

# Lifegroup Kids Guide:

## God Cares for ME!

### 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 anyone has a favorite bird or type of flower and allow them to share which one they like best and why. Remind them that in our Bible story on Sunday, we learned that God created all the beautiful flowers and birds. Not only did he make them, but he provides all that they need to live because he cares so much for them. Ask them who he cares for more than the birds and flowers. (it's them!)

### **Bible Story**

Read Matthew 6:25-34 or use script below:

“Hello, friends! I’m [your name], and I can’t wait review a very special and very true story from the Bible. (Open Bible for children to see, then set it down.) It begins with our good friend, Jesus. One day, Jesus sat down on the ground with His disciples and began teaching them important things. Would you like to hear what Jesus taught them? (Pause) Great! Jesus said, ‘Look at the birds, your heavenly father cares for them and feeds them.’ Jesus taught His disciples that God takes care of the birds. Think about it. Do birds have refrigerators in their trees? (Pause) No! And do birds go to the grocery store? (Pause) No! And do they get a kid’s meal in the drive-thru when they are hungry? (Pause) No! Jesus taught that God takes care of the birds! They don’t have to plant a garden or go somewhere and buy things for themselves. God made trees and bushes that give them food. AMAZING! Next, Jesus told His disciples to look at the flowers. God made flowers with the most beautiful colors. There are blue and red and yellow and pink and purple and white and orange flowers too! Jesus asked His disciples, ‘Do you think these beautiful flowers are worried about what to put on so they will look beautiful?’ (Pause) No! God already made the flowers beautiful! Jesus taught His disciples that God takes care of the flowers and God takes care of the birds. Jesus told this story to teach us something very important. God loves us so much more than flowers and birds! And since God takes care of flowers and birds, that means that God will take care of us too! We don’t need to worry about what we’re going to eat or drink. Just like God takes care of the birds and gives them food to eat, God will take care of us. We don’t need to worry about the clothes we will wear. Just like God takes care of the flowers and gives them beautiful colors to wear, God will take care of us. Jesus teaches us that we don’t have to worry. God will take care of us!”

### **Thankfulness Share and Prayer**

Ask kids to share ways God has cared for them/provided for them. (given them food, shelter, clothes, friends, family, etc.) After they share, close in prayer or ask kids to pray with each other thanking God for all the ways he has provided for us!

## **GROUP GAME - BIRD AND FLOWER FREEZE DANCE (5-10 MINUTES)**

- Music on phone or speaker

Ask children to join you in an open area of the room and explain that when the music starts they will dance. When it stops they freeze and have to listen for instruction on what to do. (fly around the room like a bird, kneel down and grow like a flower, chirp or tweet like a bird, act like a flower blowing in the wind, one person act like a flower and another pretend to water them with a watering can, build a nest, whistle a bird song, etc.) Repeat as desired.

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

### **ART**

Give each child a paper and something to write with. Have them draw what they envision the armor of God looks like!

### **PRACTICE MEMORY VERSE**

#### **Early Childhood**

“The people were amazed at his teaching.” - Matthew 7:28

‘The people (spread arms out) were amazed (hold O-hands like binoculars to eyes) at his teaching,’ (pull O-hands like binoculars out from eyes) Matthew 7:28. (Open hands like a book.)

#### **Elementary**

“When Jesus had finished saying these things, the crowds were amazed at his teaching.” - Matthew 7:28

They worked in small groups to create different songs, motions, dances, etc. to memorize the verse. Ask if anyone can recite it!

Share the importance of meditating on and memorizing God’s word! Do you have a kid appropriate story of when God brought to mind scripture you had memorized to help you or encourage you or remind you of truth that you can share with them?

### **PLAY!**

- Simon Says
- Rock/Paper/Scissors
- Play the monkey video and dance along. [Monkey video](#) (if you’re trying to calm kids down - do not play this song 😂 )
- Play [THIS](#) breathing exercise video if you need to help settle and calm kids. It starts around 12 seconds in. Have kids sit down and follow along with the breathing instructions given. Close in thanking God for giving us breath and for our noses to smell things!