



# WEEK 4

## ELEMENTARY LESSON GUIDE



### **BIG IDEA**

God will protect my heart and mind.

### **THE BIBLE**

Joy & Peace: Philippians 4:4-9, 11-13

## **LARGE GROUP TIME**

### **WHAT?** *What are we talking about today?*

#### **MUSIC** | Jesus What A Friend

- **INSTRUCTIONS:** "Jesus What a Friend" by Kids on the Move. (Youtube has multiple options for this song, including one with motions.)

#### **ACTIVITY** | Superhero Backward Charades

- How many of you like superheroes? Maybe superhero comic books or movies? Does anyone have... superhero pajamas? I thought so! So, we're going to play a fun game today called, Superhero Backward Charades.
- **INSTRUCTIONS:** *This game is played by displaying the name of a superhero (on a screen or with a sign) behind a guesser. When the superhero is displayed, the audience has to act it out for the guesser to figure out who it is. You can have one guesser for the whole game, or change with each superhero. Here are some ideas of superheroes to find and print or project: Spiderman, Wonder Woman, Batman, Catwoman, Black Panther, Superman, The Hulk, Wolverine, Ironman, The Flash*
  - **SPECIAL NEEDS HACK:** *Both for kids with visual impairments and those with reading disabilities, consider displaying the picture of each superhero along with their printed name. Ensure that the picture and text are both large enough for all the kids to see.*

#### **QUESTION** | What Do Superheroes Do?

- **What are some things superheroes do?**



- Some superheroes have the power of invisibility. Others have super strength or super speed.
- One thing most superheroes have in common, though, is that they have one main job: to protect. Batman protects the people of Gotham City. Superman protects the people of Metropolis. The Avengers protect the world, basically. Superheroes protect people. That's what they do!
- So, let's think back to the song from earlier. It said, "Jesus is better than *any* superhero." That means Jesus will protect us way more than a superhero could!
  - **PRETEEN HACK:** *Ask more discussion questions such as, "Who is your favorite superhero, and why?" "Who would be the best superhero to have around if aliens invaded the earth? If a meteorite was headed to earth? If all the computers turned evil and started attacking humans?"*

### STORY | Peace and Joy

- **INSTRUCTIONS:** *Tell a story about a time when you (or someone you know) went through a tough time, or had something frustrating happen in your life. Then, share how God gave you peace and joy through it all.*
  - **PRETEEN HACK:** *Work with an older kid beforehand to share their own story of a time when they were able to find joy in spite of something hard (moving, change in family situation, disagreement with friends, etc).*

### THE BIG IDEA | God will protect my heart and mind.

- Quick review! This month we are talking about "GO"! **Where are we going?** That's right. We are going out into the world to live for Jesus and share Jesus with other people.
- Last week, we talked about readying ourselves with the armor of God. The armor of God protects us, just like superheroes protect us from harm. They stop villains from hurting people. But God does way more than that.
- Here's our Big Idea! Repeat after me:
  - **God** (*Point upward.*)
  - **Will protect** (*Cover top of head with hands.*)
  - **My heart** (*Place hands on heart.*)
  - **And mind** (*Point to head.*)

**SO WHAT?** *Why does it matter to God and to us?*

### VIDEO | Go, Episode 4

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

### SCRIPTURE | Philippians 4:4-9

- So, how does God protect our heart and mind? What does that mean? Today, we're going to look at the story of a man named Paul. I'll tell you more about him in a second. But for now, let's see what he says to us in Philippians Chapter 4.



