

### BIG IDEA

Jesus understands when we're hurting.

### BIBLE

Jesus Prays in Gethsemane:  
Matthew 26:36-46

## ABOUT THIS WEEK

To keep a garden growing strong and healthy, you'll need to pull up the weeds that can harm the other plants and keep them from growing. This week, we'll hear about how Jesus prayed in the garden of Gethsemane before being arrested. We'll see that we can go to Jesus whenever we feel hurt because

**Jesus understands when we're hurting.**

## WELCOME TIME

### ACTIVITY | Bumblebee Buzz

- **INSTRUCTIONS:** For this activity, prepare a "bumblebee" by adding black painter's tape or electrical tape stripes to a lightweight yellow ball. To play, have kids stand in a circle and pass the ball around as fast as they can while fun music plays. When the music stops, whoever is holding the ball is "stung" and is out. Have the kids who get out sit in the middle of the circle and make buzzing noises as the game continues. Keep playing until only a few kids remain. Then play a new round or move to the next activity.
  - ✂ **TODDLER HACK:** Toddlers may not be ready to share for an extended period of time. Providing a small kiddie pool filled with ball pit balls that toddlers can roll around in might be fun.
- What would happen if we played this game with real bumblebees? Ouch, that would hurt! Their little stingers would give us a lot of pain.
- We feel hurt when we get a scrape or a bee sting, but we can also feel hurt when we are lonely or sad.
- **Did you know Jesus understands what it's like to feel hurt?** It's because he felt it, too. Let's find out more in today's Bible story!

### ACTIVITY | First Aid Kit Relay

- **INSTRUCTIONS:** For this activity, prepare two large stuffed animals with red dot stickers all over them to make different "hurts." To play, put kids into two teams and give each team member a small piece of painter's tape to represent a bandaid. Have one kid from each team run over to their team's stuffed animal, cover up one of the dots, and tag the next player. Keep going until all the dots are covered up, and every kid has had at least one turn.
  - ✂ **TODDLER HACK:** Do this game in reverse with toddlers. Cover stuffed animals with painter's tape strips and allow toddlers to remove them. You could even have them kiss the "boo boo" and say, "All better!" as they remove each "bandaid."
- **Do you use a bandaid when you get hurt? Does it help you feel better?**
- Just like adults who love you will always make sure you have what you need, like a bandaid or medicine to

help you when you are hurt or sick, Jesus knows when you are hurting, too. Jesus felt what we feel, and we will see what he did when he was hurting in our story today.

## STORY TIME

### SCRIPTURE | Jesus Prays in Gethsemane (Matthew 26:36–46)

- **INSTRUCTIONS:** Teach this Scripture passage by reading from a preschool-friendly Bible translation, Bible storybook, or using the talking points provided below. Set up a mini garden of real or artificial potted plants in your teaching area to match the theme.
  - ✳ **TODDLER HACK:** Toddlers are developing their speech, so it's a good opportunity to model for them how we talk to God. Say simple prayers throughout your time together—as you share about the Bible, before snacks, when someone gets hurt, and even as you laugh and play. Let toddlers hear how natural it can be to pray!
- Let's close our eyes and imagine it's nighttime now, and the bugs are chirping all around us. Take a deep breath. It's so peaceful and calm here in our garden.
- In today's Bible story, Jesus and his friends were in a garden, too.
  - After they ate a meal together, Jesus and his friends came to a garden called Gethsemane. Jesus told his friends he was in a lot of pain and wanted to talk to God.
  - **Why was Jesus hurting?**
    - Jesus knew that soon, he would be taken away. Jesus would go through a lot of pain and would eventually die. He didn't do anything wrong, but it was part of God's plan to save the world.
- Jesus went to the garden to pray to God. He asked his friends to stay awake and wait for him.
  - When Jesus went back to his friends, he found them sleeping!
  - **How do you think Jesus felt?**
    - Jesus probably felt sad and alone. His closest friends did not stay up for him while he was hurting so much.
    - But Jesus woke them up and asked them to keep watch again. This happened over and over, three times, and his friends kept falling asleep.
- Jesus was hurting in a big way. Soon, he would be hurting even more. Through it all, even though it hurt a lot, he followed God's plan because he loved the world so much. He knew God would be with him even when he was going through something really hard. Jesus promises to be with us whenever we are hurting, too!

### BIG IDEA | Jesus understands when we're hurting.

- **INSTRUCTIONS:** For the Big Idea reveal each week, write each word of the Big Idea on flower cutouts ([like these](#) or make your own out of colored paper). Hide these words, along with a few blank flowers, in a bin filled with dirt, sand, or uncooked beans and topped with plastic flowers and bugs. Give kids plastic shovels to dig through the "soil" to uncover the flowers. Once they find a flower that has a word, have them bring it to you to read. Once all the words are found, practice the Big Idea together using the hand motions below.
- Let's see what Big Idea we dug up today!
  - **Jesus** (Right pointer finger on left palm to left pointer finger on right palm.)
  - **understands** (Point to temple of forehead.)
  - **when we're** (Point to self.)
  - **hurting.** (Hug yourself around your abdomen.)

