

# ALLEY SG – September 24<sup>th</sup>/25<sup>th</sup>

**Bible Story:** Joseph in Charge (Joseph Interprets Pharaoh's Dreams) • *Genesis 41*

**Bottom Line:** When the pressure is on, you can trust God is with you.

**Memory Verse:** “Trust in the LORD with all your heart. Do not depend on your own understanding.” *Proverbs 3:5, NIV*

**Life App:** Trust—putting your confidence in someone you can depend on.

**Basic Truth:** I can trust God no matter what.

*Before kids arrive, pray for each regular attendee by name. Pray for those who might visit your group for the first time. Pray for any kids you know of who are struggling to perform well at school or in sports, or struggling to succeed in general. Ask God to alleviate some of the pressure on these kids help them see that He's got their backs.*

## **Story Cups**

**What You Need:** “Story Questions” Activity Page (one set of questions cut apart on cardstock and in a baggie – one per bin), cups ( 2 for each kid), markers

### **What You Do:**

- Set out the markers and give each kid two cups.
- Tell kids to make one of their cups look like a cow and the other cup look like grain (or plants).
- Then tell kids to each place one of their cups upside down on the floor.
- They should stand up just behind the cup and hold the other cup at chin height. They then drop that cup, trying to get it to “swallow” the cup on the floor, just like the cows and grain in Pharaoh’s dream.
- The first kid who gets his cup to swallow the other cup seven times gets to ask the group one of the “Story Questions.” (*Hold the question strips as kids play the game, keeping them in order. As kids win each round and ask a question, hand the strips out in order.*)
- Repeat until all questions have been asked and answered.
- *Note: If it is taking a long time for kids to get the cups swallowed seven times, let kids stand on their knees and drop the cups from chin height. Or let them bend at the waist (without squatting down) so the starting height is lower.*

### **What You Say:**

“This wasn’t an easy game, but you stuck with it. When the pressure is on in real life, we need to remember we can stick with God, and He’ll get us through. **[Make It Personal] (Tell kids an age-appropriate story about a time when you felt a lot of pressure, but you trusted God.)** Can anyone else tell me a story about a time you trusted God when the pressure was on? (Allow several kids to share.) **[Bottom Line]** When the pressure is on, you can trust God is with you!”

## **Pressure Rings**

**What You Need:** Paper plates; 3 for each kid, scissors, markers/crayons

### **What You Do:**

- Give each kid three paper plates and some scissors. Have kids carefully cut out the centers of the plates, leaving just the outer ring.

- Direct kids to write ways or times they feel under pressure on the rings.
- See if kids can juggle the rings in the air. (If your plates are too thin and lightweight to toss, let kids cut out and tape an extra ring to each of their “pressure rings” to give them more weight.)
- Practice as long as time allows. Kids will probably be able to toss one ring at a time and catch it in a simplified juggling move.

#### **What You Say:**

“Fancy juggling there! Juggling is a sport where you can really feel the pressure: that ring is coming back down, whether you’re ready or not! The situations you wrote on your rings show pressure too. (*Read some aloud, with kids’ permission, of course.*) These are all times when we feel pressure to do the right thing, impress someone, or at least not let ourselves down.

“Pressure happens to all of us. **[Make It Personal]** (*Share an age-appropriate story about when you felt under pressure either from others’ expectations or your own. Maybe there were big consequences on the line like a promotion or scholarship, or maybe it was just your self-respect like finally acing a test or sinking a free throw at a big moment in the game.*) People in the Bible were under pressure, I was under pressure, and sometimes you’ll be under pressure too! Pressure can make us cranky and worried and anxious; we can feel all alone and panicked. But Joseph did what he had to do because he knew God would help him. You can keep calm and do what you have to do because you can trust God too. That’s why it’s important to remember **[Bottom Line]** *when the pressure is on, you can trust God is with you.*”

## **Ring Toss**

**What You Need:** Rings from the above activity, unopened water bottles (6 per bin)

#### **What You Do:**

- Set the water bottles in a triangle/pyramid formation.
- Let kids stand a few feet away and line up with their rings.
- The first player tosses a ring, and if it falls around a bottle, she says the first word of the verse. (Instruct kids to remember the word they end up with so they can all say the whole verse together at the end of the game.)
- Each kid can play until they run out of rings (they should have three each from the activity) or until they miss a toss.
- Then play passes to the next in line.
- Keep playing until the whole verse has been said and then let kids say the entire verse together (each kid says the word he “won” during the ring toss).

#### **What You Say:**

“Any activity where you have to try something or put in effort can bring pressure to get it right. We’ve talked about school and sports and chores. Are there any other times that you feel pressure? (*Give kids some time to answer. If the group is talkative, engage them in conversation about these situations. Ask if others feel the same way or find themselves in similar situations.*)

“Sometimes pressure can feel positive: the challenge to beat your time running around the track in gym, the excited feeling of doing your best on a big project, or the pride in showing your manners at a grown-up family dinner. But sometimes it can feel negative, and you feel really worried about being perfect. That’s just what our verse is about; we can’t be perfect, so we need to trust in the Lord with all our heart—that means our troubles and times we feel pressured too. God is with us all the time to help us make good choices and have confidence even when we feel pressure. When you read this verse and

flip the sentences—don't lean on your own understanding; trust in the Lord with all your heart—it helps you remember **[Bottom Line] when the pressure is on, you can trust God is with you.”**

## **Pray**

**What You Need:** The rings from the previous activity

**What You Do:**

- Let kids have a few more tries at juggling. Congratulate their efforts and gather them for prayer.

**What You Say:**

“You all are getting good at those skills! The more you prepare, the less pressure you feel. For us, that means that the more we remember **[Bottom Line] when the pressure's on, you can trust God is with you**, the easier it will be to deal with pressure in other areas of our life. Let's pray.

“Dear God, thank You that You always listen to us and You never leave us. Please help us to trust You this week when the pressure is on at home, at school, in sports, or wherever we are that we feel anxious. We know that You will be with us everywhere we go and through everything we face. Amen.”

**AT PICK UP:** Give each child a GodTime card. Let kids demonstrate their juggling or amazing tricks to their families.

## **EXTRA TIME ACTIVITY: Balancing Act**

**What You Need:** Plastic cups that the kids colored on earlier

**What You Do:**

- Challenge kids to balance the cups on various parts of their bodies: heads, noses, fingertips, elbows, knees, feet, etc.

**What You Say:**

“I think we'll be able to form our own circus by the end of this month! Ha! Or maybe not. But you're getting pretty good!