

LESSON 4 SNAPSHOT

BOTTOM LINE: We can have peace on the inside when things are difficult on the outside.

TAGLINE: How are you feeling?

OBJECTIVE: Little ones will learn, “God gives us peace when life is hard.”

KEY PASSAGE: Psalm 23

MEMORY VERSE: “All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord.” Psalm 117:1-2 (NIRV)

SUMMARY: Before David was a king, he was a shepherd. In this psalm, he is looking back fondly on this time in his life. He is reflecting on the peace he felt.

SIMPLE PRAYER:

Dear Jesus (Dear Jesus),
Please give me (Please give me)
Peace (Peace).
Amen

SPECIAL 1 PAGE LESSON FOR 1 AND 2 YEAR OLDS:

PLAY TIME: Spend the first 15 minutes on the floor playing with the kids. Cars, dolls, blocks, and simple puzzles are great for this time.

BIBLE TIME: Seat the kids in the place they will be having snack. Hold up a Bible or Illustrated Kids' Bible and say, "This is the Bible. God wrote the Bible. Everything in the Bible is true." Then allow each child to pat the Bible with his hand.

LESSON: "Today we are talking about how God can give us peace. When you go through a difficult time, God is with you. When you pray, God gives you peace. God gives us peace when life is hard!"

MAKE IT REAL: After the lesson say, "Jesus is our peace!" Point to each child and say "Jesus is (child's name)'s peace."

PRAYER TIME: Ask the children to fold their hands and bow their heads. Say, "Let's pray before our snack. Thank you, God, for our families. Thank you for loving me. Thank you for this snack we get to eat. Amen."

SNACK TIME: Wash each child's hand with a wet wipe and then serve the snack. At this age crackers or goldfish with water are generally best, but you always want to be mindful of any food allergies.

POTTY BREAK: After snack is a great time to ask those who are potty trained if they need to use the bathroom, or change diapers of those who are not yet potty trained.

PLAY TIME: Finish the day with more playtime until it's time for dismissal.

MEMORY VERSE:

"All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord." Psalm 117:1-2 (NIRV)

LARGE GROUP MEMORY VERSE ACTIVITY:

"All you nations, (point straight out) praise the Lord. (Look up at the sky and reach up with arms.) All you people on earth, (make a circle with arms) praise him. (Look up at the sky and reach up with arms.) Great is his love for us. (Make a heart shape with your hands.) The Lord is faithful forever. Praise the Lord. (Look up at the sky and reach up with arms.)

Practice the verse a few times.

SMALL GROUP MV ACTIVITY:

"What do you think it means that 'the Lord is faithful,' like it says in our memory verse? Faithful means that God will always be there and He will do what He promises. One thing God promises us is to give us peace even in the midst of difficult times. GOD GIVES US PEACE WHEN LIFE IS HARD. This is if we are staying connected to God through prayer and reading the Bible. Let's see what it is like to feel peace even when there is craziness going on all around us. Everyone spread out and lay down on the floor. Take a deep breath and let it out. Close your eyes for a second and relax. This is peaceful. But what about this?"

(Begin stomping around on the floor loudly. Yell out a few times. Play a loud siren sound on your phone ring tone. Run around. Throw a few soft stuffed animals around the kids.)

"Were you all able to stay lying down? Were you all able to stay relaxed? It was pretty difficult, wasn't it? The cool thing about a close relationship with God is that even if difficult things are happening around us, we can pray to Him and He will help us to have peace. We won't have to get stressed out. God is our peace!"

PUPPET SHOW:

How are You Feeling?

ITEMS NEEDED: Small blanket

CHARACTER BREAKDOWN:

Dog Puppet - Willow

Kids - Audience

CHARACTERS:

Willow the Dog

Interactive Audience

Begin with Willow lying on the blanket yawning.

WILLOW: Hello! I'm feeling very peaceful and relaxed. How do you feel today?

(Willow looks around at the kids.)

WILLOW: Sometimes we feel worried. Remember when I felt worried a few weeks ago?

