

WEEK 3 LESSON GUIDE



BIG IDEA

We can worship by remembering what God has done.

BIBLE

Remember It:

Psalm 103:1-8; Hebrews 12:28-29

LARGE GROUP TIME

Welcome to another week of *Wonder-Full*! **Anyone remember any of the adventures we've taken together this month?** Remembering is important. In fact, remembering what God has done just makes me want to worship . . . and that's exactly what we're talking about today!

[Play [this](#) video as kids enter your environment. Feel free to mute the sound and play your usual welcome music, if you'd like! For more information on how to legally use copyrighted material for educational purposes, [read this!](#)]

WHAT? What are we talking about today?

MUSIC | Worship

- **INSTRUCTIONS:** You can lead kids in worship with any songs you like best, but here are a few songs 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!](#)
 - "So Many Wonders" (Grow Kids)
 - "Wonderfully Made" (JumpStart3)
 - "Remind Me" (Gateway Kids Worship)
 - "Living Color" (Elevation Church Kids)

ACTIVITY | Canyon Companions

- **INSTRUCTIONS:** This is a variation of the game, "Memory," but instead of cards, kids will act it out. Select two kids and send them out of the room with a leader. Pair up all the other kids. Assign each pair an animal you would find in the Grand Canyon (a list of those animals can be found [here](#)). Tell the pairs they'll need to move the same way, exactly how their assigned animal would move. Have all the pairs shuffle themselves around the room. The two kids who left the room can now come back into the room and try to find the matching pairs. They will tap one person, and that person has to act out their animal then stop. Then, they tap another person who does their motion. If they match, the pair sits down. Keep going until all matching pairs are found.

✳ **SPECIAL NEEDS HACK:** For kids who might get antsy standing around for an extended period of time, set aside some space where they can play a traditional memory game using matching cards.

- Hello, adventurers! Today, our adventure takes us to the most wonderful place — the Grand Canyon! There are a lot of cool animals in the canyon. We're going to see if you can guess what you might find there with a game of human memory!
- But instead of playing with cards like maybe you have in the past, you're going to be the animals. Each of you will work with a partner and pretend to be a pair of animals found in the Grand Canyon while another group figures out who goes with who. Are you ready to play? Let's get hopping, slithering, and soaring!

ACTIVITY | Pack Your Bags

- **INSTRUCTIONS:** This is a variation of the [Supermarket Game](#). Seat kids in a circle or work with the rows they're already sitting in. Someone will start the game by saying, "I'm going to the Grand Canyon and I'm bringing a _____." and they must fill in the blank with an item that starts with the letter A. The next person goes and repeats what the first person said and adds another item that starts with the letter B. Work through the entire alphabet.
- Do you know what a canteen is? It's a water bottle. But it's also a word to describe something else — a place where you can get a quick bite to eat and pick up other food items before your hike.
- We're packing for a Grand Canyon adventure, so what do you think we need to grab from the canteen?
- Let's take turns going around the circle saying items together.

QUESTION | What important thing does this remind you of?

- **INSTRUCTIONS:** Before the kids arrive, create a list of items that remind people of specific things. Say (or show) each item to the group and invite a few kids to respond with their thoughts. Here are some items you can use:
 - clock
 - calendar
 - planner
 - helmet
 - lifeguard
 - parent
 - cell phone
 - Google
- There are so many things for us to keep track of every day! It's a good thing there are things out there we can use to remind us about what matters most. **What important thing does this remind you of?**

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | Psalm 103:1–8 (Remember It)

- **INSTRUCTIONS:** Choose a new volunteer to be today's storyteller or the same volunteer from last week. This person will share tales of their misadventures while exploring the natural wonders of the world and what they learned along the way. Put an inflatable globe on the stage. The storyteller will enter the stage clumsily in full [explorer gear](#) (backpack, neckerchief, binoculars, vest with lots of pockets, etc.). Preload backpack with games, snacks, and a Bible filled with sticky notes.
- Hello! I'm [insert name], and I love to explore!

