Week 1, December 1 This I Promise You

Bible Story: This I Promise You (God promises a Savior) • Isaiah 9:6-7 Bottom Line: I can have joy because God keeps His promises. Memory Verse: "Rejoice in the Lord always. I will say it again: Rejoice!" Philippians 4:4, NIV Life App: Joy—finding a way to be happy, even when things don't go your way. Basic Truth: I can trust God no matter what.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: A large sheet of paper and markers (or several pieces of paper and something to display them on)

What You Do:

Section off your paper into three columns. At the top of each column, write the titles "Promised to Me," "Promised by Me" and "I Promise."

Welcome kids as they arrive and invite them to share about their week. Ask them to take note of anything that was promised to them or something that was promised by them. For example, maybe a parent said to them, "If you finish your dinner, you'll get a dessert," or perhaps they told a friend, "I'll come out and play with you after I finish my homework." Talk about it together, and then invite them to write the promises on the paper in either of the first two columns. Tell kids to circle the things that either they were promised or that they promised someone else that actually did happen.

Use the last column to talk about a promise that they are willing to either make to God or to the group for today. Maybe they're willing to commit to be a good listener or to obey God. After everyone has shared, again invite kids to write their promises out on the board.

What You Say:

"It can really bother us when another person promises something they don't actually do. We tend to get excited about what they've said will happen, which makes it harder if it actually doesn't take place. On the other hand, if they end up doing what they said they'll do, we usually feel a greater sense of trust and happiness in the relationship. What we're going to learn about today is how that plays out between us and God."

Plug In (9:00) (10:45) (6:00)

Presenting ... Candy!

What You Need: Wrapped box of candy, hidden bag of candy

What You Do:

Hold up the box and say nothing. Just shake it. As kids respond to what you're doing with questions or comments, just shake it even harder so the noise becomes louder. Don't let the kids have the box; simply shake it to intrigue them and make them curious as to what you're doing. Finally, ask them if they'd like you to open it.

As the kids notice there's candy inside, explain that if they want some, they'll have to cheer for it. Whoever has the best cheer will get some candy. Depending on the size of your group, you can let them do this on their own or in pairs. You can also encourage a more structured cheer, where several lines need to rhyme. Randomly pass out candy until it's gone, not worrying about how much or little everyone gets.

Debrief with the following questions:

- You may notice that I didn't say anything when I first showed you the box. If I had, what would you have wanted me to say?
- Were your cheers genuine? Why or why not?
- Did getting the candy make you happy? Why or why not?
- Did I really ruin anyone's day by not giving them candy or giving them less candy than others? Why or why not?
- Did anyone in here not get much candy, but still think you'll probably have a great day? Why or why not?

After the discussion, you can reveal the hidden bag of candy and offer to "even things up" in terms of how much candy everyone got.

What You Say:

"Sometimes we don't get what other people seem to get, and it can make us unhappy. What we may not realize is joy is still possible even when this happens. *[Transition]* Let's go to Large Group, where we'll find out what joy is all about!" Lead your group to the Large Group area.

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line." Catch On #1

Dot Your I's and Cross your T's (memory verse activity)

What You Need: Paper, pencils, Bibles

What You Do:

Explain that Philippians is a letter written to one of the churches by a church leader named Paul. It contains a lot of encouragement, which ironically was written by Paul when he was in a Roman prison for his faith. Use the following tips for looking the verse up together as a group.

Finding verses with 4th-5th *graders:* Tell kids that the verse is from Philippians. Ask them to tell you whether that's in the Old Testament or the New Testament. *(New)* Explain that Philippians is near the end of the Bible. Instruct kids to open their Bibles toward the back. When they find Philippians, explain that the big numbers on the page are the chapter numbers. Tell them to find chapter 4. Explain that the small numbers are verse numbers. Tell them to them find verse 4 in chapter 4.

Next, pass out pencils and paper. Remind the kids that the reference is Philippians 4:4, and in honor of the number four, have kids begin by writing the memory verse out four times on their paper, but instruct them to not dot the letter "i" or cross the letter "t" each time they do. When they've completed this, debrief about whether or not that was hard to do.

