

“Life Lab” - LESSON 5

“Song”

Main Focus:

We must not allow the problems of life to steal our song!



Power Verse:

“It is good to give thanks to the Lord, to sing praises to the Most High.”

- Psalm 92:1



Whatchagaddaknow:

“I Won’t Let Anything Steal My Song!”

LEADER’S INFO

There are times in life when we can be going along, singing a joyful tune, loving everything that’s going on - then suddenly, life hits us like a ton of bricks! It is easy to get overwhelmed, depressed, and dejected when those times come.

We can’t allow bad times, attacks from the enemy, or attacks from other people to steal our song. We have been saved from our sin and are headed to Heaven for eternity. That’s something to sing about! No matter how difficult life may become, we must never lose our song.

In this lesson, the children will learn from David during a time he was running for his life from King Saul. Even in the midst of danger, sadness, and difficulty, David never let it steal his song! He knew that having a song in your heart is an essential element for a healthy Christian life!



“The Spark” Intro Video

“Sing Your Song”



“Whatchagaddaknow” Video

Cali from the Valley teaches “Whatchagaddaknow”



Character Skit

“Beaker”



Offering Time



Game Time!

“Musical Chairs”



Bible Story

“David In The Cave”



Power Verse Video

“It is good to give thanks to the Lord, to sing praises to the Most High.”

- Psalm 92:1



Call To Action

“Song”



Rewind!

Review Game



Small Group Experience

Main Focus:

We must not allow the problems of life to steal our song!



Power Verse:

“It is good to give thanks to the Lord, to sing praises to the Most High.”

- Psalm 92:1



Whatchagaddaknow:

“I Won’t Let Anything Steal My Song!”

Lesson 5 Materials Needed:

“The Spark” Intro Video

- “Lesson 5 - The Spark” Intro Video

“Whatchagaddaknow” Video

- “Whatchagaddaknow - Lesson 5 - Teaching” Video

- “Whatchagaddaknow - Lesson 5 - Trigger” Video

Character Skit

- “Beaker” Theme Graphic/Music

Offering Time

- “Offering Time” Bumper Video

Game Time!

- “Game Time!” Bumper Video

- “Musical Chairs” Graphic

- A Number Of Chairs (*one less than your number of players*)

- A Music Player

Bible Story

- “Lesson 5 - Bible Story” Graphics

Power Verse Video

- “Lesson 5 - Power Verse” Video

Call To Action

- “Lesson 5 - Call To Action” Graphics

Rewind!

- “REWIND!” Bumper Video

- “REWIND!” Lesson 5 Graphics

- A Tuning Fork

- A Metal Or Wooden Rod

- Two Large Pieces Of Posterboard

- A Picture Of People

- Glue

Small Group Experience

- Bible Story Scramble Print Piece

- A Way To Play Music

- Chairs

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Review Game

Small Group Experience



Introduction to “The Spark” Intro Video

Leader: Today, we are continuing to learn about the essential elements of a healthy Christian life in “Life Lab.”

I have a question for you. How many of you have a favorite song? *(have a few children share what their favorite song is)* Those are fun! You know, it is a lot of fun to sing a song when things are going great for us. But sometimes bad times come along and try to steal the song we have in our heart. That’s no fun at all!

The Bible talks about how important it is that we always have a song of praise to God in our hearts. We can’t let pain and problems steal our song!

We are going to talk about the power of a song, today. But first, check this video out...

(play “The Spark - Intro Video Lesson 5”)

Leader: Sometimes other people and bad situations can try to steal your song! Maybe somebody is being mean to you, or you’re having a really tough time at school or home - you can feel down and depressed! It’s kind of hard to be joyful and singing when that’s going on!

It doesn’t HAVE to be that way! When things are going wrong, sing a NEW song! Instead of focusing on your problems, sing a song of praise to God for all of the GOOD things He does for us! That’s what we’re learning about today!

But, before we do that, we need to find out “Whatchagaddaknow.”

