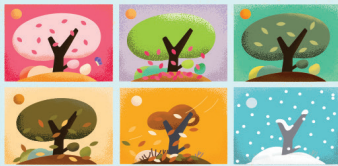


RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP

PRETEEN

TODAY'S SUGGESTED SCHEDULE

TODAY'S BIBLE STORY

**Don't You Worry
'Bout a Thing**
Do Not Worry
Matthew 6:25-34

TODAY'S KEY QUESTION

What kinds of things
do you worry about?

TODAY'S BOTTOM LINE

When you're worried, trust God.

MONTHLY MEMORY VERSE

Be strong, all you who put your
hope in the LORD. Never give up.
Psalm 31:24, NIV

MONTHLY VIRTUE

Resilience—Getting back up when
something gets you down

BASIC TRUTH

I can trust God no matter what.

PRELUDE: Setting the Tone for the Experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today.

In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

Check out our Pinterest page here <https://bit.ly/447HSzi> for a visual on some of the activities.

Check out our Small Group Leader Conversation Guides to guide you through salvation conversations: <https://bit.ly/4daxSUG>

SMALL GROUP

15
MIN

SOCIAL: Providing Time for Fun Interaction

Just for Fun
Opening Activity

LARGE GROUP

35
MIN

STORY: Communicating God's Truth in Engaging Ways

WORSHIP: Inviting People to Respond to God

Welcome/Opener
Worship
Bible Story (Communicator Script)
Key Question
Prayer

SMALL GROUP

25
MIN

GROUPS: Creating a safe place to connect

Application Activity: Take a Snapshot
Bible Story Review: Bible Story Extension and Discussion Questions
Memory Verse Activity: Verses to Take with You
Prayer Activity: Make it Personal with Prayer

HOME: Prompting Action Beyond the Experience

Parent Cue Card (Print or Email)
Devotionals for Kids
Parent Cue App

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP

PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and working as a group



Before kids arrive, pray that you would be able to have a fruitful conversation today with your kids about worry and how God is always present with us, no matter what it is we're feeling.

TODAY'S BIBLE STORY

**Don't You Worry
'Bout a Thing**
Do Not Worry
Matthew 6:25-34

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**What kinds of things
do you worry about?**

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hope in the LORD. Never give up.**
Psalm 31:24, NIV

MONTHLY VIRTUE

**Resilience—Getting back up when
something gets you down**

BASIC TRUTH

I can trust God no matter what.

1. JUST FOR FUN

WHAT YOU NEED: Offering container, blindfolds, cotton balls, bowls, spatulas, timer or smartphone stopwatch

WHAT YOU DO:

- Welcome kids as they arrive!
- Invite any kids who brought an offering to place it in the offering container.
- In the front of your group space, spread the cotton balls on the floor or on a table.
- When enough kids arrive, choose two kids to go first.
- Lead those two kids to stand behind the cotton balls and face the rest of the group.
- Hand each of them a spatula and a bowl.
- Place a blindfold over each of their faces to cover their eyes.
- Explain that when you say, "Go!" the blindfolded kids will begin scooping cotton balls into their bowls with their spatulas.
- Give them one minute to scoop as many cotton balls as they can.
- When the time is up, have each kid count the cotton balls in their bowl.
- The kid with the most cotton balls wins the game!
- Repeat until every kid has taken a turn or as time allows.
- Collect the cotton balls and set them aside for the "Take a Snapshot" activity.

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP

PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION
15 MINUTES

MADE TO PLAY

an activity that encourages learning through following guidelines and working as a group



2. OPENING ACTIVITY

WHAT YOU NEED: "Guess the Emotion" Activity Page

WHAT YOU DO:

- Invite kids to gather together in your group space.
- Place the stack of "Guess the Emotion" Activity Page cards at the front of your group space.
- Explain that the cards all have different emotions listed on them.
- Choose a kid to go first and tell them to pick a card from the stack without looking at it.
- Lead the kid to stand at the front of your group space.
- Direct that kid to place the card on their forehead so that the word is facing the group.
- The rest of the group will take turns giving clues to help the kid guess what emotion is on their card. (for example: if the emotion is sad, someone might say, "You'd feel this way if your dog ran away.")
- Once the kid guesses the correct emotion, ask them to choose another kid to take the next turn.
- Continue playing until everyone gets a turn or as time allows.

