

Alley SG—May 8th, 2022

Today's Bible Story: Go the Distance (Peter and John Are Taken to the Sanhedrin) • *Acts 3:1-4:21*

Today's Key Question: When have you decided to keep going?

Today's Bottom Line: Keep going even when it gets tough.

Monthly Memory Verse: *But those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.* *Isaiah 40:31 (NIV)*

1. Verses to Take with You

What You Need: Bibles, Prepared plastic cups (1 set of 4 per pair of kids), ping pong balls (8 per pair of kids), timer or mobile device

What You Do:

- Gather kids together.
- Give kids a Bible and look up Isaiah 40:31.
- Ask if anyone wants to try to recite the verse from memory.
- Read Isaiah 40:31 and ask:
 - What does this verse say about God?
 - What does this verse tell us about resilience?
 - How does this verse relate to our story today about Peter and John?
 - How can knowing this verse help you to show resilience?
- Pair up the kids in your group and give them the 4 verse cups.
- Have the team place them in order and place the cups in a stack.
- One kid gets the stack of cups, one kid gets 8 ping pong balls.
- Guide kids to stand about six feet apart, facing their teammate.
- Kids bounce a ping pong ball to their teammate; their teammate tries to catch the ball in the top cup of their stack of cups.
- When a ball is successfully caught, the kid removes the top cup with the ball in it and places it at the bottom of their stack of cups.
- Holding only the bottom cup, teams work together to catch another ball in the top cup.
- Each time a ball is caught, the cup with the ball is moved to the bottom of the stack.
- As more ping pong balls are caught, the stack of cups starts to wiggle, increasing the difficulty of catching the bounced ping pong ball.
- Remind kids to hold only the bottom cup in the stack.
- Depending on the skill level of the group, the winner is:
 - The first team to successfully catch 8 balls.
 - The team with the most balls caught in a given time limit, e.g., 1-2 minutes.
- Challenge kids to memorize Isaiah 40:31 and to say it to themselves when things get tough and they need God's help to be resilient.

2. Take a Snapshot

What You Need: Sticky notes, markers

What You Do:

- Give kids three to five sticky notes and markers.
- Say: Think about something in your life that has been challenging. What made it challenging?
 - What are the things that might keep you from bouncing back?
- Tell kids to write one answer on each of their sticky notes. (*You didn't know how to fix it, you didn't want to do it, it didn't make sense, it was boring or not fun, you were scared, etc.*)
- Lead kids to share their answers. Group similar answers together.

- Keep the notes for the “Bible Story Extension” Activity.
- **[Make it Personal] (Share a time when you decided to keep going and it was tough. Share why it was tough and how you felt when you kept going.)**
- Ask:
 - When have you decided to keep going?
 - How did you feel when you kept going and worked through something tough?

3. Bible Story Extension

What You Need: Sticky notes from the Take a Snapshot Activity, blank sticky notes, markers, beach ball (1 per pair of kids), disc cones to create an obstacle course (10 per group), *(optional)* timer or mobile device

What You Do:

- Review the Bible story by asking:
 - Why were Peter and John arrested?
 - What were some challenges Peter and John faced?
 - Write each challenge on a sticky note.
 - Compare the challenges with the sticky notes from the Take a Snapshot Activity. Are any the same?
 - How were Peter and John resilient?
 - Why were Peter and John able to keep going and to continue talking and teaching about Jesus?
- Enlist kids’ help in:
 - Creating an obstacle course using the cones
 - Identifying the obstacles in the course by sticking one of the sticky notes to each obstacle.
- Divide the group into two teams.
- Give each team a ball.
- Line up teams at one end of the obstacle course.
- Teams take turns going through the obstacle course. To travel through the course:
 - Teams must bounce their ball through the course.
 - Teammates must take turns bouncing the ball. A kid can only bounce the ball once before a teammate must bounce it.
 - If the ball hits any of the obstacles, the team goes back to the starting line.
 - *(Optional) To make it a competition, set a timer. Declare the team with the fastest time to complete the course or the team to get the farthest through the course the winner.*
- Wrap-up the activity by reminding kids that even though the obstacle course was a fun challenge, not all challenges we experience are fun. Often, there isn’t an easy fix when things get tough, or situations happen out of our control. While we cannot control situations around us, we can turn to God’s truths, and the power of the Holy Spirit, to guide our actions and attitudes.
- Ask:
 - Like Peter and John, what some are ways we can train ourselves to be bounce back and push through when things get tough?
 - What can we learn from Peter and John to help us show resilience when *(fill in with an example from one of the sticky notes from the Take a Snapshot Activity)*?

Allow kids to share specific challenges they are facing. The goal of this discussion is not to provide solutions for the situations kids are facing. This is an opportunity to discuss the importance of knowing God’s truths, of knowing Scripture, and then turning to those truths to help us keep going. [Make it Personal] (Share an age-appropriate time you were facing challenges and what helped you did to bounce back.)

4. Discussion Questions

Ask:

- What does it look like to be resilient when a friend isn't treating you kindly? What about when you're not getting along with a parent? Or when you're struggling with learning something at school?
- What can you do if you aren't sure what it means to be resilient in a certain situation?
- Do you think when you decide to keep going when it is tough, it helps you bounce back when something gets you down again? Why or why not?

5. Just for Fun

What You Need: Beach Ball (1 per group)

What You Do:

- Gather kids in a circle.
- Toss a beach ball in the air to one of the kids in the circle.
- Challenge kids to see how many times they can volley the ball to each other without it hitting the ground.
- When the ball hits the ground, encourage them to volley back and to do it again to beat the record.

6. Make it Personal with Prayer

What You Say:

"God, You are with us always. When we receive Jesus as our Savior, You give us Your Spirit. Your Spirit gives us power to bounce back. Give us the courage to keep going and wisdom to know what it looks like to keep going. Thank You, God, for Your Word. It shows us who You are and reminds us of Your truths and promises. We love You, God! Amen!"