

Rock On

Bible: Rock On (Sand and Rock) • *Matthew 7:24-27*

Bottom Line: Practice hearing and doing what God says.

Memory Verse: “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” *1 Timothy 4:8, NIV*

Life App: Commitment—Making a plan and putting it into practice

Basic Truth: I can trust God no matter what.

Social: Setting the Tone for the Experience (9:00, 10:15, 11:30)

9:00 & 11:30

Rock, Paper, Scissors . . . Hi-Yah!

- No supplies needed

10:15

Foolish or Wise?

- No supplies needed

Bible: Communicating God’s Truth in Engaging Ways (9:15, 10:30, 11:45)

- Bible Presentation in Large Group

Groups: Creating a Safe Place to Connect (9:40, 10:55, 12:10)

9:00 & 11:30

Hearer, Hearer, Doer

- No supplies needed

10:15

Like a Rock

- “Rock” cutouts

Prayer (9:50, 11:05, 12:20)

- No supplies needed

Dismiss (10:00, 11:15, 12:30)

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Social: Providing Time for Fun Interaction (Small Groups, 15 minutes)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today’s Bible Truth.

Before kids arrive, pray that each kid in your group will learn how they can have a personal relationship with God through what they hear today. Pray that the kids will be able to grasp the concept of hearing from God. Ask God for the wisdom and knowledge to help explain this to your small group.

9:00 & 11:30

Foolish or Wise?

Made to Imagine: an activity that promotes empathy and facilitates biblical application through role-play and reenactment

What You Need: No supplies needed

What You Do:

- Unpack the terms *wise* (good or smart thinking and choices) and *foolish* (silly thinking or bad choices), and then ask a series of wacky (and giggly!) “Wise or foolish?” questions like the ones below.
- For each scenario, instruct kids to show “wise” or “foolish” with their bodies.
- If the scenario is wise, kids stand tall and give a thumbs up.
- If the scenario is foolish, kids squat and give a thumbs down.
- Scenarios – Would it be wise or foolish to:
 - ride an alligator to school?
 - ask a monkey to do your homework?
 - brush your teeth with a shoe?
 - brush your teeth with a monkey?
 - brush your teeth with a toothbrush?
 - use a porcupine for a pillow?
 - use a skunk for a pillow?
 - use a soft stuffed animal for a pillow?
 - drink sand if you’re thirsty?
 - drink water if you’re thirsty?
 - sit on a couch all day to grow strong muscles?
 - exercise to grow strong muscles?
 - build a house on top of JELL-O®?
 - build a house on a volcano?

- build a house on an ice cream cone?
- Keep interest high by varying your pace, timing, and voice.
- You can also add fun by feigning naiveté. (You wouldn't use a porcupine for a pillow? Why not? I thought porcupines were cute and cuddly. They're not?)

What You Say:

"You guys know how to make wise choices. **[Transition]** In our story today we'll hear about a person who made a wise choice and a person who made a foolish choice. Let's go to Large Group to learn more."

Lead your group to the Large Group area.

10:15**Rock, Paper, Scissors . . . Hi-yah!**

Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body

What You Need: No supplies needed

What You Do:

- Guide each child to find a partner. (If you have an odd number of kids, pair yourself with a child.)
- To play, partners stand facing each other and jump up and down three times, chanting "rock, paper, scissors," respectively, on each jump.
- Immediately after saying "scissors," each child assumes one of these poses:
 - Rock (squat halfway down and wrap both hands around knees)
 - Paper (stretch arms straight in front, palms together)
 - Scissors (hold arms to the front like a giant pair of scissors or a crocodile mouth)
- As in traditional "Rock, Paper, Scissors," rock beats scissors, scissors beats paper, and paper beats rock.
- Some kids may be new to the game. That's okay. Just provide a little extra guidance until they get the hang of it.

What You Say:

"Great job! What do scissors beat? *(Pause.)* What does paper beat? *(Pause.)* What does rock beat? *(Pause.)* **[Transition]** In our Bible story we'll hear about something else rock beats. Let's go to Large Group to learn more."

Lead your group to the Large Group area.

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Life App: Commitment—Making a plan and putting it into practice

Basic Truth: I can trust God no matter what.