TODAY'S BIBLE STORY

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'Bout a Thing**
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Resilience—Getting back up when
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BASIC TRUTH

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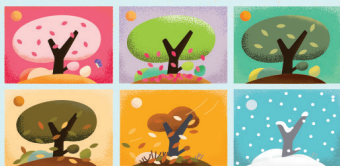
WHAT YOU SAY:

"Y'all did a really good job with explaining all these emotions! We've all felt them at some point. **[Transition] Today in Large Group, we'll dive into another emotion we've all felt and discover what Jesus said to help and encourage us through it! Come with me!**"

Lead your group to the Large Group area.

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP

PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CREATE

an activity that explores spiritual ideas through the process of drawing, building, and designing



1. TAKE A SNAPSHOT

[LIVE FOR GOD | APPLICATION ACTIVITY]

WHAT YOU NEED: Whiteboard, dry erase marker, cotton balls

WHAT YOU DO:

- Invite kids to sit in a circle in your group space. Make sure everyone can see the whiteboard.
- Ask kids if they can name the three different types of clouds.
- Cloud types include:
 - Cumulus (white, puffy, and indicate fair weather)
 - Stratus (gray, translucent, flat, and indicate stormy weather)
 - Cirrus (high, feathery, and indicate an approaching change in weather)
- Choose a kid to name one and hand them the dry-erase marker. Ask them to write the cloud type they mentioned on the board.
- Ask that kid to explain what that type of cloud looks like and what it tells us about the weather (ask other kids in the group to help if they do not know).
- Next, ask that kid to draw a picture of the cloud underneath its name.
- Repeat the above steps with the remaining 2 cloud types.
 - Provide assistance as needed.
- Give each kid a cotton ball.
- Invite children to create their own clouds reflecting their current feelings. Provide the following instructions:
 - They can make a cumulus cloud by leaving the cotton ball as it is—nice and fluffy—to indicate that they're feeling fairly good about things.
 - They can make a stratus cloud by stretching and flattening their cotton ball. This indicates that maybe they're experiencing a storm, or they feel overwhelmed.
 - They can make a cirrus cloud by pulling apart the cotton ball into feathery wisps. This indicates that they are in the midst of a change that they're worried about. Maybe they're moving homes or schools.
- Choose a kid to go first and ask them to share what type of cloud they made and why they chose it.
- Continue around the circle giving every kid a chance to share if they'd like to.
- After every kid has shared, ask the following questions for discussion:
 - When things feel stormy or uncertain, how does it make you feel?
 - Who are some people you can trust when you're going through a difficult time?
 - How can you know that God will take care of you?
- Explain to kids that when things are going on in our lives that cause worry, we can always trust God. We can trust that God will take care of us and give us peace.
- **[Make it Personal] Create your own cotton ball cloud and share it with the group. Explain why you chose that cloud. Be sure to share age-appropriate details while also being authentic. Explain how you're able to trust God in whatever you're going through.**

TODAY'S BIBLE STORY

**Don't You Worry
'Bout a Thing**
Do Not Worry
Matthew 6:25-34

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MONTHLY MEMORY VERSE

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hope in the LORD. Never give up.**
Psalm 31:24, NIV

MONTHLY VIRTUE

**Resilience—Getting back up when
something gets you down**

BASIC TRUTH

I can trust God no matter what.

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP

PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO EXPLORE

an activity that extends learning through hands on experimentation and discovery



2. BIBLE STORY EXTENSION

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: Empty water bottle, rubbing alcohol, and Bibles

WHAT YOU DO:

- Before group time, check out this video

(<https://bit.ly/3XKNyXV>) for instructions on how to conduct this experiment, or scan the QR Code below.



