

WEEK
1

UPcycle

roll with what
you've got



ELEMENTARY ACTIVITY (K-5th grade)

NOVEMBER 7, 2021

TODAY'S BIBLE STORY: Be OK (Be Content/Paul in Prison) • Philippians 4:11b-13

TODAY'S BOTTOM LINE: God can help you be content.

MONTHLY MEMORY VERSE: *Then he said to them, "Watch out! Be on your guard against wanting to have more and more things. Life is not made up of how much a person has." Luke 12:15 (NlrV)*

MONTHLY LIFE APP: Contentment—Learning to be okay with what you have

BASIC TRUTH: I can trust God no matter what.

WHAT YOU NEED: Permanent Marker, Thick Tape

WHAT YOU DO:

- Help your children to take off a piece of tape about 8 inches long
- Show kids how to fold their tape in half lengthwise so the sticky side sticks to itself.
- Direct kids to write "A-OK!" on their bracelet tape
- Help kids secure it to their wrist
- Read the following scenarios out loud. Encourage the kids to hold up their bracelets and say, "I'm A-OK!" after each scenario.
- Based on the Bible lesson this week, have a conversation with your kids about in what situations we can be "A-OK" because of Jesus
- Here are some scenarios you could talk through when we can be "A-OK"

- When my little brother eats the rest of my favorite cereal
- When I forget to feed the dog and lose screen time
- When I get sick and it's field day at school
- When I don't get first choice at centers at school
- When nobody packed my snack for school
- When it's time for recess, but it's pouring rain
- If the kids would like, they can decorate their bracelets with any stickers you have around at home
- If you'd like, encourage the kids to wear their bracelets this week and remind them to be "A-OK"

WHAT YOU SAY:

"We learned today that Paul trusted God, even while he was facing some really bad and scary things. Paul trusted that God was always with him. He trusted that God loved him. And Paul trusted that God was working for good, even if things were bad or hard. Because Paul trusted God, Paul learned to be content, no matter what happened to him. He learned to look at his difficult situations differently."

"Every day, we face awesome things that go exactly the way we want them to. And we also face some not-so-awesome stuff. The good news is, with God's help, we can learn to be content. We can remember that God is with us, that God loves us no matter what, and that God is always working for good—even when things are hard. We can learn to say, 'I'm A-OK!' knowing that [Bottom Line] God can help you be content!"

"This week, I want you to wear these bracelets as a reminder that when things go your way or when they don't, you can learn to be okay. Remember, in all things, **[Bottom Line] God can help you be content.**"

CLOSE IN PRAYER:

"God, we love You. Help us choose to say, 'I'm A-OK' this week when good and not-so-good things happen. Remind us that You are with us, You love us, and You are working for good, no matter what happens. You are an awesome God. Thanks for hearing our prayer. We love You, and we ask these things in Jesus' name. Amen."