



# Lifegroup Kids Guide:

## God helps me be brave!

### INTRO

We encourage family Lifegroups to do welcome & vision, Lifegroup house rules, and worship all together – then have the kids and adults separate for discussion.

### WELCOME & VISION DANCE (5 MINUTES)

Who loves Lifegroup?! Who can tell me why we do lifegroup?

We're going to teach you a simple way to remember why we do Lifegroup. It's called the vision dance. Are you ready?!

- Because Jesus loves us (point up, then point to yourself)
- We want to walk with Jesus (walk in place)
- Become like Jesus (cross arms over chest)
- Help others follow Him (point out to others, then point up to Him)

Do it again in slow motion or super fast. Have fun with it.

### LIFEGROUP HOUSE RULES (2 MINUTES)

We have 3 Lifegroup rules.

1. Be kind and respect ourselves
2. Be kind and respect others and their things.
3. Listen and obey the first time.

Who can repeat these back to me?

Discipline Plan: 1st time is a warning, 2nd time you talk with kids leader, 3rd time we get your parents and you leave kids portion of lifegroup, but are welcome to come back next time

\*note to share any house specific rules\*

EX: No going into people's bedrooms, we take our shoes off at the door, etc.

## **BIBLE STORY (10-15 MINUTES)**

### **Opening question**

Ask the kids if they have ever met a king or queen before, or if they have ever dressed up and pretended to be someone royal. See who can do the best bow or curtsy! Share with them that we learned about a special Queen in the Bible named Esther.

### **Bible Story**

See if any of the kids can retell the story of Queen Esther from Sunday or use the script below to retell the story. You can also watch a short video on the story of Esther [HERE](#).

“On Sunday we learned about a woman in the Bible named Esther. Now, Queen Esther was one of God’s people, and she was a super brave helper. Then, there was a man in the story named Haman. Haman worked for the king, but he did NOT love God. Haman tricked the king into making a plan that would hurt all of God’s people! Oh, no! Everyone, show me your ‘Oh, no’ face! OH, NO! If the king hurts God’s people, it will hurt Queen Esther’s family. When Queen Esther heard about Haman’s plan, she was so sad. She knew that she needed to help her family, God’s people. She needed to talk to the king. But there was one BIG problem! Queen Esther knew that you needed a special invitation to go talk to the king. Esther was afraid because she might get in trouble for going to see the king without being invited. Queen Esther asked all of God’s people to pray for her for three days. One, two, three. THREE DAYS! After they prayed, Esther was brave and went to see the king. And guess what? The king was happy to see Esther and invited her to come talk with him. Whew! Esther was so brave! She was STRONG and COURAGEOUS as she went to talk to the King. Raise your hand if you remember what she said to the king. (Pause.) Queen Esther invited the king and Haman to a special dinner. During dinner, the king told Esther to ask for anything she wanted. That’s when Esther knew she could help her people! Esther asked the king to stop Haman’s mean plan and save her family and all of God’s people. Do you remember what the King said? The king said, ‘Yes!’ Wow! Esther was brave, and she helped her people! God helped Esther be brave, and God can help you be brave too. Who can help you be brave? God can help me be brave! (Close in prayer) Dear God, we love You. Nothing is bigger or more powerful than You. Thank You for making Esther brave to help her people. We know You can make us brave helpers too! We love You. In Jesus’ name, amen.”

## **PRAYER (7-10 MINUTES)**

Share about a time in your life where God helped you be brave in a challenging situation, or when he gave you courage to do something you didn’t want to do or found to be difficult. Make sure it’s a kid friendly testimony!

- Ask the kids if they have any situations in their life where they need God to help them be brave or strong and courageous to do or say the right thing. Allow time for them to share and then have them pray for one another.

## **GROUP ACTIVITY - ROYALTY TRAINING (8-10 MINUTES)**

- Books
- Orange cones or some obstacle for them to go around

Share with the kids that Queen Esther underwent years of queen training and beauty treatments to learn how to be a queen. This involved working on her balance and grace when walking and talking. Split the kids into 2 equal groups and have them compete in a relay race walking down and around the cone all while balancing a book on their head. The first team to have everyone complete the task wins!

## **EXTRA IDEAS IF YOU STILL HAVE TIME...**

### **ART**

Give each child a paper and something to write with. Have them draw what they envision Jesus' amazing party to be like and to thank him for inviting us. Have kids share at the end if they feel comfortable.

### **PRACTICE MEMORY VERSE**

Walk (walk in place) in the way of love (cross arms over chest), just as Christ (point up) loved us (point to self),' Ephesians 5:2."

### **PLAY!**

- Soccer
- Tag
- Simon Says
- Hide n Seek
- Rock/Paper/Scissors

### **DANCE!**

- Play the monkey video and dance along. [Monkey video](#) (if you're trying to calm kids down - do not play this song 😂 )
- Freeze Dance - Have the kids dance to upbeat music and when it stops they have to freeze until the music starts playing again. If they move when the music has stopped, they are out. Play until there is only a handful of kids left then play again if time allows.