

VICTORY KIDS ELEMENTARY

AIOHA: KEEPING COOL WHEN THINGS GET HOT

"ALL OF YOU TOGETHER ARE THE BODY OF CHRIST. EACH ONE OF YOU IS A PART OF THAT BODY." 1 CORINTHIANS 12:27 (ICB)

AFTER WORSHIP:

BIBLE PRESENTATION:

Live Host:

"Alright Victory Kids — now I need everyone's attention, because this moment is super special!" *(Pauses for effect)* "Here at Victory Kids, we love when friends come to visit... but we REALLY love when they come back again... and again... and again!" *(Smiles big)*

"So today, if this is your **third time** hanging out with us here at Victory Kids, we've got something AWESOME just for you!" "If that's you — go ahead and **raise your hand nice and high** so our team can spot you. Come to the stage because we want to celebrate you BIG TIME!" We have something really special that we want to give you..." *(Team members hand out Bibles)* "A brand-new **Bible** just for YOU! Because we believe God's Word is the best gift ever — it's full of hope, adventure, truth, and it reminds us every day who we are and how much God loves us!"

Can we clap it up and make some noise for our third-time friends getting their Bibles today?!" *(Claps hands, and waits for applause, celebrates big)*. And if you're sitting there thinking, 'Hey, I want a Bible like that!' — no worries! Keep coming, keep learning, and we'll have something for you too!"

CONNECT: CHECK IN / PRE SERVICE GAMES

10 MINS

THIS IS OPTIONAL, IF IT ISN'T NEEDED. PLEASE FEEL FREE NOT TO USE IT!

Pre Service Game Stations: As students are being checked in, use this time to get to know each student. Help them get comfortable in the classroom and find a friend or group to play games with. If you have enough volunteers in the room, get involved with the games. Fun builds trust with kids, so don't be afraid to have fun with them! Make sure everyone helps put away preservice games before large groups start.

GAME STATIONS

20 MINS

Live Host: Let's have our leaders come down to the front to get ready for games!

Are you ready for a game? Shout YES! I can't hear you! Let's get ready to play STAY ON THE ISLAND (MUSICAL CHAIRS)! *(Note for Live Host: make sure to give commentary during the game, and encourage the audience to cheer throughout the game).*

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STAY ON THE ISLAND (MUSICAL CHAIRS)

- **Supplies:** Music and 4 hula hoops
- **Live Host:** Alright, Victory Kids, I need 5 contestants to join me on stage! We have 4 hula hoops on the floor, and these hula hoops are your islands. When the music starts, you will walk around the stage. But when the music stops, you must quickly find an island and step inside a hula hoop. Remember this game is played like musical chairs. Since there are only 4 islands for 5 players, one person will be left without a spot each round and will be out. We will keep playing until there is only one contestant left, and that person wins 1 Bible Buck!

ALOHA JUMP CHALLENGE

- **Supplies:** Jump ropes
- **Live Host:** On the count of three, I want you to shout YES for the next game! One...Two...Three... YES!!! Alright, Victory Kids, it's time for the Aloha Jump Challenge. I need 3 contestants to join me on stage! Each contestant will take a turn with the jump rope. When I say go, you will start jumping and try to keep going for the full 20 seconds without messing up. If the rope gets stuck or you miss a jump, your turn is over. We will count how many jumps you make before you mess up or before the 20 seconds runs out. The contestant with the most jumps in 20 seconds without messing up wins 1 Bible Buck!

FLOW: WELCOME, FIRST-TIME VISITORS, WORSHIP & OFFERING

25 MINS

Live Host: (Note: invite a child up to pray for offering and today's service). We want to welcome our first-time visitors in a big way! If this is your first time visiting with us, we are so excited that you are here!

INTRO: MEMORY VERSE

5 MINS

Live Host: Victory Kids, this month, we're starting a brand-new series called **Aloha: Keeping Cool When Things Get Hot!** We experience all kinds of feelings and emotions. You may feel joy when something amazing happens. Maybe you feel angry when something is unfair, or frustrated when things don't go your way. But God doesn't leave us alone to figure those feelings out. He gives us His Word, and He gives us each other. Our memory verse this month reminds us that every one of us matters and that we all belong to something special: God's family. (Pick a student to come and say the Memory Verse).

Now, if you're ready to learn this month's memory verse, shout, "**ALOHA!**" ...Cue the memory verse video!

LESSON RECAP VIDEO

1 MIN

ALOHA: KEEPING COOL WHEN THINGS GET HOT

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LIVE HOST'S INTRO TO LESSON

5-7 MINS

Live Host: Alooooohaaa, Victory Kids! Welcome to our brand-new island adventure called **Aloha: Keeping Cool When Things Get Hot!** So, since our theme has to do with a beach or island, who here has seen big waves? (*Wait for Answers*) Sometimes life feels like that. One minute everything is fine, and the next minute you've got choices, problems, and pressure coming at you from everywhere. And if you don't have something solid to guide you, it's easy to wipe out.

