



LOW-ENERGY GAME

On the Move

[10 min]

Supplies

- ping-pong balls (1 per child)
- permanent marker
- disposable cups (about 1 per child)
- painter's tape
- preschool-height tables (1 for every 5 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep

- With the permanent marker, draw a smiley face on each ping-pong ball.
- Along 1 long edge of each table, tape plastic cups side by side to the table's edge so that the openings of the cups are just slightly below the tabletop and the ping-pong balls can roll from the table into the cups.

Tips

- If younger preschoolers can't manage to get the ping-pong balls into the cups, that's okay. Simply celebrate that they can move the ping-pong balls around using only their breath.

Blow on Ping-Pong Balls to Move Them

Say: **Today we read an amazing story about how Jesus is powerful! Jesus gives us his power through the Holy Spirit. We can't see the Holy Spirit, but we can see what he does around us and through us. I'll show you what I mean with a fun game!**

- Form groups of about five, and have each group line up along a table's edge on the opposite side of where you taped the cups.
- Give each child a ping-pong ball.
- Say: **See the smiley faces on the balls? These are pretend people—we can even pretend that they're all of you.**
- **You'll put yours on the table and blow on it to try to make it roll into one of the cups on the other side of the table. You can't use your hands, only your breath to make the ball roll and move.** Demonstrate as you explain.
- **If you get your ball into a cup, take it out and do it again, trying to get it into a different cup. Ready to try? Pause. Okay, go!**
- If you'd like, play upbeat music while kids play.

Talk About It

Ask: • **What did you like about moving the ball with only your breath?**

Say: **It's so cool that you could move the ball without touching it! You couldn't see your breath, but you could see that your breath moved the ball. That's kind of like the Holy Spirit—we can't see the Holy Spirit, but the Holy**

Spirit does *amazing* things through us like helping others know that Jesus loves them.

Share about one or two people who *you* want to know that Jesus loves them.

Ask: • **Who do you want to know that Jesus loves them?** Kids might share about parents, grandparents, siblings, other family members or friends.

Say: **Jesus is powerful, and he gives us his power through the Holy Spirit.**



TALK-ABOUT VIDEO Carl's Story

[10 min]

Supplies

- “Carl’s Story” teaching video

Discuss and Watch “Carl’s Story”

Say: **We’re learning that Jesus is powerful, and he gives us power.**

Ask: • **If you could have any superpower, what superpower would you want? Why?**

Say: **Superpowers would be fun! But that’s not quite the kind of power Jesus gives us. Let’s see what kind of power our friend Carl has.**

Watch “Carl’s Story.”

Ask: • **How much power do you think Carl really had?**

• **How would you describe Jesus’ power?**

Say: **Carl wasn’t as powerful as he thought. But he *did* learn something very true: Jesus is powerful! Jesus has the most awesome power, and we can ask for his power in our lives! In our Bible story, Jesus promised power to his disciples, and that promise is for us, too.**



DEEPER BIBLE Power to the User

[15 min]

Supplies

- Bible
- vacuum
- confetti
- various items that transfer power to the user (see Easy Prep for examples)

Easy Prep

- Spread confetti on the floor in 1 area of your room near an electrical outlet, and place the vacuum nearby.
- To prepare for the rest of this activity, gather a few other things that are able to transfer power to the user so that kids can see how things with power can make things easier or give the user power. For example, you may have kids stir a bowl of ingredients with a spoon and then have a leader show how a hand mixer gives the user power to stir more thoroughly. You might also have kids speak in their regular voices and then use a microphone or megaphone to show how the microphone or megaphone gives them the power to be heard by everyone. You might also use a paper fan versus an electric fan to move balloons, a handheld bubble wand versus a bubble maker, or a windup toy without the windup feature and then with it. Choose items that are easily accessible to you.

Clean the Confetti

Say: **Today we found out that Jesus is powerful, and he gives us power. Let's do some things to help us think about power.**

Lead the kids to the area of your room with the confetti. Say: **Look at all this confetti on the ground! I think we need to clean it up—will you help me?** Lead kids to pick up pieces of confetti with their hands and place them in the trash.

After a couple of minutes, say: **This is hard work—I wonder if there's anything that could give us the power to do this more quickly and easily.** Look as if you've thought of an idea. **I know! We'll use this vacuum!** Begin to vacuum the confetti, and let each child have a turn vacuuming with you until all the confetti is cleaned up.

Ask: • **Why was it easier to clean the confetti with the vacuum?**

Say: **The vacuum gave us the power to clean up the confetti much more quickly and easily. It would've taken forever to clean up all those little pieces! I'm thankful that the vacuum is powerful and could give us some power to clean faster. Like that, Jesus is powerful, and he gives us power. When we want to tell someone about Jesus, he gives us power by helping us be brave to talk to someone new and helping us know what words to say!**

Explore Other Powerful Things

Say: **Let's look at something else that has power.** Lead kids in exploring the other items you brought to show them how something with power can give *them* power. Start by having kids try a task or action without the powerful object. Then either demonstrate or have kids use the powerful object so kids can see how they receive power from the object. Remind kids throughout the experience that Jesus is powerful, and he gives us power. Continue as time allows.

Talk About It

Say: **All the things we used today gave us power, and that reminds us that Jesus gives us power. But Jesus is the most powerful of all, and he can give us power to do anything. Let's read the Bible to find out what Jesus loves to give us power to do.**

Read aloud Acts 1:8. Say: **Jesus loves to give us power to tell people about him! He wants to be friends with everyone, so he wants us to have courage to share about him. Jesus gives us power to tell people that he loves them, and he'll even help us know what to say. We don't need to worry because Jesus is the most powerful of all, and he shares his power with us!**

**LIFE APPLICATION WRAP-UP****Share This Little Light**

[5 min]

Supplies

- flashlight

Pass the Light

Have kids sit in a circle. Say: **Today we found out that Jesus is powerful, and he gives us power, too. In the Bible, we found out that Jesus gives us power to share about him. He wants to be friends with everyone—that's why he gives us power to tell everyone we know about Jesus' love. Let's play a game and practice sharing about Jesus now.**

Turn on the flashlight. Lead kids in singing the following two lines from the song "This Little Light of Mine" and passing the flashlight. After singing the two lines, lead the child holding the flashlight to practice saying something about Jesus. The child might say, "Jesus loves you," "Jesus is our friend," or "Jesus takes care of us." After the child shares, lead kids to sing the two lines again and pass the flashlight, repeating the same process. Continue until all the children have had a chance to practice sharing something about Jesus at least once.

**This little light of mine,
I'm gonna let it shine!**

Pray

Say: **You all did a great job sharing about Jesus. You can share any of those things about Jesus anytime you want—and Jesus gives us power to share them. Jesus is the most powerful one ever, so he can do anything! Let's ask Jesus to give us power to share about him this week.** Lead kids in a brief prayer, asking Jesus to give everyone power to share about him.

Say: **When we're friends with Jesus, he gives us power. Let's use that power to share about him. I hope you'll come back next week to tell about all the people you shared about Jesus with over the week!**



ACTIVITY PAGES WITH A POINT

Pass the Power

[10 min]

Supplies

- “Jesus Passes on His Power” Coloring Page (1 per non-reader)
- pencils
- crayons

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Jesus is powerful. Peter and Jesus’ other friends received Jesus’ power when the Holy Spirit came. Let’s color that powerful day!**

Allow time for kids to color.