- **INSTRUCTIONS:** *Read Philippians 4:4-9.*
- **What are some words from this Bible passage that stand out to you?**

### QUESTION | Where Was Paul?

- Did you hear in verse 4 where Paul says, "Rejoice in the God always." He even says it a second time! Does anyone know what "rejoice" means? Rejoice means to feel or show joy.
- Here's a question for you: **where do you think Paul was when he wrote this letter?**
- Some of you might think he was writing this from his house or while he was visiting with friends. But guess what? Paul was in jail! He was in jail for telling people about Jesus, and a lot of people weren't too happy about that back in those days. I don't know about you, but if that had happened to me, I don't think I would have felt like rejoicing.
  - **PRETEEN HACK:** *Ask older kids to come up with names of people they know, celebrities, or YouTube influencers that always seem joyful. Then ask, "What is the difference between the joy they show and the joy Paul had?"*

### SCRIPTURE | Philippians 4:11-13

- When life is hard, it can be really difficult to rejoice and be happy like Paul tells us. It can be hard to go. But it's possible. Let's read something else Paul has to say.
- **INSTRUCTIONS:** *Read Philippians 4:11-13.*
- Paul says he learned to be content. Content means to be okay and at peace. He said he learned to be that way no matter what. So, how did he do that? Verse 13 says it is through God. Maybe you've heard that verse before. Does it mean that through God we'll be able to make an impossible shot in basketball, or walk on the ceiling? No. What it means is, whatever the situation – whether it's good or bad – if we stay close to Jesus, Jesus will help us. Jesus will bring us joy no matter if things go our way or not, and Jesus will protect our heart and mind.
- Maybe right now you are going through a tough time. Maybe you have trouble at school or in your family. It's sad because tough times happen in all of our lives, just like they did with Paul. But, just like Paul, since we have Jesus, we can still be joyful no matter what because **God protects our hearts and minds.**

### PRAYER

- For a few moments, I want you to pray and ask God to protect your heart and mind, whatever you might be going through. If you feel like you need to talk to someone, find a leader and they will help you and pray with you.

**NOW WHAT?** *What does God want us to do about it?*

### ACTIVITY | Think, Pair, Share

- **INSTRUCTIONS:** *Split the kids into pairs. Ask the question, "What did you learn today?" Give the kids a few moments to talk with their partner. After each partner has*



shared with each other, ask one kid from each pair to share one thing they talked about.

### **MUSIC** | Dance Party

- Let's listen to the lyrics of this song and dance! Let's celebrate how strong God is!
- **INSTRUCTIONS:** Play "No One Greater" by Zapped.

### **MEMORY VERSE** | Red Light, Green Light

- **INSTRUCTIONS:** In this modified version of "Red Light, Green Light," you are "it." You will face a wall while the kids line up horizontally opposite of you. You are going to start saying the memory verse facing the wall while kids slowly make their way toward you. As soon as you stop and turn around, the kids have to freeze and say the word that comes next (e.g., You: "Let your light--" Kids: "Shine!" You: "before others that they may--" Kids: "See!" and so on).

## SMALL GROUP TIME

### **DISCUSSION**

- In today's Bible passage, what is the first thing Paul says for us to do?
- How do you think Paul was able to stay joyful even while in jail?
- How is God different than superheroes?
- Philippians 4:13 says we can do all things through God. What do you think that means?
- What are some things in your life that might cause you to worry?
- What does it mean that God protects our heart and mind?
- Has God ever helped you through something difficult?

### **ACTIVITY** | Create a Superhero

- **INSTRUCTIONS:** Give each kid this week's printable and something to write/draw with. Instruct them to create their own superhero and what powers they would have. After all the kids are finished, ask a few of them to share about their superhero. (You could take photos of the superheroes the kids created. Send them in a text, or post them on social media, to encourage parents this week!
  - **SPECIAL NEEDS HACK:** Give reminders of how much time remains until you move on to the next activity (i.e. 5 minutes left, 2 minutes left, 30 seconds left, 10 second countdown) to help reduce frustration among kids with specific learning differences. Be sure to shower the kids with encouragement that not only did they do a great job, but they can always add more to their superhero when they get home.
- Awesome superheroes, everybody! **What powers do your superheroes have?** Those are some cool superpowers. But don't forget the greatest superpower there is—God, who protects our hearts and minds!

### **MEMORY VERSE** | Matthew 5:16 (NIV)



## GO | WEEK 4 ELEMENTARY LESSON

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- **INSTRUCTIONS:** *Introduce kids to this month's memory verse, teaching them the signs (a combination of SEE and ASL) we've provided.*