

# Alley SG - June 15-16, 2019

**Bible Story:** Peaceful Easy Feeling (Don't Worry) • *Matthew 6:25-27*

**Bottom Line:** You can have peace because God is in control.

**Key Question:** How can you find peace even when life seems hard?

**Memory Verse:** But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Galatians 5:22-23a, NIV

## 1. Take a Snapshot

**What You Need:** No supplies needed

### What You Do:

- **Challenge** the students to demonstrate what worry would look like if it was expressed using only their feet. What would peace look like?
- **Assign** each person one of the body parts listed below.
  - Left foot
  - Right
  - Elbow
  - Head
  - Arm
  - Leg
  - Pinky finger
  - Eyes
  - Left hand
  - Right hand
- **Repeat** the activity, but this time invite students to give examples of stuff people worry about
  - Let them take turns showing what that worry would look like if it was expressed using only their assigned body parts.
- **For each worry they come up with**, ask them to suggest ways we can find peace in those worrisome situations then take turns demonstrating what peace would look like if it was expressed using only their assigned body parts.

### What You Say:

"Kids. Teens. Adults. Old people. All of us worry about something sometime. When you find yourself worrying, stop and talk to God about whatever it is that has your knees shaking or your feet pacing, or making you feel like you're turned inside-out. More importantly, remind yourself that God is the one who knows everything that's happening. He's in control of it all. Things may not always turn out the way you expect, but it helps to know that God sees what's going on and knows what you need."

## 2. Whisper Challenge

**What You Need:** Foam Earplugs (1 set per student, Whisper Challenge Phrase Cards (4 sets per group)

### What You Do:

- Pair students up and give each student a pair of foam earplugs.
  - **NOTE: Students will keep these earplugs or throw them away. They are not intended to be used again.**
- Have students take turns reading the phrases, and trying to get their partners to read their lips and guess what they're saying.
- Students may switch turns at their own discretion.
- Play until the cards run out.

### What You Say:

"Just like it was hard to focus on what your partner was saying, because you couldn't hear them, it is equally important to focus on Jesus when there's all kinds of noise and distractions around us."

### 3. Memory Verse Scramble

**What You Need:** Memory Verse Cards from Week 1 (2 sets per group)

**What You Do:**

- **Place** the sheets face down
- **Divide** group into 2 teams
- **Allow** students to race each other to put the verse together first
- **Play** a few rounds as time and interest allows

**BEFORE DISMISSAL: AT "COMMUNION CALL"**

**HAND OUT "GOD TIME" CARDS TO EACH STUDENT BEFORE DISMISSING AND ALLOW THEM TIME TO BEGIN WORKING ON THE WEEKLY ACTIVITY**

**IF STUDENTS BRING THEM BACK THE FOLLOWING WEEK, THEY RECEIVE \$3 IN ALLEY CASH!**