Finally, prepare to read the memory verse out loud four times as a class. Tell the kids that after each time they read the verse, they are to silently think of one reason why they can rejoice in the Lord. Once they have, they can then dot the "i's" and cross the "t's" in that copy of the verse. Repeat this each time, and when you're done, ask for volunteers who are willing to share one thing they can rejoice in the Lord about.

What You Say:

"Like I shared earlier, God inspired the Apostle Paul to write this when he was put in prison for his faith, because of what he believed. When he told the church to take joy in God, they probably thought that if he could rejoice even when he was in jail, then they really had no excuse not to. The words "joy" or "rejoice" seem to be his favorite words to use all throughout this letter. He seems to be implying that another way to explain joy is finding a way to be happy, even when things don't go your way. *[Apply]* When things aren't going our way, we need to remember to have joy. If we need a reminder of that, we can turn to our memory verse and think about what Paul said. We can also think of all the promises that God has kept over the years. *[Impress]* I can have joy because God keeps His promises."

Catch On #2

Choose Joy

What You Need: Random supplies from your home, such as socks, utensils, tools, toys, a stuffed animal, etc.

What You Do:

Instruct kids to sit in a circle. Spread out the items and tell kids to choose one item that reminds them to choose joy with God's help in the week to come. (They won't actually pick up the item; they'll just choose one mentally. More than one kid can choose the same item.) Let kids share what their objects mean to them. For example, someone may choose a bottle to remember to stay full of good perspective or a photo because it helps them to picture what God wants them to remember. There are no right answers. Tell kids that when they get home they should find that same item and put it somewhere they can see it every day. Finally, pray on behalf of your kids or ask for volunteers who will do this.

What You Say:

"Sometimes we need a little prodding to remember to have joy. The Christmas season does this for many people. As you experience different parts of Christmas this month, such as special traditions or songs on the radio, remember that they're all reminders that God came to earth to change our lives. Other people have a hard time at Christmas, because they're sad or upset about something that has happened, like a divorce, an unemployed parent, or illness. *[Apply]* Whether things are going well or things are hard, we can still have joy. We can find a way to be happy, even when things don't go our way. You and *[Impress]* I can have joy because God keeps His promises."

Week 2, December 8 Baby, What a Big Surprise

Bible Story: Baby, What a Big Surprise (Zechariah and Elizabeth) • Luke 1:5-25; 57-79 Bottom Line: I can have joy because anything is possible with God. Memory Verse: "Rejoice in the Lord always. I will say it again: Rejoice!" Philippians 4:4, NIV Life App: Joy—finding a way to be happy, even when things don't go your way. Basic Truth: I can trust God no matter what.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: An offering container, red or green construction paper, markers What You Do:

Welcome students as they arrive, collect offerings, and talk with them about some of their favorite things about Christmas. Brainstorm about everything from songs they enjoy singing, decorations they like seeing, and food they like eating. Discuss what makes them like those things, and why the think they tend to experience them during this time of year.

Next, pass out the construction paper and have them fold it in half to resemble a card. Give them a marker to write the phrase "Because of Christmas ..." in big letters on the front of the card. Instruct them to use the inside space of the card to share one of the things they mentioned they like to experience.

Plug In (9:00) (10:45) (6:00)

Thankful for the Water

What You Need: water bottles, masking tape, pens

What You Do:

Hold up the bottle. Ask kid to vote on whether or not they'd say the bottle is "half empty" or "half full." Challenge each answer, allowing kids to explain or defend why they chose the answer they did. If someone answers "both," ask which phrase they would use more often than the other.

Next, point out that sometimes we can get so focused on what we don't have that we forget what we have been blessed with. Explain that joy involves being thankful for what we do have and seeing the possibilities. Drive this point home even further by asking them to think of how different situations that seem depressing can create possibilities:

- What possibilities does a rainstorm create? (Helps grow food that I may one day eat, keeps umbrella companies in business)
- What possibilities does not having money to go to the movies create? (Makes me get creative to do something else, forces me to try to earn money)
- What possibilities does your parent's car not starting create? (Perhaps you were spared from an accident, instead of it breaking down in a dangerous area it happened in your driveway where you can get help)

Finally, give each student a piece of masking tape and a pen so they can write down one thing in their lives that they're thankful for. Challenge them to think of something that may not seem like a blessing, such as a sibling they argue with or a physical thing they're expected to do in their P.E. class that they may not be good at doing. Encourage them to come up and place it on the bottle as a prayer to let God show them the possibilities for joy that they may be missing.

