



SERIES OVERVIEW

Feeling like we can do anything is a pretty great feeling. We have a power source that gives us the power to do everything God wants us to do. His name is Jesus. And, He is AMAZING! This summer, we're going to power up and learn about the fruit of the Spirit — what happens when we are connected to the real power source.

WEEKLY MAIN POINTS

Week 1: When Jesus is your friend, He gives you the power to show goodness.

Week 2: When Jesus is your friend, He gives you the power to be faithful.

WEEK 3: WHEN JESUS IS YOUR FRIEND, HE GIVES YOU THE POWER TO BE GENTLE.

Week 4: When Jesus is your friend, He gives you the power to have self-control.

WEEKLY BIBLE STORIES

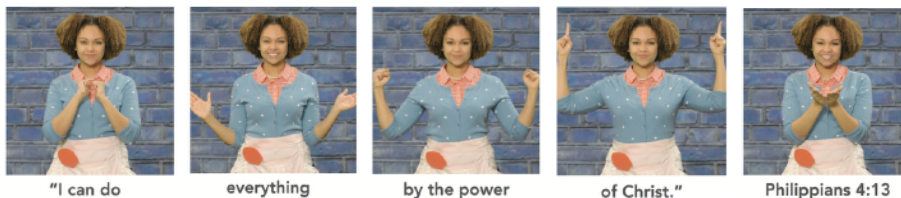
Week 1: Every Good and Perfect Gift • James 1:17

Week 2: Peter's Friends Pray • Acts 12:1-19

WEEK 3: JESUS IS GENTLE • MARK 5:25-34

Week 4: Timothy • 1 Timothy 4:12

SERIES MEMORY VERSE



"I can do

everything

by the power

of Christ."

Philippians 4:13

"I can do (*point thumbs to chest*)
everything (*spread arms wide*)
by the power (*make muscles*)
of Christ." (*point up*)

Philippians 4:13, NIRV (*open hands like a book*)

KID CONNECT

KID CONNECT is all about eGROUP CONNECTIONS: for you to make connections with your eGroup and for the kids to make connections with each other. It's okay if you don't complete all the activities - some activities will work better for your group than others. Begin Kid Connect when doors open.

KID CONNECT ENDS WHEN THE WORSHIP EXPERIENCE BEGINS.

KEY QUESTION

Who gives you the power to do everything?
(Jesus gives me the power to do everything.)

MAIN POINT

When Jesus is your friend,
He gives you the power to be gentle.

BIBLE STORY

Jesus is Gentle
Mark 5:25-34

MEMORY VERSE

"I can do
(point thumbs to chest)
everything
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(make muscles)
of Christ."
(point up)
Philippians 4:13, NIRV
(open hands like a book)

COLORING PAGE

BEFORE THE ACTIVITY

What you need: crayons, coloring page, Quest check-in sheet (1)

What you do: Place the crayons in the center of the circle and give each child a coloring page. *Write children's names and tag numbers on the Quest check-in sheet as children arrive.*

DURING THE ACTIVITY

What you do: Encourage children to find and color all six of the hidden frogs in the picture. As children color and complete their coloring page, get to know them by asking questions about their week or what they did or are planning to do that day.

AFTER THE ACTIVITY

What you do: Make sure children's names are on their page and set the pages aside until children are picked up at the end of the worship experience.

KID CONNECT

VIDEO GAME WARM UP

BEFORE THE ACTIVITY

What you need: none

What you do: Encourage children to stand up and spread out around the space.

What you say: "This month our Wonder! Clubhouse friends are playing some fun arcade games. Let's pretend we're inside our very own arcade game. I'm going to list off a movement to do in the game and we're going to do it together. Once we finish the first level, we'll move on to the next level, which will be a little bit harder! Are you ready?"

DURING THE ACTIVITY

What you do: Starting with the first level, read the list of movements below and lead children in completing each one. After you complete the first level, move on to the second level. Continue the activity until you've completed all three levels.

What you say:

Level One	Level Two	Level Three
<ul style="list-style-type: none">•Run in place toward the finish line!•Jump over two banana peels!•Duck under the tree branch!•Lean to the right, like there's a huge bird flying toward us!•Lean to the left, like there's a helicopter flying toward us!•Crawl on the ground, like you're crawling under a bridge!•Spin around two times!•Jump over four rolling stones!•Run in place to cross the finish line!	<ul style="list-style-type: none">•Run in place a little faster, toward the finish line!•Jump over four banana peels!•Squat down, like we're hiding from another video game character.•Lean to the right, like there's a huge tree branch in the way!•Lean to the left, like there's a huge bug flying toward us!•Wiggle through the super tight tunnel!•Spin around four times!•Jump over five rolling stones!•Run in place a little faster to cross the finish line!	<ul style="list-style-type: none">•Run in place as fast as you can toward the finish line!•Jump over six banana peels!•Sit down as fast as you can, like we're about to drive a speed boat!•Lean to the right, like there's another boat coming toward us!•Lean to the left, like we're about to drive our boat back on shore!•Walk on your tip-toes, like you're trying not to step on a hidden trap!•Spin around six times!•Jump over six rolling stones!•Run in place as fast as you can to cross the finish line!

