

# ELMO PRES KIDS

## Sunday School, May 24th, 2020



### Big Idea

Even in unstable circumstances, we can stand firm in the peace of God.

### Prepare

Grab your Bible, a pencil, a notebook/journal, and a device to access online content. Find a quiet place to sit. Ask the Holy Spirit to open your heart & mind to hear and apply God's Word.

### Sing

Click on these links for some fun praise songs: [The Joy of the Lord](#) & [King of Me](#).

### Review & Preview

Review the memory verse using this memory tool called "Snap it." Snap, clap, slap, or stomp after each phrase of the memory verse.

*"And I am sure of this, **Snap Snap Snap** that he who began a good work in you **Clap Clap Clap** will bring it to completion **Slap Slap Slap** at the day of Jesus Christ." **Philippians 1:6 Stomp Stomp Stomp***

What causes worry or anxiety in your life? If you had to describe your emotions today using the weather what would the forecast look like for you? (For example, it's sunny today because I feel happy).

Paul lived in unstable times which could have lead to anxiety and hopelessness. Based on the circumstances around him, Paul's weather report could have been "cloudy with a chance of golfball-sized hail." Despite Paul's tough circumstances, he is full of joy and peace. In Philippians 4, Paul gives us lots of practical advice on how to stand firm even when life storms around us.

### Watch, Read & Discuss

Read [Philippians 4:1-9](#). Next, [watch this lesson](#) by Jeffrey Smith, dad of Alex and Lily.

### Apply & Pray

Find one thing to think about or do each day this week that is true, noble, right, pure, lovely, admirable, excellent or praiseworthy. Here are 7 ideas, or come up with your own ideas.

1. Make a playlist of your favorite praise songs and host a family dance party.
2. Draw beautiful pictures alongside Bible verses on a sidewalk using chalk.
3. Mail an encouraging note to a grandparent.
4. Begin a biography about a Christian hero. Try a book from [Christian Heroes Then and Now](#).
5. Gratitude reduces anxiety and increase joy. Name one thing you are grateful for today.
6. Build something lovely with Legos. Text a photo of your lovely legos to a friend.
7. Pray. Philippians 4:6 says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Take a moment to pray about all of your worries because God cares for you!

# **A Week of What is True, Honorable, Just, Pure, Lovely, Commendable, Excellent, and Praiseworthy...**

*Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

*Philippians 4:8-9*

## **Day One**

Make a playlist of your favorite praise songs and host a family dance party.

## **Day Two**

Draw beautiful pictures alongside Bible verses on a sidewalk using chalk.

## **Day Three**

Mail an encouraging note to a grandparent.

## **Day Four**

Begin a biography about a Christian hero.

## **Day Five**

At a meal, ask your family to name one thing they are grateful for today.

## **Day Six**

Build something lovely using Legos. Text a photo of your lovely legos to a friend.

## **Day Seven**

Pray. Philippians 4:6 says, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” Take a moment to pray about all of your worries because God cares for you!