(Willow stands up.)

WILLOW: Well, I've been trying to remember to pray to God when I feel worried. And do you know what's been happening? I've been feeling less worried and more relaxed!

(Willow claps his paws together.)

WILLOW: It is great that God keeps his promises to us! I have a story to tell you about what happened yesterday. Would you like to hear it?

(Willow looks around at the kids.)

WILLOW: Are you sure? I can't hear you! Would you like to hear my story?

(Willow jumps up and down.)

PUPPET SHOW PAGE 2:

WILLOW: Great! Well, I was feeling a little nervous at the dog park because there were some other dogs that I didn't know. I was worrying if they would like me. I was nervous if they would let me play ball with them or not. I felt a little scared because I wasn't sure if they were going to be nice. So, I prayed right then and there. As I was walking onto the grass, I said a little prayer. I asked God, "Dear God, please help me not to be worried. Help me to trust you and to try my best to be a good friend." Then I walked over to the new dogs at the park. Do you know what happened?

(Willow puts his paws in the air!)

WILLOW: The dogs asked me what my name was. I said, "Willow." Then they asked what I wanted. I felt a little nervous again. So, I prayed in my head, "God please help me to be brave. Help me to trust you." Then I told them I would like to play ball with them. Then they said, "Yes of course you can join in!"

(Willow puts his paw on his forehead.)

WILLOW: I was so relieved. And in the midst of meeting new pups and feeling a little nervous, God calmed my heart. He helped me to be confident and at peace. Have you ever felt nervous or scared before?

(Willow looks out at the kids.)

WILLOW: If you have, next time you feel like that, talk to God about it. He can give you peace and take away your fears. He can calm your heart and help you to be yourself and not worried. That is what He did for me. So now I am still feeling peaceful. Happy to have a close relationship with God who helps me with my daily problems. You can have that too!

(Willow points out at the audience.)

WILLOW: I think I am ready to go back to the dog park today. I'm feeling less nervous than last time. I have a peace inside that only God can give! I'll see you all later!

(Willow waves and exits stage.)

CRAFT

Storm

ITEMS NEEDED: Yellow and blue finger paint, paper

ADVANCED PREPARATION: Write at the top of each page, “Peace in the storms of life!”

DIRECTIONS: Instruct kids to finger-paint a storm. Use blue for raindrops and yellow for lightning.

Tell the kids, “We can have peace in the storms of life because God is with us. **GOD GIVES US PEACE even WHEN LIFE IS HARD!**”

HANDS-ON ACTIVITY

THUNDER

ITEMS NEEDED: Drums

ADVANCED PREPARATION: N/A

DIRECTIONS: Split the kids in half. Ask one-half of the kids to sit on the floor and ask the other half to make thunder by stomping up and down and banging on drums. Be sure to have kids pass drums around so everyone has a turn. Then ask the kids sitting...how does this loud thunder make you feel?

Then switch and have the other half of the kids stomp and bang on drums while the other kids sit. Ask them the same question.

Finally, tell all of the kids to stomp up and down while you bang on drums together.

Tell them, "We make really loud thunder! God can give us peace even during the loudest thunder when we remain close to Him!"

SNACK

ITEMS NEEDED: Bananas and Blueberries

ADVANCED PREPARATION: Post a sign outside the preschool area that says: “Today’s snack is Bananas and Blueberries. Please let your child’s teacher know if it is not ok for your child to have this snack.”

Slice up the banana and give each kid 5 banana slices and 5-10 blueberries on a paper plate.

CONNECTION: Tell the kids, “Use these bananas to make a white cloud. Then use the blueberries to make raindrops fall from your cloud. Even when it’s raining, we can count on God for peace!”

MAIN LESSON

BOTTOM LINE: We can have peace on the inside when things are difficult on the outside.

TAGLINE: How are you feeling?

OBJECTIVE: Little ones will learn, “God gives us peace when life is hard.”

KEY PASSAGE: Psalm 23

WORSHIP TIME:

Prior to the lesson, sing one or two songs with the kids. Use CDs or live lyrics of songs that the kids are familiar with.

