

WEEK 1

LESSON GUIDE



BIG IDEA

We can worship by putting our hope in God.

BIBLE

Wait in Hope: Psalm 33:12-22

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 | Northern Lights-Off Dance

- **INSTRUCTIONS:** Play an "in the dark" version of the traditional game of Freeze Dance. With the lights off, use a disco ball or a few colorful flashlights to signal a dance party (you can skip this part if you have kids who might be sensitive to or uncomfortable with the lights switching on and off). When the music stops, turn off the colorful lights and all kids have to freeze. When the music and lights come back on, kids start dancing again.
- **How many of you have awesome dance moves?** I think you all do! Let's all get up and have a dance party! Only one thing: When the music and lights turn off, you have to freeze. When the music is playing and the lights are going, it's time to dance!

ACTIVITY | Glow Stick Relay Race

- **INSTRUCTIONS:** Divide kids into two groups and line them up behind a cone or marked off "start" area. Using a glow stick for a baton, the kids can run, jump, crawl, or roll to the finish line and back to start. Kids will pass the glow stick baton off to the next person on their team. The first team to have all kids finish the race wins.
 - ✂ **TODDLER HACK:** Instead of a race against another team, kids can work together to play this game. When the last person passes the glow stick off, everyone wins!
- Your light shines brightly! Let's share the light to win the race in this fun game!

STORY TIME

SCRIPTURE | Psalm 33:12–22

- **INSTRUCTIONS:** Gather kids on the carpet and share the Bible story with them. Mirror to a TV or use a tablet device to display the [Northern Lights](#). 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 the Northern Lights! *[Show image or video.]*
- **Isn't it wonder-full?** These lights appear around the North Pole. **What colors do you see?**
- **Do you know who created the Northern Lights and everything in the world?** God! And we can learn more about God from the very best adventure book ever written . . . the Bible! I need your help to read from this true and exciting storybook.
- **Are you ready?**
- Today's story is actually more like a song or a poem. A poem is a kind of writing that uses words and rhythms to make a picture in the reader's mind. We are going to read a poem from a book in the Bible called Psalms. And as we read it, follow my motions to help us better understand what the author of this Psalm is saying.
- *[Read verse 12.]*
 - *(Put your hands on your heart, then spread hands out in front of you in a wide, sweeping motion.)*
- *[Read verse 13.]*
 - *(Point upward, then make your hands like glasses in front of your eyes.)*
- *[Read verse 14.]*
 - *(Shield your eyes with your hands like you are seeing far away, then make a large circle with your hands around your head.)*
- *[Read verse 15.]*
 - *(Put hands on heart, then tap side of head like you're thinking.)*
- *[Read verse 16.]*
 - *(Shake head and wag finger like saying, "No.")*
- *[Read verse 17.]*
 - *(Shake head again then flex a muscle.)*
- *[Read verse 18.]*
 - *(Point to eyes then put hands on heart.)*
- *[Read verse 19.]*
 - *(Wipe brow like saying "Phew" then give a thumbs up.)*
- *[Read verse 20.]*
 - We wait in hope for the Lord; *(Hands together like praying.)* he is our help and our shield. *(Put arm out in front of you like a shield.)*
- *[Read verse 21.]*
 - *(Put hands on heart then put hands together like praying.)*
- *[Read verse 22.]*
 - *(Put hands on heart then put hands together like praying.)*
- Wasn't that a beautiful poem? When I hear those words, I'm reminded that God takes care of us and we can put our hope in God.
- Putting our hope in God means that we don't have to worry about anything. God takes care of us!

BIG IDEA | We can worship by putting our hope in God.