TODAY'S BIBLE STORY

**Don't You Worry
'Bout a Thing**
Do Not Worry
Matthew 6:25-34

TODAY'S KEY QUESTION

**What kinds of things
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MONTHLY VIRTUE

**Resilience—Getting back up when
something gets you down**

BASIC TRUTH

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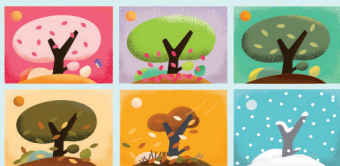
- Invite kids to gather together and sit in your group space.
- Pass out the Bibles and lead kids to look up Matthew 6:25-34 using the following Bible Navigation Tips:

***Finding verses with 4th-5th graders:** Ask kids to tell you if the book of the Bible they're looking for is in the Old Testament or New Testament. If it's in the Old, instruct kids to flip slowly, starting at the front of the Bible and heading toward the back, until they find the book they're looking for. If it's in the New, instruct kids to start flipping from the back, going forward to find the book they're looking for. Once they find the book, explain that the big numbers on the page are the chapter numbers. First, have them find the chapter they're looking for. Then explain that the small numbers are verse numbers. Tell kids to find the verse within the chapter they've already found.*

- Call on a few kids to read the verses aloud to the group.
- Ask the following questions:
 - What did Jesus point out about the birds? Hint: look at verses 26-27.
 - What did Jesus point out about the wildflowers? Hint: look at verses 28-30.
 - What did Jesus say about worry? Hint: look at verses 31-33.
- Take the empty water bottle and pour a very small amount of rubbing alcohol into the bottle.
- Secure the lid and swirl the bottle around to let the alcohol coat the inside walls of the bottle.
- Begin twisting the bottle to create an hourglass shape, forming a twisted knot in the center.
- Explain to kids that feeling worried or anxious can create a lot of pressure, similar to the squeezed, twisted bottle.
- Release your hold on one end of the bottle, allowing the twist to quickly unwind. The bottle should immediately fill with white vapor.
- Explain that the pressure that comes from feeling worried or anxious can sometimes cloud our trust in God. This makes it harder to see things clearly and remember what we know is true.

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP

PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

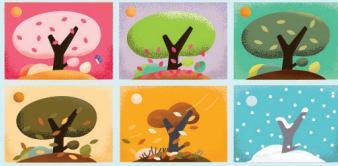
CREATING A SAFE PLACE TO CONNECT
25 MINUTES

(2. BIBLE STORY EXTENSION, CONTINUED)

- Remind kids that we can trust God no matter what. God doesn't want us to feel like this twisted water bottle! Another way we can calm our worries is by talking to trusted people God has placed in our lives. Those people can also remind us of what we know to be true about God and ourselves.

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP
PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO CONNECT

an activity that invites kids to share with others and build on their understanding



3. DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

Ask:

- What kinds of things do you worry about?
- How does knowing God cares for the birds and flowers help you understand how much God cares for you?
- How do you feel knowing that Jesus tells us not to worry because God takes care of us?
- Is it easy for you to ask God for help when you're worried about something?
- How does trusting God when we're worried make us resilient?
- Who is someone, other than God, that you can go to when you're worried?

TODAY'S BIBLE STORY

Don't You Worry 'Bout a Thing
Do Not Worry
Matthew 6:25-34

TODAY'S KEY QUESTION

What kinds of things do you worry about?

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MONTHLY VIRTUE

Resilience—Getting back up when something gets you down

BASIC TRUTH

I can trust God no matter what.

