

WEEK 2

LESSON GUIDE



BIG IDEA

Jesus calms our fears.

BIBLE

An Angel Appears to Mary:

Luke 1:26-38, 46b-55

WELCOME TIME

MUSIC | Songs of the City

- **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!](#)
 - "Christmas is Jesus" (Go Kids Music)
 - "Go Tell It on the Mountain" (Love to Sing)
 - "Jesus, Savior of the World" (KidSpring Children's Ministry)
 - "Joy to the World" (Love to Sing)

ACTIVITY | Angels We Have Hidden on High

- **INSTRUCTIONS:** Hide an angel figurine somewhere in the room. Let the kids know the only way to invite our angel friend to our group is to complete this morning's movements! Once complete, give kids hints in case they're not able to spot the angel on their own.
- Sometimes, we have friends who are shy. The best way to make them comfortable is to wiggle around and give them a big invitation!
- We have an angel friend somewhere in the room. Let's see if we can get them to come out of hiding!
 - **Can you stretch your arms out wide?**
 - **Can you give yourself a big hug?**
 - **How about three twirls?**
 - **Let's repeat our motions!**
- Okay, I think they're ready. Let's hunt for our angel friend!

ACTIVITY | Hide and See What's Next!

- We can have a hard time when we see or experience something scary. But when we look again, we can look around for things that make us feel safe when we're scared.

- **INSTRUCTIONS:** Play a game of hide and seek with the group where you have the kids face away from you while you hide somewhere in your space. When you say, "Go!" encourage the kids to turn around and find you, and when they do, have them yell, "I see you!" Repeat as long as time allows, choosing different volunteers to hide each time. Play some upbeat music to make this really fun!

✂ **TODDLER HACK:** Play [this song](#) and play a game of peekaboo with the younger kids.

STORY TIME

SCRIPTURE | Luke 1:26–38, 46b–55 (An Angel Appears to Mary)

- **INSTRUCTIONS:** Set up your neighborhood scene like last week. Invite two volunteers to stand up in the front as Mary and Gabriel (who will be dressed as a mail carrier) as you tell the story. We suggest having the same volunteer from last week play the role of Gabriel. Mary can be sitting in a chair or stool. Select one or more of the illustrations for this week to use as a visual aid, if you'd like (located in the Teaching Videos folder inside your preschool content).
- Today, we're going to hear about Jesus' mom! Her name was Mary, and she lived in a town called Galilee. Our messenger friend, Gabriel, went to Galilee to deliver a message to her.
- **Who remembers Gabriel?**
 - **Gabriel:** Hi, friends! It's good to see you again! I visited Mary to deliver this message (*holds up an envelope with Mary's name on it*). The message said, "Mary! God loves you so much, and has a special way you can be a super helper!"
 - **Mary:** This message made me a little scared because I had never seen an angel before, and it seemed like helping God would be a big job.
 - **Gabriel:** I let Mary know not to be afraid, and that God wanted her to give birth to a very special baby. **Do you know the name of that baby?** That's right! Jesus!
 - **Mary:** I didn't know how that could happen, so I asked the angel what he meant.
 - **Gabriel:** That's when I told Mary she would have the help of God's helper, the Holy Spirit, and God would help her be brave and not afraid.
- What a special surprise Mary had! She might've been scared at first, but she knew this news was really special.
- God picked Mary to become the mother of Jesus! She became full of joy and thanked God for being mighty and loving.
- Mary knew God was sending Jesus because everyone needed a savior, and Mary promised to do her part to help, too!

BIG IDEA | Jesus calms our fears.

- Every big city has lots of cars, and when we want to go somewhere, sometimes we honk our horns. Let's get in our cars and honk for the Big Idea!
- **INSTRUCTIONS:** Ask kids to pile into cardboard "cars," and give each of the kids a horn. Have them all honk as the Big Idea sign is being brought to the front. Countdown from five and turn the sign around to reveal this week's Big Idea. You can also use a traffic light animation (like [this](#)) before projecting the Big Idea image onto a screen.
- This week's Big Idea is . . . **Jesus calms our fears.** Just like Mary needed this reminder, sometimes, we need to know this when we're afraid.

