

# City SG - September 21-22, 2019

**Bible Story:** Under Pressure (Joseph Interprets Pharaoh's Dreams) • *Genesis 41*

**Bottom Line:** When the pressure is on, you can trust God is with you.

**Memory Verse:** *Trust in the LORD with all your heart. Do not depend on your own understanding.*  
Proverbs 3:5 (NIRV)

## 1. Just for Fun

**What You Need:** No Supplies Needed

### What You Do:

- Guide kids to do a "Sitting Circle."
  - Instruct them to stand sideways in a tight circle, with each kid facing the next kid's back.
  - At the same time, they will all sit down on the knees of the person behind them.
  - Explain that they all need to do it at the same time or everyone will fall down.
  - They all need to trust that the people in front of and behind them will do what they need to do when they need to do it.
- Leaders will need to be spotters and try to keep kids from falling.
- Let kids try doing it with different numbers of kids in the circle.
- *Note: If you don't have many kids in your group (fewer than five or six), you might want to join together with another small group to do this activity.*

## 2. High Pressure

**What You Need:** Timer on cell phone (*optional*), paper, pens

### What You Do:

- Explain that kids will be doing several activities where the pressure will be on. They'll need to do a certain number of things in a set amount of time.
- You can choose what kids will do and/or do some of the following (adjust times as needed):
  - Do 10 sit-ups in 25 seconds.
  - Write down eight words that start with B in one minute.
  - Do 20 jumping jacks in 30 seconds.
  - Draw everyone who stays in your house in one minute. Make sure to write their names.
  - Shake everyone's hand in your group 45 seconds.

### What You Say:

"Whew! The pressure really was on, but you all handled it well! God helps us handle the pressure when we put our trust in Him!"

## 3. Hoop De Doo

**What You Need:** Carpet Tape (1 roll per group); heavy duty hula hoop (1 per group), Bibles

### What You Do:

- Open the Bible to Proverbs 3:5.
- Ask if anyone has this month's verse memorized and let them recite it if they want to!
- If not, read the verse together as a group.
- Use the tape to mark a two-foot square on the floor.
- Guide your group to gather in an evenly spaced circle around the hoop.
- Instruct the kids to put their toes into the square and grab onto the hula-hoop with ONE hand.
- At your signal, lead the kids to lean back simultaneously. (*Spoiler: Each child's weight will be supported by the other kids, enabling the kids to balance!*)

- *TIP: Do the activity with responsible kids first so they can set an example for others. You can even make “showing you’re ready” a prerequisite for participation.*

### What You Say:

“Was it hard to trust me and do what I asked you to do? Why or why not? (*Yes, I was worried that I would fall. Yes, it was scary!*) The pressure was on to trust my directions, wasn’t it? But after you trusted and did what I asked you to do, what was it like? (*Pause.*)

“Trusting God can be scary sometimes, especially if you don’t know how things are going to work out or even IF they’re going to work out. But you can trust God no matter what, because He loves you and He knows what’s best for you. So this week, remember that **[Bottom Line] when the pressure is on, you can trust God is with you.**”

## 4. Beat the Clock

**What You Need:** Memory Verse Cards (2 sets per group), timer on cell phone (*optional*)

### What You Do:

- Place each set of “Memory Verse Phrases” in a pile on one side of your small group area.
- Divide kids into two teams, and guide teams to line up on the opposite side of your area.
- Instruct kids to relay to get the phrases and put them in order.
- Explain that they’re competing against each other, but they’re also trying to beat the clock.
- The amount of time you give kids will depend on your kids and the size of your small group area.
- If there’s time and interest, play several times. If they’re able to beat the clock the first time, set the clock for a shorter time the second time.

### What You Say:

“The pressure was on in this game! Not only were you trying to beat the other team, but you were also trying to beat the clock. Sometimes in life, the pressure is on, too, and sometimes it’s in more than one way, like in this game. If you’ve ever had to take a really hard test, or give a speech in front of your class, or stand up to a bully, then you know what it feels like when the pressure’s on. But **[Bottom Line] when the pressure is on, you can trust God is with you!**”

## 5. Pray and Dismiss

**What You Need:** Paper, pens

### What You Do:

- Give each kid a piece of paper and a pen.
- Invite kids to write a prayer asking God to help them trust Him when the pressure is on in a particular upcoming situation, such as a test at school, a big school project, or a music performance.
- If they can’t think of a specific situation, they can write a more generic prayer about trusting God when the pressure is on. But encourage kids to think of something specific to pray about.

### What You Say:

**[Bottom Line] “When the pressure is on, you can trust God is with you!** When you’re feeling that pressure, and you’re getting anxious or even angry, take a moment to stop and pray and ask God to help you trust Him and face that situation with peace and calmness.”

**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!**