



# WEEK 5

## ELEMENTARY LESSON OUTLINE



### **BIG IDEA**

I am forgiven because  
God loves me.

### **THE BIBLE**

**Confession and Forgiveness:** Psalm 32;  
(1 John 1:9)

### THIS WEEK AT A GLANCE

## LARGE GROUP TIME

- **MUSIC** | Worship
- **ACTIVITY** | Camouflage
- **ACTIVITY** | Fear Fishing
- **QUESTION** | Have You Ever Been Scared?
- **THE BIG IDEA** | I am not afraid because God can be trusted.
- **VIDEO** | Sing, Episode 5
- **SCRIPTURE** | Psalm 56; 1 Samuel 21:10-22:2
- **OBJECT LESSON** | Trust Pushes Fear
- **VIDEO** | What's The Word: Trust
- **SCRIPTURE** | Isaiah 41:10; Proverbs 3:5-6
- **ACTIVITY** | Rock, Paper, Scissors, Trust!
- **ACTIVITY** | Human Knot
- **PRAYER**
- **MEMORY VERSE** | Making the Band

## SMALL GROUP TIME

- **DISCUSSION**
  - Why was David afraid in Gath?
  - What did he do to escape the Philistines?
  - What can we do when we are afraid?
  - Read Isaiah 41:10 and Proverbs 3:5-6. What are the reasons to trust God?
  - What are some things you are afraid of?
  - What does it mean to trust someone?
  - What are some things you know about God that remind you God can be trusted?
- **ACTIVITY** | Security Pal
- **MEMORY VERSE** | Psalm 95:1 (NIV)



# WEEK 5

## HACKS FOR PRETEENS



**BY ASHLEY SIDER**

### HOW TO HACK THIS SERIES FOR PRETEENS

In children's ministry, you've got a wide range of ages you need to engage every week, but preteens tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your preteens more engaged.

#### **ACTIVITY | Fear Fishing**

Brainstorm different fears as a groups and have the preteens write them down on the fish.

#### **QUESTION | Have You Ever Been Scared?**

Look up a few different "[phobias](#)" (both a mix of common ones and unique ones) and share them in a group. Take turns seeing if the students can pronounce them!

#### **OBJECT LESSON | Trust Pushes Fear**

If time allows, have a few different students take turns doing the activity or have enough for all of the students to do it at once.

ABOUT THE AUTHOR

# ASHLEY SIDER



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Ashley works at Messiah College as the Assistant Director of Alumni and Parent Relations and serves her church by teaching Elementary Sunday School. Before her current role, she worked in Youth Ministry for several years, first as a volunteer, then assistant, and then director. She's also done some guest teaching in other churches and loves it!

When she was in middle/high school, her faith was deeply impacted by a short-term missions trip, which led her to go to college to learn more about cross-cultural ministry and the importance of learning about global differences. One of her favorite things to do is to create trainings for other groups going on

missions trips to help prepare them for their journey. She is an energetic, hardworking, easily excitable gal who was made to help inspire others. (Read: INTJ, Enneagram 3, and StrengthFinders Future/Strategic/Learner through and through.) Though she spends most of her free time reading, writing, and taking photos, she loves an unscheduled weekend at home, spending time outside and hanging with her husband and daughter in Pennsylvania.

If you'd like to chat further about the enneagram, using social media for your ministry, or picking a paint color for your front door, reach out! She would love to connect with you!

**ADDITIONAL DEVELOPMENT:** Elle Campbell, Brooklyn Lindsey, Amber Stephens, Linda Moon, Kellee Gentry.

**TEACHING VIDEOS:** Elle Campbell, Brooklyn Lindsey, Linda Moon, Jared Callahan.

**PRETEEN HACKS:** Ashley Sider.

**SPECIAL NEEDS HACKS:** Sue Spiesz.

**MEMORY VERSE SIGN LANGUAGE:** Sunny Brown.

**GRAPHIC DESIGN:** Josh Gosney, Jules Gray, Elle Campbell.

**LAYOUT DESIGN:** Jules Gray, Elle Campbell.

**ADDITIONAL SUPPORT:** Kenny Campbell, Tash McGill, Stephen Switzer, Ali Anne, Eddie Irvin, Ari Raines, Kellee Gentry, Tim Synan, Josh McLemore, Amber Gaddis.



# WEEK 5

## HACKS FOR KIDS WITH SPECIAL NEEDS



**BY SUE SPIESZ**

### *HOW TO HACK THIS SERIES FOR KIDS WITH SPECIAL NEEDS*

In children's ministry, you've got a wide range of ages you need to engage every week, but kids with special needs tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your kids with special needs more engaged.

#### **ACTIVITY | Rock, Paper, Scissors, Trust!**

In this modified version of Rock, Paper, Scissors, the added "trust" component might be overwhelming for kids with special needs. When it is their turn, allow them to play the regular version of Rock, Paper, Scissors. Make sure the group cheers for the kid, win or lose.