What You Say:

"This activity may have opened you up to how you look at things. Think about how easily you give up on things if they don't go your way or lose sight of what God may be doing through it. *[Transition]* Let's go to Large Group and learn about some people who waited a long time to see what God was doing." Lead your group to the Large Group area.

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line." Catch On #1

Brown Bag Surprise (application activity / review the Bible story)

What You Need: Stopwatch or timer, 2 brown bags full of random supplies that can be built into something on their own (such as plastic building blocks) or other items you can bind together with tape What You Do:

Divide kids into two groups. Let them know that they'll be receiving a bag full of supplies that they need to build into something as a team without talking to each other or making any noises. They'll have five minutes to decide what they'll do with whatever is in the bag. The only rules are they have to use every item, and everyone must somehow contribute.

At this point, students may raise their hands to ask a question. Cut them off from talking and remind them that they can't speak. If a student seems desperate to ask something, allow him or her to come up and quietly whisper in your ear. Unless it's an emergency, again state that since they aren't allowed to talk, you won't be able to help beyond what you've already shared.

As kids work, look for students who may inadvertently cause other students not to contribute or supplies that remain unused in the bag. If you see that becoming a problem, you can repeat the two rules again. When time is up, let the groups know that they can now talk to answer your questions. **What You Say:**

"What do you think you made? What do others in the group think you made? (*Pause for answers.*) How did you feel not being able to talk? (*Pause.*) Where did you find joy or hope in this activity? (*Pause.*) When Zacharias lost his ability to speak, it may have seemed hopeless. Instead, he seemed to keep moving along and living life while waiting for the son God promised him. He kept a great attitude He really seemed to be an example of how joy is finding a way to be happy, even when things don't go your way. [Apply] Let's take some notes from Zechariah and choose to be happy, even when things are super difficult. We might not lose our ability to speak, but we might get hurt and lose our ability to play soccer or the piano. A friend might move away, or WE might move away, but we can still find joy because we know God can do anything. [Personalize] (Tell kids about a time when you lost something or someone in your life, but God helped you to be joyful.) You and [Impress] I can have joy because anything is possible with God."

Catch On #2

A Lot of Hot Air (application activity / great for active learners) What You Need: Balloons, markers What You Do:

Hand out balloons and instruct kids to begin to inflate the balloons. If any students experience trouble, offer to help them. Tell kids not to tie the end of the balloon but to hold it.

Next, have students use markers to write on their balloons anything that is stressing them out. Guide them to ideally focus on things that God can change for them or through them, including any prayer requests that they seem to pray on a regular basis.

Finally, let them know that on your signal you will say in unison, **[Impress] I can have joy because** anything is possible with God. You will do this several times while pausing in between. Each time you say it, everyone is to let a little bit of air out of their balloons. It's okay if students have fun letting their balloons make the typical noises. Once the balloons have been deflated, instruct the kids to look at them.

What You Say:

"When we first started, the balloons were big and so were the things you wrote on them. As time has passed and we've deflated them, the things we were worried about got much smaller and harder to read or see. Joy is finding a way to be happy, even when things don't go your way. It's easier to do that when we remember that we *[Impress]* can have joy because anything is possible with God. *[Apply]* Take a moment and consider how something that seems big in your life right now can actually become much smaller when you talk to God about it."

Week 3, December 15 Born in the H.A.Y.

Bible Story: Born in the H.A.Y. (Jesus is born) • Luke 2:1-7 Bottom Line: I can have joy because God sent His Son. Memory Verse: "Rejoice in the Lord always. I will say it again: Rejoice!" Philippians 4:4, NIV Life App: Joy—finding a way to be happy, even when things don't go your way. Basic Truth: I can trust God no matter what.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: An offering container, picture of snack What You Do:

Welcome students as they arrive and invite them to put their offerings in the offering container. As each kid arrives, give him a picture without letting him choose which one he wants. Don't let kids choose what they get. As they look at the snack pictures, talk about how they feel when they get to choose which snack to enjoy (or which toys/clothes to play with/wear) and when they don't.

