



# WEEK 3

## ELEMENTARY LESSON OUTLINE

# RISE UP



### THE BIG IDEA

Jesus gives encouragement.

### THE BIBLE

**The Miraculous Catch of Fish:** John 21:1-17;  
(Psalm 4:1-3)

### THIS WEEK AT A GLANCE

## LARGE GROUP TIME

- **MUSIC** | Summit Songs
- **ACTIVITY** | We Need S'More Kindness
- **ACTIVITY** | Mountain Climber Mayhem
- **OBJECT LESSON** | You Raise Me Up
- **SCRIPTURE** | John 21:1-17
- **THE BIG IDEA** | Jesus gives encouragement.
- **VIDEO** | Rise Up, Episode 3
- **STORY** | Campfire with Jesus
- **VIDEO** | Encouraging Words
- **SCRIPTURE** | Psalm 4:1-2
- **ACTIVITY** | Motivational Poster
- **ACTIVITY** | Rock, Paper, Cheerers
- **MEMORY VERSE** | Memory in Music
- **PRAYER**

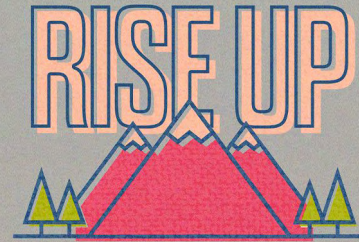
## SMALL GROUP TIME

- **DISCUSSION**
  - What did Peter do that made him discouraged?
  - How many fish did the disciples catch before Jesus showed up?
  - What did Jesus ask Peter when he made it back to the shore and talked with him?
  - Read Psalm 4:1. What can you do to find mercy and encouragement from God?
  - What can you do to encourage someone who is feeling down?
  - Can forgiving someone be a type of encouragement? How?
  - When are some times you need encouragement? Where can you find it?
- **ACTIVITY** | Make Your Own Mountaineer
- **MEMORY VERSE** | Romans 10:9 (NIV)



# WEEK 3

## HACKS FOR PRETEENS



**BY ANGIE DEWITT**

### 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 | We Need S'more Kindness**

Preteens might be too shy to say kind things about the people in their group. If this sounds like your group, prepare a small spiral-bound notebook and a pencil. Have them write a kind sentence in the notebook for the person on their right, then pass the notebook with the s'more. The person who receives it reads their page, turns the page, and writes something kind about the next person on a new page.

#### **ACTIVITY | Motivational Poster**

Have preteens take a photo instead of drawing a picture. Print out the photo on printer paper, and have them add a frame and a quote or Bible verse on the bottom.

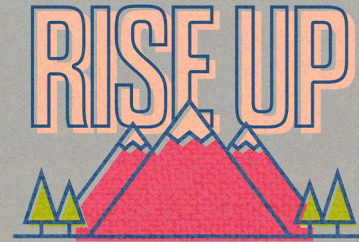
#### **ACTIVITY | Make Your Own Mountaineer**

Give preteens an extra long length of string and hold a mountain climbing race once everyone has made their mountaineers.



# WEEK 3

## HACKS FOR KIDS WITH SPECIAL NEEDS



### BY SUNNY BROWN

#### 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 | We Need S'more Kindness**

Ensure every kid is affirmed. Many times kids with diverse abilities are left out. Have a leader make sure anyone with different needs is recognized as well.

#### **ACTIVITY | Motivational Poster**

Have magazines and printed pictures that can be used on the poster instead of kids having to come up with their own from scratch.

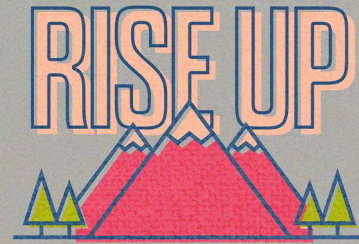
#### **ACTIVITY | Make Your Own Mountaineer**

Have a couple already completed that can be decorated with crayons or painted for those unable to process the directions within the time frame.



# WEEK 3

## ELEMENTARY LESSON GUIDE



### THE BIG IDEA

Jesus gives encouragement.

