

## WEEK 2 LESSON GUIDE



### BIG IDEA

We can worship by asking for God's help.

### BIBLE

**Ask for Help:** Psalm 80:8-19

## WELCOME TIME

### MUSIC | Wonder-Full Worship

- **INSTRUCTIONS:** You can lead kids in worship with any songs you like best, but here are a few songs that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
  - "You Created Me" (Totally Tangerine)
  - "Super Wonderful" (Yancy)
  - "Wonderful" (Seeds Family Worship)
  - "Wonderfully Made" (Seeds Family Worship)

### ACTIVITY | Balance Walk

- **How many of you know what hiking is?**
- **Have you ever been hiking before with your family?**
- Hiking is like going on a long walk. Sometimes, you have to climb a mountain, walk along a narrow path, and cross streams of water and footbridges just to get to your final destination.
- Usually, a hike can be hard work and you might need the helping hand of a grownup or an older brother or sister. Today, we are going to help each other hike from one side of the room to the other while balancing on a string.
- If you need help, someone will be right beside you waiting for you to ask. Everyone in the room can also help by cheering as loudly as you can! Let's work together to get everyone across safely.
- **INSTRUCTIONS:** Lay a piece of yarn or string across the floor and have all kids start at one end of the string. Have a volunteer walk alongside each kid, offering a hand to steady them as they balance. Encourage kids to ask for help, and the volunteer can provide them a hand to walk across the room.
  - ✳ **TODDLER HACK:** Shorten the talking points here and emphasize the importance of asking for help. Volunteers can walk alongside each kid, helping each of them balance instead of waiting to be asked.

### ACTIVITY | Across the Floor

- We all need a little help sometimes. Let's help each other by working as a team to get across the floor!
- **INSTRUCTIONS:** Divide kids into groups of three and give the group four [spots](#). Starting at one side of the room, kids will cross to the other side of the room taking turns stepping on a spot, making sure the person at the end picks up the last spot as they step off of it, passing it to the front of their line, and beginning again.
  - ✂ **TODDLER HACK:** Use all of your spots to make a path from start to finish. All kids can hop from spot to spot. Have volunteers ready to help, if needed.

## STORY TIME

### SCRIPTURE | Psalm 80:8–19

- **INSTRUCTIONS:** Gather kids on the carpet and share the Bible story with them. Mirror to a TV or use a tablet device to display [Mount Everest](#). As you read the verses from the Bible, make the motions in parenthesis for the kids to follow along to. Feel free to read the entire passage or a few verses you want to emphasize in an easy-to-understand Bible translation of your choice.
- Every week this month, we are going to learn about one big wonder from our world! Today, it's Mount Everest! *[Show image or video.]*
- **Isn't it wonder-full?** Mount Everest is the highest mountain in the world. Everyone stand up and lift your arms up as high as Mount Everest!
- **Do you know who created Mount Everest and everything in the world?** God! And we can learn more about God from the very best adventure book ever written . . . the Bible! And I need your help to read from this true and exciting storybook.
- **Are you ready?**
- Today, we are reading Psalm 80. Remember, a psalm is like a song or a poem that talks about God! As we read it, follow my motions to help us better understand what the author of this psalm is saying.
- *[Read verse 8.]*
  - *(Stand like a tree with your arms outstretched, then walk to the side.)*
- *[Read verse 9.]*
  - *(Sit on the ground.)*
- *[Read verse 10.]*
  - *(Starting low, move your hand up in increments.)*
- *[Read verse 11.]*
  - *(Extend arms to the left and right.)*
- *[Read verse 12.]*
  - *(Move two fingers like they are walking.)*
- *[Read verse 13.]*
  - *(Pretend to pick things from the air and put them to your mouth.)*
- *[Read verse 14.]*
  - *(Wave your hands over your head like you're seeking rescue.)*
- *[Read verse 15.]*
  - *(Shield hand over eyes like looking far off.)*
- *[Read verse 16.]*
  - *(Pretend to cry.)*
- *[Read verse 17.]*
  - *(Pat yourself on the shoulder.)*

- [Read verse 18.]
  - (Prayer hands.)
- [Read verse 19.]
  - (Lift both arms upward.)
- **Have you ever planted something in a garden or in a pot?** Or maybe you saw someone else do it.
- As the gardener, it's your job to take care of what you plant. Sometimes, weather and insects can harm your plant, so you have to do whatever you can to help your plant grow strong.
- God is the best gardener in the world! But God does more than grow plants and flowers. God grows us! God takes care of us and helps us become big and strong.

