

## PREPARE

FOR THE SESSION

## PLAN the Session

- Pray, asking God to prepare your heart to teach and the hearts of kids to receive His Word.
- Read the Leader Bible Study and review the session plan.
- Decide which Welcome activities to prepare for the unit.
- Familiarize yourself with Learn section enough to teach naturally.
- Organize discipleship groups, including a plan for new kids.
- Print a copy of Live for each discipleship group leader.

## GATHER Supplies

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### WELCOME

#### Option 2: Spiritual discipline matching

- "Spiritual Discipline Matching Cards" printable

#### Option 3: No sew pillows

- 12-by-12-inch fleece, 2 squares per kid
- polyester fiber fill

#### Option 4: Shape it up

- play dough, 1 piece per kid



### LEARN

#### Group Game: Freeze dance

- upbeat music



### LOVE

#### Option 1: Restful collage

- magazines and catalogs

#### Option 2: Guided relaxation

- worship or instrumental music (optional)



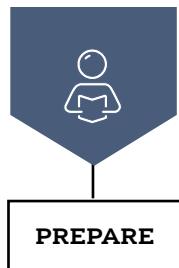
### LIVE

#### Get everyone talking

- toy microphone or item to represent a microphone (optional)
- inflatable beach ball (optional)
- permanent marker (optional)

#### Discuss Learn time

- poster board or large sheet of paper (optional)
- blindfold (optional)



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### LEARN

**Group Demo: Prepare to rest**  
 backpack with items used to get ready for bed (bed sheet, toothbrush, pillow, book)



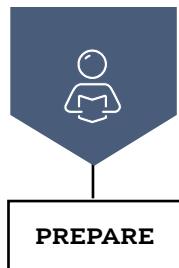
### LOVE



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### LEARN

#### Group Activity: Rest!

- Bible verse coloring pages, 1 per kid
- play dough, 1 piece per kid



### LOVE

#### Option 2: Nature walk

- small journal (optional)



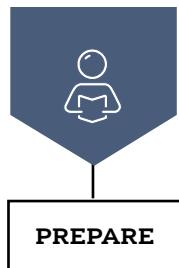
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 play dough, 1 piece per kid



### LEARN

#### Group Demo: The Lord is my strength

heavy objects, 4 or 5

#### Group Activity: Resting through prayer

worship or instrumental music (optional)

stickers

mini marshmallows, 1 handful per kid

toothpicks, 15-20 per kid

sticky notes, 1 per kid

Allergy Alert



### LOVE

#### Option 1: Resting and stretching

worship or instrumental music

#### Option 2: Wings of eagles

“Eagle Outline” printable, 1 copy per kid

tissue paper



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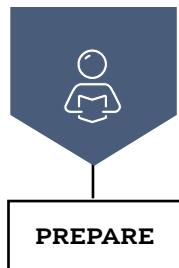
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permanent marker (optional)

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poster board or large sheet of paper (optional)

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### WELCOME



### LEARN



### LOVE



### LIVE

#### Option 3: Beach ball bonanza

- beach ball
- permanent marker

#### Option 4: Prayer mural

- large piece of paper

#### Option 5: Communication creation

- play dough, 1 piece per kid

#### Option 1: Prayer journal

- notebook or journals, 1 per kid
- stickers (optional)

#### Option 2: Planting prayer seeds

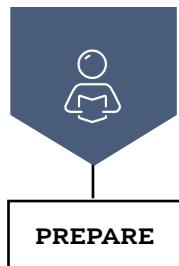
- small flower pots, 1 per kid
- soil
- flower seeds, 1 per kid
- water

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- play dough, 1 piece per kid



### LEARN

#### Group game: Throw it away

- large laundry baskets, 2
- safety cones, 6-8
- foam sports balls, 8 per team



### LOVE

#### Option 1: Prayer chain

- 2-by-7 inch paper strips, 7-8 per kid

#### Option 2: Bible unscramble

- "James 5:16" printable, 2 copies



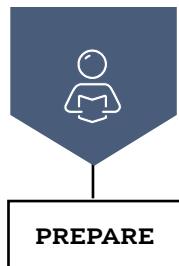
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- play dough, 1 piece per kid



