

City SG - May 18-19, 2019

Bible Story: Stop Draggin' My Heart Around (Cloud of Witnesses) • *Hebrews 12:1*

Bottom Line: God can help you let go of what is holding you back.

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 (NIRV)

1. Holding Me Back

What You Need: "Holding Me Back" Game Sheet (3 per group) game tokens (1 per child), dice (3 per group)

What You Do:

- Encourage your kids to find a partner, or assign partners.
- Give each kid a game token.
- Using one board and die for each pair, each player will roll the die and move that number of spaces.
- Point out that throughout the board there are squares where they can get "stuck in the mud."
- If a kid lands on the mud, he must skip a turn plus say today's Bottom Line: **[Bottom Line] God can help you let go of what is holding you back.**
- If they land on any of the training equipment, they get to move one extra space.
- The first player to reach the finish line wins!

What You Say:

"You know, our life can be a lot like this game board. There are things that can help us move forward, but unfortunately there are things that can hold us back. Like when you're learning to read, sometimes the words are easy and you know them all. And then other times you forget words that you know you knew just the day before! The good news is that **[Bottom Line] God can help you let go of what is holding you back** so you can keep going and do the work in front of you. He can help you understand that you CAN learn what you need to and He can even put people around you who can give you extra help."

[Make It Personal] (Share a personal example of a time you let go of something that was holding you back and how it helped you move forward.)

2. Let It Go

What You Need: UNO® cards (1 set per group)

What You Do:

- Shuffle deck and distribute Uno cards.
- Direct them to play the game according to the instructions. (If any kids aren't familiar with the game, give some quick instructions.)
- After a set amount of time, stop the games and collect the cards.
- Explain that in the game, the goal was to lay down your cards—to let go of them. We sometimes need to do this in life. We need to let go of the things that hold us back—our sins.
- Ask kids to name some things that kids their age often need to let go of.
 - You can start the conversation by asking about the last time they tried to learn something challenging, such as tying shoes or learning to dribble a basketball.
 - What kept them from being successful? Did they get discouraged at any point? How did they push through that discouragement?

What You Say:

"Those are all things that can hold us back, because they send us down the wrong path. They're not wise choices. We need to let go of those sins so we can live the life God wants us to live, where we love Him and follow His commands. It's not always easy to let go of our sins, because they might seem fun, or they might

seem to help us get what we want. But in the long run, they'll always be bad for us. **[Bottom Line] God can help you let go of what is holding you back** from living the life He wants you to live.”

3. Holding You Back

What You Need: “Memory Verse Phrases” Activity Pages (2 sets per group)

What You Do:

- Divide kids into two teams.
- Line the teams up at one end of your space, and place the sets of (mixed-up) phrases at the other end of your space.
- Explain that kids will relay to get the phrases, bring them back, and put them in order.
 - But the catch is that when one person takes his turn, the two people in line behind him will be holding onto him like a train, with their hands on the shoulders in front of them.
- Allow kids to play as many times as you wish.

What You Say:

“That game was much tougher than it should have been, because you had other people holding you back. Sometimes in life we have people who hold us back, and other times we have sins that hold us back. The things we do that are wrong in God’s eyes can keep us from living the life He wants us to live—which is the best life possible. Those things can be tough to let go of, but we can do it with the strength God gives us. **[Bottom Line] God can help you let go of what is holding you back.**”

4. Memory Verse Scramble

What You Need: Bibles, “Memory Verse Scramble” Cards – from Week 1 (3 sets per group)

What You Do:

- Guide kids to look up Isaiah 40:31 using the following tips.

***Finding verses with 1st-3rd graders:** Guide them to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When the kids find the table of contents, lead them to find Isaiah in the list under “Old Testament.” When the kids find Isaiah, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Isaiah. Help the kids find the page. When they find Isaiah, explain that the big numbers on the page are the chapter numbers. Help them find chapter 40. Explain that the small numbers are verse numbers. Help them find verse 31 in chapter 40.*

- Say the verse together several times.
- Divide your group into 2 or 3 teams (depending on the size of your group)
- Give each team a set of “Memory Verse Scramble” pages.
- Tell the kids to spread the sheets out, face down, and scramble them up on the floor.
- On your “Go!” the first team to put the verse in order wins.
 - Have a team member read the verse to you to complete the round.
- Play a few rounds as time allows.

BEFORE DISMISSAL: AT “COMMUNION CALL”

HAND OUT “GOD TIME” CARDS TO EACH CHILD AND ALLOW THEM TIME TO BEGIN WORKING ON THE WEEKLY ACTIVITY

IF CHILDREN BRING THEM BACK THE FOLLOWING WEEK, THEY RECEIVE A PRIZE!