



WEEK 4

PRESCHOOL LESSON GUIDE



BIG IDEA

God will protect my heart and mind.

THE BIBLE

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

WELCOME TIME

ACTIVITY | Instrument Experience

- **INSTRUCTIONS:** Put out a variety of toy instruments for the kids to play with. You can add containers for drums, bottles with dry rice in them, and large jingle bells if you do not have access to toy instruments. Play worship music and turn the instrument playing into a parade.
- You can play happy music with these instruments. Our Bible story today is about a man named Paul, who was able to sing and praise God even when he was in jail.
 - **TODDLER HACK:** In addition to toy instruments, you could make shakers by putting dry rice inside empty water bottles and sealing the caps on with hot glue. Get the kids to take turns shaking the bottle.

ACTIVITY | Happy Balloon

- **INSTRUCTIONS:** Draw a happy face on a balloon and get the kids to hit the balloon to keep it in the air. Supervise all balloon play carefully.
- This balloon has a happy face on it. It is fun to keep it in the air. We can show we are happy when we sing songs to God. God wants our minds to be happy. God will protect my heart and mind.

TEACHING TIME

MUSIC | Happy Songs

- **INSTRUCTIONS:** Ask the kids to sing along (and dance!) to:
 - "I Can Do All Things" by Kidz Krew



- "Happy All the Time" by CedarMont Kids

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

- **INSTRUCTIONS:** Have kids follow these simple hand motions to help them remember today's Big Idea:
 - God will (*Point upward.*)
 - Protect (*Put two hands out in front of you, like saying "stop."*)
 - My heart (*Place your hands across your chest.*)
 - And mind (*Place your index fingers on your temple.*)

VIDEO | Go, Episode 4

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

SCRIPTURE | Philippians 4:4-9, 13

- Paul was a special man who helped tell people about Jesus. Paul was put in jail because the leaders did not want Paul to talk about Jesus. Even when he was in jail, Paul would sing happy songs to Jesus.
- Paul told us to be happy with God all the time. **Can you show me your happy face?**
- We can show God we are happy when we trust God to take care of us. We don't have to worry about anything because we can talk to God. **Can you hold your hands like you are praying?** (*Hold your hands together.*)
- We can read in the Bible how God will give us peace and joy when we trust in God. **Can you hold your hands out like this?** (*Hold your hands like your are opening a Bible*)
- **INSTRUCTIONS:** Read Philippians 4:6-7. If possible, try reading the NIRV translation so that it's easier for younger children to understand.
- **I know God will protect my heart and help me be happy.**
- **I know God will protect my mind and help me not to worry.**
- **God will protect my heart and mind.**

ACTIVITY | Build-A-Prison

- **INSTRUCTIONS:** Give the kids blocks and cardboard pieces to build a prison building. Offer people figures to put inside the prison.
- I don't like time out. It would not be fun to be stuck inside this jail all the time. It would be hard to sing happy songs to God if I was stuck in the prison, but that is just what Paul did. God helped Paul by protecting his heart and mind. God will protect your heart and mind, too.
 - **TODDLER HACK:** Use a big box or pop-up tent for the kids to crawl in and out of. Tell the kids how Paul was in prison, but he sang happy songs to God. Have kids sing or hum a tune while inside the "prison."

PRAYER

- God, You can help protect my heart when You help me to be happy. God, You can help protect my mind when You help me not to worry.



DISCUSSION TIME

SNACK | Prison Bars

- **INSTRUCTIONS:** Give the kids pretzel sticks as a snack and show them how to line up the sticks in a row like the bars on a jail cell. Retell the Bible story as they eat their snack.

ACTIVITY | Happy Balloon Review

- **INSTRUCTIONS:** Ask the kids to sit in a circle. Pass the happy face balloon (used in the beginning of the session) to each kid when it is their turn to answer each question.
- God will protect our heart by helping us sing happy songs God. **Can you tell me one place you can sing happy songs to God?** (Church, home, in the car, at the park, at the store, etc.)
- God will protect our mind and help us not to worry when we pray. **Can you tell me one person you can pray for?** (Mom, Dad, brother, sister, friend, pastor, teacher.)
- You did a great job helping to tell and show ways God will protect your mind and heart when you sing and when you pray.

ACTIVITY | Puppet Paul

- **INSTRUCTIONS:** Print and cut out enough of the Puppet Paul printable for each kid. Help the kids arrange and glue a face onto a brown paper bag to make a puppet.
- We each have a puppet. We can pretend our puppet is Paul from our Bible story.
 - Hide your Paul puppet behind your fingers and pretend he is in the prison.
- **Did God help Paul be happy in jail?** Yes! Paul was even able to sing happy songs to God when he was in prison.
 - You can wave your happy Paul puppet back and forth to show he is happy.
- **Can we pray when we are worried?** Yes, we can talk to God when we are worried!
 - Hold your Paul puppet face down. Pretend your Paul puppet is praying.
- **Can we have a dance party with our Paul puppets?** Yeah, we can!
 - Wave your Paul puppet in the air!

MEMORY VERSE | Matthew 5:16

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

PLAY TIME

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

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Give each kid a coloring page along with crayons, markers, or colored pencils. Remind them of today's story, memory verse, and Big Idea as they color!



ACTIVITY | Paper Chains

- **INSTRUCTIONS:** *Before the kids arrive, create a long line of black paper chains. During class, ask the kids to help you add more links to the chains.*
- **What do these chains remind you of?** They remind me of the chains Paul was in when he was in jail.
- But God told us instead of being sad we should pray to God. So, instead, I am going to say these chains show me that we are connected to God!
- Each link in this chain is going to remind me of how much God loves me and you. Look how many there are! God loves us SO much that we don't have to worry about anything!

MUSIC | Rejoice and Move

- **INSTRUCTIONS:** *Play a video with motions, ("I Can Do All Things" video by Kidz Krew). Ask the kids to stand up and try doing the motions with you as you sing along.*
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