

# 2026-5-rCity 4/5

## SG-Week 3

Today's Suggested Schedule—May 2026, Week 3

**Bible Story:** Paul Becomes a Believer | Ananias Helps Paul • Acts 9:1-31

**Bottom Line:** God can help you see things in a new way.

**Conversation Starter:** When have you discovered something new about God?

**Monthly Memory Verse:** *Let us not become tired of doing good. At the right time we will gather a crop if we don't give up.* • Galatians 6:9 NIrV

### Supplies NOT Included in the Activity Bags:

Bible Story Review

- Blindfolds
- chairs, pillows, etc

Application Activity

- water
- snack cups
- paper towels

Memory Verse Activity

- Bibles

Prayer Activity

- paper
- coloring supplies
- music



### Bible Story

Paul Becomes a Believer | Ananias Helps Paul • Acts 9:1-31

### Conversation Starter

When have you discovered something new about God?

### Bottom Line

God can help you see things in a new way.



### Monthly Memory Verse

*Let us not become tired of doing good. At the right time we will gather a crop if we don't give up.* • Galatians 6:9 NIrV

# Bible Story Review

## Bible Story Extension

### What You Need

 Blindfolds	Several
 Chairs, pillows, and other items from your activity area	Several

### What You Do:

#### Before the Activity:

- Create an obstacle course with chairs, pillows, and other items from your activity area.

#### During the Activity:

- Pair up the kids.
- In each pair, one person will be the "Traveler" (who will be blindfolded), and the other will be the "Guide."
- Explain that the Traveler represents Saul after he was blinded, and the Guide represents Ananias, whom God sent to help him.
- The Guide's job is to lead their blindfolded partner safely through the path or obstacle course using only their voice. They cannot touch their partner.
- Let the pairs go one at a time.
- If time allows, after everyone has gone through, have the kids switch roles and go through the obstacle course again.
- Afterward, ask these questions and discuss:
  - When you were a "Traveler," what was it like to trust your guide completely? Was it scary?
  - When you were a "Guide," what was challenging about giving clear directions?
  - How is this activity like Ananias helping Saul? (*Ananias had to trust God's directions, and Saul had to trust Ananias.*)

### What You Say:

"Great job! That took a lot of trust and good communication. In our Bible Story today, Saul was powerful and used to being in charge, but suddenly, he was helpless and had to rely on someone he thought was his enemy.

"Here is what happened: As Saul approached Damascus, a brilliant light from heaven suddenly shone around him. The Bible says: *He fell to the ground. He heard a voice speak to him, 'Saul! Saul! Why are you opposing me?' 'Who are you, Lord?' Saul asked. 'I am Jesus,' he replied. 'I am the one you are opposing. Now get up and go into the city. There you will be told what you must do' (Acts 9:4-6 NIV).*

"But when Saul stood up and opened his eyes, he realized he was blind! His companions led him into the city, where he stayed with a man named Judas. Then, God led Ananias to help Saul. And even though Ananias' knees were probably knocking together because he was afraid of Saul, Ananias did what God said. He went to help Saul! And when Ananias placed his hands on Saul and prayed for him, immediately, something like scales fell off Saul's eyes, and he was able to see again!

"So much happened in Saul's story. But God was using everything to change the way Saul saw things. Saul used to think that the stories about Jesus returning to life were dangerous nonsense. But once Saul MET

Jesus and after he regained his sight, Saul totally changed! Now, instead of arresting believers, Saul went straight to the synagogue and started preaching that Jesus is the Son of God!

"God used those events to change Saul completely. Sometimes God allows us to be in situations where we feel like we can't see what's ahead, so we can learn to trust Him and the people He puts in our lives. It's in those moments that **[Bottom Line] God can help you see things in a new way.**"

## Discussion Questions

### What You Need












No supplies needed

### Ask these questions and discuss:

- Why do you think Jesus chose to appear to Saul in such a dramatic way (a blinding light and speaking voice) instead of in a quieter way, like a dream?
- When Jesus told Ananias to go to Saul, Ananias argued at first. Why was it so hard for him to believe Saul could change?
- Right after Saul could see again, he immediately began preaching about Jesus. Why do you think Saul didn't hesitate or wait?
- Why do you think God didn't just fix Saul instantly, but instead used Ananias—a regular Jesus-follower—to be part of Saul's healing?
- After Saul's transformation, the church continued to grow. How did Saul's new mission help spread the message of Jesus even further?

## Application Activity

### What You Need

 Clear glass	1
 Warm water	1
 Ground turmeric, one teaspoon	1
 Rubbing alcohol, one-half cup	1
 Baking soda, one tablespoon	1
 Vinegar, one-half cup	1
 Spoons	2
 Small paper cups	2
 Tablespoon	1
 Half Cup	1
 Teaspoon	1

### What You Do:

#### Before the Activity:

- Fill the clear glass halfway with warm water and stir in one tablespoon of baking soda, one per Small Group.
- Pour a half cup of rubbing alcohol into a plastic cup then stir in one teaspoon of turmeric, one per Small Group.
- Pour a half cup of vinegar into a second plastic cup, one per Small Group.

#### During the Activity:

- Hold up the jar of warm baking soda water and say, "This represents Saul. He thought he was doing the right thing, but his view was a little cloudy."
- Ask kids to watch as you pour some of the turmeric solution into the water. It will start out as a yellowish-orange color and turn to a reddish-orange color. Say, "This is like the moment Saul met Jesus on the road. It was a dramatic, life-changing encounter."
- Say, "When Jesus came into Saul's life, it was like a light turned on. Saul began to see everything differently." Add some vinegar, and watch the red water turn back to yellow. Say, "Even after we follow Jesus, we still have to keep choosing to see things His way. The world will try to pull us back to our old ways of thinking."