#### **ACTIVITY | Human Knot**

Although this activity beautifully demonstrates cooperation and trust, it can be a bit challenging for kids with special needs. The proximity of bodies is very close, and this may adversely affect a kid who has sensory issues. For this same reason, holding hands tightly, without letting go, could prove to be extra challenging. It also could intellectually be confusing for the child with developmental delays.

Give the child with special needs a different role in this activity. For example, give the child with special needs the responsibility blowing the whistle or ringing the bell as the activity begins. Or, play music in the background during this activity and allow the child to turn the music on and off, and dance/move freely to the music. Be creative so that every child can participate in some way.

ABOUT THE AUTHOR

# SUE SPIESZ

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My name is Susan, and I LOVE writing Special Needs Hacks for Grow Curriculum, and Student Ministries!!!!

For my profession, I teach Special Education to struggling preschoolers, and also teach school-aged students who are hospitalized, or home-bound.

One of my favorite jobs is teaching at the local college in the Exceptional Education Department!! So much fun!! I was so honored to be part of the launching of the special needs ministry at our church over 15 years ago, and now we help other churches in the area begin their own special needs ministries.

It's been an awesome experience! I have 4 amazing children who are crazy fun and outgoing! They range from 11 years old to 27!!

In my spare time I enjoy cycling and riding my jet ski on the great Niagara River! I've been caught zip lining in my backyard, and unicycling down my street. Life is fun around here!

Please feel free to reach out to me to chat about special needs curriculum and ministry. I'd love to hear from you!

**ADDITIONAL DEVELOPMENT:** Elle Campbell, Brooklyn Lindsey, Amber Stephens, Linda Moon, Kellee Gentry.

**TEACHING VIDEOS:** Elle Campbell, Brooklyn Lindsey, Linda Moon, Jared Callahan.

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# WEEK 5

## ELEMENTARY LESSON GUIDE



### BIG IDEA

I am forgiven because  
God loves me.

### THE BIBLE

**Confession and Forgiveness:** Psalm 32;  
(1 John 1:9)

## LARGE GROUP TIME

*WHAT? What are we talking about today?*

#### MUSIC | Worship

- **INSTRUCTIONS:** Sing a few worship songs with your kids! Choose any song(s) you and your kids like, but you might want to include one or more of the following:
- "You Never Let Go" by Capitol Kids! Worship ([video](#))
- "God is Bigger" by VeggieTales ([video](#))
- "I Will Not Be Afraid" by Roar VBS ([video](#))

#### ACTIVITY | Camouflage

- **INSTRUCTIONS:** Lead the kids in this modified version of hide-and-seek. One person ("it") stands in the middle of the room, closes their eyes, and counts to 20. Everyone else hides. Then "it," without moving from their place, tries to spot hiders and calls out the people they can see. Then "it" closes their eyes again, this time counting to 15, while everyone has to come out of hiding, tag "it" then go hide again. Game repeats with "it" counting to 10 then 5, until only 1 hider remains. (For more details, check out the [description here](#).)
- It's fun to hide in a game, but hiding places are important because they keep us safe from danger.

#### ACTIVITY | Fear Fishing

- **INSTRUCTIONS:** Purchase plastic fish or make your own out of cardboard and laminate it with

packing tape. Write with a dry erase or washable marker on each fish to represent the things we fear. Put a paperclip on each fish and a magnet on the string from a “fishing pole” made from a dowel rod. Let the kids fish in a bucket or pool without water. After the fish have been caught, read the word on the fish and tell the kids to throw their fish into a bucket with water. The words should disappear off the fish.

✂ **PRETEEN HACK:** Brainstorm different fears as a groups and have the preteens write them down on the fish.

- We might be afraid of things, but guess what? There’s always someone we can turn to!

**QUESTION | Have You Ever Been Scared?**

- **Would anyone like to share a time when you’ve been scared?**
- There are lots of things you may be afraid of. The truth is, everyone gets scared. But the Bible tells us God is here to help us when we get scared!

✂ **PRETEEN HACK:** Look up a few different “[phobias](#)” (both a mix of common ones and unique ones) and share them in a group. Take turns seeing if the students can pronounce them!

**THE BIG IDEA | I am not afraid because God can be trusted.**

- **INSTRUCTIONS:** Dim or turn off the lights in the room, and ask kids to take turns trying to frighten you! If you are not comfortable with this, just ask kids to make their most frightening faces.
- Oh wow, that was pretty scary! **What do you normally do when you’re scared?** Well, from now on, remember this Big Idea and trust God instead!
- This week’s Big Idea: **I am not afraid because God can be trusted.**

**SO WHAT? Why does it matter to God and to us?**

**VIDEO | Sing, Episode 5**

- **INSTRUCTIONS:** Play this week’s [teaching video](#).

