



### MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



## 1. LIFE SAVER

[TALK ABOUT GOD | BIBLE STORY REVIEW]

**WHAT YOU NEED:** sports scooters, rope, painter's tape, inner tubes

### WHAT YOU DO:

- Divide your group into two teams.
- Put a line of painter's tape 15 feet in front of each team.
- Give each team a sports scooter and an inner tube tied with a piece of rope.
- Share that the kids will be doing a relay race as they attempt to save each kid on their team.
- Instruct the first kid on each team to walk the scooter down to the taped line.
- Direct them to sit down on the scooter, facing their team, and wait for the next teammate in line to "save" them.
- Instruct the next kid in line to attempt to throw the inner tube to their teammate and reel them in by pulling the rope.
- Direct the teammate to catch the inner tube and hold onto it.
- Establish four rules:
  - No getting off the scooter to catch the inner tube.
  - No moving the scooter to retrieve the inner tube.
  - No inner tubes around their necks. An inner tube around the waist is fine, but not around necks.
- Kids who fall off scooters must start over.
- Remind kids to reel their friends in gently—if they go too quickly, their teammate will fall off the scooter and they'll have to start again.
- Once the first teammate is saved, direct them to go to the back of the line.
- Instruct the "saver" to walk the scooter to the tape line, sit on it facing the team, and get ready for the next kid in line to "save" them.
- Continue rotating in line until all kids have had a turn being "saved" and the "saver."
- Once all of the kids have had a turn, invite them to circle up.
- Ask the Bible Story Review Questions below.

### TODAY'S BIBLE STORY

#### Jesus Is Alive

John 18–21:14

### TODAY'S BOTTOM LINE

**You can trust Jesus with your life.**

### KEY QUESTION

**What does it mean to trust Jesus?**

### MEMORY VERSE

**"Whoever believes in me . . . rivers of living water will flow from within them."**

John 7:38, NIV

### BASIC TRUTH

**I can trust God no matter what.**

### *Life Saver: (Alternative option)*

**WHAT YOU NEED:** ring toss game

### WHAT YOU DO:

- Divide your group into two teams.
- Invite the teams to come up with team names.
- Place the cones in the middle of the teams.
- Instruct the teams to line up facing the cones. (Like they're lining up to play dodgeball.)
- Direct each team to toss the rings and attempt to "save a cone" for their team's score.



## (1. LIFE SAVER, CONTINUED)

- When they successfully get a ring around a cone, instruct them to yell, "One saved for team \_\_\_\_!" "Two saved for team \_\_\_\_!" (So they can keep score.)
- Once a cone has been saved, a team can't put another ring around it.
- Once all cones have a ring, direct the teams to pick up the rings and begin another round.
- The team with the most saves at the end of each round, wins!
- Once the ring toss game is over, direct the kids to circle up.
- Ask the Bible Story Review Questions below.

### **Bible Story Review Questions:**

1. Where did Jesus and His friends go to pray? (*the Garden of Gethsemane*)
2. What did one of Jesus' friends do after He was done praying? (*he betrayed Jesus*)
3. What happened to Jesus? (*Jesus was arrested.*)
4. What happened to Jesus after He was arrested? (*He was beaten, made fun of, and ultimately crucified on a cross.*)
5. Where was Jesus buried when He died? (*a tomb*)
6. When Mary went to visit Jesus' tomb, what did she find? (*She found the tomb was empty. Jesus appeared to her because He had risen from the dead.*)
7. Why did Jesus die on the cross? What was His ultimate mission? (*to make a way for all people to be with God now and forever*)
8. What does this story mean for me and you? (*We can put our trust in Jesus as our Savior and have a relationship with Him that lasts forever.*)

### **WHAT YOU SAY:**

"You all had some pretty amazing saving skills, but there is no life saver who tops Jesus. He paid the ultimate price to rescue us. There were no lengths He wouldn't go to because He thinks you are worth it. He died and then defeated death so we could have a relationship with Him that lasts forever. There has never been, nor will there ever be, a greater life-saving story! This is why **You can trust Jesus with your life.**" **[Make it Personal] (Share about when you decided to trust Jesus with your life for the first time. What prompted your decision? What is your relationship with Him like now?)**



**MADE TO EXPLORE**

an activity that extends learning through hands-on experimentation and discovery



**2. STAY AFLOAT**

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** honey; milk; dish soap; vegetable oil; clear, plastic cups; food coloring; Bible

**WHAT YOU DO:**

- Encourage kids to sit in a circle.
- Place the three plastic cups in front of you.

