



3rd -5th

January 14-15, 2017

DATE

Jesus lived a balanced life.

LESSON TITLE

Luke 6:12-19, Ephesians 4:32

WHERE TO FIND IT

Jesus spent time with God, with friends and serving others.

MAIN POINT

schedule

Connect Time (15 minutes): Five minutes after the service begins, split kids into groups and begin their activity.

Large Group (30 minutes): Begin 20 minutes after the service starts. Model what it looks like to be engaged in large group.

Small Group (15 minutes): Keep kids in small groups until parents arrive. If you all have extra time at the end, you can review the video and songs together.

tips

Consistency is key when trying to manage lots of kids' behavior all at once. If you tell a few kids to be quiet, but not others, that will send a confusing message that not everyone has to listen! Make sure to be consistent.

check-in/out

As kids leave, remind them to tell their parents how Jesus lived a balanced life.

large group heads up

One of the reasons Jesus came to earth was to show us how to live. He lived a balanced life (spent time with God, loving his friends, and serving others). We should live like him and balance our lives too!



connect time

GOAL: *Connect Time is all about engaging kids in an activity that allows them to connect with each other right away while simultaneously piquing their curiosity for Large Group and preparing their minds for what they're going to hear.*

DON'T LOSE YOUR BALANCE

**Divide kids into small groups.*

- Here are two **balance** activities. Play multiple activities if you have time!
- Activity #1:
 - Have kids sit in a circle, with their backs toward the center of the circle.
 - Link arms together
 - Stand up! (It'll be harder than it sounds.)
 - You can make it a competition between small groups if you want.
- Activity #2:
 - See who can stand on one foot the longest. (No pushing each other over!)
- Activity #3:
 - Tell kids to find a partner and sit down with their backs facing each other, knees to their chest, and arms linked.
 - Let kids try to stand up by pushing on each other's back!

TALK ABOUT IT

- What does balance mean?
- Is it ever hard to get everything done? What makes you feel busy? (School, sports, music lessons, trips, family, etc.)

Before you go to Large Group, you can ask kids how their week went. You can also remind kids of the expectations for Large Group behavior: (1) be kind, (2) listen when somebody speaks, and (3) follow the leader's instructions.



instructions

Goal: Kids will (1) understand how Jesus balanced his life and (2) identify ways they can follow his example.

Why? Sometimes “living like Jesus” can sound tough. Today’s activity will help kids apply this idea to their own lives!

Tip: Plan ahead for the activity because it involves movement and timing. Keep in mind, the discussion at the end is incredibly important for kids—watch the clock today so that you don’t run out of time to debrief.

small group

REVIEW THE STORY

1. Describe the way Jesus lived his life. (If kids say “balanced,” ask them to describe what that means.)
2. How can WE live a balanced life, like Jesus?
 - a. What ways can we spend time with God?
 - b. What ways can we spend time with our friends/family?
 - c. What ways can we serve others?
3. Why should we try to spend time doing all of these things, instead of just one? (We would get “off-balance!” God wants us to give equal weight to different areas of our life.)

MAKE IT PERSONAL

****You’ll need three large sheets of tear-off paper; one for each of today’s activities.***

- Tell kids that we’re going to come up with ideas of how we can (1) spend time with God, (2) love our friends and families, and (3) serve others.
- We’re going to have three “stations” during small group. You’ll set out **markers** and a **large sheet of tear-off paper** in the middle of the group for each station. (Make sure it’s large enough for everyone to reach.)
- On the following page, you’ll find a description of what to do at each station. Make sure to give kids about **3 minutes** for each activity. (Encourage them to spend 2 minutes writing/drawing, and 1 minute reading what others have written/drawn!)
- The leader should keep track of time on his/her phone or a clock. At the end of each 3 minute segment, yell “SWITCH!” and lay out a new piece of tear-off paper.

(Continued on next page.)

Here's what to do at each station:

Station 1: Time with God

- Write down places you can be quiet AND/OR
- Write down ways you can spend time with God; things you can “do” with God.

Station 2: Time loving friends

- Write names of family and friends you enjoy being with AND/OR
- Things you can do together (that honor God).

Station 3: Time serving others

- Write down/draw people you can serve/people who are in need AND/OR
- Ways that you can help others. (Think of helping close to home, like with neighbors who need assistance when it snows, and helping far away, like with people in South Africa who are in poverty and need food, medicine and school supplies.)

