

LESSON 2: CRUSH STRESS GOD'S WAY

MAIN IDEA: We must be full of joy and thankfulness in all circumstances!



POWER VERSE

"For I can do everything through Christ who gives me strength."

- Philippians 4:13



THE BUZZ

I will rejoice
in all things!

LESSON INFO

Bible Story: Paul Faces Stress (The Book Of Acts)

Hands-On Learning: The kids will learn how to handle stress & worry God's way!

Crafts:

- Bible Story Coloring Page
- Tomato Craft
- I Will Rejoice Coloring Page

Lightning Round: Review the lesson with a quiz game.

MATERIALS NEEDED

- Baby tomatoes
- Plate
- Paper towels
- Crayons or markers
- Paint dotters
- Cardstock
- Bible Story Pictures (*printed or prepared on screen*)
- Coloring Pages (*print peice*)
- Tomato Craft (*print piece*)



LESSON INTRO

TEACHER INSTRUCTIONS: This script is meant to be read aloud to the kids to start off the lesson. Before class begins, prepare the Intro Video to be played during this segment.

Hey everybody! Welcome to church! Today, we're continuing our series called 4×4. In this series, we're looking at four lessons from Philippians 4.

Sometimes things can be very stressful. When things get hard, it's easy to freak out! Today, we're going to learn that we shouldn't do that. Instead, we should trust God.

Before we hear our Bible story, we are going to check in with Scooter and Snow and see what they are up to today. Let's watch!



INTRO VIDEO

Play: "4×4 - Lesson 2 - Intro Video (PS)"

Wasn't that great? Now, I want us to stand up and practice The Buzz together. Everyone stand up! Let's say it in a silly voice. Ready? What's the Buzz?

(Repeat The Buzz together, in a silly voice)

That was silly! Now let's use our normal voices and say it one more time. What's the Buzz?

(Repeat The Buzz together, in your normal voices)

Great job, everyone. You can sit down. Today, we're going to hear a true story from the Bible about a man who went through a LOT of hard things! Even though he went through all those things, he didn't stress out. He stayed full of joy! Let's listen carefully as we hear our Bible story.



BIBLE STORY VIDEO

Play: "4×4 - Lesson 2 - Bible Story Video (PS)"

→ *Either play the "4×4 - Lesson 2 - Bible Story Video (PS)" or continue to the live teaching script and tell the story aloud to the kids.*



BIBLE STORY

Paul Faces Stress (*The Book Of Acts*)

TEACHER INSTRUCTIONS: The Bible Story can be taught either through the Bible Story Video or through a live teaching. Below is the live teaching script. Before class begins, print the Bible Story Pictures. Have the children gathered around so they can see the pictures.

1 Today's story is about the Apostle Paul. You remember how, after becoming a follower of Jesus, Paul gave his entire life to telling others about Him? Well, preaching about Jesus did not make Paul popular everywhere he went. It made some people very angry. In one city, a crowd became so mad 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.

2 Paul was also beaten by soldiers who wanted him to stop, but he did not stop his mission. That's not all that happened to him. On

3 another journey, Paul was in a scary storm at sea. The wind roared, and the waves crashed against the ship for days. Make storm sounds with me! Let's be wind first. (*Make loud wind noises with the kids*) Now let's be crashing waves. What do crashing waves sound like? (*Make crashing wave sounds with the kids*)

Eventually, the ship broke apart, and everyone on board had to swim to shore. Paul was even arrested and thrown into prison. He was chained, guarded, and locked behind heavy doors for preaching about Jesus. SO MANY bad things happened to Paul. Most people would have gotten angry at God. Some people would have given up. But Paul trusted God no matter what. Paul didn't waste time in prison. While he was there, he wrote many letters to the

4 Churches he helped start. Paul wrote, "Always be full of joy in the Lord. I say it again—rejoice!"

Paul had been stoned, beaten, shipwrecked, and imprisoned. But he says to rejoice and be full of joy! Paul's joy was not based on what happened to him. His joy was found in Jesus! Real joy comes from knowing Jesus. No matter what happens, no matter what we face, we can rejoice!

