



Week 4 / Infants KS1

Exile & Peace

Session plan

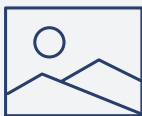
Core value: 'God is with us, we can have peace no matter what.'

Key Verses:

1 Samuel 17.47 (NIV)

'All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD's and he will give all of you into our hands.'

Resources:



Pictures of Goliath's armour/weapons



Catapult or a picture of one



'Worry' and 'Peace' labels



Little pebbles for each child



Worry giant sheet (A4 size)



ORIGINS
& MEANING



EXODUS
& FREEDOM



EXILE
& PEACE



MESSIAH
& LOVE



SPIRIT
& COMMUNITY



HOPE
& HOME



Twirl of Love

Choose a volunteer and blindfold or have them face the wall (so that they can't see the other three volunteers about to be chosen). Choose another three volunteers (careful not to choose using their name), number them 1,2,3. Hand volunteer 1 this week's question – if not blindfolded they can read aloud, if blindfolded leader reads (with younger ones who find reading hard, leader may need to read). Encourage volunteer 1 to listen carefully to the answers 1,2 and 3 give. They must choose the best answer – whoever they choose, will be the one they share the 'Twirl of Love' with (any two-piece chocolate bar can be used).

This week's question ...

We are never stuck with God – we are always what? (Answer – Free!)

Zoom tweak

- This can still be played – volunteer 1 simply needs to blindfold themselves on screen
- When you choose your three additional volunteers, write their names on paper and hold to the screen, so they can see and know who you have chosen
- Have a physical Twirl with you to show on screen and pretend to hand it to the final winners

Bible Starter

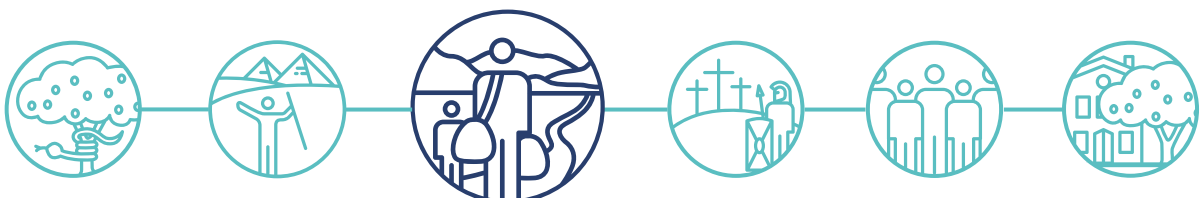
Reference the key Bible verse – if using paper, write out the verses on separate pieces of paper like the diagram below. Read the verse aloud together

Start each reading with these lines: *'The Bible is FULL of God's words. It is a marvellous treasure chest, full of beautiful and important things. What does it have to tell us today?'*



Zoom tweak

- The easiest way to achieve this is to have the verse on a PowerPoint and share your screen
- You can also have it written on paper which you can hold up to the screen





Activity: Peace vs Worry

Split your space into two zones. Using your labels, designate one area as 'worry' and the other 'peace.'

Explain we are going to be like doctors learning more about peace and worry and how our bodies respond to these emotions.

Zoom tweak

You can have a PowerPoint slide that is split into two halves, labelled 'Worry Zone' and 'Peace Zone' respectively. OR you can split the space you are in into two zones and ensure the camera on your device allows the children to see.

Explain: When we worry our:

- Heart beats faster – **get kids to tap their heart fast**
- Blood pressure rises – **kneel on the floor and slowly rise** (explain that when our blood pressure rises, the blood in our bodies races like a fast river)
- We might sweat in order to cool down our body – **fan yourself and act very warm**
- Our heads get filled with worrying thoughts – **hold head and spin it**

Discussion question: Is worry a nice feeling? Answer: No. Why is this?

Explain: When we have peace, our:

- Breathing slows down – **take slow and deep breaths in and out**
- Our muscles relax – **flop body parts**
- Our blood pressure slows down – the blood in your body flows slowly – **do a calm water movement with hands**
- Our minds is more relaxed – **smile and perhaps sing!**

Discussion question: Is peace a nice feeling? Answer: Yes. Why is this?