Bible: Communicating God’s Truth in Engaging Ways (Large Group, 35 minutes)

GETTING READY

1. Opener/Closer

What You Need:

- Host
- Workout accessories for Host (towel, sweatband, tennis shoes)
- Small dumbbells

2. Bible Truth

What You Need:

- Historyteller
- 252 Story

3. Worship

What You Need:

- Power Praise Team

Music and Sound Effects (SFX):

- “Let It Be Known”
- “Rising Up”
- “Oceans”

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Bible: Communicating God’s Truth in Engaging Ways (Large Group, 35 minutes)

Engage kids’ hearts through a dynamic and interactive Bible Truth, worship, and prayer experience in a Large Group setting.

CG: *Count down timer*

CG: *Work It Out Theme Slide*

Host enters wearing casual clothing with workout accessories. He does some arm curls with small dumbbells as he enters.

Opener

HOST: “And 1, and 2, (*notice the kids*) and 98, 99, 100. Whew! That was quite a workout. I’m exhausted! (*Beat.*) Nah, I’m kidding. I really haven’t done that much . . . yet. But I’m committed. This WILL be the year that I become as strong as [Superman / Wonder Woman]. Or at least the year that I can do a few sit-ups without throwing up. New year, new me, right?! It’s the perfect time to be focusing on my plan to get fitter, too, because this month we’re talking about commitment.

CG: *Commitment Slide*

“Commitment is making a plan and putting it into practice. And that’s exactly what I am going to do this month. I’ve got a plan to get in shape, and I plan to do everything it takes to put that plan into action. I think it’d be fun to take all of you on my journey too, so today let’s do some exercise. This is a little twist on ‘Simon Says.’ Just like in the regular game, when I tell you ‘Simon says’ to do something, you’ve got to do it, and if you don’t do it, you’re out. But if I don’t say ‘Simon says’ before I give you your instructions, then you shouldn’t do it, and if you do, you’re also out. Now for the twist: instead of touching your nose or your elbow, I thought it’d be more fun and exciting to play ‘Simon Says: Work It Out Edition.’

“Everybody spread out and make sure you’ve got enough room to do some exercises without knocking out your neighbor.

Call out various exercises while sometimes saying, “Simon says,” before you say the exercise. Examples of exercises you can call out: sit-up, push-up, jumping jack, squat, triceps dip, burpee, run in place, mountain climber, etc. As

kids mess up, have them sit down until just one kid remains. As you're finishing up the Opener, remove any distracting accessories you're wearing.

"Whew! I'm tired just from watching you! I wonder how many calories I burned. Hmm, I guess it doesn't work that way, does it? Anyway, you guys rocked that. I can already tell you're gonna rule at this commitment thing. Now that you're all warmed up, this would be a great time to give a hearty welcome to [Historyteller's Name]! Come on, give her a big round of applause.

Host exits as Historyteller exits.

SETTING UP THE BIBLE TRUTH

HISTORYTELLER: "When Jesus was on the earth, great crowds of people followed him everywhere He went. One day Jesus climbed up on a mountainside and sat down. His followers gathered around, eager to listen. Jesus taught them many things about God's kingdom and how to live.

"He taught things like: *You are the light of the world (Matthew 5:14 NIV). Love your enemies (Matthew 5:44 NIV). Do not worry (Matthew 6:25 NIV).*

"But Jesus knew that simply hearing wasn't enough. Listen to what He said. *(Open your Bible and read Matthew 7:24a.) "So then, everyone who hears my words and puts them into practice is like a wise man" (NIV).*

"And then Jesus went on to tell a parable about a wise man and a foolish man. Jesus told parables to help us understand something about what it means to follow Him. Check this out."

CG: 252 Story

WRAPPING UP THE BIBLE TRUTH

"Jesus was making sure His disciples knew that if they wanted to be able to stand up to the storms of life—and by that, I mean anything that came their way that was hard or challenging—they needed to build their lives on the things that really matter. That means not just KNOWING what is important and true, but also following through with your actions. Here's a good way to break it down.

CG: Bottom Line Slide

[Bottom Line] "Practice hearing and doing what God says. Jesus said just hearing the truth isn't enough. If we want to be like that wise man, we must put the truth into practice. Let's ask God to help us do that this week."