**SCRIPTURE | Psalm 56; 1 Samuel 21:10-22:2**

- **INSTRUCTIONS:** Look up the story in your Bible and encourage the kids to do the same. Read it!
- David wrote Psalm 56 when he had been captured by the Philistines and was taken to Gath. He was so afraid of the king that he pretended to be mentally ill so that his captors wouldn’t think he was a threat, and then he was able to escape.
- Throughout this time, David remembered God, who is more powerful than any king, and wrote that he will trust God when he is afraid.
- When we are afraid, we can put our trust in God. God will always take care of us. God can always be trusted!

**OBJECT LESSON | Trust Pushes Fear**

- **INSTRUCTIONS:** Before the kids arrive, place a glass vase on a tray. Label the vase, “YOU.” Then,

label a cup, "FEAR" and place baking soda in the cup. Place vinegar in a cup labeled, "GOD."

✂ **PRETEEN HACK:** If time allows, allow preteens to try this out on their own!

- We all have fear inside of us for different reasons. [Pour baking soda into the vase.]
- But God promises to take care of us and knowing that will help push fear out of our hearts. [Pour vinegar into the vase.]
- Everyone gets scared, but we can trust God to take care of us.

#### VIDEO | What's The Word: Trust

- **INSTRUCTIONS:** Show [this video](#), "What's the Word: Trust" from Crossroads Kids' Club.
- **What is trust?**
- **How does someone show that they are trustworthy?**

#### SCRIPTURE | Isaiah 41:10; Proverbs 3:5-6

- **INSTRUCTIONS:** Look up the verse and read it!
- **What do these verses tell us about God?** That's right! God is always with us! God will give us strength when we feel weak and will help us when we can't do things on our own.
- **What do these verses tell us about each other?** The verses tell us everyone gets scared! We all are afraid of something. And we can all trust God with our fears. We may know a lot of things, but we don't know everything. We can trust God knows best!

### NOW WHAT? What does God want us to do about it?

#### ACTIVITY | Rock, Paper, Scissors, Trust!

- We are going to play a game that requires a whole lotta trust!
- **INSTRUCTIONS:** Split kids into two teams, and have each team select a representative to face off with Rock, Paper, Scissors. But before they go, each person tells the other person what they are going to put (they don't have to put what they say though!). The goal is to win, of course. But if a player won by "trusting" the other person, they get an additional point. For example: If player 1 says they will pick "rock," (and actually does "rock") and player 2 puts "paper," to win –team 2 gets a point for winning, and a point for trusting. If player 2 puts "paper" but player 1 changes it up and puts "scissors" instead, team 1 gets a point for winning, but team 2 also gets a point for trusting.
- ✂ **SPECIAL NEEDS HACK:** The added "trust" component might be overwhelming for kids with special needs. When it is their turn, allow them to play the regular version of Rock, Paper, Scissors. Make sure the group cheers for the kid, win or lose.
- **What are the different things you had to trust in this game?**

#### ACTIVITY | Human Knot

- **INSTRUCTIONS:** Tell everyone to stand in a circle (if you have a large group, break it down into groups of 8-10). Tell everyone to put their right hand in the middle of the circle, and hold someone else's hand. Do the same with their left hands. Then, the kids will untangle themselves and make a circle again without letting go of the hands they're holding. Let one person sit out – they are going



to help untangle the group. But first, have them try untangling themselves without saying anything for about a minute before getting help.

✂ **SPECIAL NEEDS HACK:** Give the child with special needs a different role in this activity. For example, give the child with special needs the responsibility blowing the whistle or ringing the bell as the activity begins. Or, play music in the background during this activity and allow the child to turn the music on and off, and dance/move freely to the music. Be creative so that every child can participate in some way.

- This is a great example of how trust means we are willing to listen to someone else's instructions and advice instead of just trusting our own advice.

### PRAYER

- Dear God, Thank you for being the one we can trust. Instead of believing what our fears say, help us to trust You and the promises you give us in the Bible. You are a good and powerful God and you are always watching out for us.

### MEMORY VERSE | Making the Band

- **INSTRUCTIONS:** Since this series is called, "Sing!" try different ways to sing the memory verse. This week, encourage the kids to perform the memory verse while using classroom instruments, such as a xylophone, castanets, tambourines, egg shakers, etc.

## SMALL GROUP TIME

### DISCUSSION

- **Why was David afraid in Gath?**
- **What did he do to escape the Philistines?**
- **What can we do when we are afraid?**
- **Read Isaiah 41:10 and Proverbs 3:5-6. What are the reasons to trust God?**
- **What are some things you are afraid of?**
- **What does it mean to trust someone?**
- **What are some things you know about God that remind you God can be trusted?**

### ACTIVITY | Security Pal

- **INSTRUCTIONS:** Use large socks and craft materials to make a stuffed sock animal that the kids can take home and keep with them. Check out [these ideas](#) for inspiration.
- This new friend will serve as a reminder that God is with you even though you can't physically see God.

### MEMORY VERSE | Psalm 95:1 (NIV)

- **INSTRUCTIONS:** Introduce kids to this month's memory verse, teaching them the signs (a combination of SEE and ASL) we've provided.