



LOW-ENERGY GAME

Buddy Bumpers

[10 min]

Supplies

- plastic beverage bottles or pool noodles cut to 6-inch lengths (6 for every 6 kids)
- rubber playground balls (1 for every 6 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep

- For each team of 6 kids, set up 6 bottles or pool noodle pieces in a bowling pin formation.
- Place a rubber ball about 5 feet away from each set of “bowling pins.”

Help Friends in a Fun Bowling Game

Say: Today we heard about one of Jesus’ friends, Matthew. Jesus was a really good friend to Matthew and showed us how we can be good friends, too. Let’s play a game where you’ll all get to be good, helpful friends!

- Form teams of six. (If you have fewer than six kids, form only one team.)
- Give each team a ball and show teams their bowling pins.
- Each team member will roll the ball once to try to hit the pins and knock them down, resetting any pins between tries.
- Then everyone will try again, but this time team members will stand along the path to the bowling pins to act as helpful bumpers to guide the ball to the pins.
- Encourage team members to cheer each other on as they act as bumpers.
- If you’d like, play upbeat music while kids play.

Talk About It

Ask: • Why was it better to have your friends’ help when you bowled?

Say: You were good friends to each other in the game. You helped each other and cheered for your friends. There are lots of ways we can be good friends.

Tell about something *you’ve* done in the past week to be a good friend, such as buying coffee for a friend or co-worker.

Ask: • What’s something *you’ve* done to be a good friend?

Say: It’s great to have friends, and Jesus is our friend, too. When we treat our friends the way Jesus treats his friends, we’ll be good friends to others!



TALK-ABOUT VIDEO Good Friends

[10 min]

Supplies

- “Good Friends” teaching video

Discuss and Watch “Good Friends”

Say: In our Bible story, we saw what a good friend Jesus was to Matthew and his friends. But how can we be that kind of friend? Let’s see how some girls today showed good friendship.

Watch “Good Friends.”

Ask: • **Tell about a time you had a friend pull away from you.** Share your own story first.

• **How can you be a good friend when someone is going through a hard time?**

Say: In our video, Avery was going through a hard time because her parents got divorced. She needed good friends, but it was hard for her to reach out for friendship. When we see people who are going through a hard time, we can reach out, too! We can ask Jesus to help us know what to do or say. Jesus is our friend, so we’re good friends to others.



DEEPER BIBLE Let's Be Friends!

[15 min]

Supplies

- pompoms in a variety of colors (an even number of each color, 1 pompom per child)
- container to hold the pompoms
- upbeat music
- music player

Tips

- If you have an uneven number of children in your class today, you or a helper can play the game along with kids so everyone always has a partner.

Make New Friends

Say: **Jesus is our friend. Jesus is a good friend to me and to you and to you.** Point to each child. **Jesus is a good friend to all of us! And Jesus shows us that we can be good friends to everybody! Let's be good friends and play a game to get to know all our friends in our class.**

Play music, and have kids dance along. After about 20 seconds, stop the music and have kids reach into the container of pompoms, without looking, and each grab one pompom.

Then help kids find a partner who's holding the same colored pompom. Have kids tell their partner their names. Then read the questions below one by one, and have kids answer them or do the actions together.

What's your favorite movie?

What's your favorite food?

What's your favorite color?

What's your favorite thing to play outside?

What's your favorite animal? Then have kids pose like that animal.

Give your partner a high-10 five times.

Give your partner a fist bump.

Tell your partner a joke.

After kids have shared with their partner, have everyone return the pompoms to the container, and play the music again. Play several rounds so that kids interact with multiple children in the group.

Say: **Jesus is our friend, so we're good friends to others. Part of being good friends is getting to know kids we don't know very well and listening to them, like we just did! Good job, friends!**

Say: **Jesus is a friend to all of us, and we can be a friend to everyone in our class, too! A good friend takes turns, shares, and plays with kids who might be new. Let's say a fun cheer to celebrate that we're all good friends!**

Have kids gather around you and put their hands into the center of a circle. Lead kids in shouting "One, two, three...we are friends!"

**LIFE APPLICATION WRAP-UP**
Friend Poses

[5 min]

Pose

Say: **Today we found out what a great friend Jesus is! We learned how Jesus is a good friend and shows us how to be good friends, too! Let's thank Jesus for being a good friend now. Thank you, Jesus, that when we're friends with you, you...**

- **love and care for us instead of letting us be all alone.** Cross arms (change to arms out, ready for a hug).
- **forgive us and help us forgive others.** Turn away from others (turn toward others).
- **bring us a group of good friends.** Stand in pairs and make a fist (hold hands with a partner).
- **turn our frowns upside-down.** Show a sad face (change to a happy face).

Pray

Say: **Jesus is our friend—and he's the best friend ever! Let's ask him to help us be good friends to others, too.** Lead kids in a prayer, asking Jesus to help kids love and care for their friends, include their friends, forgive their friends, and enjoy their friends.

Thank kids for joining you in church today, and remind them that they can come back anytime to spend more time with their friends at church.



ACTIVITY PAGES WITH A POINT BFFs

[10 min]

Supplies

- “Jesus Calls Matthew to Be His Friend” Coloring Page (1 per non-reader)
- pencils
- crayons

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Even though a lot of people thought Matthew was a bad guy, Jesus was nice to him. Jesus is our friend! Let’s color Jesus with his friend Matthew.**

Allow time for kids to color.