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP
PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO EXPLORE

an activity that extends learning through hands on experimentation and discovery



4. VERSES TO TAKE WITH YOU

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

WHAT YOU NEED: Bibles, baking sheets, shaving cream, paper towels, "Cloudy Words" Activity Page, "Cloudy Words Answer Key" Activity Page, and plastic tablecloth

WHAT YOU DO:

- Cover the floor in your space with a plastic tablecloth.
- Divide the group into two teams and invite them to gather together with their teams on opposite sides of the tablecloth.
- Hand each team a baking sheet, shaving cream, a Bible, paper towels, and a set of the "Cloudy Words" Activity Page.
- Explain that teams will work together to look up the first verse on the "Cloudy Words" Activity Page in the Bible.
- Then encourage the teams to read the corresponding statement and come up with a one-word answer to fill in the blank.
- Next, direct a kid on each team to spray a layer of shaving cream onto their baking sheet.
- Ask another kid from each team to use their finger to write the word the team chose to fill in the blank.
- Once both teams have had time to answer the question, ask them to hold up their pans to show their answers.
- Repeat until each verse has been looked up and each statement has been answered.
- Use the "Cloudy Words Answer Key" Activity Page to check the teams' answers for each round.
- Hand out paper towels and allow kids to wipe any shaving cream from their hands.
- Ask the following questions for discussion:
 - How can the Bible help us when we are worried?
 - Which of these verses stood out to you the most and why?
- Remind kids that God's Word can be a source of comfort and peace when we are worried.

TODAY'S BIBLE STORY

**Don't You Worry
'Bout a Thing**
Do Not Worry
Matthew 6:25-34

TODAY'S KEY QUESTION

**What kinds of things
do you worry about?**

TODAY'S BOTTOM LINE

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MONTHLY MEMORY VERSE

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MONTHLY VIRTUE

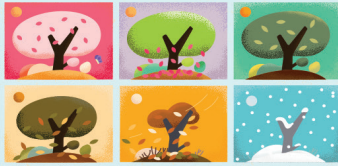
**Resilience—Getting back up when
something gets you down**

BASIC TRUTH

I can trust God no matter what.

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP
PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

CREATING A SAFE PLACE TO CONNECT
25 MINUTES

MADE TO REFLECT

an activity that creates space for personal understanding and application



5. MAKE IT PERSONAL WITH PRAYER [PRAY TO GOD | PRAYER ACTIVITY]

WHAT YOU NEED: “Resilience Journal 2” Activity Page, pens or pencils, coloring supplies, hole punch, extra Resilience journals from previous week; *Optional: stickers*

WHAT YOU DO:

- Invite kids to sit in a circle in your group space.
- Hand each kid a copy of the “Resilience Journal 2” Activity Page and a pen or pencil.
- Give any kids who don’t have a journal one of the extra journals assembled. Any kids who were present last week and still have their journals will only need page 2.
- Place the coloring supplies, hole punch, and stickers (*optional*) in the center of the circle.
- Explain to kids they will be creating a resilience journal.
- Remind kids that keeping a prayer journal can help us organize our thoughts and prayers.
- Tell them that when we’re worried about something, it can be helpful to spend time talking to God about what we’re thinking and how we’re feeling.
- Show kids how to punch holes in the activity page and add them to the other pages of the journal.
- Model for the kids how to untie the binding string, open the journal, and place the new page with the other pages.
- Then, instruct them to thread the string through the holes again, tying a bow to secure the pages.
- Give kids time to use the coloring supplies and stickers (*optional*) to decorate the journal page.
- Allow kids to have a few minutes of quiet time so they can write.
- During this time, add copies of the new page to the extra journals to keep on hand for kids that may come later in the month.
- Each week of this month they will have the chance to add more to their journal.
- Encourage kids to keep their journals in a safe place, even after the month ends. One day, they may want to go back and see how God answered their prayers and helped them get through worry!
- *Based on the dynamics of your group, choose whether it would work best for kids to leave their journals at church throughout the month, as they add more pages, or for them to take their journals home this week.*
- Say a prayer for the entire group.

TODAY’S BIBLE STORY

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‘Bout a Thing**
Do Not Worry
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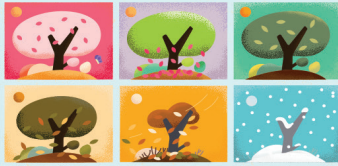
**Resilience—Getting back up when
something gets you down**

BASIC TRUTH

I can trust God no matter what.