Ask them what they think about how God sometimes only blesses certain people with certain things. Let them discuss what it means to have joy even when things don't go your way.

Plug In (9:00) (10:45) (6:00)

True or False? What You Need: No supplies

What You Do:

Have your students line up on one side of the room. Explain that you will share a statement about Christmas, and they will have to decide if it's true or false. If they think the statement is true, they'll raise both hands. If they believe the statement is false, they'll fold both arms.

Correct answers allow them to take one normal step forward. The first person to touch the wall on the other side of the room wins. (Or if your room is small, the first person to touch the opposite wall and make it back to their original spot wins.) If you sense students are taking larger steps than they should, send them back a step or two. Once you have a winner, you can determine if you want to keep playing with the remaining players.

- Jesus was without a shadow of a doubt born on December 25. (False. The indications of shepherds being out at night would be atypical for that time of year.)
- The Bible says that three wise men visited Jesus when he was born. (False. It only specifies three gifts, and we think the visit of the Magi happened when Jesus was older.)
- There is no biblical record of Joseph speaking in the Christmas story. (*True. See Matthew 1–2 and Luke 1–2.*)
- A little drummer boy visited Jesus in the manger. (False)
- The Bible says Mary rode a donkey as she traveled with Joseph to Bethlehem. (False)
- Shepherds were usually respected and given high honors in the Jewish culture. (False)
- The Italians started the tradition of Christmas trees. (False. The Germans did.)
- Thomas Edison invented Christmas lights. (False. Ralph E. Morris did.)
- Abraham Lincoln was the first president to have a Christmas tree in the White House. (False. Franklin D. Roosevelt was.)
- Pepsi-Cola[®] is famous for featuring Santa Claus in its ads as far back as the 1930s. (False. It is Coca-Cola[®].)
- The word *mistletoe* means "dung on a twig" in Anglo-Saxon. (True)
- The bones of the original "Santa Claus" (St. Nicholas) are preserved in a church in Italy. (True)

• The original St. Nicholas rode a deer when he delivered toys to children. (False. He rode a donkey.)

What You Say:

"I bet you learned some things about Jesus' birth and Christmas from that game! [Transition] Let's go to Large Group and learn a little bit more about Jesus' birth." Lead your group to the Large Group area.

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line." Catch On #1

In Other Words (application activity / review the Bible story)

What You Need: Bibles, paper, pencils

What You Do:

Divide kids into pairs and hand out Bibles, paper, and pencils to each group. Explain that they will be putting either Mary or Joseph's part of the Christmas story into modern day language, as if they'd written about what happened in an email, social media post, or diary.

Show them how to find Matthew 1–2 and Luke 1–2 so they can decide what they're going to write about. Explain that they can use part of the previous weeks' Bible stories, but they also need to include this week's story. When kids are finished, ask them to read what they've written to the class (or have you read it if they're shy), or act it out as a skit. Give them up to 10 minutes to come up with their plan and then time to share it.

What You Say:

"We often don't realize that what happened centuries ago was as real as if it happened today. Just think how it would feel if your life was flipped upside down like Mary and Joseph's was. They had many moments when they had to choose joy because life wasn't always easy. *[Apply]* Life isn't always easy for us, either, but we can still have joy in the midst of it because of Mary and Joseph's story—because God sent His Son Jesus to be our Savior. *[Impress]* I can have joy because God sent His Son."

Catch On #2

Wish List (application activity / great for active learners)

What You Need: Hula-hoop

What You Do:

Instruct kids to stand in a circle and hold hands. Ask two kids to let go, slip the Hula-hoop between them, and instruct them to hold hands again so the hoop is "trapped." Their task is to get the hoop all the way around the circle without letting go of each others' hands. As the hoop gets to a kid, he or she has to list three things that are on his/her ultimate Christmas wish list. They have to be realistic, so no one can wish for a unicorn or a time machine. However, they can be things that cost a lot of money, and they can also be things they want to happen in their lives.