**TODAY'S BIBLE STORY**

**Jesus Is Alive**  
John 18–21:14

**TODAY'S BOTTOM LINE**

**You can trust Jesus with your life.**

**KEY QUESTION**

**What does it mean to trust Jesus?**

**MEMORY VERSE**

**"Whoever believes in me . . . rivers of living water will flow from within them."**  
John 7:38, NIV

**BASIC TRUTH**

**I can trust God no matter what.**

- Whenever possible, let a kid volunteer do the step of the experiment.
- Filling each cup about ¼ full, put honey in one cup, milk in the second cup, and dish soap in the third cup.
- One at a time, share the challenges below.
- Discuss each challenge by asking questions like: "Has this ever happened to you?" "Why is this such a hard thing to do?"
- Challenges:
  - Not wanting to obey your parents.
  - Being kind to someone even when they weren't kind to you.
  - Doing homework versus doing other fun things.
- Once kids are finished discussing, place a few drops of food coloring in each cup.
- Point out how the coloring is mixing in and getting the substance messy.
- Say: "The food coloring mixing with the different substances represents the mess that happens when we don't obey our parents, when we aren't kind to someone who was unkind to us, or when we choose to do other fun things instead of our homework."
- Ask the following questions:
  - How does life get messy when we don't obey our parents?
  - How does life get messy when we are unkind back to someone who's unkind to us?
  - How does life get messy when we choose to play instead of doing homework or chores?
- Focusing on one challenge at a time, open the Bible and read the verse that correlates with that specific challenge.
  - Not wanting to obey your parents. (Colossians 3:20)
  - Being kind to someone even when they weren't kind to you. (Ephesians 4:32)
  - Doing homework versus doing other fun things. (Galatians 6:9)
- As you read the verse, pour approximately ¼ of a cup of vegetable oil into each cup.
- Point out how the oil rises to the top and "stays afloat."
- Say: "Trusting Jesus with our lives and doing our best to follow Him helps us 'stay afloat' and not sink into the mess!"
- As the oil rises to the top, read the "Stay Afloat Solution" for each challenge.



DAY  
**THREE**  
SUMMER 2022

SMALL GROUP

**2-3**

STORY

WORSHIP

GROUPS

ROTATIONS

HOME

## (2. STAY AFLOAT, CONTINUED)

### Stay Afloat Solution:

1. Obeying our parents can be hard, especially when they tell us to clean up our room or ask us to entertain a younger sibling, and all we want to do is play outside! But when we know that obeying is what God wants us to do, it reminds us that honoring them is a big deal. When we obey our parents, it shows that we trust Jesus with our life.
2. When someone isn't kind to you, it makes you want to be unkind to them back, doesn't it? But Paul, who wrote Ephesians, reminds us that Jesus forgave us even though we didn't deserve it or earn His kindness. Because we know Jesus did this for us, we can trust Him and show kindness to others who don't deserve it.
3. Staying focused on the things we know are important can be challenging when we have so many other fun options: video games, playing with our friends outside, relaxing on the couch while watching TV after a long day of school. But we can be reminded not to give up doing what we know we're supposed to do!

### WHAT YOU SAY:

**"You can trust Jesus with your life.** Not only did He die for us so we can be with God now and forever, but focusing your life on following Jesus will help you deal with the 'messes' of life. Just like the oil stayed on top of the cup and didn't mix down with the mess, Jesus can help us stay afloat, knowing how to treat others and how to persevere when things get tough.

"There are so many challenges we face each and every day. Life can be hard sometimes! But the good news is, God didn't leave us to figure out this life on our own. God sent Jesus to save us and His Holy Spirit to guide us. Following Jesus doesn't mean our lives will be perfect. But it does mean you'll have help to face whatever life throws at you."



### MADE TO MOVE

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### 3. MAKE WAVES

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles

#### WHAT YOU DO:

- Make sure each kid has a Bible.
- Together, look up and read John 7:38 out loud.
- Recite the verse out loud several times.
- Encourage your group to stand in a circle and hold hands.
- Instruct one kid to start the wave by lifting their left arm and then their right, passing the wave to the right.
- With each wave, say one word of the verse together as a group.
- Continue the wave and reciting the Memory Verse as time and interest allow.

