

# **TOTALLY EXTREME PREK LESSON 1 - OVERVIEW**

## **Extreme Worship**

### **Series Focus:**

Jesus is our perfect prophet, priest, and king.

### **Bible Story:**

David & Abigail

1 Samuel 25

Romans 3:23-24

### **Memory Verse:**

“Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.”

2 Timothy 2:8

### **Worship Songs:**

Praise You Anywhere

Runnin'

### **Lesson Focus:**

I can love Jesus with all my heart.

### **Suggested schedule for a 90 minute service:**

<b>Sample Service</b>	<b>Your Service</b>	<b>Classroom Format</b>	<b>Large/Small Group Format</b>
8:45		Welcome	Welcome in Group Areas
9:05			Move Groups to Gathering Area
9:10		<b>Lesson Time</b> ● Wiggle-Tamer ● Worship ● Read ● Story ● Lesson ● Memory Verse	<b>Lesson Time</b> ● Wiggle-Tamer ● Worship ● Read ● Story ● Lesson ● Memory Verse
9:35			Move Back to Group Areas
9:40		<b>Table Time Options</b> ● Craft ● Play ● Talk ● Memory Verse Review ● Prayer	
10:00		Pickup Time	Pickup Time

**THERE'S A LOT MORE!**

Go to your resource  
folders for...

Coloring Page  
Crafts

Editable Lessons

Copy & Paste Communication  
Worship Song Videos

# PREP SHEET

## Welcome / Pickup Supplies:

For each room children will check into, have...

- One Building Toy (like Legos)
- One Tactile Toy (like Playdoh)
- Coloring Sheets

## Wiggle Tamer Supplies:

- Worship Music

## Lesson Supplies (Teaching with Props):

- Toy Crown
- Stuffed Heart
- Toy Sheep
- Toy Sword

## Physical Media to Print:

- One Welcome Sheet for Each Room
- One Coloring Sheet Per Child for Welcome
- One Make It Stick Take-Home Sheet Per Child

## Digital Media to Load:

- Worship Video: Praise You Anywhere
- Worship Video: Runnin'

## Communication:

- Social Media Post
- Parent / Volunteer Email

# COMMUNICATION

## **Social Media Post:**

Get ready to praise and worship this weekend as we talk about David and Jesus' Extreme Passion.

## **Parent/Volunteer Email:**

Hello!

We're beginning a new series called "Totally Extreme" and just like it sounds, it won't be ordinary. We're going to take a look at two guys who were extreme in how they lived. The first is David. You might know him as the man after God's own heart. His attitude and characteristics were extreme in the way he lived his life for God. But in all of his kingly greatness, he was still human, therefore he messed up.

The second person we'll take a look at is Jesus. God sent Him to earth as a human, but even through temptations and trials, He remained perfect. This extreme humanity led Him to the cross to die for us and allow all of our mess ups to be forgiven. Our texts will come from I Samuel 25 and Romans 3:23-24. This month, we want our kids to know and believe that Jesus is our perfect prophet, priest, and king.

See you soon!

# WELCOME

As children enter your ministry area, be intentional about making a great first impression.

## **Greeting:**

Greet each child by name. Make sure that they know you are happy to see them, and that we are going to have fun together today. Help each child engage in play with the available options.

## **Playtime Options:**

Have a variety of play options available for a variety of different interests. We recommend a coloring page, a building toy (like Legos), and a tactile option (like Playdoh).

## **Engagement Question:**

As they play, ask each child, “What is your favorite song?”

# LESSON TIME

## Wiggle-Tamer; Music Freeze

Play upbeat worship music. Encourage kids to move and dance around. At random times, pause the music and tell the kids to freeze. They can move again when the music plays.

Say, "Let's get our wiggles out by moving to the music. We can move and dance and praise God all at the same time."

### Worship:

- Praise You Anywhere
- Runnin'

### •Story; David & Abigail (Teaching with Props)

The Bible is our best book ever. It's full of truth, and it's God's words to us. The Bible teaches us many things about Jesus and how to follow Him. Today we are learning about a man named David who loved God with all his heart.

David was a king. (Show a toy crown.) God chose David to be the king because he followed God. David was called a man after God's own heart. (Show a stuffed heart.)