What You Say:

"You have things you want to have and things you want to be. Mary and Joseph were likely the same. What might they have dreamed of as kids? (*Pause for answers.*) They probably didn't get everything they wished for, but they got something better—Jesus. They gave up their wishes and took the wish God had for them, which was beyond anything they could have imagined. [Apply] Like Mary and Joseph, we need to be willing to give up our wishes for God's wishes, which are always better than our own. [Personalize] (Share about a time that God's wish for you was better than your own wish. Talk through the feelings that were experienced before, during, and after it.) Mary, Joseph, you, and [Impress] I can have joy because God sent His Son!"

Week 4, December 22 A Star Is Born

Bible Story: A Star Is Born (Shepherds and angels) • Luke 2:8-20 Bottom Line: I can have joy because God's story is for everyone. Memory Verse: "Rejoice in the Lord always. I will say it again: Rejoice!" *Philippians 4:4, NIV* Life App: Joy—finding a way to be happy, even when things don't go your way. Basic Truth: I can trust God no matter what.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: An offering container, blindfold What You Do:

Welcome students as they arrive and ask them to put their offerings into the container. Explain that a little later today they're going to be learning about shepherds and the role they played in the Christmas story. To honor them, you're going to play a version of "Blind Man's Bluff" involving one person being a blind shepherd and anyone else who shows up being the sheep that the shepherd has to tag. Give the first student who arrived the choice to either be the shepherd or the sheep.

Instruct the sheep that they have to say, "Baa!" whenever the shepherd yells, "Sheep!" They also have to move around on the ground like sheep do. Once a sheep is tagged, he or she becomes the shepherd.

What You Say:

"This is just a fun game, but it gives us a little glimpse at what life is like for a shepherd. They have to keep a close watch on their sheep so the sheep don't "baa" their way into danger. This reminds me how God is like a shepherd, and *[Recycle]* I can trust God no matter what."

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line." Catch On #1

Pa Rum Pa Pum Pum (memory verse activity / great for boys)

What You Need: Bibles, drum (optional)

What You Do:

See if anyone can recite the memory verse yet. If they can, ask them to make sure others in the group can say it too. Then encourage them to try to say it in unison. Next, begin to clap a simple beat (or use a small drum if you have one available). Ask the students to find a way to say the verse in unison while keeping the beat. Once they master this, change the rhythm and see if they can change with you. Finally, start a simple beat again and ask them to add to it with clapping or snapping that complements. See if you can create a human beat-box of sounds, perhaps even adding some dance moves. Again, the goal is to do all of this together.

What You Say:

"It's easy for a lot of people to get caught up in music and start tapping their toes or fingers to songs they like. *[Apply]* What if we looked at the Bible or the arrival of Jesus on earth this way—like a rhythm we need to listen to and join into? *[Impress]* I can have joy because God's story is for everyone. That's possible because, like music, joy helps us find a way to be happy, even when things don't go your way."

Week 5, December 29 Waiting on the World to Change

Bible Story: Waiting on the World to Change (Simeon at the Temple) • Luke 2:21-35 Bottom Line: I can have joy because God has a plan to make things right. Memory Verse: "Rejoice in the Lord always. I will say it again: Rejoice!" *Philippians 4:4, NIV* Life App: Joy—finding a way to be happy, even when things don't go your way. Basic Truth: I can trust God no matter what.

Early Arriver Activity (8:45) (10:30) (5:45)

What You Need: An offering container What You Do:

Welcome students as they arrive and collect their offerings. Ask them to share what they did over the past week. As they share, probe a bit beyond their first answer. For example, if they say they went to Grandma's for Christmas, ask what they ate, what they talked about, what presents were given and received, etc.

Next, tell kids to challenge each other to think of some of the slogans or taglines associated with those things. Begin by either singing the beginning of a jingle or only sharing the first-half of a slogan. See if you can get the other person to finish it for you. Try to stump one another if you can. Some ideas may include:

- Fast food restaurant slogans
- Famous cartoon introductions
- Commercial taglines for soft drinks, chips, etc.

