



# Week 4 / Pre-School

## Exile & Peace

### Session plan

**Core value:** 'God is with us, we can always be calm, inside and out'

#### Key Verse:

#### Psalm 18.30 (NIV)

*'As for God, his way is perfect: the LORD's word is flawless; he shields all who take refuge in him.'*

#### Resources:



Pictures on PowerPoint of the following:

- Bike ride in the sun
- Arguing with a friend
- Sleeping
- Playing in the playground at school
- Eating your favourite food
- A storm
- Being unwell
- Playing a game
- Someone you love feeling unwell
- Reading a book



*The Beginner's Bible or any Children's Bible*



Something to make a line with one end labelled 'very calm' and the other 'very worried'



Calm music without words



Large strip of fabric



Puppets, pictures or costumes for adults – for characters in the Daniel story



**ORIGINS**  
& MEANING



**EXODUS**  
& FREEDOM



**EXILE**  
& PEACE



**MESSIAH**  
& LOVE



**SPIRIT**  
& COMMUNITY



**HOPE**  
& HOME



## Activity: What is calm?

Tell the children we are going to learn about the word 'calm.' After counting to three, ask the children to go super crazy – give them permission to have fun and be super loud and wiggle their arms and legs. Any adults present can put fingers in their ears and wince a little!

Ask the children – 'Was that calm? Did they like it?' No.

Now ask the children to close their eyes and breathe in through their nose and out through their mouth (you may need to illustrate). Now breathe ten times in and out slowly. If you have some, play some relaxing music at the same time.

Ask the children – 'Was that calm? Did they like it?' Yes.

**Application:** The Bible says we can always be calm, inside and out, because God is with us.

## Activity: Calm Scale

Create a line on the floor and label one end 'very calm' and the other end 'very worried'. As you show the children pictures of different things, ask them to move to the side of the line that represents how they might feel. Show the following pictures:

- Bike ride in the sun
- Argument with a friend
- Sleeping
- Playing in the yard at school
- Eating your favourite food
- A storm
- Being poorly
- Playing a game
- Someone you love being poorly
- Reading a book

**Application:** When God is with us, we can be calm on the inside and out even when things look bad.

### **Zoom tweak**

Show the pictures or a PowerPoint and the children can respond by either acting crazy for 'very worried' or closing their eyes and looking peaceful for 'very calm' (make sure to illustrate this so they know what to do).





## Activity: Story – Daniel and the Lions' Den

Use *The Beginner's Bible* or any Children's Bible to tell the story – perhaps use images from the Bible or use costumes or puppets and encourage the children to re-enact the story.

After reading or acting the story, summarise it using the outline below and the 'story rules':

- Every time you say the word '**worry**' the children have to act a little crazy for your count of five seconds (your red word)
- Every time you say the word '**peace/calm**' they must breath in deeply, close their eyes and stand very still for your count of five seconds
- Either have puppets or pictures to show the characters in Daniel's story – or even dress up a few adult helpers

God's people had been captured and taken from their home – Babylon wasn't their real home.

God's people felt **worried**

A man called Darius became the new King of Babylon.

One of God's people called Daniel was very clever. Darius made him his chief helper.

But the king had other helpers and they did not like Daniel being their boss.

Daniel should have felt **worried**, but Daniel knew God was with him, so he was very **calm**.

The king's other helpers came up with a plan to get Daniel in trouble.

Daniel should have been **worried**, but Daniel knew God was with him so he was very **calm**.

The helpers went to the king and said, 'You are such a wonderful king, you should make it a law that for the next 30 days, everyone must only pray to you. If they don't, O king, they should be thrown into the lions' den.'

The king was a bit of a show-off and liked this idea.

The helpers knew that Daniel would NEVER pray to the king. Daniel would only pray to God. It was a trick!

Daniel should have been **worried**, but Daniel knew God was with him so he was very **calm**.

Just as the helpers knew, Daniel only prayed to God. So they spied on him and went running back to King Darius to tell him: 'O king, your chief helper Daniel

doesn't pray to you, he only prays to God.'

The king liked Daniel. The king knew he had been tricked. But he had made this law and now, Daniel had broken the law. He had to be thrown into the lions' den.

Daniel should have been **worried**, but Daniel knew God was with him so he was very **calm**.

Daniel was thrown into the lions' den – he wasn't **worried**, he knew God was with him. He was very **calm**.

Before they closed the door of the lions' den, the king said, 'I hope your God will save you.'

So, there was Daniel in a locked den filled with hungry lions.

Daniel should have been **worried**, but Daniel knew God was with him so he was very **calm**.

The king couldn't sleep all night. He was so scared for Daniel.

Early the next morning the king ran to the lions' den. He looked into the lions' den and guess what?

Daniel was alive! The lions hadn't touched Daniel – they hadn't even nibbled him!

'My God sent an angel to protect me,' Daniel told the king.

The king was so amazed he told everyone to respect God.

Through it all Daniel should have been **worried**, but Daniel knew God was with him, so he was very **calm**.





## Creative prayer

Invite all the children to lie on the floor. Play some calm music without words in the background ('Rest' Piano and Flute Instrumental is a good choice). If you have a large piece of fabric, hold it out over all the children lying down and gently ripple it above them – it's OK if some reach out and play.

### Pray

*Thank you, Jesus, that you are always with us.*

*Thank you, Jesus, that you can help us not to worry.*

*Amen.*

### Zoom tweak

- As adults will always be present with this age group, ask them to have a piece of fabric ready which they can use to ripple a little over their child as they lie down
- You play the music needed
- Follow the instructions as above

## Next Session:

### Session 5: Messiah & Love