### VIDEO | Full Bloom, Episode 2

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

**ACTIVITY | Talking To God**

- **INSTRUCTIONS:** For this activity, preschoolers will be learning how to talk to God through prayer. You can either do this as a large group or, if you are able to do so within your context, assign each leader to smaller groups of one to three preschoolers. Close out this time with a simple prayer kids can repeat after you, like “Thank you, God, for hearing us when we pray.”
- In today’s Bible story, we learned about the time Jesus prayed to God in the Garden of Gethsemane while he was feeling a lot of hurt. But that’s not the only time he talked to God. He prayed all the time!
- We can talk to God anytime, too. Let’s practice together.
- **Everyone stretch out your arms like you just woke up. What can you say to God when you first wake up?**
  - We might say, “Good morning, God! Thank you for this beautiful day!”
  - Or we could say, “Please help me get along with my friends today.”
- **Now we’re in the car. Pretend to put on your seatbelt. What can you talk to God about while you’re in the car with your family?**
  - We could ask God to watch over us so we arrive safely.
  - We could thank God for each family member in the car with us.
- **It’s mealtime. Grab your make-believe spoon and fork, and eat your imaginary food. What can you thank God for before you eat?**
  - We could say, “Thank you, God, for this delicious food!”
  - Or “Please take care of kids in the world who don’t have enough food.”
- **We just brushed our teeth, and now it’s time for bed. Everyone lies down. What can you tell God about before you sleep?**
  - We could tell God about all the fun things we did today.
  - We could also talk to God about the times we felt angry or frustrated.
  - We could ask God to give us a good night’s rest so we can be ready for a brand new day tomorrow.
- When you are happy, God knows. When you are sad, God knows. When you are surprised, God knows. When you are scared, God knows. And when you are hurting, God knows. Just like how **Jesus understands when we’re hurting.**
  - **What do you want to say out loud to God right now?**
  - **What should we say “thank you” to God for today?**

**PRAYER**

- Dear God, thank you for your son, Jesus. Thank you for understanding us no matter what we are feeling, especially when we are sad and hurting. Amen.

**SHARING TIME****SNACK | Bandaid Treats**

- **INSTRUCTIONS:** Give each kid a couple of vanilla wafers or graham crackers (broken into smaller rectangles). Depending on your group’s dietary restrictions, you could add a little bit of cookie icing or precut squares of Swiss cheese to form their [bandaid treats](#).
- **Who do you turn to when you are hurting?**
- We have loving grown-ups who take care of us when we are hurting. Jesus knows us even better than they do and knows all our joy and all our pain.
- **Jesus understands when we’re hurting.**

**ACTIVITY | Circle Time**

- **INSTRUCTIONS:** For this activity, have kids seated in a circle. Prepare a bucket with artificial flowers for each

kid (you can have extra). Go around the circle and have each kid take one flower. Have them put their flower in the air if they know the answer to one of the questions you ask. Once all the questions have been reviewed, place the bucket in the middle of the circle and have kids return the flowers.

- **Where did Jesus go to talk to God in our Bible story?** To the Garden of Gethsemane.
  - **Who did Jesus take with him to the garden?** His friends, the disciples.
  - **What did Jesus ask his friends to do for him? Did they do it?** Jesus asked them to stay awake. No, they kept falling asleep.
  - **Who understands when we are sad or hurt?** Jesus.
- Let's say the Big Idea together: **Jesus understands when we're hurting.**

### ACTIVITY | Bandaid Art

- **INSTRUCTIONS:** For this craft, prepare colored paper, markers, and bandaids in [assorted colors](#). Have kids draw one or two flower stems on their paper (it's okay if it's too long). Then they can arrange the bandaids on each stem to create flower petals, or get creative and add butterflies and dragonflies to make their own [springtime bandaid art](#).
- The bandaids on our artwork help us remember that Jesus went through so much hurt because he loves us and wanted to save everyone.
- **When you're hurting, what can you do?** You can talk to Jesus! **Jesus understands when we're hurting.**

### MEMORY VERSE | 2 Peter 3:18a (NIV)

- **INSTRUCTIONS:** Help kids learn this month's memory verse by setting the words and Scripture reference to the tune of "It's A Small World." You can also have kids repeat the verse after you in small chunks, say it using silly voices, or create simple hand motions for key words.
- **"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."**

## PLAY TIME

### ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute [the coloring page](#) along with crayons or markers. You can review today's Bible story, Big Idea, and memory verse as the kids color.

### ACTIVITY | Block Garden

- **INSTRUCTIONS:** Provide a large bin of LEGO DUPLO blocks or Mega Bloks for this free-play activity to build plants and flowers with your preschoolers.

### ACTIVITY | Gardening Sensory Box

- **INSTRUCTIONS:** Use the sensory box from Week 1 containing artificial flowers, plastic shovels, garden gloves, and plastic bugs buried in dirt, coffee beans or grounds, dry beans, or sand. If you'd like to change it up, try adding a different assortment of flowers and gardening toys.