

Alley SG—May 22nd, 2022

Today's Bible Story: Glory Days (Heroes of the Faith) • Hebrews 11

Today's Key Question: Who inspires you to get back up?

Today's Bottom Line: Trusting God can help you get back up.

Monthly 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. Verses to Take with You

What You Need: Bibles, ball (1 per pair of Kids)

What You Do:

- Give kids a Bible.
- Look up and read the memory verse together, Isaiah 40:31.
- Allow kids to recite the verse from memory while the rest of the group follows along in the Bible.
- Gather kids in a circle.
- Using a ball, challenge kids to bounce the ball to each other saying a word of the verse as they bounce the ball. Continue until the entire verse is recited.
- To increase the challenge:
 - Kids standing across from each other in the circle pair up.
 - Give each pair of kids a ball.
 - Teams bounce the ball to each other saying a word of the verse with each bounce. If someone misses the ball, the team sit down.
 - Encourage teams sitting down to help the teams still standing to remember the next words to the verse.
 - The last team left standing is the winner.
- Gather the group together for discussion.
- Give kids a Bible and look up Psalm 111. Read to the group verses 1-4.
- Ask:
 - What words are repeated in the first four verses of this Psalm? Why do you think the Psalmist repeats them?
 - Read verse two: *The LORD has done great things. All who take delight in those things think deeply about them.* (NirV)
 - Why is it important to remember what the LORD has done? Why does remembering what God has done help us to trust Him?
 - What does the Psalmist write about God? What are the words they use to describe who God is? Why does remembering who God is help us to show resilience?
 - How does knowing God and what He has done help inspire us to get back up?

2. Bible Story Extension

What You Need: Disc Cones (10 per Group), ball pit balls (10 per Group), blindfolds (1 per pair of kids), Bibles

What You Do:

- Pair kids up.
- Set three cones in the center of your space. Scatter teams along the perimeter.
- Blindfold one kid from each team and give them a ball.
- Scatter other disc cones as obstacles throughout the space, blocking any direct path to the three cones.
- Explain that the goal is to be the first team to set their ball on top of one of the cones.

- The rules for the game are:
 - The “sighted” kid cannot touch their teammate or their team’s ball. They must give verbal directions to guide their teammate to the correct cone.
 - If the blindfolded kid touches an obstacle cone, the “sighted” kid must sit down, clap three times, and get back up before continuing.
 - When a team reaches a cone, the “sighted” kid directs the blindfolded kid to place the ball on the cone.
 - First team to place their ball on a cone wins.
 - Repeat and allow kids to change roles.
- Use the following to discuss the game and to help kids process the Bible story:
 - Say: “It is not easy to move when you can’t see where you are going. And it can be hard to get back up when something gets you down. There are many stories in the Bible of people who kept going even when they didn’t know what would happen next, because they trusted God.”
 - Challenge the group to work together to make a list of people in the Bible who kept going because they trusted God. Use Hebrews 11 as a guide if necessary.
 - From the list we made, who inspires you and why?
 - Who in your life would you describe as a hero of faith and why?
 - ***[Make it Personal] (Share an example of someone in your life you would describe as a hero of faith and why you consider them faithful.)***
 - How can trusting God help you to get back up when you’re faced with something challenging?

3. Take a Snapshot

What You Need: Butcher paper (1 large piece per Group, per Service), blue wall tape, markers

What You Do:

- Tape a large piece of butcher paper to a wall.
- On the left side of the paper, draw an outline of a giant arrow pointing down. Next to that, on the right side of the paper, draw an outline of a giant arrow pointing up.
- Ask: What are things that get you down?
- Write kids’ responses in the center of or near the down arrow.
- Ask: When you are down, who inspires you to get back up?
 - If necessary, use the down arrow ideas to prompt kids. (i.e., What are the opposites of the items written on the other side of the paper?)
 - For example: Who helps you to get back up when people around you are fighting? Or what are some things that encourage you to get back up when you feel alone?
- Write those responses in the center of the up arrow.
- ***[Make it Personal] (Share an age-appropriate example of something that gets you down and what in your life inspires you to get back up.)***

4. Discussion Questions

Ask:

- What is faith, in your own words?
- How can our actions show we have faith or show we trust God no matter what?
- How can faith and trusting God help us to get back up again?
- Why is knowing the stories in the Bible important? How does knowing stories of how God showed up in difficult situations affect our faith? How do the stories affect our ability to bounce back?

5. Make it Personal with Prayer

What You Need: “Thank You Cards” (1 per kid), markers, pens, Bibles

What You Do:

- Give kids a “Thank You Card” to write a thank you letter to God.
- Encourage kids to pick a Hero of Faith—either from the Bible or from their lives—and write a thank you note to God for them and for their story.
- Encourage kids to tell God how the Hero of Faith encourages them to trust God and to help them show resilience.
- Let kids to share their thank you letters with the group if they would like to.
- Challenge kids to share their thank you notes with someone this week, especially if their “Hero of Faith” is someone from their life.
- Close in prayer.

What You Say:

“God, You can be trusted no matter what! You love us! You are always with us! You know us and You want us to know You! Thank You for Your Spirit to give us strength, for Jesus who gave us a way to be with You now and forever, and for the heroes of faith who show us how important it is to trust You. Thank You especially for . . . *(pause and allow kids to say names of people they are thankful for)*. Thank You for inspiring us to get back up even when things are hard or we don’t understand. Amen!”