LESSON:

How are you feeling? I hope everyone is feeling well today. Raise your hand if you have a cold? If you are sick, I hope you feel better! Raise your hand if you feel happy today! Wonderful news! Sometimes we feel sick, have difficult problems happening around us, or we feel uncomfortable in some way. When we aren't feeling our best, the best thing to do is go to God! God is there for us because we have a real relationship with Him. We talk to him. We hear from God in his word to us, the Bible. He is our father and our friend. So when you don't feel good, you can pray and talk to God about it. God is able to give us a wonderful gift called peace. This feeling of peace can happen EVEN when things aren't going well around us. WE CAN HAVE PEACE ON THE INSIDE WHEN THINGS ARE DIFFICULT ON THE OUTSIDE! Amazing how God can do this miracle in us isn't it!

Let's read from our BIG BOOK OF EMOTIONS again. The book in the Bible called Psalm. Let's listen to how David was able to feel peaceful even during difficult times, because He had a close relationship with God. When you hear me say something that the Lord God does for us, I want you to repeat it after me. I'll help you on the first few so that you can get the hang of it. So, when I say what God is doing for us, repeat what I say. Ready?

READ:

1 The Lord is my shepherd, I lack nothing.

2 He makes me lie down in green pastures, **(HE MAKES ME LIE DOWN IN GREEN PASTURES)**

he leads me beside quiet waters, **(HE LEADS ME BESIDE QUIET WATERS)**

3 he refreshes my soul. **(HE REFRESHES MY SOUL)**

He guides me along the right paths **(HE GUIDES ME ALONG THE RIGHT PATHS)**
for his name's sake.

4 Even though I walk
through the darkest valley,
I will fear no evil,

MAIN LESSON

for you are with me; **(YOU ARE WITH ME)**
your rod and your staff,
they comfort me. **(YOUR ROD AND YOUR STAFF COMFORT ME)**
5 You prepare a table before me **(YOU PREPARE A TABLE BEFORE ME)**
in the presence of my enemies.
You anoint my head with oil; **(YOU ANOINT MY HEAD WITH OIL)**
my cup overflows.
6 Surely your goodness and love will follow me **(YOUR GOODNESS AND LOVE WILL FOLLOW ME)**
all the days of my life,
and I will dwell in the house of the Lord
forever.

Great job helping me repeat what God does for us. God does a lot, doesn't He? He helps us rest and lie down peacefully. He helps us go the right way. He is with us! His love follows us wherever we go! God is good! And at the very end of the passage we read, it tells us something that we should do. Something that David learned to do in his close relationship with God. He said, "I WILL DWELL IN THE HOUSE OF THE LORD FOREVER." This means we should spend time with God. And one day we know we will be able to be in God's house in heaven with him. But we start now, having a close relationship with God! We can depend on Him now! Next time you feel anxious, scared, fearful, worried, or things are stressful and overwhelming all around you...pray to God and spend time with Him. He promises to give you peace even during difficult times. WE CAN HAVE PEACE ON THE INSIDE EVEN WHEN THINGS ARE DIFFICULT ON THE OUTSIDE. Let's say this together, "GOD GIVES US PEACE WHEN LIFE IS HARD." "GOD GIVES US PEACE WHEN LIFE IS HARD." Let's talk to God now and get closer to Him...we can have a close relationship with God by talking to him. This is what we call praying.

SIMPLE PRAYER:

Dear Jesus (Dear Jesus),
Please give me (Please give me)
Peace (Peace).
Amen

MAIN LESSON DISCUSSION QUESTIONS:

WIGGLE TAMER: Have kids run in place. Then rest. Have kids do jumping jacks. Then rest. Have kids run to one end of the room and back. Then rest.