### TODAY'S BIBLE STORY

#### Jesus Is Alive

John 18–21:14

### TODAY'S BOTTOM LINE

**You can trust Jesus with your life.**

### KEY QUESTION

What does it mean to trust Jesus?

### MEMORY VERSE

**"Whoever believes in me . . . rivers of living water will flow from within them."**

John 7:38, NIV

### BASIC TRUTH

**I can trust God no matter what.**

#### WHAT YOU SAY:

"You all were great at making waves with your arms, but don't forget to make waves with your life this week too! When we choose to follow Jesus, His Holy Spirit comes to live inside of us. He is the living water, and He will show us how to let God's love, goodness, and kindness flow out of us. He will show us how to make waves of kindness, waves of helpfulness, and waves of goodness to the people in our lives. **You can trust Jesus with your life.** And as you do, you'll be making waves in the world around you!"



**MADE TO REFLECT**

an activity that creates space for personal processing and application



**TODAY'S BIBLE STORY**

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John 18–21:14

**TODAY'S BOTTOM LINE**

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**KEY QUESTION**

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**BASIC TRUTH**

**I can trust God no matter what.**

**4. PRAY AND DISMISS**  
[PRAY TO GOD | PRAYER ACTIVITY]

**WHAT YOU NEED:** "Prayer Card: Day 3" Activity Page, markers, Swag Bracelet (if choosing to use)

**WHAT YOU DO:**

- Pass out a prayer card and a Swag Bracelet (if provided) to each kid.
- Point out the "life preserver" symbol on the prayer card and the Swag Bracelet.
- Say: "Just like a life preserver can rescue someone who needs help in the water, Jesus came to rescue us by going to the cross. That's why: **You can trust Jesus with your life.**"
- Invite kids to turn over their prayer card and write a one-sentence prayer of gratitude to Jesus for being our Savior.

**WHAT YOU SAY:**

"Dear God, thank You for sending Jesus to die on the cross to save the world. You gave Your one and only Son so we could have a relationship with You that lasts forever. That kind of love is bigger than we can even imagine. Because You love us that big, we know that **You can trust Jesus with your life.** When we go through hard times, remind us of what Jesus did for us. Please help us listen to Your Holy Spirit so we can put our trust in You with every decision we make. Help us to show others that You are worthy of all of our trust. We love You and we pray these things in Jesus' name. Amen."

**Travel Time**

As you travel to the next track, use the following questions to keep the conversation going and to keep kids thinking about what they're learning!

**WHAT YOU SAY:**

- Have you ever used something to float on water—like in a pool or lake? What did you use?
- What's your favorite thing to eat for breakfast?
- Have you ever eaten breakfast on the beach?



## GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

### GROUPS: CREATING A SAFE PLACE TO CONNECT

Prepare ahead of time for Small Group Rotation for VBS:

#### 1. WOBBLE ON THE WATER

##### [TALK ABOUT GOD | BIBLE STORY REVIEW]

**Made to Move:** an activity that increases the oxygen in the brain and taps into the energy in the body

##### WHAT YOU NEED:

- Sports scooters—two
- Painter's tape—one roll
- Inner tube (large enough to fit around a kid)—two
- Sturdy rope—two pieces that are each 25 feet in length
- *Before group time: Loop the rope through the center of the inner tube and tie a knot so it resembles a life saver. Make two—one per team.*

##### WHAT YOU NEED (ALTERNATIVE OPTION):

- Ring toss game—with at least six cones and enough rings for every kid in your group to have one

#### 2. STAY AFLOAT

##### [LIVE FOR GOD | APPLICATION ACTIVITY]

**Made to Explore:** an activity that extends learning through hands-on experimentation and discovery

##### WHAT YOU NEED:

- Bible
- Clear, plastic cups—three
- Vegetable oil—one bottle
- Honey—one bottle
- Milk—one small carton
- Dish soap—one small bottle
- Food coloring—one bottle

#### 3. MAKE WAVES

##### [HEAR FROM GOD | MEMORY VERSE ACTIVITY]

**Made to Move:** an activity that increases the oxygen in the brain and taps into the energy in the body

##### WHAT YOU NEED:

- Bibles—one per kid

#### 4. PRAY AND DISMISS

##### [PRAY TO GOD | PRAYER ACTIVITY]

**Made to Reflect:** an activity that creates space for personal understanding and application

##### WHAT YOU NEED:

- "Prayer Card: Day 3" Activity Page—one per kid
- Swag Bracelet (if choosing to use)—one per kid
- Markers