### THE BIBLE

**The Miraculous Catch of Fish:** John 21:1-17;  
(Psalm 4:1-3)

## LARGE GROUP TIME

**WHAT?** *What are we talking about today?*

#### MUSIC | Summit Songs

- **INSTRUCTIONS:** *Invite kids to sing and dance along to fun worship songs to celebrate Jesus, such as "[Brave](#)."*

#### ACTIVITY | We Need S'more Kindness

- Hey, everyone! We're talking all about rising up together this month, and we have another awesome adventure for today! Let's start with an activity that reminds us to be kind.
- **INSTRUCTIONS:** *Create a s'more talking prop by wrapping the top of a [spatula](#) with [white air dry clay](#) to make the marshmallow and gluing on two small pieces of cardboard on both sides to be the graham crackers. Have kids and leaders sit in a circle around the floor (you could create a [fake campfire](#) in the middle of the circle for added effect). Start by saying one kind statement about the person on your right. Then pass the s'more stick to that person, and that person will say something kind about the person on their right. Keep going until the s'more comes back to you.*
  - ✂ **PRETEEN HACK:** *Prepare a small spiral-bound notebook and a pencil. Have them write a kind statement in the notebook for the person on their right, then pass the notebook with the s'more. The person who receives it reads their page, turn the page, and writes something kind about the next person on a new page.*

✂ **SPECIAL NEEDS HACK:** *Ensure every kid is affirmed. Many times kids whose diverse abilities are left out. Have a leader make sure anyone with different needs is recognized as well.*

- What an awesome opportunity to encourage each other!

### ACTIVITY | Mountain Climber Mayhem

- **INSTRUCTIONS:** *Show this [video](#) of how to do the exercise called a mountain climber. Divide the room into two groups. Select one volunteer from each group to participate. The volunteers race to do as many mountain climbers as they can in one minute. Encourage the groups to cheer on their participant.*
- **When you were getting tired, did it help that your team was cheering you on?**

### OBJECT LESSON | You Raise Me Up

- **INSTRUCTIONS:** *Before the kids arrive, watch this [video](#) to learn how to do this trick. Use your oldest kids or leaders for this activity. Bring five volunteers to the front. Tell one of them to sit in a chair. The other four will attempt to lift the person using only their index fingers. They won't be able to do it until you show them the trick. Then, they should be able to lift the person up out of the chair. (This is also known as the Finger Lift Challenge. The stacking of the hands actually allows people to get in sync for the second lift!)*
- ✂ **SPECIAL NEEDS HACK:** *This activity is even accessible for those with limited mobility. Encourage everyone to participate.*
- Sometimes, it can be really difficult to encourage someone. It gets much easier, though, when we know how to encourage someone! We're going to talk about that today!

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

### SCRIPTURE | John 21:1-17

- We're going to tell a campfire story today!
- **INSTRUCTIONS:** *Use the fake campfire from earlier. Dim the lights and play the sound of fire crackling, crickets chirping, and water lapping on the shore, if possible. Give each kid a cup of goldfish to eat while you tell the story. You can summarize the story in John 21:1-17 in the following way:*
- **Does anyone know what Peter did right before Jesus was put on the cross?**
- Peter denied he was a follower of Jesus three different times! He was probably afraid that he might be captured like Jesus was, so he told people he had no idea who Jesus is.
  - Jesus had told Peter that this would happen. Even though Peter said he would never turn his back on Jesus, he did – just as Jesus predicted.
  - Peter's heart was broken. He was so excited that Jesus had risen from the dead, but he hadn't gotten the chance to talk to Jesus about what happened yet.
- **Have you ever done something wrong, like disobey your parents? Maybe they knew about it and you knew you'd be in trouble, but they haven't talked to you about it yet?**

- One day, the disciples were out fishing. A lot of time had passed but they weren't catching anything – nothing seemed to be going right!
- Then, someone appeared and told them to cast the net on the other side of the boat. The net filled with a bunch of fish!
- The disciples realized it was Jesus on the shore, and Peter was so excited, Peter jumped out of the boat and swam to shore to see Jesus.
  - When Peter got to shore, Jesus invited Peter to sit and eat. The other disciples followed after they brought the boat to shore.
  - Jesus simply asked Peter if he loved Jesus. Of course Peter did!
  - Jesus gave Peter a mission to take care of Jesus' followers everywhere.
- It didn't matter what Peter had done. Jesus wanted Peter to know that he was forgiven and chosen to do something special for God!