Extra time? Play the balancing activities from Connect Time again!

special notes

The small group activity may take longer than normal, so try to start Large Group on time!

presenter tips

To help you understand the flow of today's lesson, think of the bulk of the script in three sections: Jesus spent time with God, Jesus spent time with his friends, and Jesus spent time serving others. These three things are the most important ways we can live a balanced life like Jesus did.

script

WELCOME AND WORSHIP

Main Goal: Review Connect Time and introduce the lesson.

Notes:

***Click to play intro music.**

- **Welcome:** Hi everybody! Welcome to Kids' Club. It's great to see you here. Today we're talking all about BALANCE. You guys did some pretty impressive work in Connect Time. What did you have to do to stay balanced and not fall over? (Let kids respond.)
- **Say:** Yep, you had to work together; you each had to push, or stand or pull in some way, so that everyone didn't fall out of balance! It's kind of like when I stand on two feet. It's easy, right? I put the same amount of weight on each leg. But when I stand on one foot, it's harder. (Demonstrate.) I have to shift my weight so that it's all leaning on this leg. Let's watch a video and see how important balance is when walking on a wire!
- **Video: Skyscraper Walk**
- **Ask:** So how was that guy able to walk on a thin wire, on top of two skyscrapers, with *nothing* underneath? (Let kids respond.) Yep, he had to BALANCE. He used that long pole to help keep him straight, so that both sides weighed exactly the same. Because of that, he could walk perfectly straight!
- **Say:** Today, we're going to talk about how we can balance our life too! Instead of spending LOTS of time on one thing, and no time on another, we can spend our time equally, so that everything balances out.

JESUS LIVED A BALANCED LIFE

Main Goal: Understand WHY we should live a balanced life: Because Jesus did!

- **Say:** There's a good reason to have a balanced life: Because *Jesus* had a balanced life! Can someone tell me why we want to live our lives like Jesus? (Let kids respond.)
- **Say:** It's because if we want to follow Jesus, we should try to live our lives like he would, and try to make choices that he would make. And it's not just because Jesus was a good person. It's because Jesus is our rescuer, and God sent him to save us from all the wrong things in the world. I'd say that's a pretty good reason to follow Him!
- **Say:** Let's look at the different ways that we can live our lives like Jesus would.

JESUS SPENT TIME WITH GOD

Main Goal: Understand the different ways that Jesus spent time with God, even when he had a busy life!

- **Say:** First, **Jesus spent time with God.** Do you think that's something we should do in our own lives? (Let kids respond.) Absolutely!
- **Ask:** How can we spend time with God? (Let kids respond.) Yeah, we can read what he says in the Bible, talk to him, listen to him, and worship him! Jesus did these things on a regular basis, and we can too.
- **(Image: Calendar)** Sometimes it's hard to find time or space to listen to God. Our calendars get so full that it feels like there's no time! What kinds of things might get in the way? (Let kids respond and click to show the following answers.)
 - **(Image: School)** We might be busy with school work.
 - **(Image: Family)** Or we have things to do with family.
 - **(Image: Sports)** Or maybe we've got soccer or dance practice every week.
 - **(Image: Friends)** And of course we have to hang out and play with our friends!
- **Say:** The thing is, we'll always have lots of stuff to do, no matter how young or old we are. Jesus probably had lots of things to do, but you know what he still did everyday? He woke up early and prayed. Let's watch a short clip about it!
- **Video: God's Story/Jesus Clip #1 (Appx. 20 sec)**
- **Say:** See, Jesus loved to find a quiet place where he could sit alone with God. Maybe for you it's your bedroom, or your backyard, even just a corner of your living room, or under a blanket! Maybe it's not perfectly quiet, but you can still be alone and focus on listening or talking to God.
- **Say:** Let's think for a minute about a place you can spend time with God—close your eyes and imagine it right now. (Pause for about 20 seconds.)

JESUS SPENT TIME WITH FRIENDS

Main Goal: Understand what it means to spend time with friends in a valuable way: We can help each other follow Jesus!