→ *End by praying with the kids and reminding them that they can always be full of joy!*

1 Show Bible Story Picture 1

2 Show Bible Story Picture 2

3 Show Bible Story Picture 3

4 Show Bible Story Picture 4



THE BUZZ

Before moving on to the next segment, have the kids all stand together and repeat The Buzz:

**I will rejoice
in all things!**



HANDS-ON LEARNING

Baby tomatoes, plate, paper towels

TEACHER INSTRUCTIONS: Before class begins, gather all classroom materials. Have the children gathered around so they can see any illustration materials.

Can anyone tell me what these are? *(Show the tomatoes) (Pause for response)* That's right! These are tomatoes. Right now, these tomatoes are doing just fine. Happy little tomatoes! Now, let's pretend that these tomatoes are you. That's right, you are tomatoes!

Sometimes life is tough. It could be that we feel really busy or overwhelmed, that our family is going through sad times, that someone we love is sick, or that someone is upset or not being kind. When we start to feel worried or upset about things like this, that feeling is called stress. Can you say "stress" with me? *(Say "stress" with the kids)*

Stress can feel like something is pressing on us. Like life is squishing us. *(Put the tomatoes on the plate and begin pressing on them slowly)* It can make us sad or worried. Sometimes it feels like we are going to pop! *(Gently squish the tomatoes) (React with the kids)* Oh no! Our happy little tomatoes are all squished.

Do you think God wants us to feel like these tomatoes, sad, stressed, and all squished inside? *(Pause for response)* No! God loves us so much, and He cares about how we feel.

Someone in our Bible story had a really hard time. Do you remember who it was? *(Pause for response)* Yes, Paul! Paul went through some very bad things. Do you remember what Paul did when things were hard? *(Pause for response)* Paul chose to rejoice. He prayed. And he thought about good things. He stayed close to God! When we feel stressed or upset, we can do the same things. We can talk to God anytime. We can tell Him how we feel. We can remember that He is with us and He loves us. God is bigger than anything we face. He is stronger than any problem, and He helps us on the inside, so we do not have to feel all squished.

The next time you feel stressed, I want you to remember our squished tomatoes and remember this: I can pray. God is with me. God will help me.



THE BUZZ

Before moving on to the next segment, have the kids all stand together and repeat The Buzz.

**I will rejoice
in all things!**



CRAFT TIME

Use any or all of the following craft options

CRAFT 1

Supplies: Bible Story Coloring Page (Print Piece), crayons or markers

How To Do: Allow kids to color freely.

Talk About: We don't have to stress! We can be full of joy!



PAUL FACED TROUBLE. BUT CHOSE TO REJOICE IN GOD NO MATTER WHAT!

CRAFT 2

Supplies: Tomato Craft (Print Piece), paint dotters, cardstock

How To Do: Print the Craft Print Pieces on cardstock. Allow each kid to use the paint dotter to decorate the tomato.

Talk About: When we feel squished by worry, we can go to God for help!



I WILL REJOICE IN ALL THINGS!

CRAFT 3

Supplies: I Will Rejoice Coloring Page (Print Piece), crayons or markers

How To Do: Allow kids to color freely.

Talk About: We can rejoice in all things!



I WILL REJOICE IN ALL THINGS!



LIGHTNING ROUND

Review Game

TEACHER INSTRUCTIONS: Ask the kids the following questions to quiz them. Test their listening skills while also reviewing the lesson with them.

- ① Who did we learn about today?
Answer: Paul
- ② Did Paul have an easy life?
Answer: No
- ③ Did everyone like that Paul preached wherever he went?
Answer: No
- ④ Did Paul complain about his life?
Answer: No
- ⑤ What did Paul tell the people to do when they faced hard things?
Answer: Rejoice
- ⑥ True or False: We can let bad things ruin our joy.
Answer: False
- ⑦ Is God with us even on our bad days?
Answer: Yes
- ⑧ What should we choose to focus on when we feel squished by stress?
Answer: Joy
- ⑨ Where is our joy found?
Answer: Jesus
- ⑩ What's The Buzz, today?
Answer: I will rejoice in all things!