SMALL GROUP MEMORY VERSE ACTIVITY:

“What do you think it means that ‘the Lord is faithful,’ like it says in our memory verse? Faithful means that God will always be there and He will do what He promises. One thing God promises us is to give us peace even in the midst of difficult times. **GOD GIVES US PEACE WHEN LIFE IS HARD.** This is if we are staying connected to God through prayer and reading the Bible. Let’s see what it is like to feel peace even when there is craziness going on all around us. Everyone spread out and lay down on the floor. Take a deep breath and let it out. Close your eyes for a second and relax. This is peaceful. But what about this?”

(Begin stomping around on the floor loudly. Yell out a few times. Play a loud siren sound on your phone ring tone. Run around. Throw a few soft stuffed animals or balls around the kids.)

“Were you all able to stay lying down? Were you all able to stay relaxed? It was pretty difficult, wasn’t it? The cool thing about a close relationship with God is that even if difficult things are happening around us, we can pray to Him and He will help us to have peace. We won’t have to get stressed out. God is our peace!”

DISCUSSION QUESTIONS:

What is one thing God does for us? (From Psalm 23)

How do we stay connected to God so that we can have peace during difficult times?

When you hear “lying down in green pastures beside still waters,” how does it make you feel?

SMALL GROUP GAME OR ACTIVITY:

Set up chairs and play musical chairs. Play some music with your device (phone, iPad, etc.) Take away one chair each time so that you are left with one winner at the end.

MAKE IT STICK

THE BIG BOOK OF EMOTIONS PRESCHOOL LESSON 4

4 SIMPLE WAYS
YOU CAN MAKE
THIS LESSON STICK
WITH YOUR KIDS

THIS WEEK'S LESSON:

Use these four common times in a preschooler's day to reinforce this week's lesson:



DRIVING:

Ask your kid, "How are you doing? How do you feel?" Talk about how you feel today honestly and how you depend on God during difficult times.



PLAYING:

Play the game "I'm asleep." Turn off the light and have one person pretend to sleep (closing eyes, laying on pillow, snoring, etc.) Have the other person say, "Cock-a-doodle-doo!" and turn on the light. Have the sleeping person pop up and say, "Hey you woke me up! I'm going back to sleep. Goodnight." And turn off the light. Do this a few times and then switch who is sleeping. Kids often love to pretend to wake you up from sleep and it's a game full of laughs.



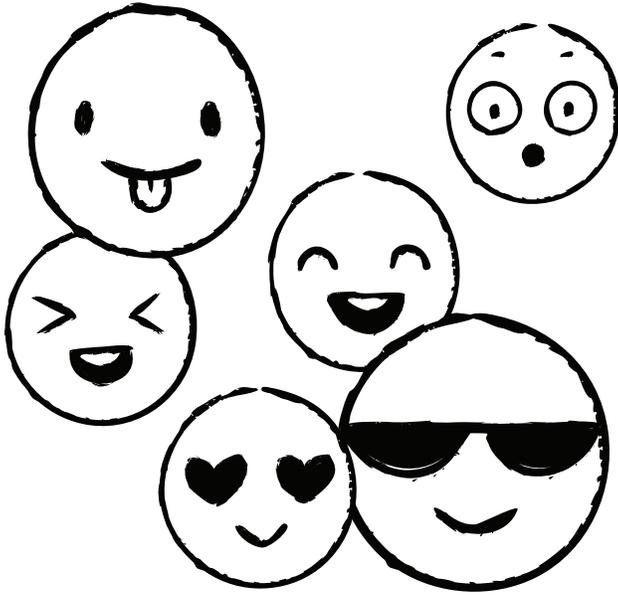
EATING:

Ask your child to help you set the table. Set the table with your fanciest dishes, table cloth, etc. Tell them that this is like how God "prepares a table before me" from Psalm 23. God takes care of us and gives us the best!