(play “Whatchagaddaknow” Teaching Video)



CHARACTER SKIT

Character: “Beaker” (His full name is Eugene Buttonsworth III; He is the “Custodial Engineer” at Life Lab, dresses like a janitor, wears rubber gloves, and pushes a mop bucket around which he refers to as “Professor Sloshton”)

Beaker: (Enters dragging his mop bucket, sighing loudly) Ohhh, Professor Sloshton... what’s the point anymore?

Leader: Beaker? What’s wrong? Did something happen?

Beaker: Everything happened! First, I spilled mop water on my sandwich. Then I sat on a wet chair. Then someone tracked mud across the floor I just cleaned!

Leader: Sounds like a rough day.

Beaker: Rough? ROUGH?! My soul is like a dirty floor, and I can’t find the mop of happiness!

Leader: That’s... very poetic.

Beaker: I even tried to cheer myself up by singing, but it came out all wrong. Listen to this: (Clears throat and sings horribly) “Nobody knows the spills I’ve seen.”

Leader: That’s one way to do it.

Beaker: But it didn’t help! I thought singing was supposed to make you feel better, but it just made me more sad. I think I’m retiring from singing forever.

Leader: Beaker, you can’t give up on singing.

Beaker: Sure, I can. Watch this! (Pretends to zip and lock his lips) See? Retired. Done. No more concerts. Professor Sloshton can go solo.

Leader: But, Beaker, I think singing is exactly what you need right now!

Beaker: Did you not hear me? I already tried that!

Leader: That’s not what I mean. Did you know that when we sing to God, it actually lifts our hearts?

Beaker: Even when things are going wrong?

Leader: Especially then. The Bible says God gives us a new song to sing that reminds us He’s still good, even when life feels messy.

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CHARACTER SKIT

(Continued)

Beaker: But what's the difference in my song about awful my day has been and a song about God?

Leader: What you sing about is where your focus is. If you only sing about sadness, that won't help you. Instead, you should sing about how good God is! Your focus will move from your problem to God!

Beaker: So... when I'm having a bad day, instead of grumbling, I should sing about what God has done for me and how much I love Him?

Leader: That's right. Singing helps us remember that God's still in control, and it fills our hearts with joy again.

Beaker: Huh. Maybe I could try something simple. *(Sings)* “Thank You, Lord, even when the floors are sticky.”

Leader: That's a start!

Beaker: Really? You think so?

Leader: I do. Because that's what a heart that trusts God sounds like! Someone who can sing even when life's messy.

Beaker: What about when other people are the reason you are sad? I mean, Professor Sloshton is the reason my sandwich got soggy! How am I supposed to be happy when he made my lunch so... bleh?

Leader: You do the same thing you do when bad situations are the reason you are sad: sing a new song to God!

Beaker: Hmm... then next time it happens, I'll sing, “God, You're good all the time. Even when I step in slime!”

Leader: *(Laughing)* That's the idea! No matter what is going on around you or how people make you feel, remember God is always good, and He is always with us!

Beaker: That's right! No soggy sandwiches or muddy floors will take away my song again!

Leader: That's great, Beaker!

Beaker: Well, Professor Sloshton and I will be in the janitor's closet if you need us! We have to prep for our first concert tonight. This time, the songs won't be about sadness, because my heart is full of joy again! My name is Beaker! Remember, you don't need a clean floor to hear from God—but it sure helps!

(EXITS WHILE THEME MUSIC PLAYS)



GAME TIME

“Musical Chairs”

Items Needed For Game:

A number of chairs (*one less than the number of players you choose*); Music player

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Preparation:

Choose however many players you desire to play the game. Set all of the chairs in a circle, facing outward.

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How To Play:

This game is played just like the classic game of musical chairs. Play the music for ten seconds or more, allowing the children to walk clockwise around the chairs (*without touching the chairs while the music is playing*). As soon as you stop the music, they must find a chair and sit in it. The person who does not get in a seat is “out.” Then, remove one of the chairs from the circle, and start again. This continues until there is only one chair left. The person who sits in that chair on the final round is declared the WINNER!