Application: The Bible says God is always with us and that means we can have 'peace', no matter what.

Zoom Tweak

- If using a PowerPoint slide, make a slide labelled as 'Worry Zone' and have lots of images that match with the comments about what happens to your body when you worry.
- Create another slide for 'Peace' and illustrate it with images related to what happens to our bodies when we have peace.

Activity: Story – David and Goliath in the twenty-first century

The story of David and Goliath can be found in 1 Samuel 17.

Encourage the group to come up with a specific action for both 'worry' and 'peace'. Once this has been decided, explain that as you tell this story, you will stop to ask them every so often if they feel 'worry' or 'peace' by doing the relevant action. Use the following outline:

Imagine that you had seven brothers. They were all older than you.

Your three eldest brothers were in the army fighting another big and mean army – which had a giant – a genuine, real giant – as their chief soldier. However, your brothers are fighting in God's army.

Emotion Check: Brothers, worry or peace? (allow action)

(continued on next page)





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Exile & Peace

EXPERIENCE A BETTER STORY

—●—●—●—●—●—
The Bible Series

Your job was to take care of sheep because you were too young to fight in the army.

Emotion Check: You, worry or peace? (allow action)

One day your dad tells you to go and see your brothers on the battlefield and take them some lunch.

Emotion Check: You, worry or peace? (allow action)

When you get there, you see both armies taking up their positions. There are two huge lines of soldiers. Your army (God's army) is on one side and the enemy (the Philistine) army is on the other. They are all shouting their war cries at each other. It is very loud and very scary.

Emotion Check: You, worry or peace? (allow action)

You run to your brothers and check they are OK. Then the big giant soldier in the enemy camp steps forward! He is HUGE. He is about 9 feet 9 inches (compare that to your height so children have some idea of how tall that is), he has a bronze helmet and a coat of armour made from bronze weighing as much as a house! His weapons are huge and weigh a tonne (show some pics)!

He shouts: 'Choose a man and let him come and fight me. If he is able to fight and kill me, we will all become your prisoners; but if I overcome him and kill him, you will become our prisoners and serve us.'

Emotion Check: You, worry or peace? (allow action)

All of your army (God's army) disappear in fear! You are left standing there and ask: 'Who is this giant who thinks he can stand up to God's army?'

Emotion Check: You, worry or peace? (make sure you tell the children this actually happened and in the real story the boy was called David and he had no fear and had LOTS of peace).

You are as calm as chips! You have oodles of peace. Your heart rate is slow, your blood pressure is normal, you are not worried or scared. You are relaxed. You know God is on your side. You are not at all afraid of this big, mean giant. You are up for taking on the giant, because as a shepherd you have fought lions and bears to protect sheep many times. You are given some armour to protect you – but it's far too big and you don't like it! So, you take it off. Instead you get a catapult and a stone (show a homemade catapult or a picture).

Emotion Check: You, worry or peace? (Make sure that the children identify peace here again for David in the real story)

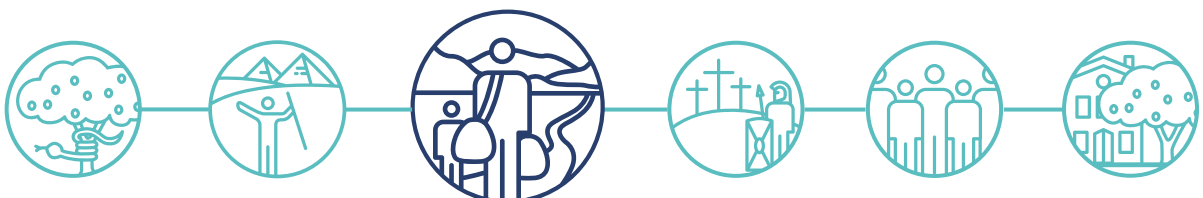
You go to face the giant. He just laughs at you. You are tiny compared to him and only have a catapult! However, you place a stone in the catapult and take your shot. The stone whirls through the air. It is a perfect shot and it hits the giant right in the middle of the forehead. God was with David and helped him have peace in the face of danger.

Emotion Check: You, worry or peace? (allow action)

The huge giant falls to the floor – dead! The enemy army runs away! You and God's army have won!