David did many good things as the king. He talked to God and asked him for help in leading the people. He was not only a king, but also called a prophet and priest because he led the people by giving them God's messages and acting in this important role. But David wasn't perfect. He was just a human after all.

This means David messed up. He didn't always make good choices. He knew a man named Nabal who owned a lot of sheep. (Show toy sheep.) David was kind by watching out for Nabal's sheep and their shepherds. This was a good choice. One day David was in need while he was traveling, and he asked Nabal for help. Nabal was a grumpy old man and did not want to help David.

David got super angry and made a fast decision to go after Nabal and destroy everything he owned. This was a bad choice. He told all of his men to get their swords ready, which was another bad choice. (Show toy sword.) Thankfully, Nabal's wife, Abigail, worked calmly to stop David from fighting and doing something he would regret. David got himself under control. David also knew when to admit he was wrong. He made apologies and got right with God. Listening and calming down were good choices.

David made a lot of good choices in his life, but also some bad ones. He showed us some good examples and acted a lot like Jesus, but in his humanity, he wasn't always perfect. The only perfect person to ever be on earth was Jesus. He was human but He never messed up!

# LESSON TIME

## Lesson:

Do you do things with extreme measures? Have you ever been so happy or excited that you jumped up and down and screamed? Have you ever been so sad or upset that you cried loudly? Our brains can have some pretty big emotions and that can make our bodies do some pretty big actions.

We've learned that David showed a lot of emotions, and that's okay. He expressed his devotion to God in many ways. We can follow his lead in the way he worshiped God. What are some ways you worship God? At church we sing praises to Jesus. We can worship Him by learning. We can even worship Him by dancing!

Jesus is worthy of our praise. He loves us so much that He died for our sins. We mess up just like David did. But God gives us forgiveness through Jesus. That is amazing and all the more reason to love and worship Him.

## Memory Verse:

"Remember Jesus Christ, raised from the dead, descended from David. This is my gospel."  
2 Timothy 2:8

Review the memory verse using the following motions, and repeat them four to six times.

Remember	Point to your brain.
Jesus Christ,	Do sign language for Jesus by touching your palms.
Raised from the dead,	Lift your hands up in the air.
Descended from David.	Act like you are putting a crown on your head.
This	Point to your mouth.
Is my gospel.	Point out.
2 Timothy 2:8	Open hands like a book.

## Prayer:

Dear God,  
We love and praise You. Thank You for giving us Jesus.  
In Jesus' Name,  
Amen

# TABLE TIME OPTIONS

## Play:

### Extreme Balloons

You will need a few inflated balloons. Play some worship music and have students tap the balloons to keep them in the air, trying to keep them from touching the ground. Continue as long as there is interest.

Say, "One way we can praise Jesus is by listening to worship music. We can move our bodies like David did. Let's move around and keep these balloons in the air while we are listening to music about Jesus."

## Talk:

As the children engage in crafts and play, ask these questions...

What job did David do for Nabal and his men?

How did Nabal act in our story?

What did Jesus do for us?

What is one way you can worship God?

## Memory Verse:

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## Prayer:

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In Jesus' Name,

Amen

## Pickup Time:

Allow children to freely play as their parents arrive to pick them up. Use the same playtime options that we started with today. Be sure to give each parent a "Make It Stick" page as they pick up their child. Also, be sure to tell parents one positive thing about their child, and let them know that you hope to see them again next week.

# MAKE IT STICK

## LESSON RECAP FOR PARENTS

### Series Focus:

Jesus is our perfect prophet, priest, and king.

### Bible Story:

David & Abigail

1 Samuel 25

Roman 3:23-24

### Lesson Focus:

I can love Jesus with all my heart.

### Memory Verse:

“Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.” 2 Timothy 2:8

### Follow Up...



#### In the Car

As you drive, listen to worship music. Remind your child that it's a way to praise God.



#### At Home

Practice drawing or cutting out hearts of all different sizes. Remind your child that Jesus is our perfect prophet, priest, and king, and that His love for us is so great, He died on the cross for us.



#### Meal Time

Pray before you eat together. Ask God to help you remember to worship Him every day.



#### Bed Time

Read Matthew 22:37 together. Talk about how Jesus said these words. We can love Him with all of our hearts.