- Sometimes, my grand adventures don't always turn out so, well, grand. But that doesn't stop me from taking in all the wonders of this big, wonder-filled world! And speaking of grand adventures, I'd love to tell you the tale of one of my recent trips.
- **Do you know where Arizona is?** It's this area in the United States. *[Awkwardly fumble with the globe until locating Arizona.]*
- I flew out to Arizona to take on the Grand Canyon. I was going to fulfill my lifelong dream of becoming a junior ranger!
- About a mile down, it was so hot and I was tired. I hadn't really trained as I should have. So, I did what I always do when I mess up a big adventure. I ate my favorite snack and I read from the best adventure book there is — my Bible. I turned to the middle where I found Psalm 103.
- Some people believe this particular Psalm — a psalm is like a song or a poem — was written in David's later years. In his old age, David looked back at the strength of God and remembered everything that had happened during his life and during the lives of those who lived long before him.
- It's like David's brain was a collection of things that had happened to him, but also of things that had happened to others before him. Through the telling of stories found in the Bible, they were able to keep alive a very important memory of God. This is how David described it:
- *[Read Psalm 103:1–8.]*
 - Wow! It sounds like David had been through a lot of tough times — kind of like my journey. **What kind of pits had David been in?** Maybe he was remembering the time when he made a very bad decision that led him to continue making more wrong choices. Maybe his pit was lying or putting someone else in a dangerous position.
 - But instead of becoming distracted or giving up, David put everything he had into worshiping God. He had felt God's love his whole life. Even when things weren't going so well, God never gave up on David.
- Sometimes, we worship God by singing songs and going to church —which is such a good thing — but sometimes, we get distracted by other things and we forget why we're singing.
- David may have been singing this song to help himself and everyone else remember why we worship God in the first place!
- If you know me, you know I can forget a lot of things really easily. It would've really come in handy if I had remembered that hiking the Grand Canyon would require a lot of training beforehand.
- But, that's alright, just as long as I always remember who Jesus is to me and what Jesus has done in my life and continues to do. And even when I get distracted or forget, worship is an awesome way to remind myself of what matters most and that God is right here with me all along.
- Thinking about what God has done in the past can help you trust God for what needs to happen tomorrow. We don't know what will happen next, but we do know that the same God that was there in the past will be there to help right now and in the future.
- **What are some things you can remember — like David did — that will help you hold on to Jesus even when life gives you reasons to let go?**

BIG IDEA | We can worship by remembering what God has done.

- **INSTRUCTIONS:** Write or form the Big Idea with [string lights](#) like [this](#). Display it on the ceiling or in a high place on the wall, as though the lights are stars. If this takes up too much space, consider doing just the keyword from the Big Idea — remember. You can also use a [marquee](#) or [glow-in-the-dark paint](#) to paint the Big Idea on poster board. Use a telescope as a fun prop during the Big Idea reveal. Be sure to dim the lights in your room.

- After hiking down the Grand Canyon to the Colorado River and all the way back up again, all I'd want to do is lie down and take in all the sights and sounds. *[Lie down and continue talking.]*
- Do you see any stars? I wonder how many you can see. Look back there! Do you see it? Let's read the Big Idea together: **We can worship by remembering what God has done.**

VIDEO | Wonder-Full, Episode 3

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

ACTIVITY | Trail It Like It Is

- **INSTRUCTIONS:** Lead kids on a "hike" around the room, pretending to hike to the Christ the Redeemer statue in Rio de Janeiro, Brazil. Incorporate different movements on your journey like hopping, skipping, and crawling. Before you begin, show a [picture](#) of the port of Rio de Janeiro and the Christ the Redeemer statue so kids can visualize what they're hiking to!
 - ✂ **PRETEEN HACK:** Create a digital hike and provide devices so preteens can do a Google search of images of places they want to visit. Ask each preteen to share a slide of their dream destination. Slip all of the slides into a digital hike, ending with an image of Brazil.
- Today, we've spent a lot of time talking about the Grand Canyon, but now I'd like to tell you about another amazing place. **Have you ever heard of or visited Brazil?** Brazil is located right here. *[Point to Brazil on the globe used during the Bible story.]*
- This statue of Jesus called "Cristo Redentor" in Portuguese, which means, "Christ the Redeemer," stands in protection over the city of Rio de Janeiro. It's a symbol of love, peace, and protection, and a wonder-full way to remember what God has done.
- Let's pretend to travel up a mountain to sit at the base of the statue. When we get there, let's remember ways God has helped us, protected us, and loved us.

STORY | I Remember

- **INSTRUCTIONS:** Have a leader share a story about something God has done in their life that they will always remember.
 - ✂ **PRETEEN HACK:** Give preteens a few minutes to share with another preteen or journal about a time in their own life when God was there for them.
- There are some things in life that are hard to forget. I will never forget how I felt when God . . . *[Tell your story.]*
- Remembering God's faithfulness and love for me makes my heart sing! God loves me and God loves you so much!
- Sometimes, when I get busy or let myself get distracted, I can forget what God has done. Or sometimes, I take the credit for things God has done in my life. When I forget about the ways God has been there for me in the past or try to do things on my own, I can get sad or start to worry about the future.
- That's why I love taking time to worship God every day! **We can worship by remembering what God has done.**

SCRIPTURE | Hebrews 12:28–29

- **INSTRUCTIONS:** You'll need two cans of soda. Set up a tarp or plastic tablecloth on a table or on your stage area to avoid extra messes. Have baby wipes handy to clean your hands. Read Hebrews 12:28–29 together.
- **What do you think it means that we're inheriting a kingdom that can't be shaken?**
 - When you hear the word "kingdom," you might think of palaces, iron gates, towers, knights, and things like that.

- And when you hear the phrase “kingdom of God,” you might think of heaven. But the kingdom of God in the Bible isn’t just talking about an actual place. When Jesus brought the kingdom of God to Earth, there weren’t castles and horses. Jesus brought a new way to live that pleases God.
- The Bible tells us God’s kingdom is unshakeable and immovable — like this unshaken can of soda. Peaceful, refreshing, calm, soothing, life-giving. *[Take a drink from the unshaken can.]*
- But in this life, there are lots of things that are going to try to shake us up. *[Shake the other can of soda while talking.]* Some days, we feel surrounded by sadness, disappointment, frustration, anger, unkindness, and injustice. *[Open soda can and let it explode.]*
- What a mess! I’m so thankful for God’s unshakeable kingdom! We can feel safe and secure by the truth that **we can worship by remembering what God has done.**

NOW WHAT? What does God want us to do about it?

