

City SG—September 25th, 2022

Today's Bible Story: Weighed Down (Jacob and Esau's Reconciliation) • *Genesis 31:3; 32:3-32; 33:1-17*

Today's Bottom Line: You can trust God even when you're worried.

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

1. Verse Bowling

What You Need: Bibles, Memory Verse cups (1 set per Group), floor tape, and a ball

What You Do:

- Make sure each kid has a Bible.
- Together, look up Proverbs 3:5 with the navigation tips below then read it out loud several times.

Finding verses with your Group: Guide kids 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 "Proverbs" in the list under "Old Testament." When the kids find Proverbs, lead them to look at the page number beside the word. Explain that the number tells them on what page they can find Proverbs. Help the kids find the page. When they find Proverbs, explain that the big numbers on the page are the chapter numbers. Help them find chapter 3. Explain that the small numbers are verse numbers. Help them find verse 5 in chapter 3.

- On one side of your space, place the prepared cups in verse order in a "V" formation like bowling pins (one in front, two in the second row, three in the third row, and four in the fourth row).
- Tape a start line about three feet from the "bowling pins."
- Invite the kids to line up behind the start line.
- Instruct the kids to take turns rolling the ball to knock down the cups.
- If a kid doesn't knock down any cups, say the verse together as a group.
- If a kid knocks down some cups, remove those that were knocked over and invite the kids to say the verse and "fill in the blank" for the missing words. (Read the words on the cups that are still standing and let kids fill in the missing words.)
- If a kid rolls a strike (knocks down all the cups) say the verse from memory yourself. (If your kids know the verse pretty well, "mess up" a couple of words and let them correct you! They'll love catching your mistake.)
- Repeat until every kid has a turn.

What You Say:

"That was fun! If you're ever in a situation that worries you or that doesn't make sense, remember what Solomon says is the best thing we can do in Proverbs 3:5: Choose to trust in God with all your heart instead of leaning on yourself. You don't have to have everything figured out because God does, and God wants what's best for you. **[Bottom Line] You can trust God even when you're worried.**"

2. Back Together Again

What You Need: “Back Together Again Puzzles” (1 set of 5 puzzles per Group)

What You Do:

- Form two equal groups and direct them to stand at opposite sides of your space.
- Give each kid in one group half of a puzzle piece then give a kid in the other group **the corresponding piece.**
- After kids have found their matches, ask them to place the completed puzzles on the floor in numbered order. (Numbers are printed on the bottom corners.)
- Talk about each picture by letting kids share what they remember from the story. Use the brief commentary below to fill in any details that kids don’t remember.
 - **Puzzle #1** Jacob had been living with his uncle, Laban, for many years. He had a big family of his own. God told him to go back to his father’s land. But Jacob was worried that Esau might still be mad at him for the bad things he’d done to him.
 - **Puzzle #2** Jacob trusted God’s promises. He also wanted to make peace with his brother. He set out with his whole family. When he got close to home, he sent a message to let Esau know he was coming. The messengers came back and said Esau was coming to meet Jacob . . . with 400 men!
 - **Puzzle #3** Jacob was worried that Esau might attack him so he separated his family and his herds into two groups so that if Esau attacked one group, the other group could escape. Then he prayed to God.
 - **Puzzle #4** Jacob sent a gift of many animals to Esau. He bowed down seven times to show that he wanted to make peace.
 - **Puzzle #5** Esau ran to Jacob and hugged him. The brothers made peace with each other.

What You Say:

“Jacob was worried about what Esau might do to him, but what he was afraid of didn’t happen. Jacob talked to God about his worries and you can, too. **[Bottom Line] You can trust God even when you’re worried.** You can trust God with little things like thunder or going to a new friend’s house for the first time, AND you can trust God with big things like when someone is really sick or you find out that your family has to move away. God will be with you in everything you do and everywhere you go. Ask God to help you feel calm and not worry. You can ALWAYS, ALWAYS trust God, even when you’re afraid, worried, or upset.”

[Make it Personal] (Share about a time you felt worried. Tell kids how you trusted God in that situation and how God helped you.)

3. Worry Blasters

What You Need: “Worry Blasters” cards (1 card per kid)

What You Do:

- Give each kid a “Worry Blasters” card.
- Practice the poses as you talk about how each action can help them trust God when they feel worried, nervous, or fearful.

- PRAY—You can talk to God about anything that is bothering you. You can ask God to help you not be worried or scared.
- THINK—You can think about a promise from God, a Bible story, a Bottom Line, or a worship song that helps you remember God loves, cares, protects, and helps you.
- READ—You can ask an adult to help you find and read a verse or story in the Bible that reminds you to trust God when you're afraid or concerned.
- TALK—You can talk to someone about how you're feeling and ask them to pray for you.
- Invite kids to choose a partner.
- Ask partners to stand back-to-back.
- Explain that on the count of three, they will turn and face each other, but AS they turn around, they must freeze in one of the "Worry Blasters" positions.
- If their partner is doing the same pose when they turn around, they each earn a point.
- Switch partners several times.
- Invite kids to take their "Worry Blasters" cards home with them.

What You Say:

"When you feel worried, stop and remember what we learned today. **[Bottom Line] You can trust God even when you're worried.** You can put one of these Worry Blasters to work any time you need help trusting God. When you get home, put your Worry Blasters card in a place where you can find it when you feel nervous or upset. Maybe you can carry it in your backpack or tape it to your mirror or door. God will help you blast your worries as you learn to trust God more and more."

4. Pray and Dismiss

What You Need: Cards from "Worry Blasters" Activity

What You Do:

- Invite kids to do the actions on their "Worry Blasters" cards as you close with prayers similar to the ones suggested below.
 - PRAY—Dear God, help us talk to You about things that are bothering us. We know we can ask You to help us not be worried or scared.
 - THINK—Help us think about Your promises, a story in the Bible, a Bottom Line, or a praise song that helps us remember that You love, care, protect, and help us.
 - READ—Remind us to ask an adult to help us find and read a verse or story in the Bible that reminds us to trust You when we're afraid or concerned.
 - TALK—Help us talk to someone about how we're feeling and ask them to pray for us.

What You Say:

"Dear God, when we are worried this week and feel nervous or upset, help us remember that no matter what happens, we can always trust that You are with us. We want to love You more and more and trust You with all of our heart. In Jesus' name, amen."