

SUNDAY SERVICE

PRETEENS



8:30 10:30	TEAM HUDDLE: Announcements, prayer, and service overview in the Explorers Room.
8:45 10:45	CHECK-IN: Welcome kids by name and invite them to join you at an activity.
9:05 11:05	WELCOME & WORSHIP: Join the kids as you sing, dance, and model a heart of worship.
9:15 11:15	DISMISS PRETEENS: Give half the group a green lanyard and the other half a purple lanyard.
9:20 11:20	CONNECT ACTIVITY: Introduce the topic we are learning this week.
9:25 11:25	BIBLE LESSON: Teach the Bible story and have the kids look up verses with you.
9:45 11:45	SMALL GROUP ACTIVITY: Half the group do one activity & half will do the other activity.
9:55 11:55	SMALL GROUP ACTIVITY: Have the groups switch activities.
10:05 12:05	CHECK-OUT: Invite kids to choose an activity while they're waiting to be checked out.

PRETEENS



September 13

4-6TH

The Sun Stands Still Joshua 9–10

Key Verse: “I looked to the Lord, and he answered me. He saved me from everything I was afraid of.” Psalm 34:4

Big Idea: God has power over all things, so we can battle our fear with faith.

CONNECT ACTIVITY

Are you all ready for another week of “Imagination Time Machine”? Today, we’re going to imagine again what it would be like to live in Bible times.

Who remembers what story we imagined last week? (Rahab Helps the Two Spies.) Nice job! This week we get to imagine we’re in the middle of a huge battle, but first, I have a question for you. We’re going to answer it in a fun way, though.

Directions: **Tell the kids that they’ll get to choose who answers the question by tossing an imaginary object to each other. It could be something really small like a flopping fish, something really big like a car, something hot like a fireball, etc.**

After announcing the object of their choosing, a kid will pretend to throw the object to another kid, adjusting how they throw or catch based on the object. (For example, if it's a refrigerator, the thrower might grunt when tossing it and the catcher might pretend to get crushed.)

After answering the question, the catcher can toss a different object to another kid. Continue until everyone has had a chance to answer the question below.

Question: If the sun didn't go down for an entire 24-hour day, what would you do with the extra daylight?

Finally, is there anything you are afraid of or that freaks you out? (Take answers.) Tell the kids to imagine they're juggling something that they're afraid of such as snakes, spiders, etc.

Pretend to juggle something you're afraid of. Immediately drop the item and recoil in fear. I probably shouldn't have imagined that. I forgot that I'm afraid of _____ (insert fear object). (Regain composure.)

Those can be some pretty freaky things! But in today's true Bible story, we're going to find out that maybe we don't need to be quite so scared of those things. Speaking of the story, we should probably get started!

PRETEENS



September 13

4-6TH

BIBLE LESSON

Hello everybody, my name is _____! I'll be your guide in the ITM. That stands for "Imagination Time Machine." There are some rules you need to follow for a safe trip in the ITM.

Be sure to follow my imagination instructions closely so you don't get lost. I'm entering the coordinates right now. Location: the city of Jerusalem. Time: 1405 BC — a year after Jericho is defeated. Alrighty then — this would be a good time to imagine you're rocketing through time and space.

Brace yourself — we're coming in for a landing! (Thud sound.) Imagine yourself stepping out of the ITM and into the massive throne room of a beautiful palace. Imagine what the throne room looks like. (Giant door creaking sound.) Quick — hide! Someone is coming.

Imagine that the giant throne room doors open as 5 kings enter the room with urgency. Can you hear their heavy footsteps as they rush into the room? They seem upset — something big is going on. Quietly move closer to hear what they're saying. (Choose 5 kids to read the lines for the Kings.)

King 1: The nation of Israel must be stopped. Word has it that their God has promised to give this land to them.

King 2: But curse them and their God! Jerusalem will be theirs over my dead body!

King 3: How could any one of our nations defeat Israel? Have you not heard how their God fights for them?

King 4: We are five nations, but they are only one. If we band together, they won't stand a chance against us.

King: 5: Our five nations will fight as one and we will destroy Israel.

Later on, many miles away, a man named Joshua stands in a large tent, leaning over a map with his army commanders. Joshua is the warrior leader of Israel — chosen by God to bring His people into the Promised Land. Imagine what he looks like. Imagine what he's wearing — the sword at his side.

Although Joshua is quick to fight for the Promised Land, he fears being outnumbered by the 5 armies. He also senses the fear among his warriors. Move in close to Joshua and listen to what he says to his men. (Choose a kid to read Joshua's.)

Joshua: I know that they are five nations and we are only one, but listen to what the Lord has told me. "Do not be afraid. I will give them over to you. Not one of them will be able to fight against you and win."

The Israelites have faith that God is with them and it pushes their fear away. They march boldly through the night and take the 5 armies by surprise. Imagine the sound of battle horns blowing. Imagine the army of Israel rushing into battle with a great shout. Imagine the sound of swords clashing.

When the Israelites charge forward, God fills the faithless 5 armies with fear and they run away in a panic, but they don't get far.

Imagine the sky filling with dark clouds as God throws giant hailstones down on them. As the sun begins to set, though, the remaining enemy soldiers are close to escaping into the darkness. Joshua knows that if they get away, they'll be back to fight another day. So he prays to God for a miracle.

Joshua: Almighty God, make the sun stand still over Gibeon and stop the moon in its tracks.

Imagine the surprise in the eyes of the 5 armies when the sun stands still in the sky for a full day and there is no darkness to escape into. Imagine the sun lighting up the battlefield until every one of the 5 armies has been totally defeated. Can you hear the men of Israel shout in celebration?

