

Lesson 2 - Crush STRESS God's Way

Lesson Overview

THE BUZZ

I will rejoice in all things!

THE TAKEAWAY

When you're stressed-out,
choose to rejoice!

BIBLE STORY

Paul Faces Stress

(The Book Of Acts; Phil. 4)

POWER VERSE

"For I can do everything through
Christ, who gives me strength."
Philippians 4:13

Stress is something everyone experiences - even kids. School pressure, family struggles, friendships, busy schedules, and worries about the future can all cause kids to feel overwhelmed. Many children today live with more anxiety and pressure than ever before. When they feel stressed, they often don't know what to do with those feelings. Some kids get frustrated, some shut down, and others try to solve everything on their own.

This lesson teaches kids that stress doesn't have to control their lives. Instead of panicking, they can pray. Instead of focusing on their problems, they can focus on God. When they bring their worries to God in prayer, He replaces their stress with His peace.

Throughout the lesson, kids will discover the powerful truths found in Philippians 4:6-8 that when we bring our worries to God in prayer, His peace will guard our hearts and minds. We must choose to think on good things, not think about stressful things.

The Buzz for this lesson reminds kids of the simple choice they can make when stress begins to take over: Rejoice - No Matter What!

It's time to *Crush Stress God's Way!*

Lesson Elements & Supplies

WHAT ARE WE LEARNING ABOUT?

Intro Video

- 4 X 4 - Lesson 2 - Intro Video (EL).mov

The Buzz

- 4 X 4 - Lesson 2 - The Buzz - Teaching (EL).mov
- 4 X 4 - Lesson 2 - The Buzz - Trigger (EL).mov

Game Time

- 4 X 4 - Game Time (EL).mov
- "Red Light, Green Light" - Graphic
- Masking Tape

WHAT DOES THE BIBLE SAY?

Bible Story

- 4 X 4 - Lesson 2 - Bible Story Video (EL).mov
- or
- Lesson 2 Graphics

The Breakdown

- Lesson 2 Graphics
- Gasoline Can
- Backpack Full of Heavy Books
- Steering Wheel (optional)

Power Verse

- Power Verse Graphic

WHAT DO I DO ABOUT IT?

The Takeaway

- Lesson 2 Graphics
- Prayer Music

Lightning Round

- Lightning Round Bumper (EL).mov
- Lesson 2 Graphics
- Lightning Round Music

What Are We Learning About?



Lesson Intro

Hey everybody! It is so great to see you! We are continuing our series called "4X4." We are learning four lessons from Philippians chapter 4. This is our second lesson, and I've got a question for you. Have you ever had one of those days where everything seemed to go wrong? Maybe you were trying to finish your homework and it felt really hard. Maybe you were getting ready for a big test at school and you started to feel nervous. Or maybe you had so many things happening at the same time - school, sports, chores, and everything else - that your brain started to feel like it might explode! Have you ever felt stressed like that before?
(allow response)

Yeah! All of us have moments like that. Sometimes life can feel overwhelming. When a lot of things pile up at once, we can start to worry or panic because we don't know what to do.

Well today we are going to learn what the Bible says about those moments. But first, I want you to check out this video.



INTRO VIDEO

Play: "4 X 4 - Lesson 2 - Intro Video (EL)"

Wow! Spike was definitely feeling some stress, wasn't he? (allow response) Sometimes life can feel a lot like that. Things pile up, problems happen, and we start to feel overwhelmed. But the Bible teaches us something powerful about those moments. To learn more about that, let's find out "What's The Buzz?"



THE BUZZ TEACHING

Play: "4 X 4 - Lesson 2 - The Buzz - Teaching (EL)"

That's "The Buzz!" So, now that you know it, you are going to have to be ready to say it a bunch of times. I want you to be able to have it memorized so you can tell everyone what you learned, today.



THE BUZZ TRIGGER

Play: "4 X 4 - Lesson 2 - The Buzz - Trigger (EL)"

Well done! That could happen at any point in the service. So, always be on your toes and ready to stand and shout it out!

Game Time

RED LIGHT, GREEN LIGHT

SUPPLIES NEEDED

- Masking tape

PREPARATION

Mark a starting point with the masking tape. Choose an equal number of boys and girls to compete against each other.

HOW TO PLAY

This is the classic game of "Red Light, Green Light." The players will all stand behind the starting line, and a leader will stand on the opposite side of the room. The players must pay attention to the leader's directions. When they say, "Green Light," the players may run toward the leader. However, when they say, "Red Light," the players must stop where they are. If a child continues running after the leader says, "Red Light," the player must go back to the starting line. The leader can also incorporate "Yellow Light" to have kids slow down. The first person to get from the starting point to the leader is the winner! Depending on the size of your space, this game could be completed in rounds, with one player from each team competing at a time.

