



### MADE TO MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body



### MAKE WAVES

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

#### WHAT YOU NEED:

- **Bible Verse John 7:38** "whoever believes in me... rivers of living water will flow from within them."  
(The memory verse poster should be displayed in the front of the room so all kids can see.)

#### TODAY'S BIBLE STORY

**Jesus Is Alive**  
John 18–21:14

#### TODAY'S BOTTOM LINE

**You can trust Jesus with your life.**

#### KEY QUESTION

**What does it mean to trust Jesus?**

#### MEMORY VERSE

**"Whoever believes in me . . . rivers of living water will flow from within them."**  
John 7:38, NIV

#### BASIC TRUTH

**I can trust God no matter what.**

#### WHAT YOU DO:

- Read John 7:38 out loud.
- Recite the verse out loud several times.
- Encourage your class to stand in a circle and hold hands.
- Instruct one kid to start the wave by lifting their left arm and then their right, passing the wave to the right.
- With each wave, say one word of the verse together as a group.
- Continue the wave and reciting the Memory Verse as time and interest allow.

#### WHAT YOU SAY:

"You all were great at making waves with your arms, but don't forget to make waves with your life this week too! When we choose to follow Jesus, His Holy Spirit comes to live inside of us. He is the living water, and He will show us how to let God's love, goodness, and kindness flow out of us. He will show us how to make waves of kindness, waves of helpfulness, and waves of goodness to the people in our lives. **You can trust Jesus with your life.** And as you do, you'll be making waves in the world around you!"



**MADE TO REFLECT**

an activity that creates space  
for personal processing  
and application



**PRAY AND DISMISS**  
[PRAY TO GOD | PRAYER ACTIVITY]

**WHAT YOU NEED:**

- **Prayer Card: Day 3** (Located in kids' bags)
- **Pencils** (Located in kids' bags)
- **Pins** (If you haven't already, pass out pins for day three and attach to lanyards)

**TODAY'S BIBLE STORY**

**Jesus Is Alive**  
John 18–21:14

**TODAY'S BOTTOM LINE**

**You can trust Jesus  
with your life.**

**KEY QUESTION**

**What does it mean  
to trust Jesus?**

**MEMORY VERSE**

**"Whoever believes in me . . .  
rivers of living water will flow  
from within them."**  
John 7:38, NIV

**BASIC TRUTH**

**I can trust God no matter what.**

**WHAT YOU DO:**

- Make sure kids have their pencil, prayer card, and pin for day three.
- Point out the "life preserver" symbol on the prayer card and pin.
- Say: "Just like a life preserver can rescue someone who needs help in the water, Jesus came to rescue us by going to the cross. That's why: **You can trust Jesus with your life.**"
- Invite kids to turn over their prayer card and write a one-sentence prayer of gratitude to Jesus for being our Savior.

**WHAT YOU SAY:**

"Dear God, thank You for sending Jesus to die on the cross to save the world. You gave Your one and only Son so we could have a relationship with You that lasts forever. That kind of love is bigger than we can even imagine. Because You love us that big, we know that the **bottom line is true. You can trust Jesus with your life.** When we go through hard times, remind us of what Jesus did for us. Please help us listen to Your Holy Spirit so we can put our trust in You with every decision we make. Help us to show others that You are worthy of all of our trust. We love You and we pray these things in Jesus' name. Amen."