



## LOW-ENERGY GAME

### Steady Stride

[10 min]

#### Supplies

- 3-ounce cups (1 per person)
- bags of multicolored pompoms (enough to fill all the 3-ounce cups)
- upbeat music (optional)
- music player (optional)

#### Balance Cups of Pompoms on Hands

Say: **We're learning that Jesus is dependable. Jesus always does what he says he'll do, even if it seems impossible. Jesus doesn't change his mind or break promises.**

**Let's play a game where we'll experiment and find out the most dependable way to balance and carry a cup.**

- Give each person a cup to hold, and have an adult or teen helper fill each person's cup with pompoms.
- Have everyone line up along one side of the room.
- For each round, kids will all walk to the other side of the room (or to another goal you identify) and back to the starting place while trying not to spill any pompoms from the cups.
- For the first round, have kids balance their cups on the palms of their hands. Then you can do a few rounds of the following balancing acts or come up with some of your own ideas:
  - balance on the back of the hand
  - balance on top of the head
  - balance on inner forearms held together
- If you'd like, play upbeat music while kids play.

#### Talk About It

Ask: • **What was the best way for you to balance and carry your cup?**  
• **What sometimes made it hard to not wobble and spill the cup?**

Say: **We're a lot like the cups. Sometimes we're dependable and we do what we say we're going to do, but sometimes we wobble and we break our promises.**

**The good news is, when we follow Jesus, he helps us become more dependable like he is.**

Ask: • **Tell about a time you were dependable.** Share your own example first.

Say: **It isn't always easy to keep our promises, and sometimes things happen that are out of our control that make it impossible to keep a promise. But Jesus is dependable, and he made us to have dependable hearts like his.**



## TALK-ABOUT VIDEO Genvous' Story

[10 min]

### Supplies

- "Genvous' Story" teaching video

### Discuss and Watch "Genvous' Story"

Say: **Today we're learning that Jesus is dependable, so we're dependable.**

Ask: • **What are things people depend on you to do?** Share your own examples first.

Say: **We all have people depending on us. Let's learn how animals depend on a guy named Genvous.**

Watch "Genvous' Story."

Ask: • **How did Genvous and his kids show they were dependable?**

• **Why do some animals need people to depend on?**

Say: **On this reserve, animals need people to help take care of them. It's important that Genvous and his kids are dependable, or the animals could die! Jesus is dependable, so we're dependable by taking care of our responsibilities.**



## DEEPER BIBLE

### Does Jesus Keep Promises to Me?

[15 min]

#### Supplies

- Bibles
- tissues
- markers
- cloth hand towels (1 for every 4 kids)
- basins of water (1 for every 4 kids)
- wooden blocks or other waterproof items of a similar size and weight (6 for every 4 kids)

#### Explore Promises

Have kids form groups of four, and have each group gather around a basin of water. Give each group markers, a wooden block, and a handful of tissues.

Ask: • **What are some promises we hear today, either from people, movies, commercials, or other sources besides God?** As kids share ideas, have them write the ideas on tissues.

Say: **Let's see how reliable these promises are.**

Have kids take turns putting a tissue into the water, placing a block on top of the tissue, and then trying to lift the block out of the water by picking up the edges of the tissue.

Ask: • **How are some of the promises we shared like the tissue?**

Say: **I'm not saying *no one* else except God keeps promises. But we hear a lot of promises, like "This product will make you cool!" or "If you wear these clothes, everyone will like you." And those kinds of promises just aren't something we can count on.**

**But we're learning that Jesus is dependable, and he does what he says he'll do. In our Bible story, that meant when Jesus said he'd heal Jairus' daughter, he'd do it, even when it seemed too late.**

**So does Jesus keep promises to us, too? And if so, what are they? Let's dig in to that.**

#### Dig Deeper

Say: **Our tissues were like promises that don't always hold up. We can't depend on them. But we *can* depend on Jesus' promises.**

Give each group a cloth hand towel and five additional blocks.

Say: **Let's hear a promise from Jesus.**

Read Matthew 28:20.

Ask: • **When do you most need to know that Jesus is with you?**

Have groups each place a hand towel in a basin and then place one block on it.

Say: **The Bible makes more promises to us, too.**

Read Romans 8:38-39. Ask kids to summarize what these verses promise.

Have each group place another block on the towel.

Read James 1:5. Ask kids to summarize what this verse promises. Have

each group place another block on the towel.

Ask: • **What's one issue you'd like wisdom about?**

Read 1 John 1:9. Ask kids to summarize what this verse promises. Have each group place another block on the towel. Pause for kids to silently ask Jesus for forgiveness.

Read John 14:2. Ask kids to summarize what this verse promises. Have each group place another block on the towel.

Read John 14:27. Ask kids to summarize what this verse promises. Have each group place another block on the towel.

Say: **Here's one thing Jesus *doesn't* promise: a trouble-free life. In fact, he says the opposite!**

Read John 16:33.

Say: **Even though Jesus doesn't promise a trouble-free life, we can trust that when troubles come, he'll keep his promises to be with us, to love us, to bring us peace, and to give us wisdom. When we cause our own troubles by doing wrong things, we can trust his promise to forgive us. And we know that ultimately Jesus is making a special place for us in heaven! Those are awesome promises, and we know we can trust them because Jesus is dependable. Let's test how dependable he is.**

Have group members each take a corner of the hand towel and slowly lift it out of the water together to see how the towel is able to hold all the blocks without tearing.



**LIFE APPLICATION WRAP-UP**  
Prayers for Dependability

[5 min]

**Lean and Pray**

Say: **We've been learning that Jesus is dependable. That means we can turn to him when we need help.**

- Have kids share prayer requests they need to turn over to Jesus.
- After each child shares, pray that the child can rely on Jesus for that need.

**Wrap Up**

Pray: **Jesus, thank you that we can depend on you! Help us be dependable like you. In your name, amen.**



## ACTIVITY PAGES WITH A POINT Dependable Drawing

[10 min]

### Supplies

- “Jesus Heals Jairus' Daughter” Activity Page (1 per reader)
- pencils
- crayons

### Older Kids: Do an Activity Page

Say: **Jesus is dependable**. He finishes what he starts! Unfortunately, whoever drew today's activity page *didn't* finish what they started. Can you help?

Distribute the activity pages and pencils. Kids will finish the picture of the Bible story by mirroring the completed side.

- Ask:
- **What's something you've started but not finished?**
  - **What would it take for you to finish that?**

Say: **When we tell people we're going to do something, but we don't finish what we start, that's not very dependable. We might have interruptions like Jesus did when he was on his way to Jairus' house. But we can be dependable and keep going, just like Jesus is dependable.**

### Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Jesus is dependable, so he finished what he started when he brought Jairus' daughter back to life! Let's color Jesus doing what he said he'd do.**

Allow time for kids to color.