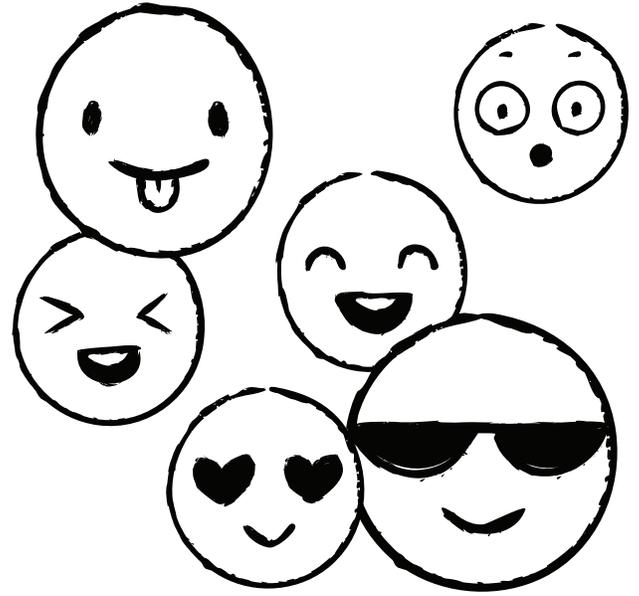


SNUGGLING:

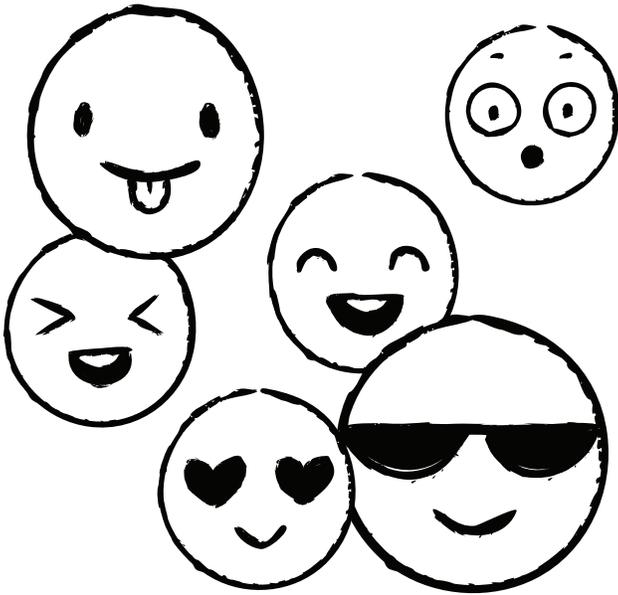
When you're rocking with your child at night, or reading a bedtime story, choose to read this week's Bible lesson at least one night of the week. (Psalm 23)



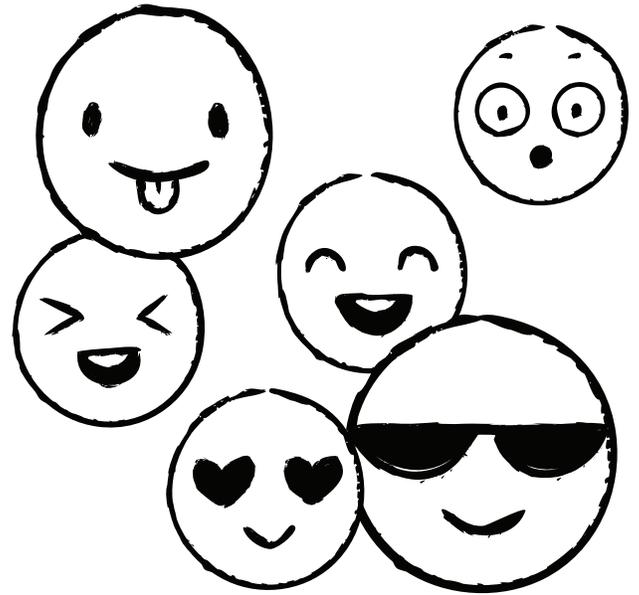
“All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord.”
Psalm 117:1-2 (NIRV)



“All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord.”
Psalm 117:1-2 (NIRV)



“All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord.”
Psalm 117:1-2 (NIRV)



“All you nations, praise the Lord. All you people on earth, praise him. Great is his love for us. The Lord is faithful forever. Praise the Lord.”
Psalm 117:1-2 (NIRV)