HOW TO WIN

The team that reaches the leader first wins!

What Does The Bible Say?



Bible Story

Today, we are talking about how to crush stress God's way. We have learned "The Buzz" and now it is time to ask: "What Does The Bible Say?" I think now would be a good time to find out.

→ Show Lesson 2 - Bible Story Video (EL).mov **OR** teach it live using the script below and the provided Bible Story graphics (listed below).

PAUL FACES STRESS

Hey, friends! It's time for another amazing Bible Story. Today's story is about the Apostle Paul. You remember how after becoming a follower of Jesus he gave his entire life to telling others about Him?

(show Lesson 2 – 1) Well preaching about Jesus did not make Paul popular everywhere he went. In fact, it often made people very angry. In one city, a crowd became so angry that they dragged Paul outside the city gates and began throwing stones at him. They hit him again and again until he collapsed. Even when they thought he was dead... Paul stood back up. Bruised and bleeding, Paul went back into the city and kept preaching about Jesus.

(show Lesson 2 – 2) Paul was also beaten with rods by soldiers who wanted to silence him. His back would have been sore and wounded, yet he did not stop his mission. And - that's not all that happened to him. On another journey, Paul experienced a violent storm at sea. (show Lesson 2 – 3) The wind roared and the waves crashed against the ship for days. Eventually the ship broke apart, and everyone on board had to swim to shore. Shipwrecked and exhausted, Paul could have decided it was too much. But he didn't.

Paul even was arrested and thrown into prison. He was chained, guarded, and locked behind heavy doors simply for preaching about Jesus. Most people would have gotten angry at God. Some people would have given up. But Paul continued to trust the Lord no matter what he faced.

(show Lesson 2 – 4) Paul didn't waste his time in prison. It was there he wrote many letters to the Churches he had planted. It was there he wrote the letter to the Philippians that we are studying. Right there in the middle of a prison cell, Paul wrote... "Always be full of joy in the Lord. I say it again - rejoice!"

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Bible Story (Continued)

Think about that. This man had been stoned, beaten, shipwrecked, and imprisoned. Yet he says to rejoice and be full of joy! How could he say that? Because Paul's joy was not based on life being easy. His joy was based on Jesus!

Paul understood that joy is not pretending everything is perfect. Joy is choosing to trust God even when life is hard. Real joy comes from knowing Jesus. No matter what happens, no matter what we face, we can choose to trust Him. So...never forget to always be full of joy in the Lord. Rejoice! I say it again - rejoice!



The Breakdown

Materials Needed:

Lesson 2 - Breakdown Graphics; Gasoline Can; Backpack Full of Heavy Books; Steering Wheel (Optional)

Preparation:

None necessary

In our Bible Story, we learned that Apostle Paul went through so many horrible things, yet he wrote in Philippians chapter four that we should rejoice! How is that possible? Let's break down what the Bible teaches us about how to Crush Stress God's Way!

The first thing we learn from Philippians 4 is...

Rejoice no matter what! *(show Point - 1)*

Paul wrote in Philippians 4:4 that we should always be full of joy in the Lord. That doesn't mean everything in life is always easy or fun. Sometimes things go wrong. Sometimes we feel stressed or discouraged. But even in those moments, we can choose to focus on God and rejoice.

James 1:2 says something very similar. *(show James 1:2 graphic)* It says, "Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy." That might sound strange, but the Bible is teaching us that our joy doesn't come from how things look or feel - it comes from God.

Let me show you what I mean. Imagine a truck trying to drive through thick mud. When a truck gets stuck in mud, it just spins its tires and goes nowhere. Stress in our lives can be like that mud. When problems pile up, we can start to feel stuck.

But a 4X4 truck also needs something to be able to keep moving - fuel! *(hold up the gasoline can)* If the truck runs out of gasoline, it's not going anywhere. Joy is like the fuel for our lives. When we keep our hearts full of joy in the Lord, it helps us keep moving forward instead of getting stuck in stress. Rejoice - No Matter What!

The second step to crushing stress God's Way is...

Don't panic. Pray! *(show Point - 2)*

The next thing Paul teaches us is that when stress starts to build up, we shouldn't panic - we should pray. Philippians 4:6 says, *(show Philippians 4:6 graphic)* "Don't worry about anything; instead, pray about everything." WOW! That's not usually what we do, is it? When we feel stressed, our first reaction is often to worry. We start to panic. But God gives us a better response. Instead of panicking, we can talk to Him.

