



## **Week 4 - Preschool Additional Resources for Parents**

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

**INSTRUCTIONS:** Have kids follow these simple hand motions to help them remember today's Big Idea:

**God will** (Point upward.)

**Protect** (Put two hands out in front of you, like saying "stop.")

**My heart** (Place your hands across your chest.)

**And mind** (Place your index fingers on your temple.)

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

**SCRIPTURE** | **Phillipians 4: 4-9, 13** (here in the NIRV, with simpler language for young ones)

Paul was a special man who helped tell people about Jesus. Paul was put in jail because the leaders did not want Paul to talk about Jesus. Even when he was in jail, Paul would sing happy songs to Jesus. He even wrote this letter to his friends to help them feel better while he was in jail!

4 Always be joyful because you belong to the Lord. I will say it again. Be joyful! 5 Let everyone know how gentle you are. The Lord is coming soon. 6 Don't worry about anything. No matter what happens, tell God about everything. Ask and pray, and give thanks to him. 7 Then God's peace will watch over your hearts and your minds. He will do this because you belong to Christ Jesus. God's peace can never be completely understood.

8 Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things. 9 Do what you have learned or received or heard from me. Follow my

example. The God who gives peace will be with you... **13** I can do all this by the power of Christ. He gives me strength.

**I know God will protect my heart and help me be happy.**

**I know God will protect my mind and help me not to worry.**

**God will protect my heart and mind.**

### **ACTIVITY | Build-A-Prison**

**INSTRUCTIONS:** Give the your child(ren) blocks or use a large box/sheet fort to make a prison building. Use dolls or action figures (or yourselves if the building is big enough!) to put inside the prison. Have kids sing or hum a tune while inside the "prison."

I don't like time out. It would not be fun to be stuck inside this jail all the time. It would be hard to sing happy songs to God if I was stuck in the prison, but that is just what Paul did! God helped Paul by protecting his heart and mind. God will protect your heart and mind, too! We can ask him to do this by praying!

### **ACTIVITY | Puppet Paul**

**INSTRUCTIONS:** Print and cut out the Puppet Paul printable. If you have a brown paper bag, arrange and glue a face onto the bag to make a puppet. If you don't have a bag, just arrange the pieces onto a separate piece of paper and glue or tape in place.

We each have a puppet. We can pretend our puppet is Paul from our Bible story. Hide your Paul puppet behind your fingers and pretend he is in the prison.

**Did God help Paul be happy in jail?** Yes! Paul was even able to sing happy songs to God when he was in prison.

You can wave your happy Paul puppet back and forth to show he is happy. **Can we pray when we are worried?** Yes, we can talk to God when we are worried!

Hold your Paul puppet face down. Pretend your Paul puppet is praying. **Can we have a dance party with our Paul puppets?** Yeah, we can!

Wave your Paul puppet in the air!

### **PRAYER**

God, You can help protect my heart when You help me to be happy. God, You can help protect my mind when You help me not to worry!