

# GO!

WEEK 4

## **BIG IDEA**

God will protect my heart and mind.

## **BIBLE**

Joy & Peace: Philippians 4:4-9, 11-13

### **THE BIG IDEA | God will protect my heart and mind.**

- Quick review! This month we are talking about "GO"!-**Where are we going?**-That's right. We are going out into the world to live for Jesus and share Jesus with other people.
- Last week, we talked about readying ourselves with the armor of God. The armor of God protects us, just like superheroes protect us from harm. They stop villains from hurting people. But God does way more than that.
- Here's our Big Idea! Repeat after me:
  - **God**-(Point upward.)
  - **Will protect**-(Cover top of head with hands.)
  - **My heart**-(Place hands on heart.)
  - **And mind**-(Point to head.)

### **SCRIPTURE | Philippians 4:4-9**

- Watch our Week 4 Elementary or Pre-School Video before sharing the lesson. You can find it on our website.-
- So, how does God protect our heart and mind? What does that mean? Today, we're going to look at the story of a man named Paul. I'll tell you more about him in a second. But for now, let's see what he says to us in Philippians Chapter 4.
- **INSTRUCTIONS**:-Read *Philippians 4:4-9*.

- **What are some words from this Bible passage that stand out to you?**
- **DISCUSS**
- What is something you worry about?
- Philippians 4:13 says we can do all things through God. What do you think that means?
- What does it mean that God protects our heart and mind?

### QUESTION | Where Was Paul?

- Did you hear in verse 4 where Paul says, "Rejoice in the God always." He even says it a second time! Does anyone know what "rejoice" means? Rejoice means to feel or show joy.
- Here's a question for you:-**where do you think Paul was when he wrote this letter?**
- Some of you might think he was writing this from his house or while he was visiting with friends. But guess what? Paul was in jail! He was in jail for telling people about Jesus, and a lot of people weren't too happy about that back in those days. I don't know about you, but if that had happened to me, I don't think I would have felt like rejoicing.

### ACTIVITY | Create a Superhero

- **INSTRUCTIONS:** . *Instruct them to create their own superhero and what powers they would have. After all the kids are finished, ask a few of them to share about their superhero. (You could take photos of the superheroes the kids created. Send them in a text, or post them on social media, to encourage parents this week!*
- Awesome superheroes, everybody!-**What powers do your superheroes have?**-Those are some cool superpowers. But don't forget the greatest superpower there is-God, who protects our hearts and minds!-

### PRAYER

- For a few moments, I want you to pray and ask God to protect your

heart and mind, whatever you might be going through. If you feel like you need to talk to someone, find a leader and they will help you and pray with you.

### MEMORY VERSE | Red Light, Green Light

- **INSTRUCTIONS:***-In this modified version of "Red Light, Green Light," you are "it." You will face a wall while the kids line up horizontally opposite of you. You are going to start saying the memory verse facing the wall while kids slowly make their way toward you. As soon as you stop and turn around, the kids have to freeze and say the word that comes next (e.g., You: "Let your light--" Kids:"Shine!" You: "before others that they may--" Kids:"See!" and so on).*