REFLECTION | Remember Rocks

- **INSTRUCTIONS:** Invite kids to cross a river (a sheet, towel, or taped river on the floor). After they cross the river, they will cross again, grab a stone, and return to build [cairns](#). As they build their heap of stones, talk to them about how the Israelites stacked stones of remembrance when God helped them cross the Jordan River. You can also talk about how making a place or memento like this helps other people to know about God’s love and faithfulness.
 - ✦ **SPECIAL NEEDS HACK:** Use alternative materials to represent the rocks (like yoga blocks, candy, or foam blocks).
- The verse Psalm 103:7 that we read today mentioned how God had been with Moses all those years ago and it’s true. And God was with the people even after Moses.
- While Joshua was leading the Israelites, God helped them miraculously cross the Jordan River, similar to how God helped them cross the Red Sea when they were leaving Egypt. They were so thankful, they took stones from the river that God helped them cross so they would always remember what God did for them, and so they could tell the generations to come after them of God’s love and faithfulness.
- People still build rock piles today! Have you ever heard of a cairn? The word “cairn” means “heap of stones.” Properly built cairns help mark trails to keep hikers from getting lost and these cairns can last for decades. Cairns help people remember their path just like how the stones helped the Israelites remember their journey that was only possible because of God.
- Today, we’ll build our own cairn to help us remember what God has done in our lives. We’re going to cross this river, then grab a stone, and bring it back here to build a cairn together.
- It’s amazing to see that people have been doing this for many years! **We can worship by remembering what God has done.**

RESPONSE | Sand Layers

- **INSTRUCTIONS:** Give each kid a tube of different colored sand. Have them share with the group something God has done for them (like placing them in their specific family, providing the opportunity to move to a new place, or being with them during a difficult time), then add their sand layer to a [jar](#). Kids can make their own or you can have them do the activity in small groups. For a do-it-yourself option, buy sand in bulk from a hardware store and use liquid watercolor to dye the sand.
 - ✦ **PRETEEN HACK:** [Here’s](#) a fun rock science activity you can do with older kids using Starburst candy, aluminum foil, wax paper, and a toaster.

- Geologists, people who study things like rocks and places like the Grand Canyon, estimate there are more than 40 different rock layers in the Grand Canyon.
- Today, we will make our own layered art project and with each layer, we'll remember the wonderful things God has done.
- God has worked in each of our lives in both big and small ways. And much like the layers of rock that have formed over time, our lives are built of layers and layers of the many different ways God has been with us and has given us good things!
- **What's something you've seen God do for you, for a friend, or in your family?** Tell us about it as you add your layer to the jar!

MEMORY VERSE | Psalm 139:14 (NIV)

- "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."
- **INSTRUCTIONS:** Prepare construction paper by ripping it into various sizes to make [layered landscape art](#). We recommend using orange, red, yellow, and brown paper to keep with the Grand Canyon theme. Guide kids in creating a Grand Canyon scene with the ripped construction paper. Write a chunk of the memory verse on each layer of the canyon and glue it to a piece of cardstock. You can split up the verse like this:
 - I praise you because
 - I am fearfully and wonderfully made
 - Your works are wonderful
 - I know that full well
 - Psalm 139:14
- **(Don't forget to also check out the memory verse signs — a combination of SEE and ASL — available in your Programming folder or at growcurriculum.org/Psalm139-14.)**

PRAYER

- Dear God, thank you for all of the ways you've been there for us in the past. We remember your love and kindness, and we are filled with thanks! We remember the wondrous ways you have come through for us and we know you will always be for us. Help us to respond with a heart full of praise for who you are. Amen.

SMALL GROUP TIME

DISCUSSION

- Read Psalm 103:2. What are some of the things God has done for us?
- Read Psalm 103:8. Who can demonstrate the sign language memory verse? Who remembers the sign for "wonderful?"
- Why do you think it's important to remember what God has done in the past?
- Read Hebrews 12:28–29. What do you think it means to worship God with reverence and awe? How can you practice worshipping God in wonder this week?
- Name one historical or personal event you remember very well. Why is that important?
- How does worshipping God help us remember the things God has done?
- What is one thing you can do to make sure you don't forget the things God has done for you?

ACTIVITY | Gratitude Jars

- **INSTRUCTIONS:** *Guide kids in creating gratitude jars using the instructions found [here](#). Feel free to send the jars home the following week if you need more time to let the Mod Podge dry.*
- Today, we're going to create some gear for you to use when you need to practice gratitude and remember all God has done for others and for you! Maybe the actual things you're thankful for won't fit inside this jar, but you can write down the things you remember to be thankful for and put the piece of paper in the jar.
- You can dump the jar at the end of every month, read the papers, and remember all of the great things and people in your life! **We can worship by remembering what God has done!**