

CITY SG – Jan 23rd/24th

Bible Story: Yes, I Think I Can Dance! (Jesus heals a paralyzed man) • *Luke 5:17-26*

Bottom Line: We can work together to change someone's life.

Memory Verse: “Two people are better than one because they have a good return for their labor.” Ecclesiastes 4:9, *NiV*

Life App: Cooperation—working together to do more than you can do alone.

Before kids arrive, pray for each regular attendee by name. Pray for those who might visit your group for the first time. Pray that kids would understand that changing someone's life doesn't have to be a huge thing. They can change someone's life simply by working together with their friends to be kind to a kid who's going through a rough time. Ask God to give kids opportunities like these. Pray that today would be a jumping-off point for your kids to look for ways to change someone's life.

Sock It to Me (application activity / review the Bible story)

What You Need: Socks; 2-3 pair for each Small Group, 8-10 blocks, paper, one pair of scissors, markers

What You Do:

- Have kids take turns wearing socks on their hands.
- Then, while wearing the socks on their hands, have them try to complete each of these tasks:
 - Stack blocks
 - Draw a heart
 - Pick up a piece of paper
 - Cut with scissors

What You Say:

“In our Bible story today, we heard about a man who was paralyzed until his friends lowered his bed to Jesus and Jesus healed him. Without his friends, the man might never have made it to Jesus. He needed his friends to carry him to Jesus so he could be healed. Talk about your friends helping you out!

“In our game today, we weren't able to do everything we wanted to as easily because of the socks on our hands. When the man's friends took him to Jesus, it was like Jesus took the socks off his hands. The man could do all the things he had always wanted to be able to do. His friends helped make his healing possible by helping him get to Jesus. When we see someone who needs help, we should ask them if we can help them and then do it. ***[Make It Personal] (Share about a time you saw someone who needed help and you helped them.)*** If we keep our eyes open for ways we can help, ***[Bottom Line]*** we can work together to change someone's life.”

Moving Human Teepee

What You Need: No supplies needed

What You Do:

- Ask kids to gather into a tight circle and each put one hand up and toward the center, touching the others' hands, forming a human teepee with their bodies. (If you have a large group, divide into two circles.
- Challenge them to move from that spot to another designated spot in your area without anyone's hand separating from the rest. If one hand comes free, they have to start over.

What You Say:

"That was challenging to all move together as a human teepee, but you did a great job cooperating and getting it done. Having to start over wasn't exactly life changing, but changing someone's life doesn't always have to be something huge. We can change each other's lives in little ways too. For instance, helping someone with his homework can be life changing because that might be something that person was really worried about until you came along. Or teaching someone how to ride a bike could change their life because they will be able to get to more places and play with their friends when they all want to ride further. We don't need to worry about doing something big to change someone's life, we just have to do what we can. When things come up that we have the ability to help with, **[Bottom Line] we can work together to change someone's life.**"

Cooperation Volleyball *(memory verse activity)*

What You Need: Hula-hoop (one per bin), balloon (one per small group that uses bin), timer, Memory verse Page

What You Do:

- Show the memory verse and read it together (Read it TO the 1st graders)
- Divide the group into two teams.
- Hold up a Hula-hoop and tell each team to stand on either side of the hoop.
- Teams work together to hit a balloon back and forth through the hoop. Each time the balloon passes through the hoop, the team must say a word of the memory verse.
- *Optional:* Time the group on how long it takes them to complete the verse. Repeat the activity and see if they can work together to beat their previous time.

What You Say:

"Two people are better than one. They can help each other in everything they do,' Ecclesiastes 4:9. Our story today was a great example of what this verse means. In our story, the friends helped each other carry the paralyzed man and bring him to Jesus. Imagine what we can do when we cooperate and work together to help each other. Like the verse says, two people are better than one. We can help each other and **[Bottom Line] we can work together to change someone's life.**"

Pray and Dismiss

What You Need: No supplies needed

What You Do:

- Ask kids to think of a city or town in your area.
- Then say a prayer asking God to help people in that city or town cooperate to change someone's life for the better.

What You Say:

“Dear God, help us to remember to be there for one another and cooperate so we can make other people’s lives better. Please be with the people of [your city or town] and remind them to help one another and cooperate to change lives for the better. Please help us also to see the ways we can help change other people’s lives. Amen.”

Tell kids to recite the memory verse song for a parent or sibling as they drive/walk/ride home.