KEY QUESTION

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MAIN POINT

When Jesus is your friend, He gives you the power to be gentle.

BIBLE STORY

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Mark 5:25-34

MEMORY VERSE

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(spread arms wide) by the power
(make muscles) of Christ."
(point up)
Philippians 4:13, NIRV
(open hands like a book)

GROUP CONNECT

ONCE THE WORSHIP EXPERIENCE BEGINS

POWER QUESTIONS

BEFORE THE ACTIVITY

What you need: activity cards (set of 16)

What you do: Seat children in a circle and spread the activity cards around the floor with the pictures facing up.

What you say: "This month we're learning all about someone who gives us the power to do everything! Do you know who that is? (*Jesus*) That's right! Jesus gives us the power to do everything. Before we read a Bible story and learn more about Jesus, let's get to know all the friends in our eGroup!"

DURING THE ACTIVITY

What you do: Encourage the first child to say his/her name to the eGroup. Ask the child to choose one activity card. Read the question on the back of the card for the child to answer. Repeat for each child in the eGroup.

After all children have been introduced, pass out a Quest animal sticker to each child. Have each child place it next to their name tag.

What you say: "We are the (insert animal name) today! There are two very special rules to remember so we can have the most fun. The rules to follow are:

1. Be Safe - How can we be safe? (*keeping our hands to ourselves, sitting when others are sitting, walking instead of running, following the rules*)
2. Be Kind - How can we be kind? (*listening when others are talking, sharing, obeying leaders, sitting on our bottoms so others can see*)

If you can obey our special rules and are ready to have fun then put one hand in the middle and repeat after me:

I am (*allow response*)

a (insert animal group name) (*allow response*)

I will (*allow response*)

be kind and safe! (*allow response*)

On the count of three everyone, say 'Go (insert animal name)!'

1 . . . 2 . . . 3 . . .

Go (insert group name)!"

AFTER THE ACTIVITY

What you say: "Now that we all know each other and we know the rules, we're ready to hear our Bible story!"

KEY QUESTION

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BIBLE STORY

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(*point up*)
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(*open hands like a book*)

BIBLE CONNECT

BIBLE CONNECT is all about **BIBLE CONNECTIONS**: for kids to make connections with the Bible and learn to love the Bible! Children will make connections to the Bible in two ways: by hearing and talking about the Bible story and practicing the memory verse. Begin Bible Connect after the *Get To Know You* activity. **AFTER BIBLE CONNECT CHILDREN HEAD TO FREE PLAY AND LARGE GROUP.**

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JESUS IS GENTLE MARK 5:25-34

BEFORE THE ACTIVITY

What you need: Bible Story cards, Bible story stickers

What you say: "We can find true stories in God's book, the Bible! These Bible story cards will help us learn something important God tells us in the Bible!"

DURING THE ACTIVITY

What you do: Show and read the Bible story using the Bible story cards. Ask the Bible story review questions. Each time a child answers a question correctly, give the child a sticker. If children can't remember the answer, take time as an eGroup to look back through the Bible story cards and find the answer together.

What you say: "Let's see how much you remember from our Bible story!"

1. "In our Bible story, we learned about a woman who had been sick for a very long time. Were there any doctors who could help her feel better?" (*no*)
2. "Who was coming to visit the woman's town?" (*Jesus*)
3. "When the woman went to see Jesus, did she find a HUGE crowd or just a few people?" (*a HUGE crowd*)
4. "Did the woman believe if she could just touch Jesus' clothes, His power would make her better?" (*yes*)
5. "Did the woman touch the bottom of Jesus' clothes or His sandal?" (*Jesus' clothes*)
6. "When the woman touched Jesus' clothes, was she healed?" (*yes*)
7. "Jesus felt His power go out and asked who touched His clothes. When the woman told Him it was her, did Jesus get mad or did He use gentle words?" (*Jesus used gentle words.*)
8. "Can you use gentle words, too?" (*yes*)

AFTER THE ACTIVITY

What you say: "When the sick woman touched Jesus' clothes to get well, He didn't get mad or embarrass her with mean words. Jesus is gentle, so He used gentle words. He said, 'Go in peace and be well.' When Jesus is our friend, He gives us the power to be gentle, too! Who gives you the power to do everything?" (*Jesus gives me the power to do everything.*)

BIBLE CONNECT

During the memory verse activity children will learn and practice the Bible verse together.

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VERSE VOICES

BEFORE THE ACTIVITY

What you need: no supplies

What you say: "Our Bible verse tells us that Jesus gives us the power to do everything!"

DURING THE ACTIVITY

What you do: Say the memory verse and do the motions in front of the children. After showing them once, encourage children to practice the memory verse with you using different voices. You can use all of the voice options or choose a few, depending on time and interest.

What you say: "I am going to say our memory verse. Everyone watch me! (*Demonstrate the memory verse as shown in the sidebar.*) Now let's do it all together! Are you ready? (*Say the memory verse with the motions several times.*) Now let's try the verse in some silly voices!"

