the end Jesus trusted God.

ACTIVITY | Trust Poster



LEVEL UP | WEEK 1 PRESCHOOL LESSON

- **INSTRUCTIONS:** Write *TRUST* in big letters in the center of a poster board or computer paper. As you ask the kids these questions, write some of the answers on the poster.
- **Who can you trust in your life?**
- **How do you know you can trust them?**
- **Do you think you can trust God? What things remind you that you can trust God?**
- **What hard things might God be asking us to do?**

MEMORY VERSE | Hebrews 12:2

- Let's plant a memory verse garden! When I plant the flower, say the word with me.
- **INSTRUCTIONS:** Write one word from the memory verse on a construction paper flower that you can make ahead of time or with your kids. As you put each flower on a poster board or paper, say the word and have the children repeat it after you. Then, say the verse together two or three times as you point to the flowers.

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Use this time while the kids color to remind them of today's Bible story, the Big Idea, and the memory verse.

ACTIVITY | Play-Doh Garden

- **INSTRUCTIONS:** Provide Play-Doh and chenille stems for children to use to make the garden Jesus was in when Jesus prayed.

Encourage your preschoolers to help clean up the room while they wait for their parents.