Pray

HISTORYTELLER: "Dear God, thank You for stories from Jesus that make it really clear what we need to do in order to not only live lives that honor You, but that also can stand up to the storms of life. Thank You for always being with us even during the rain. Help us to listen hard to what You have to say in our lives and then to follow through with our actions. In Jesus' name we pray, amen."

"If you have an offering with you today, raise your hand and we will bring the bucket over to you."

“Now, up on your feet and give some mad respect to our Power Praise team!”

Power Praise team enters as Historyteller exits.

Worship

SFX: “*Let It Be Known*”

SFX: “*Rising Up*”

SFX: “*Oceans*”

Power Praise exits as Host enters.

Closer

HOST: “Earlier I had you listen for commands to do exercises, and then you did them. You got stronger and faster—not because you HEARD me say, ‘Simon says do a push-up,’ but because you DID the push-up. There’s a reason for that. Hearing about exercising isn’t enough. You have to actually exercise in order to grow stronger.

“It’s the same when you’re talking about growing in your faith. You can read your Bible all day every day. You can recite verses left and right. You can know every single thing Jesus said. But if you want to grow stronger in your faith, you need to actually do what Jesus said. You need to put Jesus’ words into practice. Let’s take another look at the one thing to remember today.

CG: *Bottom Line Slide*

[Bottom Line] “Practice hearing and doing what God says. Say that with me.”

HOST and KIDS: **[Bottom Line]** “Practice hearing and doing what God says.”

“That’s an important word: practice. Because it takes practice to hear what God says. And it takes practice to do what God says. You hear what God says by reading His Word and listening to His Spirit inside you. You do what God says by obeying His commands and following Jesus’ example. No one expects you to be perfect. Not even God expects that. That’s why He sent Jesus to die for you in the first place. But practice can help your faith grow stronger and stronger. And that’s even more important than making your body stronger. Listen to our memory verse for this month.

CG: *Memory Verse Slide*

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:8 (NIV).

“Put your faith through a workout and just watch it grow. Or should I say, ‘Simon says put your faith through a workout and just watch it grow’? I can’t wait to see the results of your commitment to grow your faith this month. Let’s talk more about how we can do that in Small Group. Have fun together, and we’ll see you next week!”

Dismiss children to their Small Groups.

CG: *Small Group Slide*

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Life App: Commitment—Making a plan and putting it into practice

Basic Truth: I can trust God no matter what.

Groups: Creating a Safe Place to Connect (10 minutes)

Create a safe place to connect and learn how the Bible Truth applies to real life experiences, through interactive activities and discussion questions.

9:00 & 11:30

Hearer, Hearer, Doer

What You Need: No supplies needed

What You Do:

- Settle kids in a circle and prepare to play a game like “Duck, Duck, Goose.”
 - The “Tapper” will lightly tap kids on the head, saying, “Hearer, hearer, hearer.”
 - When the Tapper chooses someone, she’ll tap that kid’s head and say, “Doer!”
 - Then she names an action that the Doer must perform. (Some ideas: five jumping jacks, clap six times, say the ABCs as fast as they can, etc.)
 - Once the Doer has completed that action, he must run and catch the Tapper before the Tapper takes the Doer’s seat.
 - However, the Tapper must perform the same action she assigned to the Doer before sitting down. This ensures that the Tapper won’t give the Doer something impossible or lengthy, and it gives the Doer some time to catch up to the Tapper and possibly regain his seat.
- Whoever is left standing is the Tapper for the next round.
- Play as many rounds as time allows.

What You Say:

“That was fun! Which did you like better, being the Tapper or the Doer? What about being a Hearer? It’s important to hear God’s Word so we can know when and how to take the next step and do what God says. If the Doer acted like a Hearer and just listened to the Tapper’s instructions, no one would have really played the game. To do it right, you had to be ready to hear and do what the Tapper said. It’s a little like when you **[Bottom Line] practice hearing and doing what God says**. Say you hear that God wants you to be kind to those who are different than you. You can nod and hear your Small Group Leader say that over and over again, but until you’re standing in front of a kid who learns differently than you do, or who has a different color skin than you do, or who comes from a different kind of family than you do, you’re not really doing what God says yet. When you do meet that person who is different, and you are in fact kind to them, then you’ve completed both halves of our challenge today.”