- **INSTRUCTIONS:** Using a Lite-Brite [marquee board](#), write the word “hope” as you have the kids repeat the Big Idea after you.
- We worship God because God made this whole world that is 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 put our hope in God. That means we tell God, “We trust you! You give us everything we need!”
- Let’s say the Big Idea together: **We can worship by putting our hope in God.**

VIDEO | Wonder-Full, Episode 1

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

ACTIVITY | Lights On, Lights Off

- **INSTRUCTIONS:** Similar to playing a traditional game of Red Light/Green Light, line the kids up against one side of the room. Have a volunteer stand on the opposite side of the room. When the lights are on, tell kids to walk forward toward the person on the opposite side of the room. When the lights turn off, everyone has to freeze.
 - ✂ **TODDLER HACK:** In addition to turning the lights on and off, provide verbal cues so toddlers know when to “stop” and “go.”
- We all have things we want and hope for. Sometimes, the way to get there can be tricky and you might not see the way forward. But God will always help you and light the way.
- Let’s play a game to remember this truth!

PRAYER

- Dear God, you do wonderful things. Just like the Northern Lights. you make beautiful things even in the darkest places. Help me to put my hope and trust in you. Amen.

SHARING TIME

SNACK | Northern Lights Treats

- **INSTRUCTIONS:** Pass out a long, full-length graham cracker to each kid and place white frosting on a plate. Using plastic knives, instruct kids to paint snowy mountains onto their graham crackers with the frosting. Using the prepped frosting bags filled with various colors of frosting, invite kids to make the Northern Lights with different colors using the frosting from the bags. (See a worked example [here](#).)
 - ✂ **TODDLER HACK:** Give toddlers a small cup filled with rainbow Goldfish crackers and have them spread them out on a black-colored plate or napkin. Let them move the crackers around their plates like the colors of the Northern Lights.
- The Northern Lights we saw earlier have lots and lots of cool colors!
- **What is your favorite color?**
- **What are some things you can name that have that color?**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Pass around a flashlight that’s turned off. When the room’s lights are turned off, the person holding the flashlight should turn on the flashlight and answer one of the following questions asked by the volunteer in their circle:
 - **What is one way we can worship God?**

- **Finish this sentence. I hope I can have . . .**
- **Who should we put our hope in?**
- Let's say our Big Idea together again: **We can worship by putting our hope in God.**

ACTIVITY | Northern Lights Artwork Craft

- **INSTRUCTIONS:** Check out [these instructions](#) to make a sample of today's art project using black construction paper and chalk pastels. Ask leaders to help draw the pencil outlines so preschoolers only have to add the color.
 - ✂ **TODDLER HACK:** On a large piece of black bulletin board paper, pre-draw mountains and stars in the sky. Then, give kids colorful yarn to stretch in different patterns across the sky. You can also do this activity outside using sidewalk chalk.
- When you take your Northern Lights art home, ask a grownup to put it somewhere you can see it every day. Every time you see this picture, say out loud: **We can worship by putting our hope in God!**

MEMORY VERSE | Psalm 139:14 (NIV)

- **"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."**
- **INSTRUCTIONS:** Set the memory verse to the tune of "Twinkle, Twinkle, Little Star" and have the kids repeat after you line by line to memorize the memory verse.
 - I praise you because I am
 - Fearfully and wonderfully made
 - Your works are
 - Wonderful
 - I know that
 - Full well
 - I praise you because I am
 - Fearfully and wonderfully made!

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 | Northern Lights Sensory Bin

- **INSTRUCTIONS:** During free play, leave on display at a table a Northern Lights sensory bin. Include all of the materials (like [instant snow](#), glow sticks, silver stars, [Arctic Super Toob figurines](#), [snowman molds](#)) in a deep tray or plastic tabletop bin.

ACTIVITY | Snow Houses

- **INSTRUCTIONS:** For this station, place sugar cubes, frosting, and plastic knives (optional) in a deep tray or plastic tabletop bin. Remind kids these materials are for play and not for eating! Talk about how people build snow houses to stay in to view the Northern Lights better, and show a photograph of igloos (like [this one](#)) for the kids to reference for inspiration as they build their own.