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP
PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

SOCIAL: PROVIDING TIME FOR FUN INTERACTION (15 MINUTES)

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's story.

(Choose one or both of these activities.)

1. JUST FOR FUN

Made to Play: an activity that encourages learning through following guidelines and/or working as a group

WHAT YOU NEED:

- Offering container, one for every Small Group
- Blindfolds, two for every Small Group
- Cotton balls, two bags for every Small Group
- Bowls, two for every Small Group
- Spatulas, two for every Small Group
- Timer or smartphone stopwatch, two for every Small Group

2. OPENING ACTIVITY

Made to Play: an activity that encourages learning through following guidelines and/or working as a group

WHAT YOU NEED:

- Print the "Guess the Emotion" Activity Page on paper and cut apart, one set for every Small Group

GROUPS: CREATING A SAFE PLACE TO CONNECT (25 MINUTES)

Create a safe place to connect and learn how the Bible story applies to real life experiences, through interactive activities and discussion questions.

(Choose as many of these activities as you like.)

1. TAKE A SNAPSHOT

[LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Create: an activity that explores spiritual ideas through the process of drawing, building, and designing

WHAT YOU NEED:

- Whiteboard, one for every Small Group
- Dry erase marker, one for every Small Group
- Cotton balls, one bag for every Small Group (use cotton balls from the "Just for Fun" activity)

2. BIBLE STORY EXTENSION

[TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Explore: an activity that extends learning through hands-on experimentation and discovery

WHAT YOU NEED:

- Bibles
- Empty plastic water bottle with lid, one for every Small Group
 - Use a water bottle with thinner, flimsier plastic so that you can twist it.
- Rubbing alcohol, one bottle for each Small Group
- Before group time, check out this video (<https://bit.ly/3XKNyXV>) for instructions on how to conduct this experiment.

3. DISCUSSION QUESTIONS

[TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Connect: an activity that invites kids to share and collaborate with others while growing their understanding

WHAT YOU NEED:

- No supplies needed

4. VERSES TO TAKE WITH YOU

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

Made to Explore: an activity that extends learning through hands-on experimentation and discovery

WHAT YOU NEED:

- Print "Cloudy Words" Activity Page on paper, two sets for every Small Group
- Print "Cloudy Words Answer Key" Activity Page on paper, one for every Small Group
- Bibles, two for every Small Group
- Baking sheets, two for every Small Group
- Shaving cream, two cans for every Small Group
- Paper towels, one roll for every Small Group
- Plastic tablecloth, one or two for every Small Group

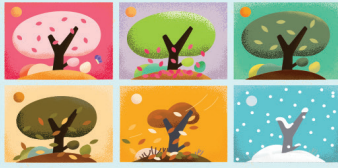
5. MAKE IT PERSONAL WITH PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

Made to Reflect: an activity that creates space for personal processing and application

RAIN OR SHINE

Trusting God in Every Season



WEEK
TWO

JANUARY 2025

SMALL GROUP

PRETEEN

PRELUDE

SOCIAL

STORY

WORSHIP

GROUPS

HOME

GETTING READY

HERE'S EVERYTHING YOU NEED TO KNOW TO GET READY FOR THIS WEEK

WHAT YOU NEED:

- Print the "Resilience Journal 2" Activity Page on paper, one for every kid (plus a few extra)
- Pens or pencils, one for every kid
- Coloring supplies, enough for the Small Group to share
- Hole punch, one for every Small Group
- Before group time:
 - Assemble a few extra Resilience Journals using the "Resilience Journal 1" from the previous week
 - Set them aside to give to any kids who weren't present the week prior
- *Optional: Weather-themed stickers or other brightly colored stickers, 2 or 3 stickers for each kid*

HOME: PROMPTING ACTION BEYOND THE EXPERIENCE

- Print on cardstock or email this week's devotionals and Parent Cue cards.
- Tell parents about our additional family resource: **Parent Cue app.**