

City SG—May 8th, 2022

Today's Bible Story: Go the Distance (Peter and John Are Taken to the Sanhedrin) • Acts 3:1–4:21

Today's Bottom Line: Keep going even when it gets tough.

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. Catch and Answer

What You Need: "Story Review Questions" Page (1 per Group), playground ball (1 per Group)

What You Do:

- Divide your group into two teams.
- Direct the teams to line up in parallel lines, facing each other.
- Hand the ball to a kid on Team One.
- Call out the names of two kids on Team Two. Those are the kids who are allowed to catch the ball.
- Have the kid with the ball throw it so that it bounces at least once.
- The goal is that one of the two kids you called must catch the ball before it bounces a second time.
- Once a kid catches the ball, ask a question from the "Story Review Questions" Activity Page.
- Kids may ask team members for help in answering the questions.
- Then call out the names of two kids on Team One and have the kid holding the ball on Team Two bounce it to one of the two kids you named.
- Repeat, tossing the ball back and forth between teams until you've covered all of the review questions.

What You Say:

"Peter and John kept going, even after being arrested, even after the religious leaders told them to stop, even when they didn't know how things would turn out. Peter and John bounced back. They moved forward. They kept preaching and telling others about Jesus because they KNEW what they had seen. They knew that Jesus was who He said He was and that He did what He said He would do.

"They wanted everyone to know about Jesus, and they knew the BEST way to make sure that happened was to tell people about Him. God gave them power to heal the man so everyone could see how powerful God is. And as a result, over 5000 people quickly joined the new church. Even when things were scary and hard, Peter and John kept going. And we can, too. We can keep doing the right thing. We can keep following and trusting God. We can **[Bottom Line] keep going even when it gets tough!**"

[Make it Personal] (Tell kids about a time you kept going even when things were tough. Think about a time when you had to keep doing the right thing even when it was hard. How did God help you build the resilience to keep going even when you wanted to quit?)

2. Keep Going Verse

What You Need: Bible marked at Isaiah 40:31

What You Do:

- Have a volunteer open the Bible to Isaiah 40:31. Say the verse together for review.
- Guide kids to stand together in your group's space.
- Call out an exercise from the list below.
- Challenge the group to hold that position or do that exercise continually as you repeat the verse together.
- Encourage them to keep going until the end of the verse.

- Repeat, calling out a different exercise for each round. Continue for as many rounds as time allows.
- Exercises:
 - Squat
 - Plank
 - Jog in place
 - Wall Sits (If you have a wall available, have the kids stand with their backs against the wall then squat as if they're sitting on a chair, pushing against the wall with their back and the floor with their feet. Kids must hold that position as they say the verse.)
 - March
 - Hold arms straight out from your sides or hold your arms over head.

What You Say:

“Great job! You kept going, even when you probably wanted to quit! I’m proud of you for sticking with it. Our verse reminds us that when we put our trust in God, we will be given new strength. God’s power is unlimited. God can help you **[Bottom Line] keep going even when it gets tough.**”

3. Keep Going Scenarios

What You Need: “Keep Going Scenarios” cards (1 set per Group)

What You Do:

- Lay the scenario cards out on the floor on one side of your Small Group area and stand near the cards.
- Line up the kids on the opposite side.
- Call out a way for the first kid in line to travel to you.
- Ways to travel:
 - Crabwalk
 - Baby steps
 - Hop on one foot
 - Walk backwards
 - Skip
- Once the kid makes it across the space, have them grab a card and help them read it aloud to the group.
- Then, lead all the kids to respond to that scenario by saying, **[Bottom Line] “Keep going even when it gets tough.”**
- Continue until all scenarios have been read.

What You Say:

“We face tough situations every day. And we might be tempted to quit. But just like Peter and John, we can keep going when we remember that God is with us and will help us! We can bounce back and get back up again! So this week, when you face something hard and you REALLY want to quit, stop and pray. Ask God to help you remember that He is with you and will help you **[Bottom Line] keep going even when it gets tough.**”

4. Mazes

What You Need: “Maze” Activity Pages (1 per kid, per Service), pens

What You Do:

- Pass out a “Maze” Activity Page and a pen to each kid.
- As they work, discuss their week using the questions below.
 - How would you rate your week on a scale of one (the worst) to ten (the best). Why?
 - Name a high (good) thing that happened this week.
 - Name a low (not so great) thing that happened this week.

- Did something crazy or unexpected happen this week? What?
- Did anyone have anything difficult happen that they had to bounce back from?

5. Pray and Dismiss

What You Need: No supplies needed

What You Do:

- Gather the kids to huddle up for prayer.
- Encourage the kids to pray silently for the kid on their left, asking God to help that friend ***[Bottom Line]*** **keep going even when it gets tough.**

What You Say:

“Let’s pray. I’ll give you a few seconds to pray silently on your own for the friend on your left.”

“God, we love You. Thanks for the promise that You are with us and will give us new strength when we need it. This week, when we want to quit, to give up or give in, will you help us keep going? Thanks for loving us and helping us every day. You’re awesome, God. In Jesus’ name we pray, amen.”