- **Say:** Let's move on to the next way that Jesus lived his life: **He spent time with friends.**
- **Say:** Do you think it's cool that Jesus actually *wants* us to spend time with our friends and family? (Let kids respond.) Yes! He wants us to spend time with the people in our lives.
- **Say:** It sounds pretty easy—and sometimes it is. But sometimes it's not. It doesn't just mean hanging out, it means loving others and helping each other follow Jesus.
- **Ask:** So how can we help each other follow Jesus? (Let kids respond.) Those are great answers! Maybe you pray for your friends, or when you hang out, you tell each other what you need help with, or that you're feeling sad. Maybe you just listen to your friends, and they listen to you. Or maybe you even remind each other of ways we can follow God. Let's watch a short clip and see how Jesus did this!
- **Video: God's Story/Jesus Clip #2 (Appx. 1 minute)**
- **Say:** See, Jesus invited 12 friends to spend time with him and live life with him. They ate together and did fun things together, just like we do. But most importantly, they followed God together.

JESUS SERVED OTHERS

Main Goal: Understand how to serve others in our community!

- **Say:** Let's look at one last way God wants us to spend our time, just like Jesus did: **He wants us to serve others.**
- **Ask:** Do you think God wants us to ONLY serve people we know and love? (Let kids respond.) Nope; he wants us to love and serve people that we *don't* know, or even people we don't like.
- **Say:** Jesus went out into crowds of people he didn't know all the time. He healed the sick and gave food to people who were hungry. He told people that he forgave their sins, and showed them how much God loves them.
- **Say:** See, because we live in a broken world, we need a Rescuer. But not everybody knows that, so God wants us to tell others about Jesus' rescue and love them just like Jesus did. Let's watch a short video about something called Go Cincinnati, which is something we do around here to help people all over the city!
- **Video: GO Cincinnati Promo**
- **Ask:** Wow, did anybody see something that you could do? (Let kids respond.) That's great! God LOVES when we serve others like that. Serving is a way that we can follow Jesus and live like he did.

RESPONSE TIME

Main Goal: Give kids a chance to actively respond to what they've heard today.

- **Ask:** Remember how we talked about balancing earlier? Sometimes it can be hard, because we might be spending a lot of time doing one thing, but no time doing other things that are just as important. Luckily, we have a pretty great example of how to live a balanced life: Jesus.
- **Say:** Jesus balanced his time between spending time with God, loving his friends and family, and serving others. And that's how he wants us to live too! When we are careful to spend time in all three ways, we are living like Jesus lived! And that's exactly what he wants from us.
- **Say:** Right now, think about which of those is the hardest. Is it spending time with God? Spending time with friends? Or serving others? Which of those things do you want to do more of? Once you've thought of a way, ask God to help you do it this week. (Pause and let kids reflect for about 30 seconds to 1 minute. Then lead into prayer.)

PRAYER AND WORSHIP

Main Goal: Close the lesson with prayer and worship.

- **Pray:** God, we love you so much. You sent us a Rescuer who showed us how to live, and how to love others. Thank you for Jesus, and help us with the things we struggle to make time for. Amen!
- **Set up worship:** We're going to worship God now, which is a great way to spend time with him, and with our friends! First, let's just watch this video about how God's love always beats fear. Then we'll stand up and sing and dance!
- **Music Video: Love Beats Fear**
- **Music Video: You Are**

LESSON needs

3rd-5th

January 14/15, 2017



connect questions

Tell me about how Jesus balanced his life.
How can we live like Jesus?

lesson supplies

Connect Time		
Item	Usage	Details
No supplies needed		

Small Group		
Item	Usage	Details
Markers	1 set per group, reused	
Large, Tear-off sheets of paper	3 per group, reused	

Large Group		
Item	Usage	Details
Bible	1 per large group, reused	

A/V needs

3rd-5th



1. Song slide: for when kids enter the room (All that You Need instrumental; mp3 only; can be downloaded on website)
2. Video: Skyscraper Walk (1:37-4:00; <https://www.youtube.com/watch?v=ho5uYKGIxBE>)
3. Image: Calendar
4. Image: School
5. Image: Family
6. Image: Sports
7. Image: Friends
8. Video: God's Story/Jesus Clip #1 (2:09-2:27; <https://vimeo.com/30271655>)(last words of the clip are, "Sometimes he prayed outside")
9. Video: God's Story/Jesus Clip #2 (0:40-1:31; <https://vimeo.com/30271655>)(last words of the clip are, "Because Jesus likes everyone")
10. Video: GO Cincinnati Promo (KC/SM media videos songs>videos>misc)
11. Music Video: Love Beats Fear (<https://vimeo.com/113716523>)
12. Music Video: You Are (<https://vimeo.com/154219686>)