- "Say the verse in an **excited** voice, like you just won your favorite video game!"
- "Say the verse in a **silly** voice, like you're playing a video game and one of the characters did something funny!"
- "Say the verse **slowly**, like you finally made it to the last level and you're trying to be very careful so you can win!"
- "Say the verse super **fast**, like you're playing a race car video game and you're about to cross the finish line!"
- "Say the verse in your best **singing** voice, like you're playing a karaoke video game!"
- "Say the verse in a **deep** voice, like you're playing a video game and your character is swimming underwater!"

AFTER THE ACTIVITY

What you say: "Great job, friends! Remember, when Jesus is our friend, He gives us the power to do everything! No matter what we face, we can trust Him and remember that He will always be there to help us."

What you do: Tell children they will have the opportunity to say the memory verse on their own during Free Play. Each child who can say the memory verse correctly will get a sticker and will then get to choose a prize before they leave!

YOU CONNECT

YOU CONNECT is about the eGroup leader (**YOU!**) helping children make connections with the main point and their lives. You Connect activities reinforce the main point with fun and engaging activities. **BEGIN YOU CONNECT AFTER LARGE GROUP.**

KEY QUESTION

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GENTLE VS. HARSH

BEFORE THE ACTIVITY

What you need: leader sheet

What you do: Seat children in a circle.

What you say: "In our Bible story today, we learned about the time Jesus used gentle words to the woman who touched His clothes. When Jesus is our friend, He gives us the power to be gentle, too! Let's think about some ways we can use gentle words with others."

DURING THE ACTIVITY

What you do: Explain you will read a scenario from the leader sheet. After you read each scenario, encourage children to give two thumbs-up if the person in the scenario used gentle words or two thumbs-down if they used harsh, or unkind, words. If children respond with two thumbs-down, encourage them to think of how the person in the scenario could've responded with gentle words instead. Continue the activity until all of the scenarios have been read.

AFTER THE ACTIVITY

What you say: "Jesus wants us to follow His example and be gentle. Sometimes it can be hard to be gentle, especially when we're mad or upset, but Jesus will be there to help us. Jesus can give us the power to be gentle in everything we say and do! Who gives you the power to do everything? *(Jesus gives me the power to do everything.)* Let's bow our heads, close our eyes, and ask God to help us be gentle. *"Dear God, thank You for sending Jesus to show us what it looks like to be gentle. Thank You that Jesus wants to be our friend forever and give us the power to be gentle. Please help us be gentle in what we say and do. We love You, God. In Jesus' name, amen."*

YOU CONNECT

WALK IT OUT

BEFORE THE ACTIVITY

What you need: activity cards (set of 16)

What you do: Create a large circle on the floor with the activity cards. Ask each child to stand behind an activity card (around the outside of the circle).

What you say: "We're going to play a fun game and practice our main point, 'When Jesus is your friend, He gives you the power to be gentle.' Let's pretend we're inside our very own video game. As you walk around the video game, make sure you're always standing behind one of our activity cards."

DURING THE ACTIVITY

What you do: Explain children will walk around the circle, moving from one card to the next as you clap to a steady beat. Remind children to walk behind the cards, not on top of them. When you stop clapping, encourage children to freeze behind one of the activity cards. Choose one of the symbols from the activity cards. The children standing behind the activity card with the symbol you choose will say the main point, 'When Jesus is your friend, He gives you the power to be gentle,' together!

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DISMISSAL

POWER UP

BEFORE THE ACTIVITY

What you do: Encourage children to stand up and spread out around the eGroup space.

What you say: "This month, we're learning that when we follow Jesus, He gives us the power to do everything. I'm going to give a challenge and if you think you can do it, I want you to say, 'Power up!' Are you ready?"

DURING THE ACTIVITY

What you do: Explain you will ask children if they can complete the challenges below. Any child who wants to try will stand up and say, "Power up!" Those children will then attempt to complete the challenge.

What you say:

- Who can do 15 jumping jacks?
- Who can hop on one foot the longest?
- Who can say everyone's name in the group?
- Who can balance on one foot for 15 seconds?
- Who can spin in a circle ten times without getting dizzy?
- Who can say their name five times fast?
- Who can give everyone in the group a high five in ten seconds?
- Who can jump the highest?

MATCHING

BEFORE THE ACTIVITY

What you need: Power Up cards (set of 20)

What you do: Shuffle the matching cards and lay them face-down in the center of the eGroup in a 4-by-5 grid.

DURING THE ACTIVITY

What you do: Children will take turns flipping over two cards. If the two cards match, the child can hold onto the two cards until the end of the game. If the two cards do not match, the child will return them to the same spots, face-down. The child with the most matches at the end wins!

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DISMISSAL

I SPY

BEFORE THE ACTIVITY

What you need: Power Up cards (set of 20)

What you do: Spread out the cards with the pictures facing up. Pull out one of each type of card and set them aside.

DURING THE ACTIVITY

What you do: Children will take turns playing "I spy..." When it's their turn, he/she will say "I spy..." and describe a picture from one of the cards. For example, "I spy... something yellow" or "I spy...a lot of squares." The rest of the group will try to guess which card he/she is describing. The first child to guess correctly will get to go next!

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