



LOW-ENERGY GAME

On the Line

[10 min]

Supplies

- painter's tape
- upbeat music (optional)
- music player (optional)

Easy Prep

- Tape a 10-foot line on the floor for every 3 kids. Make sure lines are separated by a few feet.

Walk the Line

Say: **Today we read about a really hard thing Jesus did because God wanted him to. Jesus knew it would be hard, but he did it anyway. Let's play a game where you'll try to do a few things that might be hard, but you'll have some fun doing them, too.**

- Form teams of three, and allow each team to choose a line taped on the floor.
- Have teammates take turns walking along the line as if it were a balance beam—one foot in front of the other and staying on the line.
- When teammates have moved from one end of their line to the other, you can give them new challenges that increase the difficulty of staying on the line:
 - Hop the line on one foot.
 - Take *big* leaps along the line.
 - Walk the line with eyes closed and a teammate guiding them.
 - Walk along the line backward.
 - Walk along the line backward while looking up.
- If you'd like, play upbeat music while kids play.

Talk About It

Ask: • **What was the hardest way to cross the line, and what was the most fun?**

Say: **Even though you had to do some hard things in the game, you still had fun! Jesus does hard things and always knows the good that can come out of doing something hard. With Jesus' help, we can do the hard things that come our way, too. You can talk to Jesus anytime, anywhere when you have to do something hard.**



TALK-ABOUT VIDEO

Hard Things

[10 min]

Supplies

- “Hard Things” teaching video

Discuss and Watch “Hard Things”

Say: **We’re learning that Jesus does hard things, so we’re willing to do hard things.**

Ask: • **What’s something you have to do, but you don’t really want to?**

Say: **Let’s watch a video where some kids talk about doing hard things...and why it’s good! Pay attention to which of the things you’ve done, too!**

Watch “Hard Things.”

Ask: • **Which of the things in the video have you done, too?**

• **How have you seen good come out of doing those hard things?**

Say: **Doing hard things isn’t fun while you do it. But in the end, God often brings good things out of our hard work! This video showed how a lot of hard things paid off in the long run. Next time you have to do something hard, ask God to help you see what good he wants to bring out of it. And remember, Jesus does hard things, so we’re willing to do hard things. He did the hardest thing ever when he died on the cross, but the good thing that came out of it is that we can be his friends!**



DEEPER BIBLE Follow the Leader

[15 min]

Supplies

- Bible

March

Say: **Today we're learning that Jesus does hard things, so we're willing to do hard things, too. Jesus shows us how to do hard things, and he's with us all along, helping us. Jesus is a great leader! We can follow Jesus' example when he does hard things by doing hard things, too.**

Practice

Say: **Let's play Follow the Leader like we follow Jesus, who does hard things, and we'll practice some hard things kids do.**

Lead the kids in marching around the room. Lead kids to abruptly stop, and say: **Follow the leader!** Pretend to pick up toys and put them on a shelf. **We clean up our toys.** Lead kids to pretend to sweep. **Cleaning up our toys can be hard work, but it brings something good—we don't trip and hurt ourselves. Jesus does hard things, so we're willing to do hard things. Let's keep following the leader!**

Repeat and have kids follow you, stopping periodically. Lead kids to pretend to do one of the following things, and remind kids that even though it's hard, it brings something good. Also repeat the point before continuing the Follow-the-Leader game.

- Pretend to lie down and sleep. Say: **We go to sleep at night so our bodies can rest and we can get up the next day and have a great day! It can be hard to go to sleep when we want to keep playing at night, but it helps our bodies stay healthy!**
- Pretend to eat a healthy dinner. Say: **We eat healthy food to keep us strong. It can be hard to eat something we don't love, but it helps us grow into strong boys and girls.**
- Lead kids to nod their heads. Say: **When our parents tell us to do something, we say "Yes!" It can be hard to do what our parents say sometimes, but our parents love us and want what's best for us. Obeying our parents helps us stay safe.**
- Lead kids to reach their arms behind their backs and try to touch their hands. Say: **When we're upset with people, we don't hit them. It can be hard to keep our hands to ourselves when we're upset. But it's best for us to do that so we don't hurt our friends or ourselves.**

- Lead kids to pretend to hand toys to one another. Say: **We share toys so we can all have a great time playing! It can be hard to share, but sharing makes everything more fun. Playing together and sharing help our friendships grow.**
- Lead kids to open their mouths and say “ah” like the doctor has them do. Say: **We go to the doctor to keep our bodies healthy and make us better when we’re sick. It can be scary to go to the doctor, but the doctor makes sure we’re healthy.**
- Lead kids to pretend to brush their teeth. Say: **We brush our teeth and go to the dentist. It’s not always fun to brush our teeth. But brushing our teeth and going to the dentist keep our mouths feeling good.**
- If kids want to share examples, allow them to share and make up a motion for everyone to follow.

Say: **There are a lot of hard things we do because it’s what’s best for us. And like in our Follow-the-Leader game, we follow Jesus, who does hard things. We know we do these things for our good!**

**LIFE APPLICATION WRAP-UP****Sing and Pray**

[5 min]

Sing

Say: **Today we found out that because Jesus does hard things, we're willing to do hard things, too. And we know that hard things can turn out to be really good in the end. Let's sing our song again and ask Jesus to help us do hard things that are good for us.**

Say: **When we clean up our toys so we don't trip on them, it can be hard, but it also keeps us from getting hurt. Let's ask Jesus to help us do this hard thing.** Lead kids in a brief prayer.

Sing the verse again. Then stop and mention a hard thing kids might do, and pray with kids, asking for Jesus' help. Repeat this process several times. Here are some things you might mention and pray about:

- Go to sleep at night so you can let your body rest and grow.
- Eat your vegetables so your body can be strong and healthy.
- Share toys so you can enjoy your friends and play together.
- Go to the doctor so you can get better when you're sick or hurt.

Thank Jesus

Say: **We can do hard things like Jesus did, knowing they're good for us and our friends and family. Let's thank Jesus for doing the hard things to take care of us and love us.** Lead kids in a brief prayer, thanking Jesus for dying on the cross so we can be friends with God.

Say: **I'm so happy you were here with me and all your friends today to learn about Jesus.**



ACTIVITY PAGES WITH A POINT

A Hard Choice

[10 min]

Supplies

- “Jesus Commits to God’s Will” Coloring Page (1 per non-reader)
- pencils
- crayons
- flower stickers (optional)

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Jesus does hard things.**
When he prayed in the garden, he promised God he would do something hard. Let’s color Jesus praying in the garden.

Allow time for kids to color. If you have flower stickers, kids can add them around the garden.