

PRIEST LAKE COMMUNITY BAPTIST CHURCH

KINGDOM KIDS – WEEK 1 COMPLETE TEACHER GUIDE

Series: Jesus Helps Me • Lesson 1: Jesus Helps Me When Life Is Hard • John 16:1–4, 33 (KJV)

Big Idea	Jesus helps me when life is hard.
Main Scripture	John 16:1–4
Memory Verse	John 16:33 – “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”
Lesson Length	45–60 minutes
Win	Every child leaves able to say: “I am not alone—Jesus helps me.”

1. Lesson Aim

- This lesson teaches children a simple, strong truth: life can be hard, but Jesus does not leave us alone. He helps us, stays with us, and gives us courage.
- The goal is to help children connect John 16 to real life moments of fear, sadness, pressure, and disappointment.

2. Supplies Needed

- Bible
- Printed kids activity sheet or blank paper
- Crayons, markers, or colored pencils
- Pencils
- Optional object lesson item
- Optional soft music during prayer

3. Teaching Flow

Segment	Time	Purpose
Welcome	5 min	Warm greeting and connection
Icebreaker	5 min	Talk about hard days and help
Bible Teaching	10–12 min	Teach John 16:1–4 and 16:33
Memory Verse	5 min	Practice John 16:33
Activity	10–15 min	Draw/write response
Prayer + Declaration	5–8 min	Personal response
Challenge + Dismissal	3 min	Take-home action

4. Teacher Preparation Notes

- Read John 16:1–4 and John 16:33 before class.
- Keep the lesson simple.
- Use warmth and energy.
- Do not rush the activity or prayer.

5. Full Teaching Script

- **Welcome:** Good morning, Kingdom Kids! I am so glad to see you today. Have you ever had a hard day?
- **Welcome:** Today we are learning something very important: Jesus helps us when life is hard.
- **Transition:** Everybody say it with me: Jesus helps me when life is hard.

6. Icebreaker

- **Teacher:** Tell me one thing that can make a day feel hard.
- Affirm answers gently.
- Move the room toward hope: “Hard things are real, but Jesus helps us.”

7. Bible Teaching – John 16:1–4, 33

- **Teacher:** Jesus was talking to His disciples. He told them that hard things were going to happen.
- **Teacher:** That means Jesus understands hard days.
- **Teacher:** John 16:33 says, “In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”
- **Teacher:** So when you feel scared, Jesus helps you.

8. Simple Expository Notes

- John 16:1–4 – Jesus prepares His followers for difficulty.
- John 16:33 – Jesus gives peace in the middle of trouble.
- Main bridge for children: Jesus knows, Jesus stays, and Jesus helps.

9. Discussion Questions

- What are some things that can make life feel hard?
- How do you feel when something hard happens?
- What does Jesus want us to remember when life is hard?
- How can prayer help you when you feel afraid or sad?

10. Activity Instructions

- Divide the page into two parts.
- Draw or write about something that feels hard.

- Draw or write how Jesus helps you.

11. Prayer + Declaration

- Dear Jesus, thank You for helping me.
- When I feel scared, be with me.
- When life is hard, teach me to trust You.
- I am not alone—Jesus helps me.

12. Parent Take-Home

- Ask your child what they learned about Jesus.
- Pray together for two minutes each night this week.
- Repeat together: I am not alone—Jesus helps me.