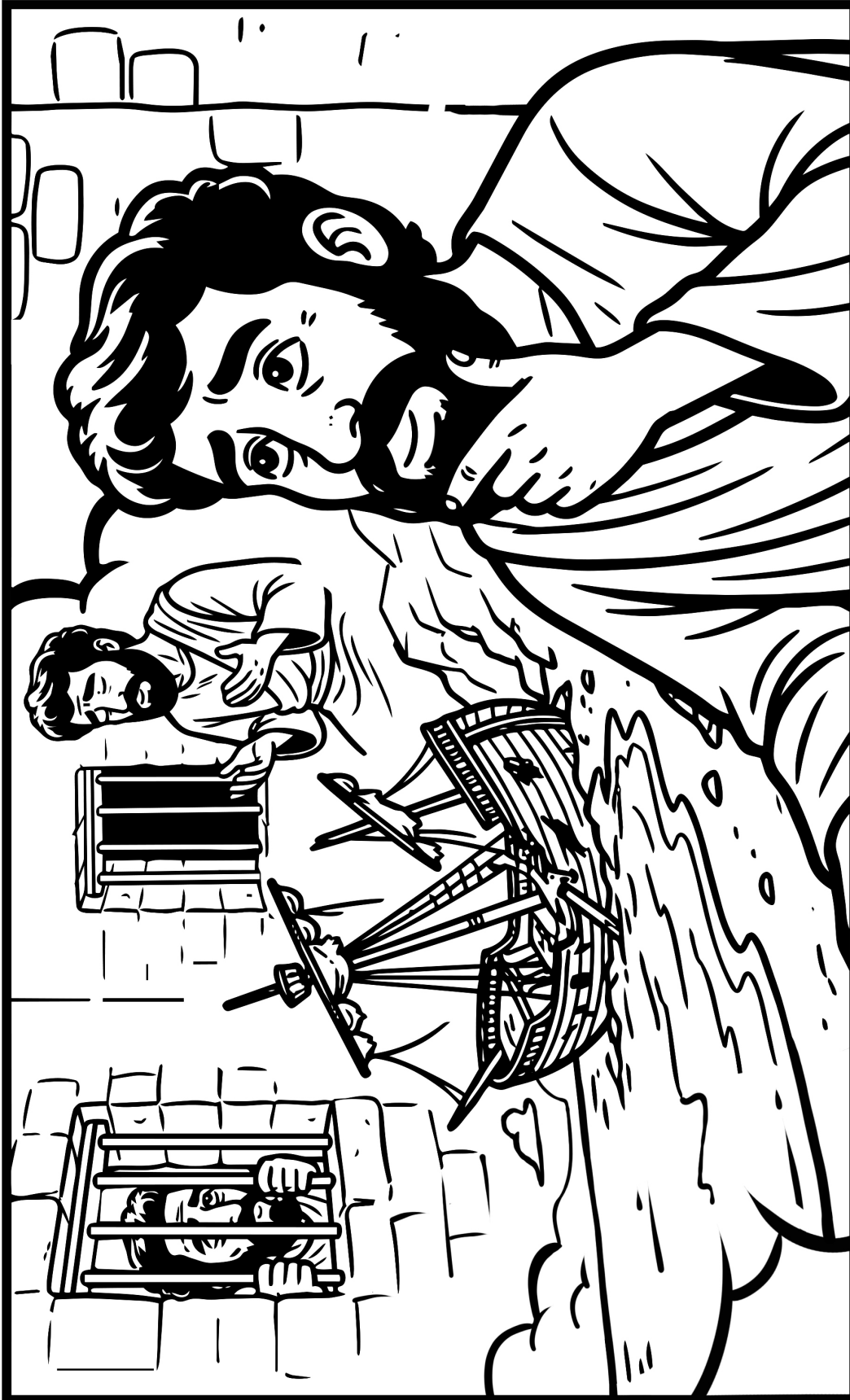
→ *End class time with an encouragement and a prayer. Thank God that we can have joy even on bad days.*



