

## Household material for Kids (Age 4-7) -November

### Theme: God gives us strength...so Trust God

#### 1) Prepare – 30 Minutes

- a) Start with teaching the kids a song or two with some actions
- b) Introductory activity
- c) Review the last month's psalm verse and introduce the new memory verse
- d) Teach them a traditional prayer

Lead them to praise and worship with the help of the songs and psalms they learned and conclude with the traditional prayer. Don't forget to repeat the theme throughout the 3 hours, you can even do it with simple actions.

#### 1 a) Songs

- i. Repeat some songs they are familiar with
- ii. "What a Mighty God we serve" <https://www.youtube.com/watch?v=LK6EJBe5B6k>
- iii. "Jehovah Jirah" <https://www.youtube.com/watch?v=5cBUoufez3M>
- iv. "Battle belongs to the Lord" [https://www.youtube.com/watch?v=Qp\\_PolBwjEw](https://www.youtube.com/watch?v=Qp_PolBwjEw)
- v. "God will guide us" <https://www.youtube.com/watch?v=Ktulkmq7JY>

#### 1b) Introductory activity

Teach the children the song "My God is so big so strong and so mighty"

<https://www.youtube.com/watch?v=ModCusLCA2U>

*My God is so big, so strong and so mighty*

*There's nothing my God cannot do*

*My God is so big, so strong and so mighty*

*There's nothing my God cannot do.*

*The Mountains are his, the valleys are his, the stars are his handiwork too*

*My God is so big, so strong and so mighty*

*There's nothing my God cannot do*

Pair up the kids in groups of two. One kid in the pair is the birdie and the other is the perch. Make all the perches stand in a circle and all the birdies stand in another circle surrounding the perches. When everyone is ready, Facilitator has to ask the birdies to walk clockwise around the circle and the perches counter-clockwise. After a few seconds Facilitator calls out "Birdie on a Perch!" and the partners must find each other and the birdie must jump onto the back of the perch (the perch kneels on one knee, making a perch out of the other leg). The last pair to find each other is out. Continue until there is only one pair left. When the game is over, ask the kids to share something that is unique about birds.

After the sharing, the facilitator divides them into new pairs. One person in the pair is fish and the other is water. Have all the waters stand in a circle and all the fish stand in a circle

surrounding the waters. When everyone is ready, Facilitator has to ask the fishes to walk clockwise around the circle and the waters counter-clockwise. After a few seconds Facilitator calls out, "Fish in the water". Then the fish must find their water and hold their hands. Facilitator asks the kids to share on fish.

After the discussion the facilitator explains that God created everything with unique features and qualities. He created us with some special qualities and talents. He gives us strength to use these talents and we have to live up to His plans and dreams which He has set for our good. He is strong and mighty. Make them sing the song once again.

### 1c) Memory Verse

- i) Last month's memory verse was Exodus 16:15 But Moses told them, "This is the bread which the Lord has given you to eat."
- ii) For this month teach Exodus 17: 11 "*As long as Moses kept his hands raised up, Israel had the better of the fight, but when he let his hands rest, Amalek had the better of the fight*". Include some dynamics to make it interesting. You can ask them to make a song out of this verse - an action song would be better.

### 1d) Traditional Prayer

Teach them a traditional prayer

<http://www.catholic-kids.com/prayers.htm>

## 2) Present- 2 Hours

- a) **Narrate the Bible Story for the Month**
- b) **Activity within the story**
- c) **Key Message and Key Bible Verse**
- d) **Games**
- e) **Section on Saint and activity based on it**
- f) **KidCat**

### 2a) Bible Story

#### **Narrate the Bible Story for the Month**

We are nearing the end of our journey in Exodus.

#### **Recap:**

The Israelites after leaving Egypt (under Pharaoh's rule) are wandering through the desert. When they were hungry God provided them with manna and quail from above. When the Israelites were thirsty God commanded Moses to strike a rock with his staff and water came out of the rock for everyone to drink. But their challenges are not over yet! A group of people called the Amalekites are going to attack them. How will they get strength to fight in a war? Will they survive this?

Let's read what happened:

Exodus 17: 8-15

To help kids associate the words with their meaning you may also want to draw/ print appropriate pictures of Amalek, Joshua (Moses's assistant), Moses, etc. Define War (for the younger kids)

## **2b) Activity within the story**

Have the kids keep both the hands raised high as the story is being read from the Bible. Connect how just as their hands are getting tired Moses's hands also got tired.

A lot of times God uses people in our lives to help us. We need to allow them to help us so we can help do what God is asking of us. Moses had Aaron and Hur to help him. They saw that as soon as Moses put his hands down the Amalekites were winning but when his hands were raised up high the Israelites were winning. Aaron and Hur put a rock for Moses (to sit on and supported his hands).

Or re-read the story and this time have the kids act out the story- but everything has to be done in a slow pace.

### **Discussion:**

What was Moses doing when he raised his hands up? (praying)

There is a common saying that "As praise goes up, power comes down". This is how we need to be in our lives as we seem to be losing any battle we need to start praying/praising. God will provide us the necessary strength.

Have the kids repeat after you... As praise goes up, (they respond) power comes down.

What are some of the times we may need to praise? (when we feel down, when we feel we don't know what's going on, etc)

## **2c) Key message and Key Bible verse**

God helps defeat the Amalekites (Exodus 17)

Exodus 17:11 *"As long as Moses kept his hands raised up, Israel had the better of the fight, but when he let his hands rest, Amalek had the better of the fight"*

## **2d) Game**

**Musical Chairs:** Just as Moses kept his hands raised during the battle, the kids will keep their arms raised as they play musical chairs (or you can select one kid to be "Moses". As long as his/her hands are raised the music is played as soon as he/she puts his hands down the music stops. Those who are out can come and help support the hand of Moses if they are able to answer some select questions). Put the chairs in a circle and have the kids walk around them. Whenever the music stops they sit in one of the chairs. Whoever is left without a chair is out of the game. Keep playing until you have a winner.

