

WEEK 1

LESSON GUIDE

RISE & SHINE

BIG IDEA

I can stick with Jesus when my day is dark.

BIBLE

Peter Denies Jesus:
Matthew 26:31-35

WELCOME TIME

MUSIC | Sunrise Songs

- **INSTRUCTIONS:** You can lead kids in worship with any songs of your choice, but here are some suggestions 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!](#)
 - "Rise and Shine" (Go Fish)
 - "Brand New Day" (Arkkids)
 - "On the Farm" (Kidspring Children's Ministry)
 - "Your Light Has Come" (Cokesbury VBS)
 - "It's a Happy Day" (Yancy & Little Praise Party)

ACTIVITY | Nighttime Feed

- Today we are going to pretend it's nighttime on the farm! An important chore in the evenings on the farm is to feed the animals before they turn in for the night.
- **Can you help me feed the animals?**
- **INSTRUCTIONS:** First, hang pictures of different farm animals around the room. Split the class into teams and give each team their own color stack of sticky notes. Players will quietly "feed" different animals by sticking their team's color on the animal pictures. Remind them that it's nighttime so they have to tiptoe and be very quiet. After a few minutes, say, "It's time for bed, farm friends," and have everyone come back to the middle of the room. Walk over to each animal and count out loud with the kids how many of each color there are.
 - ✂ **TODDLER HACK:** The carrot, represents the food the animals eat. Split toddlers into two teams and have each team line up shoulder to shoulder. When you say "go" kids will race to pass the carrot to the end of their line and then back again. The first team to return the carrot to the front of their line wins.

ACTIVITY | Nighttime Farm Walk

- The animals are all fed and are settling in for the night. Join me for a fun evening walk to make sure all our farm friends are happy. We will shine our flashlights on the farm animals when we find them. Let's go!

- **INSTRUCTIONS:** Hide a variety of farm animal stuffies in plain sight around the room. Give each preschooler (or each pair) a flashlight. Turn off the main lights. Guide preschoolers around the “farm”, their classroom, instructing them to shine a light on the farm animals. As they shine a light on each animal, instruct them to make the sound the animal makes (e.g., neighing for horses, oink or snort for pigs, cluck for chickens, moo for cows, etc.).
 - ✂ **TODDLER HACK:** Do activity as listed above, but instead of walking around the room show toddlers how to walk in place. Instead of toddlers holding a flashlight, let your leaders hold the lights.

STORY TIME

SCRIPTURE | Matthew 26:31-35; 57-75 (Peter Denies Jesus)

- **INSTRUCTIONS:** Read and tell the story from Matthew 26:31-35, 57-75 as a farmer taking a break from their work. You can set up your story space with [DIY hay bales](#) and [fruit crates](#) kids can sit on instead of regular chairs.
- Hi friends! It’s time for story time on the farm! Everyone come circle up by me!
 - (Sing to the tune of “Old Macdonald Had a Farm”.)
 - **Circle up for story time, E-I-E-I-O.**
 - **Bible stories are the BEST, E-I-E-I-O.**
 - **the Bible is TRUE, the Bible is FUN,**
 - **the Bible is for everyone!**
 - **Circle up for story time, E-I-E-I-O.**
- In today’s Bible story, we meet a man named Peter. Peter was one of Jesus’ closest friends.
 - **Can everyone say, “Peter” with me?**
- Peter, Jesus, and a few friends were together at a place called the Mount of Olives having a serious talk.
 - **Can everyone say, “Mount of Olives” with me?**
- These friends had gone through a lot of ups and downs together, and tonight was going to be a hard time for everyone at the table.
- Even though Peter and Jesus were good friends, Jesus told Peter, “Before nighttime tonight, Peter, you will say you do not know who I am. And you’re going to do this three times.”
 - **Everyone say, “Oh no!”**
- Jesus told Peter that all of this would happen before a rooster crows that day.
 - **Can you all crow like a rooster?**
- Peter didn’t believe this would happen because he loved Jesus very much, but Jesus was right.
- That night Jesus was captured and taken away. All of Jesus’ friends and followers were afraid. Peter followed closely to see what was going to happen to his friend.
- There was nothing to prove that Jesus had done anything wrong. But the people decided to punish him anyway.
- Throughout all of this, Peter sat nearby silently. And that’s when it happened. A young girl came up to Peter and said “You are friends with that Jesus!”, but Peter told a lie and said he was not friends with Jesus.
 - Peter was scared that they would take him away like they took away Jesus. So that was the first time Peter said he did not know Jesus.
 - **Hold up one finger and say, “One.”**
- Then another person said the same thing and Peter lied again and said he was not friends with Jesus, again!

- **Hold up two fingers, and say, “Two.”**
- Then it happened a third time. People said Peter was close with Jesus, but Peter said it wasn’t true one more time.
 - **Hold up three fingers, and say, “Three.”**
- Just like Jesus said, Peter said he didn’t know Jesus three times. Just then, the rooster crowed.
 - **Can you crow like a rooster?**
- This was a very dark, sad day for Peter and the darkest day of all for Jesus.
- Here’s the good news, though. **Everyone say, “Good news!”** Even though Peter was sad and having a very dark day, Jesus still loved him very much!

