

Be Like Jesus (Pre-K)

Week 3

BIG IDEA

God Gives Us Joy and Contentment

BIBLE

Joy and Contentment (Philippians 2-4)

WELCOME

MUSIC | Worship Playlist

- **INSTRUCTIONS:** *During free time, use the Be Like Jesus Spotify playlists for background worship music.*

PLAY | Free Time

- **INSTRUCTIONS:** *Tables will be set with toys and activities for kids to play until the lesson begins. This is a great opportunity to get to know kids and build relationships.*
 - *Get on the floor and be silly*
 - *Play along with what they're playing*
 - *Ask get-to-know-you questions*
 - *Learn names and use them as you interact*

CLEAN UP

- **INSTRUCTIONS:** *Before moving onto the lesson content, play the "Clean Up" song and work together as a class to put all toys and activities away.*
 - *Place all toys in labelled tubs.*
 - *Place all tubs away in labelled cabinets Invite kids to find a "sit spot"*

INTRO

TALK

- **INSTRUCTIONS:** *Gather kids on the floor and welcome them to church. Lead them through a repeat-after-me declaration to start the class.*
- **Welcome to church today, friends! I am so glad to be here with all of you.**
- **Let's say these words together.**
 - **Thank You, God, that You made me!** *(Kids repeat words and motions.)*
 - Make prayer hands, then point up to God and to yourself.
 - **And I am Your kid!** *(Kids repeat words and motions.)*
 - Put your hands on your hips.
 - **Jesus loves me so much,** *(Kids repeat words and motions.)*
 - Spread your arms out wide to your side one at a time, then pull them in for a hug around your chest.
 - **His love for me is big.** *(Kids repeat words and motions.)*
 - Hold your arms up high and wide above your head.
 - **The Holy Spirit leads me** *(Kids repeat words and motions.)*
 - Bring your arms down from the sky, making a path in front of you.
 - **And I can follow You.** *(Kids repeat words and motions.)*
 - March like you're following the leader.
 - **My life can tell Your story,** *(Kids repeat words and motions.)*
 - Hold your hands in front of you like an open book.
 - **I'm a wonder, this is true.** *(Kids repeat words and motions.)*
 - Put your hands up, shaking your fingers, celebrating ("praise hands").
- **Today, we are going to learn that God makes us joyful!**

ACTIVITY | Emoji Matching

- **INSTRUCTIONS:** *Gather the emoji sheets.*
- **Does anyone know what an emoji is?** Pause for answers. **It's a picture that describes how someone feels.** *Show the kids the Emoji Sheets.*
- **We call the way we feel our emotions. Our emotions change all the time. Sometimes we're sad. Sometimes we're happy. Sometimes we're grumpy. Sometimes we're excited.**
- **Today, we're talking about some things that are more than just feelings and emotions. These are things that can be inside us all the time because they come from God.**
- **We're talking about joy!** *Hold up the joy emoji sheet. Joy is a deep sense of happiness.*
- **And we're talking about being content.** *Hold up the contentment emoji sheet. That means being happy with what we have.*
- *Show the kids the other emoji sheets and ask them to say what feeling or emotion each sheet makes them think of.*
- **I'm going to put these emoji sheets down on the floor and call out some statements. You can run and stand by the emoji that matches what I'm saying!**
- *Lay the emoji sheets on the floor, spread out across your room. Call out the following statements and have the kids run to the emoji sheet that matches what you say. Play multiple times using the following phrases:*
- **I feel so happy deep down in my heart because I know God is always with me!** *Encourage the kids to run to the joy emoji sheet.*
- **I feel sad because I got hurt.** *Encourage the kids to run to the sad emoji sheet.*
- **I'm thankful for every gift God has given me and everything I have.** *Encourage the kids to run to the contentment emoji sheet.*

- **I feel silly and feel like laughing because of something funny my friends did.** Encourage the kids to run to the silly emoji sheet.
- **I feel like celebrating and praising God because He is amazing!** Encourage the kids to run to the joy emoji sheet.
- When they finish the activity, encourage the kids to think of their own statements that match the joy and contentment emoji sheets. For example, they could say: *I feel content because I'm thankful to have good food to eat or I feel joy because I get to come to church today.*

MUSIC | Worship Videos

- **Today, we'll learn that God makes us joyful through His Holy Spirit.**
- **Let's sing about joy together now! Let's clap our hands, sing, and dance.**
- **Will you dance and sing to God with me?**
- **INSTRUCTIONS:** Play the worship music videos on the TV. Invite kids to participate by dancing and singing along.
- **Thank you for worshipping God with me!**
- **Now, let's pray together before we hear our Bible Story.**

PRAYER

- **INSTRUCTIONS:** Before entering into God's big story, lead kids in a prayer of invitation. Use the prayer here or your own words
 - **God, thank You for being here with us. We thank You for the Holy Spirit who helps us be content and have joy no matter our circumstances. We are excited to hear from You today. We are listening. In Jesus' name, Amen.**

STORY TIME

SCRIPTURE | Philippians 2-4 (Joy and Contentment)

- **INSTRUCTIONS:** Show the kids the God's Big Story Video, read [Philippians 4:4-7, 11-13](#) from the Bible, or use the Script provided.
- **Let's hear part of God's big story, which comes from the book of Philippians in the Bible.**
- **God's big story today is a great story from the Bible about a person named Paul.**
Encourage the kids to say "Paul." Let's find out from the Bible about Paul!
- **Paul, a follower of Jesus, was in a smelly, dirty place. Pinch your nose and say "Pee-ew!"**
- **He was in jail, even though he didn't do anything wrong.** *Have kids make a sad face.*
- **He didn't have much food and he didn't have visitors. Paul was probably hungry.** *Rub stomach to indicate hunger and have kids say, "I'm HUNGRY!"*
- **He was lonely. Have you ever been lonely?** *Allow kids to respond.*

