

TOTALLY EXTREME PREK LESSON 4 - OVERVIEW

Extreme Humanity

Series Focus:

Jesus is our perfect prophet, priest, and king.

Bible Story:

David & Abigail

I 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:

Jesus loves me even when I mess up.

Suggested schedule for a 90 minute service:

Sample Service	Your Service	Classroom Format	Large/Small Group Format
8:45		Welcome	Welcome in Group Areas
9:05			Move Groups to Gathering Area
9:10		Lesson Time ● Wiggle-Tamer ● Worship ● Read ● Story ● Lesson ● Memory Verse	Lesson Time ● Wiggle-Tamer ● Worship ● Read ● Story ● Lesson ● Memory Verse
9:35			Move Back to Group Areas
9:40		Table Time Options ● 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:

- none

Lesson Supplies (Teaching with Questions Only):

- none

Physical Media to Print:

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

Digital Media to Load:

Worship Songs:

- Praise You Anywhere
- Runnin'

Communication:

- Social Media Post
- Parent / Volunteer Email

COMMUNICATION

Social Media Post:

Are you ready for some extreme fun? Join us this weekend for a “Totally Extreme” new series!

Parent/Volunteer Email:

Hello!

Do your preschoolers use manners? Saying “please” and “thank you” are some of the first things we might teach our children when we are helping them to be kind little people. This weekend, we are wrapping up our Extreme series by encouraging our preschoolers to be grateful. We want them to know that gratitude is even more than a few words after they are given something.

Let’s help them see that just as David penned His gratitude for God, we can be thankful for Jesus. He is our good and perfect gift. May we apply the extreme characteristics we have learned about this month to our own lives.

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, “Would you rather go snowboarding or skateboarding? Why?”

LESSON TIME

Wiggle-Tamer; Extreme Head and Shoulders

Have everyone gather around you. Call out different body parts, such as head, shoulders, knees, and toes. Students should point to their parts as you say them. When you call out, "Sit!" they should all sit down on the floor. Repeat by getting faster.

Say, "I bet you know the song, 'Head and Shoulders, Knees and Toes.' Today we are going to play a game, kind of like the song. I'll call out different body parts, and as fast as you can, you will point to those parts of your body. When I say, 'Sit!' then everyone must sit down. Pay attention because I'll start out slow, but then I'm going to go fast."

Worship:

- Praise You Anywhere
- Runnin'

•Story; David & Abigail (Teaching with Questions Only)

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.

We've been learning all about David and how he was extreme. Today I want to see what you can remember. I'm going to ask you some questions.

Where can we read about David? (The Bible)

What was David's first job? (Shepherd)

What important job did David get chosen for? (King)

What was good about David? (His heart)

Did David always make good choices? (No)

What did David and his men do for Nabal? (Watched his sheep)

When David asked Nabal for help, what did Nabal say? (No!)

How did David react? (He got angry)

What did David tell his men to do? (Get out their swords)

Who stopped David from making a bad choice? (Abigail)

Did David fight Nabal's men? (No, they put their swords away)

What did David do when he messed up? (He asked God to forgive him)

What are some ways David worshiped God? (wrote Psalms, danced)

Even though David wasn't perfect, who was? (Jesus)

Jesus was our perfect what? (Prophet, Priest, and King)

What extreme sacrifice did Jesus make for us? (He died on the cross for our sins)

Great job! You listened very well this month and learned a lot. Remember, we can learn from David's extreme characteristics. And we can learn even more from Jesus who is perfect.

LESSON TIME

Lesson:

How do you know someone, or something is a human? Humans are people, right? They have to be alive and breathing. They have body parts. They deal with all the stuff in our everyday lives, both good and bad.

We are all humans. King David was a human. We have something in common with him. Even though we love Jesus and try to make good choices, we end up messing up sometimes.

Jesus was a human, too. A long time ago, God made the decision to send Jesus, His Son, down from heaven to the earth. He came as a baby. You probably know that story. He was born to Mary and Joseph. We learn a lot about that at Christmas. He grew up. He was a real, living, breathing person. He had body parts. He dealt with all kinds of stuff in His everyday life, both good and bad.

But here's the difference...even though Jesus was human, He never messed up. This means He never sinned. This made Him our perfect prophet, priest and king. Only Jesus is perfect. And He loves us even when we mess up.

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,
Thank You for sending Your perfect Son to be our King.
In Jesus' Name,
Amen

TABLE TIME OPTIONS

Play:

Put Him Together

Beforehand, hide all the pieces of a Mr. Potato Head set around your space. Hold up the body of the Mr. Potato Head. Students will help you locate all of his parts and put him back together. Have them take turns bringing you pieces to create new looks for Mr. Potato Head.

Say, "Poor Mr. Potato Head has lost all of his parts! They are missing somewhere around here, and I need your help to find them and put him back together. Even though Mr. Potato Head isn't a human person, he does have body parts just like we do."

Talk:

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

Why did God choose David to be the king?

Was David perfect?

How did David mess up?

Who is our perfect king?

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,

Thank You for sending Your perfect Son to be our King.

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:

Jesus loves me even when I mess up.

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, call out body parts for your child to find. End with them finding their heart. Remind them that even though we aren't perfect, God knows our hearts and forgives us when we mess up.



At Home

Sing “Head and Shoulders, Knees and Toes” with your child. Tell them that God made all of our parts, and He loves us so much, even when we mess up.



Meal Time

Pray before you eat together. Ask God to forgive you for the times you have messed up.



Bed Time

Ask your child, “How did you mess up today?” Remind them that you forgive them and most importantly, God forgives them. Pray together, thanking God for