

A LETTER FROM PRISON

THE BIG IDEA - GOD DOESN'T PROMISE AN EASY LIFE BUT HE'S ALWAYS WITH US SO WE CAN REJOICE AND NOT BE ANXIOUS



Philippians 4:4-7

DON'T BE ANXIOUS, INSTEAD REJOICE!

1. WELCOME (3 mins): Introductions & Rules

- Welcome all the kids
- Introduce the leaders
- Take the register. As each name is called out ask them to sit down
 - or if they come in and sit automatically ask them to stand.
 - Alternatively to help burn off some energy ask them to jump 10 times.
- Set the rules and expectations.

At Centrepont Kids:

we are kind

we listen

we have fun

2. MEMORY VERSE SONG (3 Mins)



Do not be anxious about anything but in everything by prayer and petition with thanksgiving present your requests to God. And the peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus.

– Philippians 4:6-7

3. RECAP opportunity for testimonies of answered prayers (3 mins)

Share any testimonies or recap last week's lesson or key themes that will help new kids.

4. GAME (6 mins)

Anxiety Games

There will be a series of quick games around the room such as Jenga, operation, Buckaroo, Pirates in a Barrel, jack-in-a-box etc that the kids can play. The idea being that the kids feel anxiety build in a safe and controlled manner.



Feel free to bring any you have.

This will then give you a reference point to talk about good anxiety (the kind that keeps you safe) and bad anxiety - where you worry lots.

Keep this short and snappy so that you have time to get to the calming prayer and crafts at the end of today's lesson.

5. The Letter(s) (10 minutes)



PROPS

- Cloak
- Envelope with letter
- Slides

Week 4

A messenger wearing a cloak bursts into the room with enthusiasm, holding a large envelope. They pull out this week's letter, revealing a chapter from Philippians.



Title: “The Messenger from Paul”

Setting: The Philippian church gathered in a home. Elder Lydia, Chloe, and Timon are seated.

Characters:

- **Leader - Introduces scenes and provides transitions**
- **Messenger** – Delivers Paul’s letter
- **Lydia** – A wise leader of the Philippian church
- **Marcus**
- **Eudia**
- **Syntyche**



Script:

(Messenger runs in, smiling and holding a scroll.)

Messenger:

I bring a final letter from Paul!

Lydia:

Another one! wonderful! How is he?

Messenger:

He’s still in prison, but he says, “Rejoice in the Lord always!”

He says not to worry. Instead, pray about everything!

Marcus:

Even when I’m worried and scared? I’m so worried about him.

Messenger:

Yes! Paul says when we pray, God gives us peace.

Messenger (to Eudia and Syntyche):

Paul says you two should get along and work together.

Eudia:

Okay, I’ll be kind.

Syntyche:

Me too. Let’s be friends again.

Messenger:

Paul also says: “I can do all things through Christ who gives me strength!”



Marcus:

Wow! I can't believe he's got so much peace even though he's still in prison. Can we hear the whole letter?

Messenger:

Of course!

The Leader should instruct the kids to find a spot to lie down. Explain that the letter will be read to them so close their eyes and imagine Paul in prison writing these letters to them. Play the video with the candle and the chapter for this week and try and keep the room as peaceful as possible. As they're listening be praying silently that God's word would impact them deeply.

[Play the Video]

Once the passage is finished, encourage the kids for listening so well and ask them to sit in a circle to discuss what they heard.

6. Discussion and Q&A (6 minutes)

With this curriculum especially for Kids Church you should allow adequate time to facilitate questions and discussion. During this session as Leaders you should hear more kids voices than leaders.

I would suggest sitting on the floor in a large circle or, with a large group, splitting into smaller sizes each with a leader to allow kids to all ask questions. This will create a better dynamic for honest questions and discussion rather than the classroom style with teacher standing at the front.

Ask the kids what stood out to them most about the passage. It is very likely that different portions of the passage will have stood out to different kids. This may be confusing to come kids as they may think they have answered incorrectly. Reassure them and explain that because the Bible is God's living and active we can all read the same passage and God will speak to us all differently. If this comes up you can ask them to think why that is.

If you are ever in doubt about how to answer a question the best answer to give is:

Wow, that's a great question.

I'm not sure but I'll try and find out for you.

Bring the conversation around to the focus for this week and apply it to day to day life. Lead the discussion around to the fact we can pray when things are difficult. God will always be with us.

7. PRAYER (5 minutes)



Supplies

- ☐ Aqua Beads
- ☐ Large tub

Prayer Activity “STRESS LESS”

Put the aqua beads into a large bowl, making sure it is deep enough for the pupil’s to submerge their hands in.

Instructions



In the Bible, one of Jesus’ friends, Pete, writes: ‘Cast all your worries onto God because he cares for you.’ (1 Peter 5v7)

What are you worried about right now? Is there something that’s been making you feel stressed?

Put your hands in the bowl of aqua beads and gently take two handfuls of them. As the aqua beads run through your fingers, imagine the worry and stress slipping away too.

By worrying less and stressing less we are able to deal with our problems more effectively.

8. Craft (7 minutes)



Supplies

Kids Jr.

- ☐ Construction hats
- ☐ Stickers

Kids.

- ☐ Jars
- ☐ Glitter
- ☐ PVA Glue

Craft:

Kids Jr: “Peace hats”

1. Each child gets a builders hard hat.
2. Add the memory verse to the side of it with glue.
3. Decorate your hats the way you’d like



Kids Church: “Peace Jars”

1. Each child gets a jar and chooses a colour of glitter
2. Stick a memory verse to the lid of the jar
3. Leaders should add glue and water to each jar and secure the lid.

Talking Points While Crafting:

- Do not be anxious about anything but in everything by prayer and petition with thanksgiving present your requests to God. And the peace of God which transcends all understanding will guard your hearts and your **minds** in Christ Jesus.

8. Worship/Songs (4 minutes)

Here are some suggestions for songs you can use this term. All songs are in the folder.

🌐 I Thank God - KidzRock Worship.mp4

🌐 Lifted LifePoint Kids Worship with Motions.mp4

🌐 That's Who I Praise Motions Video (chooselife YOUTH).m...

🌐 Praise - Elevation Worship.mp4