- **But Paul knew God would help him have joy**(*show kids the Smiley Face Picture*) **even though he was hungry and lonely. Paul wrote letters** (*pretend to write a letter*) **to his friends.**
- **He did that often and told his friends that even in difficult times they can have joy**(*show kids the Smiley Face Picture*). **God gave Paul joy. God gives you joy too!**
- **God knew Paul was hungry and lonely, and He gave him joy. Joy is the deep-down happiness we feel in our hearts that comes from God. It doesn't go away or change when something sad happens.**
- **God hears you, too, when you are happy or lonely or sad or scared.**
- **Always and at all times, God hears you and He loves you! God gives you joy and always takes care of us.**
- **You can tell God, "Thank You" for being with you and giving you joy!***Have kids say, "Thank you, God!"*

MEMORY VERSE | Galatians 5:22-23a (ISB)

- **Ok, now everyone stand up on your feet. We have a new memory verse to practice together.**
- **Here's what our new verse tells says:**
 - **"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." Galatians 5:22-23a**
- **INSTRUCTIONS:** *Read the verse to the kids. Then, put one set of fruit verse pictures aside and spread out the other set on the floor across the room (or tape them to the wall, a few feet apart). Hold up each fruit card, one at a time, say the word, then encourage the kids to jump to the matching fruit*
- **Let's say our memory verse together while we jump for joy! I'll hold up a picture of fruit with a word on it, and you'll jump to the matching fruit and repeat the word.**
 - **The the fruit of the Spirit is**(*Draw a large S in the air*)
 - **love,** (*Pat your hands on your heart*)
 - **joy,** (*Put your arms up as if celebrating*)
 - **peace,** (*Hold up two fingers in "peace sign"*)
 - **patience,** (*Point to a pretend watch on your wrist*)
 - **kindness,** (*Pretend to give someone a hug*)
 - **goodness,** (*Make two thumbs up*)
 - **faithfulness,** (*Make two fists and start with the one fist on top of the other, then switch to stack the bottom fist on top, then switch again, as if stacking bricks*)
 - **gentleness,** (*pretend to gently rock a baby*)
 - **and self-control** (*Point to self with both thumbs*)
 - **Galatians 5:22-23a** (*clap hands together, then open like a book*)
- **Great work, friends! We'll keep practicing together each week.**
- **Now we get to talk with our friends about what we learned in God's big story. Let's head to our tables.**

SHARING TIME

SNACK

- **INSTRUCTIONS:** *Gather kids around the tables and serve snacks, while you move on to circle time. As the kids eat, you can review today's Bible story, Big Idea, and memory verse.*
 - **IMPORTANT NOTE:** *Don't forget to check name tags for food allergies.*

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** *As kids finish their snack, distribute the [coloring page](#) along with crayons and continue discussion and prayer time.*

DISCUSSION | Circle Time

- **INSTRUCTIONS:** *Discuss the Bible story with the following questions. Feel free to repeat questions so that everyone has a chance to respond.*
 - **Where was Paul when he wrote the letter to the Philippians?**(In jail)
 - **When do you feel most happy and joyful?**
 - **Who can help us feel joyful all the time—even in hard times?**
 - **Have you ever felt happy and sad at the same time?**
 - **How can you share joy with other people?**
- **When you don't feel joyful, you can ask God to help you! We talk to God through prayer. He hears us. Let's talk to God now and ask Him to fill us to overflowing with Joy.**

PRAYER

- **INSTRUCTIONS:** *Invite kids to share prayer requests and praises and lead them in a prayer time.*
- **Let's talk to God!**
 - **God, thank You for giving us the Holy Spirit. Thank You for making us joyful no matter what is happening in our lives. Thank You for joy! We love You. In Jesus' name, Amen.**

MEMORY VERSE | Galatians 5:22-23a (ISB)

- **INSTRUCTIONS:** *Invite kids to practice the memory verse together, following along with the motions. Award prizes to kids that say the verse.*
 - **The the fruit of the Spirit is**(Draw a large S in the air)
 - **love,** (Pat your hands on your heart)
 - **joy,** (Put your arms up as if celebrating)
 - **peace,** (Hold up two fingers in "peace sign")

- **patience**, (*Point to a pretend watch on your wrist*)
- **kindness**, (*Pretend to give someone a hug*)
- **goodness**, (*Make two thumbs up*)
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- **gentleness**, (*pretend to gently rock a baby*)
- **and self-control** (*Point to self with both thumbs*)
- **Galatians 5:22-23a** (*clap hands together, then open like a book*)
- **Great job! You can keep practicing at home this week, too. Maybe you could teach the verse to your family!**

PLAY TIME

EXTRA TIME ACTIVITY | Balloon Bop

- **INSTRUCTIONS:** *Gather the kids to sit in a circle. Hold up the inflated balloon.*
- **When do we sometimes see balloons?** *Allow the kids to respond.*
- **Yes, we sometimes see balloons at celebrations and parties! In our story today, Paul was in a sad place, but he had joy anyway, because God made Paul joyful.**
- **Where does your joy come from? What are things that bring you joy?** *Allow the kids to respond.*
- **We're going to have a celebration and bop the balloon with joy around our circle. When I say, "stop," whoever is touching the balloon (or the person who is the last one to touch it) will freeze and call out one thing that makes you feel joyful.**