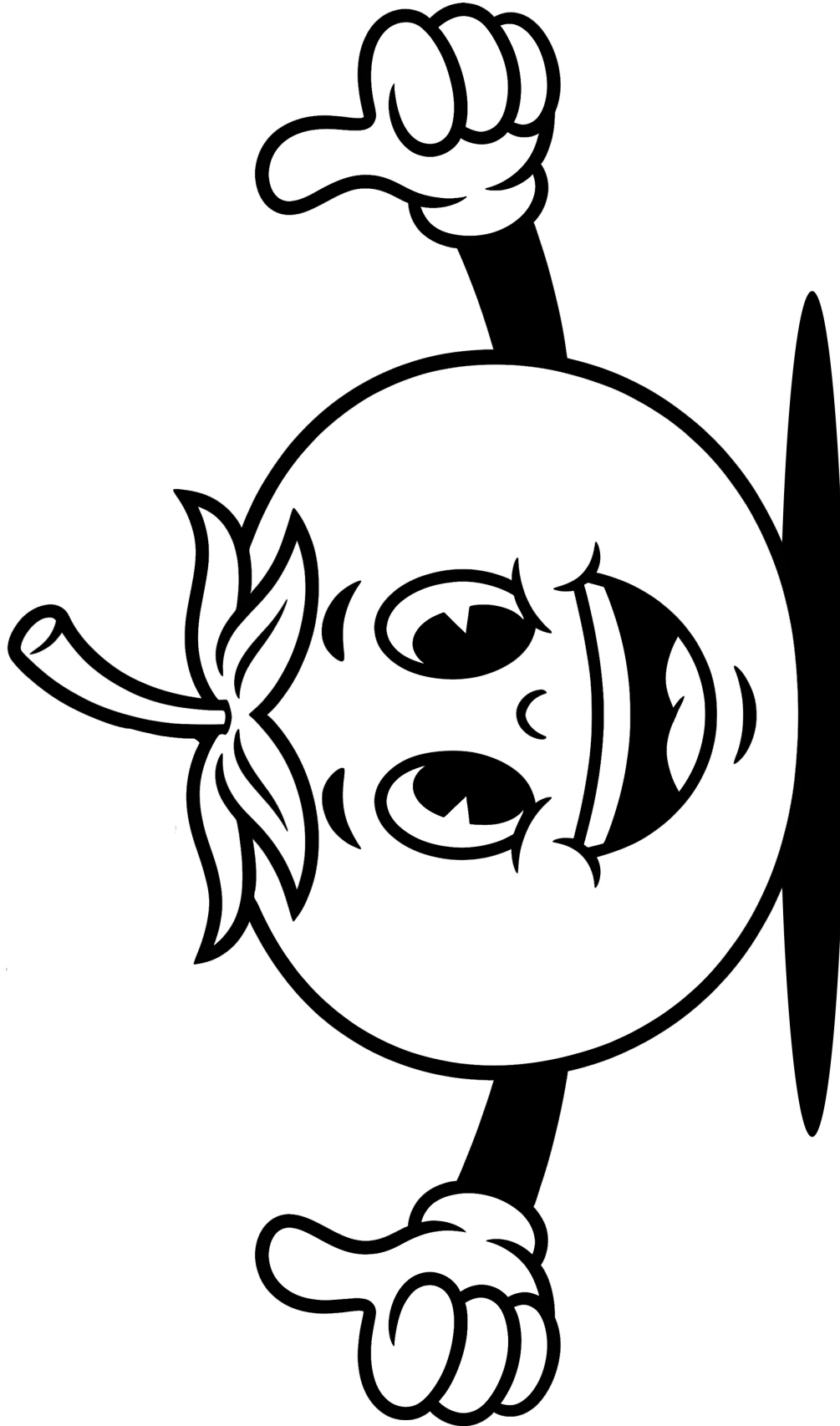








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