



Younger IK Groups- PreK- 1st grade

January 22, 2025

Bible Story: Murder- Exodus 20:13, Genesis 4:1-16

Big Idea: We don't hurt others.

The Win: Kids who can identify and take their next step of discipleship by embracing a preschooler's physical needs or engaging an elementary kid in things that interest them.

Wednesday Share:

Tonight during Impact Kids, we looked at Exodus 20:13 and Genesis 4:1-16. God says not to commit murder. In a brotherly feud between Cain and Abel, Cain is jealous of his brother, Abel. God warns Cain not to fall into sin's trap by being angry and dejected. But Cain doesn't listen and kills his brother. God punishes Cain by making him a homeless wanderer who can't grow good crops. Ask God to create an environment of uplifting and encouraging words, rather than hurtful words, in your home.

Leader Devo:

<https://parkwaychurch.tv/blog/2025/01/15/jan-22>

Dig In to Prayer:

Ask God to create an environment of uplifting and encouraging words, rather than hurtful words, in your ministry.

Quick Tip:

You help set the tone for helpful rather than hurtful words in your ministry. When you make sarcastic jabs that seem harmless at kids, you're communicating that that's okay to do. You never know who your words may hurt, and you're also setting the example for kids to add their own hurtful jabs. Commit to saying only positive things.

Wednesday Group Schedule

Leaders Arrive: 6:15 PM
Family Dinner: 6:30 PM – 6:50 PM
K-3rd Outside Play: 6:50 PM- 7:20 PM
4th & 5th Small Group: 6:50 PM- 7:30 PM
K-3rd Small Group: 7:25 PM- 8:00 PM
4th & 5th Outside Play: 7:30 PM- 8:00 PM
Dismiss: 8:00 PM- 8:05 PM

Low Energy Game:

Supplies

- cotton balls (1 per child)
- smiley face stickers (1 per child)
- plastic spoons (1 per child)
- upbeat music
- music player

Easy Prep: Put smiley face stickers on the cotton balls.

Carry Them Slowly

Say: We can get angry about a lot of different things. Sometimes when we're angry, we think about saying or doing something that would hurt someone else. But we can slow down and ask God to help us not hurt others.

- Let's pretend these cotton balls (show kids a cotton ball with a smiley face sticker on it) are people. We'll practice being slow and careful so we don't hurt them.
- Have kids line up along one wall.
- Give each child a spoon and a cotton ball. Show kids how to put a cotton ball on a spoon to carry it.
- Start the music, and encourage kids to carry their cotton balls in their spoons to the other side of the room as quickly as they can.
- Have kids stop and pick up their cotton balls if they drop them and put them back on the spoons.
- Have kids continue crossing the room with the cotton balls in the spoons as time allows.

Talk About Slowing Down

Say: It was hard to keep the cotton balls on the spoons, especially if we went really fast. We had to slow down to keep them from falling. There are lots of times it helps to slow down.

Share an example of a time you had to slow down, such as driving slowly on icy roads so you didn't crash, painting a room slowly and carefully so paint didn't go in the wrong place, or choosing your words carefully when you had to deliver bad news.

Ask: What's something you need to do slowly? Kids may say coloring so they stay in the lines, carrying a breakable dish to the kitchen, or walking on a slippery sidewalk.

Say: Sometimes going slow keeps us safe, and sometimes slowing down keeps us from hurting others. When we're angry, we can slow down and talk to God before we do or say something unkind. We can ask God for help when we're angry so we don't hurt others.

Talk About Video:

Discuss and Watch "Snooty Fruities"

Say: Today's commandment from God is we don't hurt others.

Ask: Tell about a time you were bullied or teased. Share your own story first.

Say: It's no fun when others hurt us! When we keep that in mind, we can make sure we aren't the ones hurting someone else. Let's look at how bullying can really hurt.

Watch "Snooty Fruities."

Ask: What emotions did you see Broccoli having in this video?

- What was the most hurtful thing to happen to Broccoli?
- What difference did it make when the fruit basket was nice to Broccoli instead of bullying Broccoli?

Say: Bullying can hurt emotionally and physically, just as it did for Broccoli. On the other hand, being kind to others can make people feel really good! That's why God wants us to make sure we don't hurt others.

Deeper Bible:

Supplies

- Bible
- "We Can..." handout (1 per adult or teen helper)

Easy Prep: Cut apart the "We Can..." handouts, and keep the sets together to give 1 to each adult or teen helper.

Talk About Being Angry

Say: Sometimes things make us mad. We heard today that Cain was mad at his brother. When we're mad, we can choose what we do next. We might think about hurting someone like Cain did. But God wants us to be kind and not hurt others, even when we're angry. Listen to this! Read aloud Ephesians 4:32.