Bible Story

“David In The Cave”

Materials Needed:

The graphic slides for Lesson 5; begin with the slide that says “Bible Story”; follow the instructions below, changing the slides to follow along with the story (*as shown*)

Preparation:

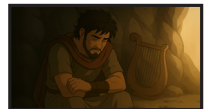
Familiarize yourself with the story in 1 Samuel 21:10-15;22:1; have your open Bible as you tell the story

The Story:

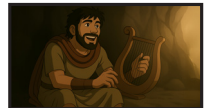
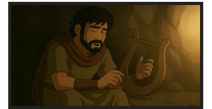
Today’s Bible Story is about a man named David. You might think of him as King David, but before he became the king, he fought and defeated the giant named Goliath. He was regarded as a hero by all of the people after that. He was only a young boy when this happened. That’s a pretty amazing experience, huh?



The problem is that while the people loved David, the King did not. King Saul was very jealous of what David had accomplished. He did not like the fact that so many of the people loved David more than they loved the King. So, King Saul vowed that he was going to kill David.



David had to run for his life. (*show pic*) Can you imagine having to run from the king? The king had soldiers everywhere looking for David. David spent years of his life running from King Saul. He found a cave called Adullam. It was there that David spent a lot of his time. (*show pic*) He was supposed to be a hero, but instead he was a lonely man running for his life.



One thing you need to know about David was that he was a songwriter. In fact, David is the man who wrote most of the songs we find in the book of Psalms in the Bible. History tells us that while David was sad and alone in the cave of Adullam, (*show pic*) he picked up his harp and began to write a song.

You would think maybe David would say, “Sorry, I am going through a tough time right now. I just don’t have a song to sing to God. I have lost my song.” But he didn’t say that at all. Most Biblical scholars think he wrote Psalm 34 while in the cave. (*show pic*) It is a Psalm of joy! I am sure it wasn’t easy for David to sing a song of joy when life seemed to be so difficult, but God helped him to have the song he needed.

In fact, we are going to learn in our lesson today about how we can choose to sing a song of joy and celebration even when things are going bad for us. We are going to learn from the example of David how to never let anyone or anything steal our song.



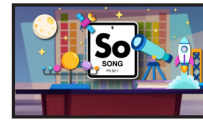
Call To Action “Song”

Materials Needed:

The “Lesson 5 - Call To Action” graphics; a “tuning fork”; metal or wooden rod; Two large pieces of posterboard; picture of people; glue

Preparation:

Begin with the slide titled, “Lesson 5 - Call To Action - Title”; one one piece of posterboard, paste pictures of other people (*get pictures off the internet or in magazines*); one the other piece of posterboard, paste pictures of bad situations (*someone in hospital, car wreck, etc.*)

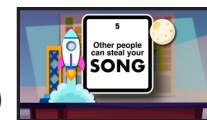


The Message: *(title slide)*

(begin the message by walking up to the stage singing a praise song loudly - something like “I’ve got the joy, joy, joy, joy down in my heart”) Have you ever felt so awesome about God and about life that you just couldn’t help but sing? It’s an awesome feeling when the blessings of God are easy to see and nothing seems to be going wrong. It’s pretty easy to have a song in our heart when things are going right. *(hold up the tuning fork, then strike it with the metal or wooden rod; the fork begins vibrating and emits a solid, wonderful tone)* It’s like this tuning fork. It was made to emit these amazing vibrations that create a “song” that will go on for a long time. Like the tuning fork, we were made to praise—to sing a “song” of joy to God.

But things don’t always stay that way, do they? No, they don’t. Bad stuff happens. Difficulties come. Life has a way of quickly going from GOOD to BAD. Sometimes it happens out of nowhere. *(grab the tuning fork with your hand - the vibrations stop and so does the “song”)* During those times, it’s hard to find a song to sing. It’s hard to sing at all because we just don’t feel like singing praises to God when things go wrong.

