

# Kidz World's Church at Home

## God Makes Me Strong!

**FUN TIME: God Makes Me Strong Relay!** To play this game you'll need long-sleeve shirts that are bigger than your child, pillows, stuffed animals or even rolled up towels will work, masking tape and a Bible. Here's how to play:

1. Divide the family into 2 teams. It's ok if it's just 2 people (one person on each team) 😊
2. Use the masking tape to make 2 lines about 20 feet apart. These will be your starting points and goal lines. You can use anything to identify the starting & finish lines.
3. Give each team a big shirt and an even number of pillows or animals, etc.
4. On "go" the first team member puts on the shirt, stuffs the balloons/pillows into the sleeves to make "muscles", runs to the other line and shouts, "God makes me strong!" while making a funny muscle pose.
5. The team member runs back to the starting line, takes off the shirt and balloons/pillows and lets the next person go.
6. Whatever team finishes first, wins!

**BIBLE TIME:** Now, catch your breath 😊 and use the Bible verses and questions below to discuss with your children.

1. Read Isaiah 41:10 (NIRV) "So do not be afraid. I am with you. Do not be terrified. I am your God. I will make you strong and help you. I will hold you safe in my hands. I always do what is right."
2. According to this verse, why shouldn't we be afraid?
3. Can you name 4 things God will do for us in this verse? How can those things make you strong?
4. What will God always do according to this verse?
5. What are some things God tells us to do from His Word to increase our strength? (*Pray, read our Bibles, love others, obey His Word, etc.*)

**REAL TIME:** Ask your children to name something where they need God's strength. Reassure them that God loves them and will always be with them. In His presence is protection. We can count on His promise to help us when we ask Him and follow His instructions.

**PRAYER TIME:** Bring the situation your child brought up to God in prayer. Ask Him to help your child overcome the issue. Ask Him to help your family stay strong at all times, especially in times of trouble. *"Heavenly Father, thank You for Your promise of protection and help. We ask that you help us in every situation that was spoken here today. Keep us strong as a family as we depend upon You and Your Word. Thank You for hearing us and for being faithful to Your Word. In Jesus' Name, Amen!"*

*"...Christ Jesus is kind and you must let Him make you strong." 2 Timothy 2:1 (CEV)*

# Teeny Town's Church at Home

## Jesus Gives Me Peace!

### **FUN TIME:**

#### **"The Quiet Game" (For Toddlers and 2 Year Olds)**

No supplies are needed for this game. Tell your children you're going to play "The Quiet Game". Whoever can be quiet the longest wins the game (do what you can 😊)!

#### **"Peace & Quiet" (For Three Year Olds and Preschoolers)**

You will need a small bell, two pencils (or other small objects that make a soft noise).

Have the children sit down quietly on the couch or on the floor with their eyes closed. Begin to make soft noises: whispering, gently clapping, tapping two pencils together, and softly ringing a small bell. (Other soft noises can be substituted as needed.) Tell your children to listen for the soft sounds that you make. When they hear one of the soft noises, they should raise one of their hands, while keeping their eyes closed. When the soft noise stops, the children should lower their hands. You don't need a 'winner' for this game. Commend them all for doing a great job.

**BIBLE TIME (For All Ages):** Read Psalm 23:1-2 (NIRV) "The Lord is my shepherd. He gives me everything I need. He lets me lie down in fields of green grass. He leads me beside quiet waters."

God loves us so much that He sent His Son Jesus to be our Good Shepherd. The Good Shepherd takes care of us. He gives us everything we need. He gives us food to eat, clothes to wear, people to love us and everything else we need.

When things are scary, we don't have to be afraid because the Good Shepherd is always with us. He protects us everywhere we go, so we can have peace.

Because God loves us and Jesus is our Good Shepherd, we can always have His peace in our hearts and mind.

**REAL TIME:** Ask your three-year-old and preschoolers if they want to ask God for His peace. If they do, see if they can explain why/for what? Encourage them that God loves them and will keep His promise to give them peace.

**PRAYER TIME:** *Heavenly Father, thank You for sending Jesus to be our Good Shepherd. We ask for Your peace in what's troubling us. Please show us what to do about it. Thank You for loving us and giving us Your peace. In Jesus' Name, Amen!*