Share about a time you were angry with someone and how you responded.

You may have yelled at your kids when they didn't pick up their toys, left a store when someone was rude to you, or talked to a friend about something she said that hurt your feelings.

Ask: Tell me about a time you were angry. Kids may say they were mad at a sibling for breaking a toy, a friend for not sharing a swing, or someone who pushed them on the playground.

Encourage kids to share how they responded.

Choose How to Respond

Separate kids into groups, each with one adult or teen helper.

Say: Let's think about what we can do when we feel angry. Imagine we're playing with a friend and he takes our toy. That makes us mad! We might think about hitting him and grabbing the toy back. But God says we don't hurt others. Let's talk about some good choices we can make when we feel angry.

Give each adult or teen helper a set of the "We Can..." pictures. Have the helper show kids the "We can...walk away" image.

Say: If we get upset, we can walk away so we have time to calm down. Have the adult or teen helper in each group pass around the image for kids to look at and then collect it.

Lead kids in singing this verse and doing the motions to the tune of "Head, Shoulders, Knees and Toes."

When you're angry, walk away. (walk in place)

Walk away. (walk in place)

When you're angry, walk away. (walk in place)

God says don't hurt friends that way. (wag finger "no")

When you're angry, walk away! (walk in place)

Have adult and teen helpers show kids the "We can...use our words" image.

Say: If someone takes a toy away from us, we can use our words to ask for it back. Have adult and teen helpers pass around the image for kids to look at and then collect it.

Lead kids in singing this verse and doing the motions to the tune of "Head, Shoulders, Knees and Toes."

When you're angry, use your words. (make talking mouth with hand)

Use your words. (make talking mouth with hand)

When you're angry, use your words. (make talking mouth with hand)

God says don't hurt friends that way. (wag finger "no")

When you're angry, use your words! (make talking mouth with hand)

Have adult and teen helpers show kids the "We can...ask for help" image.

Deeper Bible: cont.

Say: If someone is being mean to us, we can ask for help. Have adult and teen helpers pass around the image for kids to look at and then collect it.

Lead kids in singing this verse and doing the motions to the tune of "Head, Shoulders, Knees and Toes."

When you're angry, ask for help, (raise hand)

Ask for help. (raise hand)

When you're angry, ask for help. (raise hand)

God says don't hurt friends that way. (wag finger "no")

When you're angry, ask for help! (raise hand)

Say: Now you decide what to do. Imagine that someone keeps making loud noises to bother you, and it makes you mad. Remember, we don't hurt others. What can you do instead?

Have adult and teen helpers lead kids to think about which of the three choices from the handout they might choose to make a good choice. The helpers can encourage kids to share why they made their choices. After all groups have finished discussing, have adult and teen helpers quickly share what their groups talked about. Say: We can't always keep from getting mad, but we can always choose what to do next. With God's help, we can choose not to hurt others, even when we're angry.

Life Application:

Pray a Rhyme

Say: Today we learned we don't hurt others. Let's learn a rhyme to help us remember that. Lead kids in the following rhyme and motions.

God, I know we don't hurt others. (shake head, and wave arms with palms facing downward as if saying "no")

Not my friend, sister, or brother. (link arms with someone nearby)

Help me show love and care. (hug self, and sway back and forth)

Please hear me, God, that's my prayer. (place palms together as if praying)

Repeat as time allows.

Close

Say: Even when we feel angry or frustrated, God will help us not hurt others. We can say this prayer and listen for his help. Let's say it one more time. Lead kids in the rhyme once more, and then close the prayer.

Say: I'm so glad you came to church today! Please come back next week to spend time with all your friends here at church!

Activity Page with a Point:

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: One of God's commandments is that we don't hurt others. When we get angry like Cain did, we can ask God to help us make peace instead of hurting others. Let's color Cain looking pretty mad!

Allow time for kids to color.

Older Kids: Do an Activity Page

Say: We're learning that we don't hurt others. Cain is a great example of how our anger can get the best of us and make us want to hurt other people.

But instead, we follow God's way. We do the opposite of what Cain did! Let's do a puzzle with some opposites.

Distribute the activity pages and pencils. Kids will fill in the crossword puzzle to show the opposite of hurtful words.

Ask: Tell about a time you wanted to do one of the things in the clues.

When you want to hurt someone, what can help you make the opposite choice?

Say: We don't hurt others. When we're angry, we ask God to help us calm down so we can do the opposite of what we might want to do to hurt someone.

Answer Key: Older Kids