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The Breakdown (Continued)

Let me show you what that looks like. *(Bring out a backpack filled with books.)* Imagine this backpack is filled with all the things that stress you out - schoolwork, problems with friends, things happening at home, or things you're worried about. If you try to carry this by yourself, it can feel really hard to carry. *(Choose a small volunteer to try wearing it for a moment.)* See how heavy that is? Stress can feel exactly like that. It weighs us down. But the Bible says we don't have to carry those burdens by ourselves.

1 Peter 5:7 says, *(show 1 Peter 5:7 graphic)* "Give all your worries and cares to God, for he cares about you." *(Have the child remove the backpack and hand it to a larger adult or leader.)* When we pray, we are giving our worries to God. We're saying, "God, this stress is too heavy for me, but I know You are strong enough to carry it." Prayer helps us release our stress and trust God to take care of us.

The final thing Paul teaches us in Philippians 4 about how to crush stress God's Way...

Think good thoughts *(show Breakdown - 3)*

I know that sounds too easy. But what we think about matters. Philippians 4:8 says, *(show Philippians 4:8 graphic)* "Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise." Our thoughts are powerful. What we think about can either increase our stress... or help us experience God's peace.

Let me show you something. *(show steering wheel prop)* Imagine this steering wheel controls a monster truck. Wherever the driver turns the wheel, that truck is going to go. If the driver turns left, the truck goes left. If the driver turns right, the truck goes right. Our thoughts work the same way. The direction of our thoughts often determines the direction of our lives. If we constantly think about negative things, worries, and fears, we can end up feeling overwhelmed. But when we choose to focus on what is true, good, and right, the Bible says we begin to experience God's peace.

When life starts to feel stressful, God gives us a better way to respond. We can rejoice no matter what, pray instead of panic, and choose to think about what is good and true. When we do those things, we are learning how to Crush Stress God's Way!



Power Verse

→ Show the Power Verse graphic to remind the kids of the verse in any of the creative ways we suggest in the "Service Elements" section of this manual. Encourage the children to memorize the verse for the series.

What Do I Do About It?

!! The Takeaway

Materials Needed:

Lesson 2 - Takeaway Graphics; one of the Prayer Music tracks

Have the Prayer Music playing the entire time you are sharing this section, leading into the prayer

We have learned some powerful truths today about how to Crush Stress God's Way! Life is not always easy. Sometimes things go wrong. Sometimes we feel pressure at school, problems with friends, or challenges at home. When those moments come, it is easy to feel overwhelmed or frustrated.

But the Bible teaches us that we have a choice in those moments. Instead of letting stress take over, we can choose something better. Remember the truck illustration earlier? When a truck gets stuck in the mud, it needs fuel to keep going. In the same way, joy helps keep our hearts moving forward when life feels messy and stressful. When we choose to rejoice, we are reminding ourselves that God is still in control.

So, when you're stressed, what do you do about it?

When you're stressed-out, choose to rejoice! *(show image)*

When you start to feel stressed, you can stop and remember what the Bible teaches. You can rejoice in the Lord, pray about what is bothering you, and focus your thoughts on the good things God has done. When you do that, you will discover that God's peace can fill your heart even when life feels super hard.

Optional Prayer:

"Dear God, thank You for loving us and caring about every part of our lives. Sometimes we feel stressed when things don't go the way we expect or when problems start piling up around us. Help us remember that we don't have to face those moments alone. Teach us to rejoice in You no matter what is happening in our lives. When we feel overwhelmed, remind us to pray, to trust You, and to focus on the good things You have done. Fill our hearts with Your peace and help us choose joy even when life is hard. In Jesus' name we pray, Amen."



Lightning Round

Materials Needed:

*Lightning Round Bumper.mov; Lightning Round - Background Music.mp3;
Lesson 2 - Lightning Round Graphics*

Preparation:

Play the "Lightning Round" Bumper Video; Begin with the title slide; there is a slide for each question and answer

1. What's The Buzz, today?

Answer: I will rejoice in all things!

2. Who wrote the letter to the Philippians?

Answer: Paul

3. What kind of life did Paul live after becoming a Christian?

Answer: Hard life

4. Did Paul get mad and complain?

Answer: No

5. What did Paul tell the Philippians to do when they faced difficulties?

Answer: Rejoice

6. According to The Breakdown, "Rejoice no _____!"

Answer: Matter what

7. According to The Breakdown, "Don't panic. _____!"

Answer: Pray

8. According to The Breakdown, "Think _____ thoughts."

Answer: Good

9. The Takeaway today says, "When you're stressed-out, choose to _____!"

Answer: Rejoice

10. Where is our Power Verse found?

Answer: Philippians 4:13