



Hello RCKids Families! Here we are getting ready to join together for another Sunday of online worship! We pray that your family is safe and healthy and not too stir-crazy! We pray that you are leaning into the Lord for strength, comfort, and assurance. *Trust in the LORD with all your heart; do not depend on your own understanding. Proverbs 3:5*

As we said last week, the RCKids leadership team is working outside of our comfort zone when it comes to technology, but we're pushing on and trusting God to guide us! So, while we were very thankful for the Life Church videos last week, we are changing things up a bit for this Sunday so that the kids can continue their regular worship with only a few changes. Here goes, and please bear with us!

### **Puddlejumpers (0-3 years old)**

For our children in the Puddlejumpers, there is a great app you can download to your phone or iPad called the Bible App for Kids. It is developed by Life.Church and shares interactive, animated Bible stories that are appropriate for young children.

Also, we have linked a short music videos below. You may find that there are ads at the beginning of the video. We are working on that!

<https://www.youtube.com/watch?v=U-ryg9plBM4> -Jesus Loves Me

You can watch this lesson video at home too:

<https://youtu.be/N7NMPqjI91o>

### **The Pond, The Ocean, and Upstream (3 years old - 6<sup>th</sup> grade)**

This week we will start worship together as if we are at RiverCross. Linked below are three songs we have been using for worship recently. Remember kids that it's important to get up and move for the Lord! Show Him how much you love Him! You may find that there are ads at the beginning of each video. We are working on that! You may have to copy the link and paste it into the search bar on YouTube. Yup, we're working on that too!

<https://www.youtube.com/watch?v=YUageJdwyPY> -My God Is So Big and So Strong and So Mighty

<https://www.youtube.com/watch?v=vDIy5TUXovo> -I'm in the Lord's Army

<https://www.youtube.com/watch?v=KCLWPd5Yj9c> -One Way

Now that you've worshipped through song and dance, please take a few minutes to pray as a family. After prayer, it's time to split up into our virtual classes.

### **The Pond (3 years old – kindergarten)**

Pond kids you will watch a video that is about being brave and that God is with you everywhere you go. The lesson is called The Brave and Beautiful Queen.

<https://youtu.be/N7NMPqjI91o>

Work on this memory verse together:

Joshua 1:9 ***Be strong and brave, I (that's God) will be with you everywhere you go.***

**Ocean (1st grade to 3rd grade)** Ocean kids, today you'll be watching the next video in our Grow Up series that you started two weeks ago with Miss Pam. This lesson is called "No Excuses".

[https://www.youtube.com/watch?v=vL5YmGkF9w0&feature=emb\\_logo](https://www.youtube.com/watch?v=vL5YmGkF9w0&feature=emb_logo)

Memory verse for this week: **James 4:17 NLT** *Remember, it is sin to know what you ought to do and then not do it.* Try to find this verse in the Bible with help from a grown-up; just like we do each week in the Ocean.

Now try this activity with someone in your family: Find the Konnect activity sheet at the end of this email. Pick a color: red, yellow, blue, green, orange, or white. Have a grown-up read one of the statements from that color to you and shout out if it's an excuse or a right choice! You don't have to do all of the statements. Try to do at least six. (Parents feel free to jazz this up. Your kids could pull colored slips of paper or even crayons out of a bag or throw a beach ball rather than just saying a color.)

Talk about these two questions with a grown up:

1. **Share an excuse you say a lot. Ask God to help you stop saying it this week.**
2. **Share a responsibility you want to have. What can you do this week to show you're ready for that responsibility?**

**Upstream (4th grade to 6th grade)** Upstream kids, today you'll be watching the next video in our Scary Stuff series that you started two weeks ago with Miss Peg. This lesson is called "Scary Futures".