What You Say:

"Companies pay a lot of money to try to get us to remember and focus on something about their product. We may even at times only get the taglines and slogans in our head and overlook the rest of what is being offered. It's important to look at the big picture, not just one part of it."

Plug In (9:00) (10:45) (6:00)

Crazy Gifts

What You Need: Pencils, index cards, 2 bags

What You Do:

Give students each a note card and ask them to write down one of the craziest Christmas gifts they ever received. *[Personalize]* Write your own answer down, and then let everyone share. Collect the cards and hang onto them for the Large Group time. Put what you consider the craziest ideas on the top of the pile.

Next, pass out cards to students and have them secretly write down a noun—a person, place or thing. Tell them to fold the cards up and put them in a bowl. Then have kids write an adjective—a describing word—and then fold it up and put it in the other bowl.

Finally, mix the cards around in each bag and have each student pull out one noun and one adjective. Tell them they can't open the cards up until it's their turn. Explain that you're going to take turns going around the circle, reading the adjective and noun together. When they say the phrase, they have to act happy, even if it's gross or strange.

What You Say:

"We often feel a pressure when we open up gifts on Christmas to look like we're happy and excited about what we've been given, even if we aren't. Little kids are perhaps more honest about this, but sometimes our honesty only sees what's in front of us. As you get older, you begin to see that the gift doesn't matter as much as the heart of the person who gave it to you. *[Transition]* We're going to catch some of this even in Large Group today. Let's head over together."

Lead your group to the Large Group area. Take the "crazy Christmas gift" cards with you.

Prayer Time

After large group, gather children in their small groups. Lead them in prayer focusing on "The Bottom Line." Catch On #1

Bubble Bash (memory verse activity / great for active learners)

What You Need: Containers of bubbles

What You Do:

Take turns letting students see how big of a bubble they can blow without it popping. Give them a few minutes to have fun with this on their own. You can then have a true "Bubble Bash" by having students face off and try to blow the largest bubbles.

What You Say:

"Imagine that each bubble is like a prayer. God hears every prayer we share, including the ones that we think have just popped and gone nowhere. That's when remembering our memory verse comes in. Let's take a moment to recall it by saying it before we blow a bubble. (*Pause and do this.*) [Apply] Whether your bubble lasts or pops, rejoice in God, because He sees the bigger picture. [Impress] I can have joy because God has a plan to make things right."

Optional 5th Grade Discussion Questions

If you lead fifth graders, consider asking these discussion questions:

- What do you think happens when we pray? (God hears us, something changes, I think about something differently)
- If you don't get what you want when you pray, does that mean the prayer didn't work? (No, yes, I don't know, God heard me either way)
- How do you think people like Simeon are able to live long lives waiting for what they want and still have faith in God? (They have real faith, maybe they've had enough things happen with God where they aren't worried about the things that don't)
- What difference would it make in your relationship with God if before you asked Him for anything, you just took a moment to rejoice in how you were already blessed by Him? (I may not pray for as many things, I'd feel okay if I didn't get what I wanted)
- Can you tell about something you've not gotten around to praying for like you know you should because you're afraid of the answer? (Note: Don't make kids share if they're not comfortable doing so)

Catch On #2

If Money Were No Object (application activity)

What You Need: white board, markers

What You Do:

Hand out white board and markers. Ask kids to come up with a list of things that they wish they could give to other people they knew if money were no object. Challenge them to think through a variety of people, including their family, friends, people at church, people at school, neighbors, and more.

Invite students to share about what's on their list. Try to listen for the things that seem to really matter to each kid. Talk about how it feels to not have the ability to do those things for others like we wish we could. Ask how we can apply what we've been learning about choosing joy even when it isn't easy. **What You Say:**

[Apply] "We all know of people who we wish we could help or bless. Sometimes it feels frustrating when we can't do everything for them that we want to do. *[Personalize] (Share about*

a time when you wish you could have done something for someone you love and realized you couldn't. Use it as a way to talk about what you did instead, perhaps by investing into the relationship.) Maybe what's worth remembering is that the relationship itself is a blessing, and we know that God will help them if and when He decides to do so. You and [Impress] I can have joy because God has a plan to make things right."