### BIG IDEA | We can worship by asking for God's help.

- **INSTRUCTIONS:** Using a Lite-Brite [marquee board](#), write the word "help" as you have kids repeat the Big Idea after you.
- **We worship God because God made this whole world that's full of so much wonder. What's more wonder-full** is God made us and loves us very much!
- One way we can worship God is to ask God to help us. Everyone needs help sometimes, and God is the very best helper of all!
- Let's say the Big Idea together: **We can worship by asking for God's help.**

### VIDEO | Wonder-Full, Episode 2

- **INSTRUCTIONS:** Play this week's episode of [Cali's World](#).

### ACTIVITY | Helping Hands

- Whenever we are sad or mad, we can ask God for help! God loves to help us with whatever we need. And I know you all love to help, too.
- Let's help each other and work together to play this next game!
- **INSTRUCTIONS:** Line up kids in a row across the room. On one side of the room, place a bucket of large sponges or blocks. On the other side of the room, place an empty bin. Have the kids stay in the line and work together to pass all of the blocks or sponges from one side of the room to the other side of the room.
  - ✂ **TODDLER HACK:** If getting younger kids to stay in a straight line is too rigid, scatter the blocks or sponges around the room and place a bucket at the center of the room. Ask the kids to work together cleaning up the blocks or sponges. You can time them or play fun music while they clean up. You can repeat this activity to see if they can beat their time.
- Look how wonderfully you all helped to get the job done!

### PRAYER

- Dear God, you do wonderful things. And nothing is too hard or too high for you — not even Mount Everest! We know we can always ask you for help and we know you always give us the help we need! Amen.

## SHARING TIME

### SNACK | Mountain Mix

- Anyone who hikes on a mountain has to pack healthy snacks for the long journey!
- Let's pretend we are going to go climb a mountain and we need to prepare our own mountain mix to give us lots of energy!

- **INSTRUCTIONS:** Place different trail mix items (see Shop & Prep list for ideas) in separate bowls with scoops or spoons. Pass out paper bowls to each kid and invite them to take turns selecting the ingredients they want to include in their own mixes. Be mindful of allergies and make accommodations as necessary.
- **If you were going to climb a mountain, what is one thing you'll bring with you?**

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** Pass around a plastic vase filled with real or fake flowers. Play music. When the music stops, the person still holding the vase should take a flower out of it and answer one of the following questions:
  - **Who can we always call on for help?**
  - **What are different things you might need help with?**
  - **Can we worship by asking for God's help?**

### ACTIVITY | Make Your Own Everest Craft

- **INSTRUCTIONS:** Using aluminum foil and glue sticks, invite the kids to crumple, rip, and glue the aluminum foil into the shape of a mountain and place it onto their construction paper. (See a worked example [here](#).) Provide photos of [Mount Everest](#) for reference and make an example in advance.
  - ✂ **TODDLER HACK:** Young kids might not have the dexterity to accomplish these fine motor activities like ripping, cutting, gluing. Pre-cut mountain shapes out of aluminum foil for younger kids. Instead of glue sticks, use glue sponges like [these](#).
- Mount Everest is so high that no one can climb it alone. People who want to climb Mount Everest need the help of people who really know what they're doing called sherpas. Sherpas are skilled in mountain climbing and live in the area where Mount Everest is.
- Let's make our own mountains together, and if you need any help, just think of every leader in this room as your very own sherpa! We are here to help you with this craft and to help you learn about God!

## PLAY TIME

### ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.

### ACTIVITY | Mold a Mountain

- **INSTRUCTIONS:** Have kids try and mold their own mountain using a tray filled with shaving cream. Have them try to form a mountain or simply cover the mountain printable with shaving cream to mimic snow.
  - ✂ **TODDLER HACK:** Use Play-Doh instead of shaving cream for this activity.

### ACTIVITY | Mountain Making

- **INSTRUCTIONS:** Gather any small, loose items you have in your space and place them on a tray. Encourage kids to make mountain shapes using the items.