### What You Say:

"That was a pretty cool transformation, right? Just like the water changed colors, Saul's entire life changed when he met Jesus. Before meeting Jesus, Saul believed that the stories about Jesus were dangerous lies. He went from being someone who hated Christians to being one of the most influential people for Jesus who ever lived!

"After meeting Jesus, Saul's way of seeing the world completely changed. He became one of Jesus' most loyal followers. It's a powerful reminder that no matter how you see things right now—your friends, your family, or even yourself—God can help you see other people in a new way too. You can always ask the Holy Spirit to show you how God sees the people in your life. Maybe your little sister seems super annoying, but she really thinks you're amazing and just wants to be with you. Maybe that rude kid at school who says mean stuff is just lonely, and no one is kind to them at home. God can even help you change the way you see your circumstances. No matter what's going on in your life, God loves you, He's always with you, and He has promised to make everything right in the end. Keep your eyes focused on Jesus, and **[Bottom Line] God can help you see things in a new way.**"

**[Make It Personal] (Share a kid-appropriate time about how God helped you see things in a new way. For example, you could share something like: "There was a time when I was really judgmental about someone. I only saw their flaws. But I asked God to help me see them the way He does, and over time, my perspective totally changed! I started to see their good qualities and the reasons God loves them. God completely changed how I saw that person.")**

## Verses to Take with You

### What You Need

 Bibles

1

#### What You Do:

*During the Activity:*

- Give every kid a Bible.
- Invite them to look up Galatians 6:9 using the Bible Navigation Tips below.

**Finding verses with 4th-5th graders:** Ask kids to tell you if the book of the Bible they're looking for is in the Old Testament or New Testament. If it's in the Old, instruct kids to flip slowly, starting at the front of the Bible and heading toward the back, until they find the book they're looking for. If it's in the New, instruct kids to start flipping from the back, going forward to find the book they're looking for. Once they find the book, explain that the big numbers on the page are the chapter numbers. First, have them find the chapter they're looking for. Then explain that the small numbers are verse numbers. Tell kids to find the verse within the chapter they've already found.





- Read the Memory Verse out loud together several times.
- Review any words that might be unfamiliar to the kids.
- Invite the kids to set their Bibles aside.
- Explain that you're going to say the verse using a simple rhythm.
- Lead them in the pattern: **clap, clap, snap** (or **pat knees, pat knees, clap** for non-snappers).
- Once they have the rhythm, start adding the words. Try to fit two words of the verse into each beat.
  - **(clap, clap)** Let us **(snap)** not
  - **(clap, clap)** become **(snap)** tired
  - **(clap, clap)** of doing **(snap)** good.
  - And so on ...
- Go through the whole verse several times, getting faster as you go.

#### What You Say:

"Awesome job! That rhythm helps get the Memory Verse stuck in your head. This verse is all about perseverance. Saul, who you might also know as Paul, had a hard life, but he never gave up doing good. He persevered because he knew God was with him and had helped him see everything in a new way. When you feel like giving up, remembering **[Bottom Line] God can help you see things in a new way** can give you the strength to persevere."

## Make It Personal with Prayer

### What You Need

 Music Player	1
 Soft worship music	1
 Paper	1
 Coloring supplies	Several



### EveryChild tips

- For kids who are restless during quiet activities, offer an alternative, like using clay or pipe cleaners to create their prayer instead of drawing. The tactile input can help them focus.
- Frame the quiet time as “your time with God,” emphasizing that there’s no right or wrong way to do it. This removes pressure for kids who may feel anxious about praying “correctly.”

### What You Do:

#### *During the Activity:*

- Play some soft worship music in the background.
- Tell the kids that for the next few minutes, you’re going to have some quiet time to pray.
- Explain that they can pray by drawing or designing something on their paper.
- Give them a prompt: “Think about a situation or a person in your life that you need to see in a new way. Ask God to help you see that situation or person the way He does. Draw or write about that.”
- Allow for several minutes of quiet, independent reflection and creation.

### What You Say:

“Sometimes the best prayers are the ones we don’t say out loud. God knows our hearts, and He sees what you’ve created. Let’s close our time together in prayer.”

### Prayer:

“God, thank You for the story of Saul. It reminds us that You can change anyone and that You can help us see things differently. Please help us to see the situations we just drew about—and the people involved—the way You do. Give us new eyes to see the world with Your love and grace. We love You, and we pray these things in Jesus’ name. Amen.”

# Supplies

Bible Story Extension	Quantity
1. Blindfolds	Several
2. Chairs, pillows, and other items from your activity area	Several

Application Activity	Quantity
1. Clear glass	1
2. Warm water	1
3. Ground turmeric, one teaspoon	1
4. Rubbing alcohol, one-half cup	1
5. Baking soda, one tablespoon	1
6. Vinegar, one-half cup	1
7. Spoons	2
8. Small paper cups	2
9. Tablespoon	1
10. Half Cup	1
11. Teaspoon	1

Verses to Take with You	Quantity
1. Bibles	1

Make It Personal with Prayer	Quantity
1. Music Player	1
2. Soft worship music	1
3. Paper	1
4. Coloring supplies	Several