



Week 4 - Elementary Additional Resources for Parents

THIS WEEK'S BIG IDEA | God will protect my heart and mind.

Quick review! This month we are talking about "GO"! **Where are we going?** 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!

God (*Point upward.*)

Will protect (*Cover top of head with hands.*) **My heart** (*Place hands on heart.*)

And mind (*Point to head.*)

→ Here is a great time to play the worship videos, followed by the teaching video if you haven't already!

QUESTION | What Do Superheroes Do?

What are some things superheroes do?

Some superheroes have the power of invisibility. Others have super strength or super speed. One thing most superheroes have in common, though, is that they have one main job: to protect. Batman protects the people of Gotham City. Superman protects the people of Metropolis. The Avengers protect the world, basically. Superheroes protect people. That's what they do!

So, let's think back to the song from earlier. It said, "Jesus is better than any superhero." That means Jesus will protect us way more than a superhero could!

SCRIPTURE | Philippians 4:4-9

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. We'll talk more about him in a second. But for now, let's see what he says to us in Philippians Chapter 4.

Read Philippians 4:4-9. This is part of a letter from a man named Paul who wrote this letter to his friends, the Phillipians, to help them feel better.

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

What are some words from this Bible passage that stand out to you?

QUESTION | Where Was Paul?

Did you hear in verse 4 where Paul says, "Rejoice in 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?

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.

SCRIPTURE | Philippians 4:11-13

When life is hard, it can be really difficult to rejoice and be happy like Paul tells us. It can be hard to go. But it's possible. Let's read something else Paul has to say.

INSTRUCTIONS: Read Philippians 4:11-13.

11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the

secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

Paul says he learned to be content. Content means to be okay and at peace. He said he learned to be that way no matter what. So, how did he do that? Verse 13 says it is through God. Maybe you've heard that verse before. Does it mean that through God we'll be able to make an impossible shot in basketball, or walk on the ceiling? No. What it means is, whatever the situation – whether it's good or bad – if we stay close to Jesus, Jesus will help us. Jesus will bring us joy no matter if things go our way or not, and Jesus will protect our heart and mind. Maybe right now you are going through a tough time. Maybe you have trouble at school or in your family. It's sad because tough times happen in all of our lives, just like they did with Paul. But, just like Paul, since we have Jesus, we can still be joyful no matter what because God protects our hearts and minds!

ACTIVITY | Create a Superhero

INSTRUCTIONS: *Give your child(ren) this week's printable and something to write/draw with. Instruct them to create their own superhero and what powers they would have. Ask them to share about their superhero when they're done!*

Awesome superheroes, everybody! **What powers do your superheroes have?** Those are some cool superpowers. Let's remember the greatest superpower there is—God, who protects our hearts and minds!

PRAYER

Take a few moments to pray with your child - they can ask God to protect their heart and mind, whatever they might be going through.

See the attached "small group discussion guide" for more discussion questions to talk about with your kids!