There are many things in life that can “steal your song..”



Other People Can Steal Your Song *(slide)*

(hold up the posterboard with “other people” on it) It’s true. Other people can steal your song. Have you ever had someone tell a lie about you? It hurts, doesn’t it? Or maybe you’ve had someone make fun of you in front of a whole group of people. It’s hard to sing a song of joy when that happens, huh?

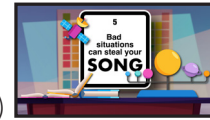
Perhaps you’ve gone through something even worse. Maybe you’ve been bullied by someone who hit you, kicked you, and hurt you over and over again. You may have started to feel like it was all your fault - that there must be something wrong with you. The song of joy was stolen right from your heart. That person hurt you in such a powerful way that it totally stole the song from your heart. All you could do was cry. You certainly couldn’t sing a song of joy and celebration. Other people can steal your song, but also...

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Call To Action (Continued)

Bad Situations Can Steal Your Song (slide)

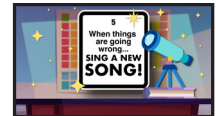


(hold up the posterboard with the “bad situations” on it) Bad situations happen all the time. A loved one gets sick. Your parent loses their job. You have to move to a new school and don’t know anybody at all. Those are some bad situations. Those kinds of situations can make you feel like everything is going wrong. They can really steal your song.

Remember David in our Bible Story today? He certainly found himself in a bad situation. He had been chased for a long time by King Saul. In fact, King Saul was trying to KILL David. The only place that David could find to hide was a dirty, nasty cave. Talk about a BAD situation. It really doesn’t get much worse than that.

However, David didn’t let that bad situation steal his song. He didn’t let King Saul steal his song. He knew that God was still in control of his life. He knew that God was still worthy of his praise - and his song! So, David did what each of us need to do...

When Things Are Going Wrong, Sing A New Song (slide)



David picked up his harp and began to write a new song to God. I want you to listen to some of the words he sang in this song (Psalm 34):

*“I will praise the Lord at all times. I will constantly sing his praises.”
“Taste and see that the Lord is good. Oh, the joys of those who take refuge in Him!”*

Wow! David certainly realized that having a song in your heart is an essential element for a healthy Christian Life. You and I must realize the same thing. Even when others are tearing us down, we don’t have to let it steal our song. Even when situations are going bad, we don’t have to let it steal our song.

We can sing to God a NEW song - a song of joy! Because our song doesn’t come from our circumstances. Our song comes from a heart that has been forgiven of sin. And no matter who or what tries to steal our song, we can sing a new song of praise to God!

Altar Response: (play soft music)

Pray for those who feel like they have lost their song. Perhaps it is a person who has tried to steal their song. Perhaps it is a bad situation. Whichever the case, pray that God will restore the song of their heart. Remind them that God is still on the throne. (consider ending the day with a time of singing and celebration)



Materials Needed:

“REWIND!” Lesson 5 Graphics; “REWIND!” Bumper Video

Preparation:

Play the “REWIND!” Bumper Video; Begin with the slide titled “REWIND!”; there is a slide for each question

1. Whatchagaddaknow today?

Answer: “I Won’t Let Anything Steal My Song!”

2. What “essential element” are we learning about today?

Answer: Song

3. Who was on the run in our Bible Story?

Answer: David

4. Who was chasing David?

Answer: King Saul

5. What did David do while he was in the cave?

Answer: Wrote A Song

6. According to our lesson today, “Other _____ Can Steal Your Song.”

Answer: People

7. According to our lesson today, “Bad _____ Can Steal Your Song.”

Answer: Situations

8. According to our lesson today, “When Things Are Going Wrong, _____ A New Song!”

Answer: Sing

9. True or False: God is with you even when things are going wrong.

Answer: True

10. Where was our Power Verse found?

Answer: Psalm 92:1