

TWO-THREE CURRICULUM

JAN 26

Rain or Shine: Trusting God in Every Season

Today's Bible Story: Walking on Sunshine (Paul and Silas) • *Acts 16:16-40*

Today's Bottom Line: God can help you choose joy.

Monthly Memory Verse: *Be strong, all you who put your hope in the LORD. Never give up.* Psalm 31:24 (NIRV)

Monthly Virtue: Resilience—Getting back up when something gets you down

Basic Truth: I can trust God no matter what.

SOCIAL ACTIVITY

Opening Activity

What You Need: Items to create an Obstacle Course (i.e. hula hoop, cardboard boxes, jump ropes, and cones (or floor tape)).

What You Do:

- Divide your group into two teams.
- Use cones (or floor tape) to create a starting point and a finish line for both teams.
- Set up an obstacle course between the start and finish lines for each team.
- As kids go through the course, have them stop and perform an exercise with each item used to set up the course.
- Direct each team to line up behind their starting point.
- Instruct both teams to send a kid, one at a time, to complete the obstacle course, quickly walk back to their team, and tag the next kid.
- Declare the first team to complete the relay, the winner!

What You Say:

“Great job, friends! Do you know anyone who exercises? (*Invite responses.*) This obstacle course was kind of like an exercise for your body and your brain. We work out and exercise to make our body strong. **[Transition] Let's go hear about one of the best emotions we can choose to build our inner strength!**”

SMALL GROUP ACTIVITY:

1. Finding the Joy

What You Need: “Joy Skits” Activity Page

What You Do:

- Gather your group together.
- Share the scenarios below to demonstrate how our perspectives can change the way we see things!
 - Losing a game: One person may be really angry that they lost while the other is still upset, but realizes they have an opportunity to work harder next time.
 - Spilling a drink: One person may laugh and immediately clean it up, while the other person is so frustrated and disappointed in themselves for making a mess.
- Divide your group into four teams.
- Give each team a scenario card from the “Joy Skit” Activity Page.
- Encourage teams to work together in their groups to come up with a skit acting out a negative reaction to the scenario.
- Give teams a few minutes to plan their scenario.
- Invite any teams who would like to share their scenario with the group to do so.
- Encourage teams to come up with a second skit—acting out what it could look like to find joy in their scenario.
- Give kids a few minutes to plan their scenario.
- Invite any teams who would like to share their scenario with the group to do so.
- Remind kids that joy doesn't mean they have to be happy all the time. When we choose to look to God and trust God no matter what happens, we're choosing joy!

What You Say:

“Way to work together and use your imagination, friends! Each skit showed us that how we think can change everything—from dancing in the rain to making the most of a long wait. Remember, just like you showcased, **[Bottom Line] God can help you choose joy** and resilience!

“Whether it's something small or big—like losing the shoes you wanted to wear, or finding out someone you love is really sick—God can help us find joy all the time. The next time you find yourself not being able to find joy, start by talking to God! Stay focused on Jesus and how much He loves you!”

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2. Showing Our Resilience

What You Need: Bibles

What You Do:

- Make sure each kid has a Bible.
- Together, look up this month's Memory Verse, Psalm 31:24. Read the verse out loud several times together.
- Encourage the kids to set their open Bibles aside.
- Ask: "Can anyone say the verse on their own?"
- Invite any kid who would like to recite the verse from memory the opportunity to do so.
- Model for kids how to do a plank. (See below)
 - If needed, demonstrate how to do an easier plank with your knees on the ground.
- When you say "Go!", direct kids to get in plank position and attempt to hold their plank while reciting the Memory Verse out loud.
 - Allow the kids to reference their Bibles as needed but encourage them to recite the verse from memory as much as they can.
- Repeat a few times together.

Plank Instructions:

1. Start on your hands and knees, then place your forearms on the ground.
2. Step your feet back to form a straight line with your body.
3. Engage your core, keep your body tight, and maintain a straight back while breathing.
4. When you're ready to stop, gently lower your knees to the ground.

What You Say:

"Wow, everyone! You all are SO strong! You didn't give up, and you really pushed yourselves to hold that position. And guess what? The more you practice, the longer you'll be able to hold your plank. Just imagine how strong you'll get!"

"Whether you're trying to make it through a tough game, or a tricky math problem—resilience is all about getting back up when something gets you down!"

"Just like you can practice your planking, we can practice resilience and choosing joy. That doesn't mean we won't face challenges like difficult homework or tough days. It means that when things get hard, we can dig deep, keep trying, and know that **[Bottom Line] God can help you choose joy.**"

3. Pray With Your Group