<https://open.life.church/items/195297-teaching-segment-mp4>

Memory verse: **Psalms 55:22 NIV** *Cast your cares on the LORD, and he will sustain you; he will never let the righteous be shaken.*

Do this activity with someone in your family: Stretch a string, a jump rope, even a belt across the floor. Sit a small object in the middle. This rope/string/belt represents a spectrum of worry! One end (*you decide which*) represents perfect peace. The other end represents intense worry. The middle where the object is, is neutral. Read a scenario from the "worries list" at the end of this email. Stand along the rope in a position that shows how worried you would feel if you had to do the scenario you just read. Share why you chose the degree of worry you did. Discuss ways you could get to perfect peace if you're not there already. Take turns reading the scenarios and discussing where you stand.

Finish this lesson by talking with your family about this final question:

Worry is living with a "this might happen" attitude instead of a "God is mightier" attitude. How do you think it feels to trust God more than you worry? How does it feel to worry more than you trust God? How can you give your worries to God?

Families, we hope you're finding these lessons uplifting! Please let your kiddos know we miss them and are praying for them! Ask them to pray for all of their RCKids teachers and helpers, too. We can't wait to be able to gather with them in person, but for now we hope they continue to learn and grow in Christ at home with you!

Please reach out to us if you or the kids have any questions or any specific prayer requests.

In Christ's Loving Name,  
Pam, Kim, and Pete



## NO EXCUSES ACTIVITY SUPPLEMENT GROW UP // WEEK 2

<b>RED</b>	
It's too hard to do that.	Excuse! <i>Ask for help or try anyway.</i>
I don't have time.	Excuse! <i>Find time to do the right thing.</i>
I can't help someone I don't know.	Excuse! <i>We can show even a stranger God's love.</i>
<b>YELLOW</b>	
I'll help when my friends need it.	Right choice! <i>Helping at the right time shows God's love.</i>
I'm too young.	Excuse! <i>Do what's right no matter how old you are.</i>
I'm nervous, but I'll still obey.	Right choice! <i>Nothing can stop you from obeying!</i>
<b>BLUE</b>	
People will make fun of me.	Excuse! <i>Live to please God, not to make people happy.</i>
I'm not smart enough.	Excuse! <i>God will help you figure out what to do.</i>
I'll obey my parents later, not now.	Excuse! <i>Obey now so you don't forget or finish late.</i>
<b>GREEN</b>	
I don't like doing chores, so I won't.	Excuse! <i>Do them so you don't have to think about them.</i>
I invite all my friends to church.	Right choice! <i>You're helping others learn about Jesus!</i>
That's not fair! Nobody else has to!	Excuse! <i>Even when it's not fair, you still need to obey.</i>

## ORANGE

I might mess up.	Excuse! <i>If you mess up, learn from your mistake.</i>
The Bible is too hard to learn from.	Excuse! <i>Use a children's Bible or ask for help.</i>
No one listens if I talk about Jesus.	Excuse! <i>Some people don't listen, but some people do!</i>

## WHITE

It's embarrassing to pray out loud.	Excuse! <i>You'll get more courage each time you pray.</i>
If I share it, I won't have any for myself.	Excuse! <i>God will take care of all your needs.</i>
I share what I have when someone needs it.	Right choice! <i>You're showing God's love by sharing!</i>



### Worries List Activity

- Giving a speech at school
- Picking which cereal to eat in the morning
- Choosing a seat in a busy lunchroom
- Standing up against someone who's being rude
- Getting a haircut
- Holding a tarantula
- Choosing a donut at a donut shop
- Going to a new school
- Getting a bad grade on a big project
- Telling a parent about a lie you told them
- Talking to someone about your faith in Jesus
- Meeting a new group of people
- Picking out an outfit for a big day at school
- Wondering what others think about you
- Coming to Loop this week
- Moving to a new neighborhood
- Styling your hair in the morning

- Talking about your fears in small group at Loop
- Singing to God where people might hear you
- Standing on the edge of a tall building
- Eating a green vegetable you've never tried before