10:15**Like a Rock****[Live for God | Application Activity]***Made to Reflect: an activity that creates space for personal understanding and application***What You Need:** “Rock” cutouts**What You Do:**

- Pass out the “rocks”
- Point out the words “Hearing” on one side and “DOING” on the other.
- Make sure the kids are careful to put the caps back on their markers when they’re finished.
- Read the following scenarios below. If the kids think this is a scenario that shows someone hearing God’s words, they should hold up the “hearing” side. If they think the scenario shows someone doing what God says, hold up the “doing” side.
 - Scenarios:
 - *Love the Lord your God with all your heart and with all your soul. Love him with all your mind and with all your strength, Mark 12:30 (NirV). (hearing)*
 - *Jace chose to let his friend go first in line, even though he was really hungry. (doing)*
 - *Sara invited her friend to go to church with her. (doing)*
 - *A friend loves at all times. They are there to help when trouble comes, Proverbs 17:17 (NirV). (hearing)*
 - *Michael was nervous about basketball tryouts so he prayed that God would give him courage and help him perform his best. (doing)*
 - *Turn all your worries to over to Him. He cares about you, 1 Peter 5:7 (NirV). (hearing)*
 - *The LORD hates those whose lips tell lies. But he is pleased with people who tell the truth, Proverbs 12:22 (NirV). (hearing)*
 - *You haven’t finished your homework. When your Mom asks, you tell the truth, even though you know it means you’ll have to stop playing with your friends and come inside to finish it. (doing)*

What You Say:

“Great job, everyone. Today we’ve been talking about how important it is to **[Bottom Line] practice hearing and doing what God says**. I know you all want to be wise in the way you live. You want to make good choices that help you live the best kind of life—one that honors God. That’s why both sides of your rocks are so important. You have to hear what God says so you can know how He wants you to live. But once you hear it, God wants you to DO something with that knowledge. You have to practice hearing AND doing so in order to be wise. So remember, as you learn to hear from God through His Word, look for opportunities to DO what He says. To be wise, you have to **[Bottom Line] practice hearing and doing what God says**. I want to challenge you to carry these rocks with you this week as a reminder to **[Bottom Line] practice hearing and doing what God says**. You can put them in your pocket or your backpack so they’re with you each day.”

All Service Times**Pray and Dismiss (10 minutes)****[Pray to God | Prayer Activity]***Made to Reflect: an activity that creates space for personal understanding and application***What You Need:** No supplies needed**What You Do:**

- Guide kids to gather around.
- Read each scenario below.
- If the person in the scenario heard and did what Jesus said, kids stand tall and give a thumbs up.
- If the person heard what Jesus said but didn't do it, kids squat and give a thumbs down.
- Scenarios:
 - Nassir heard that Jesus said, "Love your enemies." So when someone said something mean to Nassir, instead of saying something mean back to them, Nassir said something kind.
 - Jon heard that Jesus said, "Be kind to others." But when Jon's brother asked to play with his video game, Jon pushed him and said, "No way!"
 - Sadie heard that Jesus said, "Don't steal." Later, Sadie went to her friend's house. While she was there, she saw a toy that she really wanted. So Sadie snuck the toy into her pocket and took it home.
 - Lindsay heard that Jesus said, "Give to the poor." So when Lindsay found out that a boy in her class didn't have a coat, Lindsay used some of her Christmas money to buy one for him.
 - Miguel heard that Jesus said, "Forgive others." So when Miguel's friend did something that hurt his feelings, Miguel decided to forgive him.

What You Say:

"First Timothy 4:8 tells us: *Training the body has some value. But being godly has value in every way (NirV).* One way we can be godly is by hearing AND doing what Jesus says. What is one way that you can **[Bottom Line] practice hearing and doing what Jesus says** this week? (*Pause.*) Great ideas! So remember: **[Bottom Line] practice hearing and doing what Jesus says.**"

Lead kids in prayer, asking God to help both you and the kids **[Bottom Line] practice hearing and doing what Jesus says.**

Give each child a GodTime card. Pass out Parent Cue cards as adults arrive to pick up. Encourage each child to tell their parent one way they will **[Bottom Line] practice hearing and doing what Jesus says** this week.