### LEARN

#### Group game: Are you listening?

- sticky notes, 1 per kid

#### Group activity: Pray for others

- sticky notes, 1 per kid



### LOVE

#### Option 1: Thinking of you cards

- note cards, 1 per kid

#### Option 2: Prayer stations

- "Prayer Station Signs" printable
- index cards, 1 per kid
- bandages, 1 per kid
- gold star stickers, 1 per kid
- heart stickers, 1 per kid
- globe or map stickers, 1 per kid



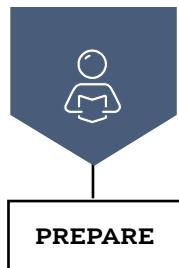
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#### Option 5: Communication creation

- play dough, 1 piece per kid



### LEARN

#### Group Activity: Sculpt challenge

- play dough, 1 piece per kid



### LOVE

#### Option 1: Banner prayers

- large sheet of paper

#### Option 2: Prayer rock reminders

- permanent marker
- smooth rocks, 1 per kid
- paint
- paintbrushes
- paper plates, 1 per kid



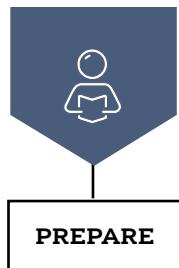
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- plastic spoons, 66

**Option 4: Bible hop**

- painter's tape

**Option 5: Table tennis sort**

- table tennis balls, 11
- baking tray
- chopsticks



### LEARN

**Group game: Good news pass**

- foam, tennis, or beach ball
- music

**Group demo: Good news experiment**

- clear pitcher or bowl
- water
- food color
- liquid bleach



### LOVE

**Option 1: All the world clay makers**

- blue modeling clay, 1 piece per kid
- green modeling clay, 1 piece per kid
- world maps or globes

**Option 2: Evangelism bookmark**

- 12-inch lengths of yellow yarn, 1 per kid
- 12-inch lengths of gray yarn, 1 per kid
- 12-inch lengths of red yarn, 1 per kid
- 12-inch lengths of white yarn, 1 per kid
- 12-inch lengths of green yarn, 1 per kid



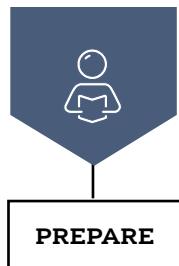
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### LEARN

#### Group game: Pass the hula hoop

- hula hoop, 1

#### Group demo: Good news gift

- cardboard boxes, 4-6
- plastic bottles, 4-6
- paper towel tubes, 4-6
- wrapping paper
- gift bows



### LOVE

#### Option 1: Gospel picture book

- craft supplies

#### Option 2: Good news stones

- smooth stones, 2 or 3 per kid
- paint
- paint brushes
- paper plates
- permanent marker



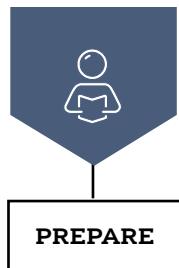
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### LEARN

#### Group game: Good news keep it up

- inflated balloon

#### Group demo: God's heart for evangelism

- heart-shaped stickers, 4 or 5 per kid



### LOVE

#### Option 1: Prayer craft stick prompts

- jumbo craft sticks, 8 or 9 per kid
- ziplock bags, 1 per kid

#### Option 2: Gospel megaphone

- small foam cups, 1 per kid
- chenille stems, 1 per kid



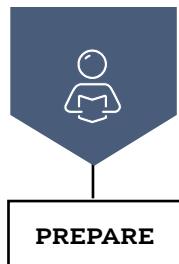
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### LEARN

#### Group game: Cupside down

plastic cups, 4 per kid



### LOVE

#### Option 1: Candy color gospel

colorful candy pieces, 10-12 per kid  
 Allergy alert  
 bowls or cups, 1 per kid

#### Option 2: Map it out evangelism plan

local map of your community



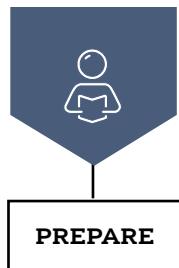
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### LEARN

#### Group game: Good news relay race

- bins, 4
- seeds, at least 1 per kid
- plastic spoons, 2

#### Group demo: Planting seeds of faith

- plant pot
- bag of soil
- watering can
- seeds, 3 or 4



### LOVE

#### Option 2: Gospel seed bookmarks

- 2-by-8-inch strips of cardstock, 1 per kid
- packing tape, 1 strip per kid
- seeds
- cups or bowls, 1 per kid



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