**THE BIG IDEA | Jesus gives encouragement.**

- **INSTRUCTIONS:** Use the cardboard mountain from last week. Place this week's Big Idea on the mountain by attaching it to the rope or carabiners.
- I need one brave mountain climber to add this week's Big Idea to the mountain!
- This week's Big Idea is: **Jesus gives encouragement.**

**VIDEO | Rise Up, Episode 3**

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

**STORY | Campfire with Jesus**

- **INSTRUCTIONS:** Tell a story about a time when you noticed someone who needed encouragement. How did you know? What did you do?
- **How do you think Jesus knows when we need encouragement?**

**VIDEO | Encouraging Words**

- **INSTRUCTIONS:** Show this [video](#). Then, talk about the tips from the video to help encourage yourself or others around you. Ask for volunteers to act out some of the tips. Film them and make your own encouragement video!
  - Laugh a little.
  - Make a gratitude list.
  - Sing your favorite song.
  - Dance.
  - Smile.

**SCRIPTURE | Psalm 4:1-2**

- **INSTRUCTIONS:** Read Psalm 4:1-2.
- **Can you imagine what would have happened to Peter if God didn't show mercy?** God is a good God and shows us mercy.

- Jesus encouraged Peter and told Peter there was a plan for his life even though Peter had done something disappointing. Jesus used this moment as a time to encourage Peter with words and actions.
- **Who do you need to show mercy and encouragement to today?**

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

**ACTIVITY | Motivational Poster**

- **INSTRUCTIONS:** Show this [image](#) as an example. Give each kid a piece of paper and tell them to create their own motivational poster.
  - ✂ **PRETEEN HACK:** Have preteens take a photo instead of drawing a picture. Print out the photo on printer paper, and have them add a frame and a quote or Bible verse on the bottom.
  - ✂ **SPECIAL NEEDS HACK:** Have magazines and printed pictures that can be used on the poster instead of kids having to come up with their own from scratch.

**ACTIVITY | Rock, Paper, Cheerers**

- **INSTRUCTIONS:** Pair up the kids and encourage them to play a game of “Rock, Paper, Scissors” against each other, replacing the words with, “Rock, Paper, Cheerers.” Whoever wins the round has to follow around the kid who lost and chant their name and cheer for them. The kids who lost continue pairing up together while the winners continue to cheer. The game continues until two people are left with a huge entourage behind each of them. Whoever loses gets cheered for!
- Sometimes in life, things don’t go like we would like them to and we can get disappointed.
- In those moments, Jesus will encourage us or send others to encourage us!
- **In what ways can Jesus bring encouragement into your life?**

**MEMORY VERSE | Memory in Music**

- **INSTRUCTIONS:** Tell the groups to practice the verse with the motions they came up with last week. Encourage them to add a tune to the verse to make it into a song.

**PRAYER**

- Dear God, thank you for encouraging us. You show us mercy and love even when we don’t deserve it. Help us to show each other mercy. We want to be encouraging and loving like you. Amen.

**SMALL GROUP TIME**

**DISCUSSION**

- **What did Peter do that made him discouraged?**
- **How many fish did the disciples catch before Jesus showed up?**
- **What did Jesus ask Peter when he made it back to shore and talked with him?**

- Read Psalm 4:1. What can you do to find mercy and encouragement from God?
- What can you do to encourage someone who is feeling down?
- Can forgiving someone be a type of encouragement? How?
- When are some times you need encouragement? Where can you find it?

#### ACTIVITY | Make Your Own Mountaineer

- **INSTRUCTIONS:** Use this [site](#) for reference. Print a mountaineer printable for each kid onto card stock and cut it out. Tell the kids to color the climber. Cut two, short lengths of plastic drinking straws and tape each vertically (parallel to each other) onto the back of your climber's body. Under them, tape a penny for weight. Now, cut a long length of yarn. Thread it up one straw and down through the other. Tie a pony bead on each end of the yarn. This will prevent the yarn from slipping back through the straws. Now, place the loop above the head of the climber over a door handle. With each end of the yarn in one hand, pull the yarn apart and watch your climber travel up toward the door handle. That's the summit!
  - ✂ **PRETEEN HACK:** Give preteens an extra long length of string and hold a mountain climbing race once everyone has made their mountaineers.
  - ✂ **SPECIAL NEEDS HACK:** Have a couple already completed that can be decorated with crayons or painted for those unable to process the directions within the time frame.
- Being kind and saying encouraging words will go a long way to lift up the people around you, just like you are able to lift up your mountaineer with a simple string! Just like **Jesus gives us encouragement**, let's give encouragement to others!

#### MEMORY VERSE | Romans 10:9 (NIV)

- **INSTRUCTIONS:** Practice this month's memory verse with the signs (a combination of SEE and ASL) we've provided.