You are a tiny shepherd boy, not a soldier! However, you were not scared at all. In the real story, David knew one thing for sure – he KNEW God was with him, so he didn't have to worry. David had peace, took his shot and won!

Application: When God is with us, no matter what, we can have peace – even when we face HUGE giants.





Activity: Worry Giants

Give each child an A4 sheet with a picture of Goliath on it. They name the sheet 'worry giant.' In each arm and leg write or draw things that might worry them (e.g. the dark, someone unkind at school, etc). Ask them to lay their giants on the floor. Now give each child a small pebble and ask them to hold it tightly with their eyes closed. As they hold it tightly, get them to take deep and slow breaths for several seconds and tell them that God is with them. When God is with them, they can know peace no matter what (perhaps reference some of their worries). As they keep their eyes closed, concentrating on their breathing, remove their 'giants' out of sight so that when they open their eyes, their worry giants are gone.

Application: The Bible says God is always with us and we can have peace no matter what.

Zoom tweaks

- Ask the children to find an object in their space that is the same size as a small stone
- Ask them to hold that tightly in their hand and to squeeze it and not to stop until you say stop
- Hold up a worry giant to the screen
- As they squeeze ask them to think about things that worry them – remind them to squeeze tightly – what things do they worry about or get scared about? Allow them to speak or just think about them. You can write what they share into the worry giant you are holding to the screen for them to see.
- Remind them to keep squeezing
- Now ask them to close their eyes and take slow deep breaths in and out
- Tell them they can let go of their object
- Remind them as they breathe, with their eyes closed, that God says if we are in his army, he is always with us and that means we can always know peace, no matter what our worries are
- Ask them to open their eyes and show them the worry giant cut into tiny pieces
- Throw them into the air like confetti

Creative Prayer

Encourage each child to hold their stones/objects tightly once more and close their eyes. Explain that they are going to give their worries to God. Ask them to shout out their worry, something that stops them feeling safe and calm. Do this in an ordered way by going through them in turn: 'Sally, what are your worries? Tell them to God. He hears everything.' Remind them to squeeze their stone/object.

Pray

Thank you, God, you know all our worries.

You know all the things that make us worry and feel sad and scared.

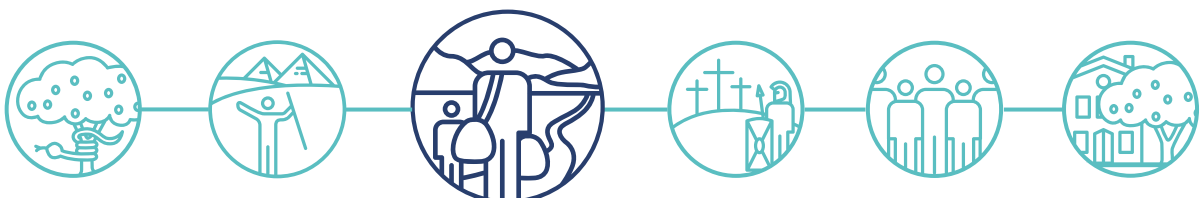
We give you all our worries and ask you to help us feel your calm.

Amen.

They can release the stones by placing them in a bin. Make sure you take the bin away out of sight as they watch

Zoom tweak

- Children can do everything the same in their space
- When it comes to putting the stones in a bin, ask them to hold them to the screen (as if passing them to you)
- As leader you pretend to take them and put them in a bin
- Pray the prayer and remove the bin





Optional Craft Activity

We don't want to give children ideas about making catapults. But have some fun making a (safer) launcher!

You will need:

- 8 thin lolly sticks
- 2 wide lolly sticks
- 3 elastic bands
- Plasticine or Blu Tack

Using the elastic bands and the lolly sticks, create a launcher that looks like the picture below.



Have fun firing small objects off the launcher, perhaps pieces of Plasticine or Blu Tack. You could hold a competition to see who can launch the object the furthest!

Next Session:

Session 5: Messiah & Love



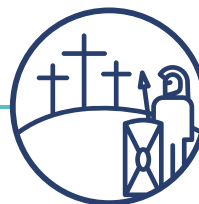
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