

CITY SG – January 4-5, 2025

Today's Bible Story: Rainy Days and Mondays (Jesus Wept) • *John 11:1-45*

Today's Bottom Line: When you're sad, remember you're not alone.

Monthly Memory Verse: *Be strong, all you who put your hope in the LORD. Never give up.* Psalm 31:24 (NIRV)

Monthly Virtue: Resilience—Getting back up when something gets you down

PRE- SERVICE ACTIVITY

What You Need: Soft playground ball

What You Do:

- Instruct the kids to sit at the table or in a circle.
- Remind kids of the four seasons: winter, spring, summer, and fall.
- One by one, name each season and discuss it.
- Invite the kids to share things associated with each season.
- Give examples to get them started, like:
 - Spring: flowers, rain, joy
 - Fall: pumpkins, leaves, jackets
 - Winter: cold, snow, Christmas
 - Summer: pool, hot, sun
- Explain that you're going to play a game associated with the seasons.
- Pick a kid to go first.
- Give that kid the ball.
- Explain the rules:
 - Instruct the kid with the ball to pick another kid in the circle to toss the ball to.
 - As the first kid tosses the ball, direct them to say the name of a season out loud.
 - Direct the kid who catches the ball to share something associated with that season out loud.
 - Instruct the kid who caught the ball to share a season and repeat the steps above.
- Continue in the same way until everyone has had a turn.
- Before you go to Large Group say, **"Today, we'll hear all about an emotion that reminds me of a rainy day. I bet you can guess what it is!"**

SMALL GROUP TIME

1. Bible Story Recap

Bible Story Review

What You Need: Bible, "Story recap" cards (one set per group), butcher paper, markers

What You Do:

- Open a Bible to John 11.
- Set the Bible Story Recap cards in the middle of your space.
- Use the cards as a guide to review the Bible Story as a group. Help the kids arrange the picture cards in order.
- Read from John 11 if they get stuck.
- Lay a large piece of butcher paper out on the floor or on a table in your group space.

- Use a marker to write the Bottom Line: **when you're sad, remember you're not alone** on the butcher paper.
- Set out the markers
- Instruct the kids to work together to draw a large rainbow on the butcher paper.
 - If you have a large group, divide the group and create two rainbows on butcher paper.
- As the group works together, ask:
 - "When you think about Jesus, what is one word that comes to mind?" (*Share some examples, like strong, kind, helpful, comforting.*)
- Use a darker marker to write down the words kids come up with on the rainbow(s).
- Say, "We can have joy in Jesus no matter what, and we can see signs of hope like a rainbow in the sky that He bring after the hard times!"

2. Feelings Thermometer

Application Activity

What You Need: "Feelings Thermometer" Activity Page (one per kid), and markers

What You Do:

- Gather kids together in your group space.
- Give each kid a "Feelings Thermometer" Activity Page.
- Explain to kids that we all experience different emotions each day. With whatever we are feeling, we can know that Jesus is right there with us!
- Walk through the feelings on the "Feelings Thermometer" Activity Page together, pointing out the different emotions and the types of weather they might make us think of.
- Invite kids to take a moment and identify how they're feeling.
- Ask:
 - How do you react when you feel these emotions? Draw a picture or write in the box.
- Point out the "Resilience Kit" column. Let kids know that this tool kit is full of ways to help us process our emotions, including when we're sad or lonely.
- Review some of the tools that are in the "Resilience Kit" column of the "Feelings Thermometer" Activity Page.
 - Here are more details about the "tap my fingers together ten times" tool: Place the palms of both hands together with each finger touching. Starting with your thumbs, tap each set of fingers together until you get to your pinky fingers. Start with your pinkies and make your way back to your thumbs.
- Set out the markers.
- Invite the kids to color the weather column and decorate as they choose.
- Ask, "Who do you trust to talk to about how you're feeling?" (*Invite responses.*) God gives us special people in our lives to help us in good times and tough ones too. Maybe it's a grown-up, a leader at church, or maybe a teacher. This week, think about the people God has given you to help you when you're down.

3. Memory Verse Motions

Memory Verse Activity

What You Need: nothing

What You Do:

- Depending on the age/ability of your group, you can either:
 - Give each child a Bible and look up the memory verse together.
 - Read the memory verse from a Bible aloud to your group.
 - *Be strong, all you who put your hope in the LORD. Never give up.* Psalm 31:24
- Read the verse out loud several times together.
- As a group, make up motions to the verse. (*You can divide the kids into 2 groups, and have each group create motions to one of the 2 parts of the verse. OR come up with the motions as one big group.*)
- Practice saying the verse using the motions your group created.

AT THE 5- MINUTE CALL: PRAY

- Ask, “Does anyone have any prayer requests or things they want to thank God for from this week? (*Let the kids share their prayer requests and praises*)
- Take some time to pray for these things as a group, then finish with the prayer below...
“Dear God, thank You for giving us hope! Please help every friend here know that when they are sad, they are not alone because You are always with them. Remind us of the joy we have in You no matter what and help us see signs of hope like a rainbow in the sky You bring after the hard times. We love You, and we pray these things in Jesus’ name. Amen.”
- If there is still time, pass out the Discussion Guides to the kids and begin to read through them together. Remind them they can do the activity at home to bring back next week for a prize.

PARENT PICK UP POINT: As adults arrive to pick up, invite kids to show off their “Feelings Thermometer.” Ask kids to share with their grown-ups which tool from the resilience kit they plan to try this week.