VIDEO | City of Angels, Episode 2

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

ACTIVITY | Mary's Song Sing-a-Long

- **INSTRUCTIONS:** Using [this instrumental](#) version of "I'm Going on a Bear Hunt," have kids sing from Mary's POV by replacing the lyrics "We're going on a bear hunt, I've got my binoculars" with "We're going to see Elizabeth, I've got big news to share."
- ✂ **TODDLER HACK:** Sing this song to toddlers and slow down for them to be able to act out the parts of the song. Bring a jump rope to gently wiggle (with the help of another leader) for the "river." Kids can jump around and try not to touch the river.
- Mary had a cousin named Elizabeth. Mary decided to visit Elizabeth at her house before she gave birth to Jesus.
- Let's imagine we're going on a trip with her! We might feel unsure or even scared because we might not know what we'll encounter on our trip, but we can trust God just like Mary did! Now, everybody stand up!

PRAYER

- Okay, everyone! Let's pray about what we heard about today. Repeat after me:
 - Dear God,
 - You always make us brave.
 - That's because . . .
 - **Jesus calms my fears.**
 - Amen.

SHARING TIME

SNACK | Star-Kabobs

- **INSTRUCTIONS:** To remind kids that Jesus calms our fears and brightens our path when darkness is all around, create a straw-kabob with [angel food cake and berries](#).
- Sometimes, when we're unsure, we can feel like we can't see where we're going or become very afraid.
- Today, we talked about how **Jesus calms our fears**.
- You know how sometimes when we're in the dark, we can be scared, but we feel much better when we turn on the light? Jesus is like that light!
- Let's create a fun snack to remind us this is true the next time we feel afraid!

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Pass around the angel figurine from the Angels We Have Hidden on High activity while kids take turns answering questions.
- Let's practice taking turns as we think about today's story! When you're passed the angel, it's your turn to answer a question. When you're done, choose a friend to pass the angel to.
- **Who was visited by an angel?**
- **What was the angel's name?**
- **What message did the angel give?**
- **When we're afraid, what can we remember?**

ACTIVITY | Angel Mural

- **INSTRUCTIONS:** Give kids a chance to add color to a “mural” by drawing [large angel wings](#) on butcher paper and taping it to the wall at the kids’ height. Make sure you snap photos of each kid posing in between the angel wings.
- **Did anyone notice our very own angel wings hanging on the wall over there?**
- When a picture is on a wall, we call it a mural. There are plenty of murals in big cities!
- Today, we’re going to decorate these angel wings! Everyone will take turns adding their own color to the mural.

✂ **TODDLER HACK:** Give toddlers stickers to apply to the wings once preschoolers are finished.

MEMORY VERSE | Luke 2:10 (NIV)

- “But the angel said to them, ‘Do not be afraid. I bring you good news that will cause great joy for all the people.’”
- **INSTRUCTIONS:** For this week, read the whole memory verse to the kids, then introduce the second part by having kids repeat after you. Apply these hand motions:
 - **I bring you good news** (palms facing up, outstretched, in front of chest)
 - **that will cause great joy** (spin once)
 - **for all the people** (point to everyone in the room)

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 | The Wings on the Angel

- **INSTRUCTIONS:** Play [this instrumental](#) of “Wheels on the Bus” and swap out traditional lyrics for the ones below to help repeat key points of today’s story. Place the seats in the room “bus style.”
 - The wings on the angel go up and down / Up and down / Up and down / The wings on the angel go up and down / All through the town.
 - The angel told Mary, “Don’t be afraid” / “Don’t be afraid” / “Don’t be afraid” / The angel told Mary, “Don’t be afraid” / All through the town.
 - Mary told God, “I love you” / “I love you” / “I love you” / Mary told God, “I love you” / All through the town.
 - If Mary trusted God, I can, too / I can, too / I can, too / If Mary trusted God, I can, too / All through the town.

ACTIVITY | City Mapping

- **INSTRUCTIONS:** Print this week’s tangram pieces printable and help kids cut and arrange the pieces into the shape of an angel (a diagram of how this is supposed to look is included with the printable.). Have kids glue the pieces onto 11x17-inch paper. Once they’re done, have the kids design a daytime city scene behind their angels.