<http://ministry-to-children.com/god-is-with-us-lesson/>

## 2e) Section on Saint - Saint George

Patron Saint: England, Catalonia

Feast day : April 23

This month we are going to learn about the knight, St. George of great bravery and strength. Let us all pay attention to how he trusted God and how courageous he was.

Saint George was born to a Christian family of Cappadocia (now Eastern Turkey) in A.D. 270 as the son of a Roman Army official. His mother was from Palestine. His name, George, means 'worker of the land'. Little George had a strong Christian upbringing. At the age of fourteen, he lost his father; after a few years, his mother also died.

After the death of his parents, George decided to go to Nicomedia, the imperial city of that time and joined the army as a soldier. His bravery and valour made him the imperial guard of the Emperor at Nicomedia. However, the time was not favourable for Christians and they were all persecuted. Saint George with the courage of his faith claimed himself to be a Christian and declared his worship of Jesus Christ and thus denied the false idols. He suffered many tortures because of his belief, but never considered renouncing it. He stayed strong by trusting Jesus.

Once, George came to the city of Silence in Libya. There he met a poor hermit who told him that the land is in great distress, for a dragon had long ravaged the country. The dragon was poisoning all the country. Whenever he approached the city he poisoned the people with his breath, and therefore the people of the city gave to him every day two sheep to eat, so that he would do no harm to the people. When they ran out of sheep, he was given a man and a sheep. Then an ordinance was made that the children and young people of the town should be chosen by lot to feed the dragon. Whoever the lot fell upon, wealthy or poor, he or she was delivered to the dragon.

"Every day, the dragon demands the sacrifice. And, now it is the turn of the King's daughter", said the hermit. When St. George heard this story, he was determined to try and save the princess. When he drew near the pond, he saw the princess heading towards the place, where the dragon lived. He stopped near the princess and told her not to fear and believe in God. But the princess was in great distress and could not believe his words and asked him to go away as nobody can save her. While they were talking, the dragon appeared and came running towards them. Saint George, who was on his horse, drew his sword, made the sign of the cross, then rode swiftly toward the dragon and struck him with his spear injuring him severely. Then he made the princess to tie her belt around the dragon's neck. When she had done so, the dragon followed her meekly. She led him into the city, and the people fled in fear.

Saint George said to the people, "Doubt not. Trust and believe in God and Jesus Christ, be baptized and strengthened, and I shall slay the dragon."

Then the king and all his people were baptized, whereupon Saint George killed the dragon and cut off his head. It took four ox-carts to remove his body from the city.

Thus, Saint George saved the land with the courage and strength he received from the God almighty. Let us all ask for the intercession of the Saint to lead a life of bravery and valour trusting upon God.

Activity based on the Saint

Colour the picture

<http://www.eparenting.co.uk/colouringpages/georgeanddragon.html>



## 2f) Kidcat

(Youcat 40,CCC 268,269,273)

Can God do everything? Is he all powerful?

**Nothing is impossible for God. He is all powerful.**

Grandmother : Oh! You are back from catechism class? What did you study today?

Kid : Grandma, we had lot of fun today. We did a play on the story of David and Goliath. God made little David all powerful to defeat the mighty Goliath. Grandma, how does God strengthen someone?

Grandmother : I will explain. Yesterday, why did you ask for the help of your father to lift that box?

Kid : Dad has strength. So when we together lift the box, it is easy.

Grandmother: See! Just like that, when the almighty God helps us in doing things, it becomes easier.

Kid : God strengthens us the same way He strengthened David...right Grandma?

Grandmother : There is nothing impossible for God. Haven't you read Mother Mary praising God in Bible, "For the Mighty One had done great things for me". We trust and depend in God and He performs great things through us.

Kid : Now onwards I will do things only through Jesus.

## 3) Preserve: 30 Minutes

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| <ul style="list-style-type: none"><li>a) Summary Activity</li><li>b) Conclusion</li></ul> |
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Repeating the message helps in impressing it in their heart and mind. It is always better to summarize the day with some activity which would help them to make something that they can carry home. It will be a reminder of the message back at home.

### 3a) Summary Activity and assignment:

Activity idea (1):

Just like the Lord provides our needs we are God's hands and feet to help others.

Continue collecting items for the needy. It could be anything from non-perishable goods, clothes, toys, etc. These are to be distributed during Christmas time.

Activity idea (2):

Hands held high (page 3-4)

[http://freesundayschoolcurriculum.weebly.com/uploads/1/2/5/0/12503916/lesson\\_39\\_moses\\_holds\\_up\\_his\\_hands.pdf](http://freesundayschoolcurriculum.weebly.com/uploads/1/2/5/0/12503916/lesson_39_moses_holds_up_his_hands.pdf)

- Can write the Bible verse across both hands/ review our Bible verse as an activity with these newly crafted hands : Exodus 17: 11 "As long as Moses kept his hands

raised up, Israel had the better of the fight, but when he let his hands rest, Amalek had the better of the fight. “

Additional activity:

Colouring, page 6 of

[http://freesundayschoolcurriculum.weebly.com/uploads/1/2/5/0/12503916/lesson\\_39\\_moses\\_holds\\_up\\_his\\_hands.pdf](http://freesundayschoolcurriculum.weebly.com/uploads/1/2/5/0/12503916/lesson_39_moses_holds_up_his_hands.pdf)

### **3b) Concluding Prayer**

Help them to make a small prayer on their own with some songs they learned.

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