Quick — we should get back to the ITM before someone discovers that we don't belong here. Imagine yourself stepping into the ITM and strapping into your seat. Destination: present day. (ITM noises begin.) We'll be arriving home in 3, 2, 1... you can open your eyes now.

GOD HAS THE POWER TO SAVE US FROM OUR FEARS
God saved the army of Israel from their fears and He saves us from our fears too. In fact, that's what our Bible verse for today says. Let's take a look together.

(Encourage kids to open their Bibles to Psalm 34:4, choose a kid to read the verse aloud.) "I looked to the Lord, and he answered me. He saved me from everything I was afraid of." Psalm 34:4

Fear attacks all of us sometimes. Sometimes we're afraid of things like _____ (reference the kid's answers from the intro). But sometimes we're afraid of even bigger things — like losing our friends, or being made fun of, or nightmares, or even death.

(Sit down or kneel close to the kids.) I want you to close your eyes and imagine one last thing. Imagine that you're facing your fear, but you're not alone — Jesus is standing right next to you, holding your hand.

Imagine that He leans over to you and whispers in your ear. He says, "Do not be afraid. I am with you." Now imagine your fear fading away until it's gone. That's what happens when we put our faith in Jesus.

BIG BIBLE STORY QUESTIONS

- What was your favorite part of the story to imagine?
- How did you imagine it?
- During the battle, why do you think the 5 armies were filled with fear while the army of Israel wasn't?

PRETEENS



September 13

4-6TH

SMALL GROUP ACTIVITY 1

FEAR KNOT GAME

Set up: **Divide the group into 2 teams (you can split them up using purple and green lanyards, but try to make the teams have an equal number of kids).**

- **One team will go with one leader in the other room and do Small Group Activity 1.**
- **The other team will stay with the other leader and do Small Group Activity 2.**

Directions:

- **Introduce yourself.**
- **Have the kids share their names and see if kids know each other's names.**
- **Tell them the Big Idea: God has power over all things, so we can battle our fear with faith.**
- **Explain the game to them.**

Say: **We all get afraid sometimes, but God says “fear not.” We’re going to play a game right now that will help us think about how having faith in God can keep us from getting tangled up with fear.**

Directions: Tell your group to stand shoulder to shoulder in a tight circle around the rug. Choose a kid to go first. Ask them to share something that they are genuinely afraid of.

After answering, have them reach across the circle and hold someone's hand. Have the kid who received the hand holding share a fear, then reach across the circle with their free hand and hold someone else's hand. Continue until every kid has shared a fear and all hands are being held. When finished, the kids will be in a tangled knot.

Say: This is what fear does to us — it puts us in a tangled knot. But God has the power to free us from the fear knot. Psalm 34:4 says, "I looked to the Lord, and he answered me. He saved me from everything I was afraid of." Let's see if we can get free from the fear knot.

Directions: Challenge your group to untangle themselves and make a circle without letting go of each other's hands. They'll have to pass over and under one another's arms to untangle the knot. Assist the kids only as needed.

Questions: When finished, have the kids take a seat and ask the questions below.

- How can having faith in God help you with your fear?
- God has power over all things! Does knowing that give you courage when you are afraid?
- Why or why not?

PRETEENS



September 13

4-6TH

SMALL GROUP ACTIVITY 2

BATTLING FEAR WITH FAITH

Set up: **Divide the group into 2 teams (you can split them up using purple and green lanyards, but try to make the teams have an equal number of kids).**

- **One team will go with one leader in the other room and do Small Group Activity 1.**
- **The other team will stay with the other leader and do Small Group Activity 2.**

Directions:

- **Introduce yourself.**
- **Have the kids share their names and see if kids know each other's names.**

Say: **Earlier today, I asked you what kind of things you're afraid of. Did anyone say they were afraid of being outnumbered by 5 ferocious armies? (Kids respond.) No! But if you were Joshua, I'll bet you would have been.**

When Joshua and the army of Israel started to feel afraid, what did God say to them? (Take answer.) He said, "Do not be afraid. I will give them over to you." The army of Israel had faith in God's power, so when fear attacked, it didn't even put a dent in them. Let me show you what I'm talking about.

(Show the kids two empty plastic water bottles, one with no lid and one with its lid securely fastened.) On the outside, both of these water bottles look the same, but on the inside, they're different. (Hold up the bottle with no lid.) This bottle is like the 5 armies — it's empty. There was no faith in them. (Hold up the bottle with lid.)

This bottle is like the army of Israel. Although you can't see it, it's filled with faith in God. (Set both bottles on a table. Put on a glove with the letters F-E-A-R written across the knuckles.) When fear attacked the 5 armies, (lay down the bottle with no cap and punch it with the F-E-A-R fist; hold the bottle up for kids to see) it crushed them and they ran away. But when fear attacked the army of Israel, (lay down the bottle with cap and repeat the above instructions) it didn't even put a dent in them and they fought bravely. (Take off glove and set it aside.)

Remember, though, when you have faith in God and look to Him, He can save you from your fears. God has the power to pour hail down from the clouds, He has the power to make the sun stand still in the sky, (hold up water bottle with cap) and He has the power to stop fear from crushing you. God has power over all things, so we can battle our fear with faith in Him.

Ask the kids to share anything they are afraid of or if they have a situation where they need to ask God for faith in their time of fear. Allow the kids in the group to take turns praying aloud for themselves or for each other. When finished, close the group with a final prayer.