BIG IDEA | I can stick with Jesus when my day is dark.

- **INSTRUCTIONS:** *Using a garden bed, an inflatable pool filled, or a plastic bin filled with dirt, sand, rice, or [kinetic sand](#), have kids dig and find the words from the Big Idea. Let kids know there are ten separate words they are searching for. Bring towels and wipes for kids to wash their hands afterwards. Once the kids find all of them, pin or tape them up where kids can see them then point to each word while saying it out loud. Then say it once more while doing the hand motions and have kids repeat after you.*
- On the farm, you know what we always have plenty of . . . dirt! The soil on our farm is important in so many ways, but today digging in the dirt is going to reveal something extra special . . . our BIG IDEA!
 - **I can** (*point to self*)
 - **stick with** (*clap hands together*)
 - **Jesus** (*put both arms up like a “V”*)
 - **when my day is dark.** (*cover both eyes with hands*)

VIDEO | Rise & Shine, Episode 1

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

ACTIVITY | Before the Rooster Crows

- **INSTRUCTIONS:** *Hide three items around your space. They can be farm-related items or anything you have on hand. When you say “GO”, preschoolers will search the room for the three items. They need to find the items before the rooster crows. (Ask a volunteer to crow or [play a snippet](#) of a rooster crowing.) Crow approximately every 5 seconds.*
 - ✂ **TODDLER HACK:** *Remember to hide items in plain, easy-to-spot places for toddlers and remind them what they’re looking for. You might want to describe the items by their general shape and color.*
- It was hard to find the three hidden items in the room before the rooster crowed, wasn’t it? It was also a very hard, dark day for Peter when he said he wasn’t a friend of Jesus three times before the rooster crowed.
- I’m sure if Peter could do it all over again, he would have stuck by Jesus and stuck up for Jesus.
- We can learn from what Peter went through to remember that even when our day is dark and we don’t know what to do, we can stick with Jesus.
- **I can stick with Jesus when my day is dark.**

PRAYER

- Dear God, on my happy, bright days and on my sad, dark days I know I can stick with Jesus! Thank you for your love for me every day. Amen

SHARING TIME

SNACK | Sticky Hay Bales

- **INSTRUCTIONS:** *Either purchase Rice Krispies Treats or make your own. If homemade, cut into small squares for each kid. Have kids pull the treat apart with their fingers to observe how sticky it is. Have hand wipes available for cleanup following snack time.*
- Today we have a yummy, sticky snack to share!
- **Who can you stick with when our days are dark?**
- That's right! I can stick with Jesus when my day is dark!

ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Roll masking tape first into a small ball, then continue to wrap the tape around (sticky side out) until it's about the size of a balled fist. Invite preschoolers to sit in a circle and pass the ball to each other sitting in a circle. The person who catches the ball can answer the question.*
 - **What happened to Jesus in our story today?**
 - **What did Peter do when people asked if he knew Jesus?**
 - **Who can we stick with when our day is dark?**

ACTIVITY | Farm Flashlight Craft

- **INSTRUCTIONS:** *Invite preschoolers to decorate their cardboard tubes with stickers and markers. Then help them glue the yellow triangle from the printable on one side of the tube to create a [flashlight](#).*
 - ✂ **TODDLER HACK:** *Cut and glue the pieces of this project for your toddlers. Let them enjoy decorating their finished flashlights.*
- A night at the farm is completely dark. There are not a lot of lights unless you count the stars!
- If you ever had to walk around the farm at night, you would definitely need a flashlight. Flashlights help us stick to the road we can see so we don't get hurt or lost.
- Flashlights help us see, and Jesus helps us with everything else. That's why **I can stick with Jesus when my day is dark** . . . and so can you!

MEMORY VERSE | Luke 24:6a (NIV)

- **"He is not here; he has risen!"**
- **INSTRUCTIONS:** *Say the memory verse aloud for the kids. Then have kids call out a farm animal (but go ahead and indulge the kid who yells out "dinosaur!"). Have kids repeat the memory verse after you (in chunks) then demonstrate the way that animal would say it (if they could speak, of course). Do this a few times using different animal voices or inserting animal noises as you say the verse.*

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 | All About the Farm

- **INSTRUCTIONS:** Kids will get to experience the farm by watching a [video about the farm](#) and by playing with a fun farm sensory bin like [this](#). These will be used again with a different video each week, so make them in a bin with a lid to make storage easy.

ACTIVITY | Sticky Sheep

- **INSTRUCTIONS:** Draw a sheep like [this one](#), on contact paper. Pull off the cover of the contact paper and tape it to a light source, sticky side out. Then let preschoolers place cotton balls of varied sizes onto their "[sticky sheep](#)" to make its coat!