

CITY SG – January 25 - 26, 2025

Today's Bible Story: Walking on Sunshine (Paul and Silas) • Acts 16:16-40

Today's Bottom Line: God can help you choose joy.

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: “Character Pieces Week 4” Activity Page (one per kid), scissors, glue sticks, and markers

What You Do:

- Greet kids as they arrive to Small Group.
- Invite kids who brought an offering to place it in the offering container.
- Give each kid a “Character Pieces Week 4” Activity Page.
- Set out the scissors, the glue sticks, and the markers.
- Invite kids to choose from the different character pieces to assemble a person who resembles someone who is happy.
- Ask: “What makes you happy?”
 - Prompt them with ideas such as:
 - When your family is heading to the beach
 - When you're reading a book with your favorite snack
 - When you're playing your favorite sport, etc.

If time:

- Have the kids cut out the pieces that represent someone who is happy and glue them to the middle of the page.
- Direct the kids to decorate their characters with the coloring supplies.
- As kids finish, invite them to share with you how they chose to decorate their character and why.
- As the kids share, try to engage in each kid's interests.

SMALL GROUP TIME

1. Rainy Day Vision Boards

Bible Story Review

What You Need: “Vision Board” Activity Page Sets (3 per group per service), cardstock (1 per kid), markers, scissors, and glue sticks

What You Do:

- Invite kids to sit in groups of 3-4.

- Give each kid a piece of cardstock.
- Give each group the pages from the “Vision Board” Activity Page, markers, scissors, and glue.
- Encourage kids to use their imagination to create a rainy-day vision board by cutting out images from the “Vision Board” Activity Pages and gluing them on their cardstock.
- Explain to kids that they will have tough days. In the Bible Story today Paul and Silas had been treated unfairly - lied about, hurt, and thrown in prison.
- Remind kids that Paul and Silas chose to look to God and trust God to give them joy. They knew that even if it didn’t happen right away, God would make everything right in the end!
- Tell kids that the vision board can inspire them and bring them joy when they’re having a hard day.
- **Invite the kids to use the markers to draw something they love on their cardstock.**
 - Prompt kids with ideas, if necessary:
 - their pet
 - a favorite food
 - a favorite toy
- As kids finish, invite anyone to share their vision board with the rest of the group.
- Say, “If you find yourself this week having a tough day, take a look at your vision boards and remember that **God can help you choose joy.**”

2. Finding the Joy

Application Activity

What You Need: “Joy Skits” Cards (one set per group)

What You Do:

- Gather your group together.
- Share the scenarios below to demonstrate how our perspectives can change the way we see things!
 - Losing a game: One person may be really angry that they lost while the other is still upset, but realizes they have an opportunity to work harder next time.
 - Spilling a drink: One person may laugh and immediately clean it up, while the other person is so frustrated and disappointed in themselves for making a mess.
- Divide your group into four teams.
- Give each team a scenario card from the “Joy Skit” Activity Page.
- Encourage teams to work together in their groups to come up with a skit acting out a negative reaction to the scenario.
- Give teams a few minutes to plan their scenario.
- Invite any teams who would like to share their scenario with the group to do so.
- Encourage teams to come up with a second skit—acting out what it could look like to find joy in their scenario.
- Give kids a few minutes to plan their scenario.
- Invite any teams who would like to share their scenario with the group to do so.
- Remind kids that joy doesn’t mean they have to be happy all the time. When we choose to look to God and trust God no matter what happens, we’re choosing joy!

3. Showing Our Resilience

Memory Verse Activity

What You Need: Bibles

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.
- Ask: “Can anyone say the verse on their own?”
- Invite any kid who would like to recite the verse from memory the opportunity to do so.
- Model for kids how to do a plank. (See below)
 - If needed, demonstrate how to do an easier plank with your knees on the ground.
- When you say “Go!”, direct kids to get in plank position and attempt to hold their plank while reciting the Memory Verse out loud.
 - Allow the kids to reference their Bibles as needed but encourage them to recite the verse from memory as much as they can.
- Repeat a few times together.

Plank Instructions:

1. Start on your hands and knees, then place your forearms on the ground.
 2. Step your feet back to form a straight line with your body.
 3. Engage your core, keep your body tight, and maintain a straight back while breathing.
 4. When you're ready to stop, gently lower your knees to the ground.
- Say, “Just like you can practice your planking, we can practice resilience and choosing joy. That doesn't mean we won't face challenges like difficult homework or tough days. It means that when things get hard, we can dig deep, keep trying, and know that **God can help you choose joy.**”

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 my friends sitting here today! Life can be tough sometimes, but we are so thankful You can help us choose joy in every situation. Help us find the good in each day remembering that You promised to make everything right in the end for those who follow Jesus. 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 vision boards! Ask them to point to their favorite thing on the vision board and share why it reminds them to choose joy.