That's why God gave His people something called **The Ten Commandments**. They weren't rules to make life hard; they were instructions to help people live the right way and keep God first. So, get ready, Victory Kids... grab your surfboard, ride the waves, and let's learn the Fourth Commandment!

Key Scripture: Today's key scripture is Exodus 20:8, "Remember the Sabbath day, to keep it holy."

LESSON VIDEO

2-3 MINS

(Found in the media file)

MINISTRY LESSON

10 MINS

Supplies: A volunteer and several simple tasks

Live Host Hook: I need one volunteer. I am going to give you some commands I need you to follow. (*Note for Live Host: Say the commands really quickly and repeat them more than once. The idea is to make the kids feel like they are having to do a lot really quickly.*)

First, clap three times.

Now spin around.

Now hop once.

Now touch your toes.

Now wave your hands.

Now jump twice.

Wow, that was a lot! You had to listen fast, move fast, and keep up the whole time. Have you ever felt like life is like that? School, homework, sports, chores, church, family... go, go, go, go, go! Sometimes it feels like there's no pause button.

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But here's the cool part, God actually made a pause button. He taught His people that they weren't supposed to work all the time. So, God gave His people a commandment about rest. Not because He wanted less from them, but because He wanted something good for them. Last week, we learned about the third commandment, You shall not take the name of the Lord your God in vain. Today we are learning about the fourth commandment Remember the Sabbath Day, to keep it Holy, which teaches us something very important about rest.

- **Rest on the Sabbath is the Fourth Commandment**

In Exodus 20:8–10, God said, "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God." The word Sabbath means a day of rest. God was telling His people that one day each week was to be different from the others. It was to be a day to stop, slow down, rest, but also a day to remember Him. Can we say that out Loud? The Sabbath is a day of rest, and to remember God?

This commandment is a little different from the others. Instead of only telling people what not to do, God was teaching His people something important they needed to do. He wanted them to understand that rest was not a mistake, or a waste of time. Rest was part of the way He designed us, and our lives to work. God knew people were not meant to be busy every second. He wanted His people to stop, worship Him, and remember that He is the one who gives them everything they need.

- **Rest Is a Gift from God**

Sometimes people think rest is just about taking a break, but the fourth commandment teaches that rest is actually a gift from God. God was not trying to make life harder for His people by giving them a Sabbath day. He was giving them something good. He was giving them time to breathe, time to worship, and time to remember that life was not supposed to be filled with nonstop pressure.

Think about how life can feel even now. There is school, homework, sports, chores, activities, noise, and a lot of things that are trying to get our attention. Sometimes we get so used to being busy that we forget that slowing down matters too. This gift of rest also shows us God's heart for us. God does not want us to think life is only about doing more, finishing more, and never slowing down. So, God built rest into the way He wanted us to live. When we rest, we are showing that we believe that God is still in control. So, resting and stopping to remember Him is not laziness; it is obedience.

- **Rest Helps Us Remember and Trust God**

The fourth commandment was not just about taking a nap or sitting still. It was about turning your heart back toward God. When God's people stopped their normal work on the Sabbath, they showed that they trusted Him enough to pause. They remembered that He was their provider, their helper, and the one taking care of their lives. Stopping gave them time to worship, pray, and listen to God again. That still matters today, because life can get really busy. There are tournaments, school events, practices, homework, and even church activities, and it can feel like we are always rushing from one thing to the next.

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When life feels full, if we are not careful, those things can take the space that should belong to God. Sometimes we hurry out of the house and forget to pray, forget to read our Bible, or forget to stop and think about Him at all. When that happens, it can start to feel like everything depends on us, but stopping helps us hear God and remember what matters. The fourth commandment reminds us that we can trust God enough to stop. When we take time to pray, worship, and listen to Him, it helps our hearts slow down and get clear again. God wanted His people, and He wants us too, to know that we can trust Him enough to stop, because when we stop and turn our hearts back to Him, He helps us see the right direction again.

MINISTRY MOMENT

10 MINS

Raise your hand and tell me something you learned today. I am giving away Bible bucks!

Today, we learned about the **Fourth Commandment** "Remember the Sabbath Day, to keep it Holy."

- **Rest on the Sabbath is the Fourth Commandment**
- **Rest Is a Gift from God**
- **Rest Helps Us Remember and Trust God**

When life stays rushed and full all the time, it becomes easy to forget how much we need Him. But, when we make room to rest and remember God, we are reminding our hearts that He is the one who takes care of us. A heart that trusts God can slow down, rest, and remember that He is always faithful.

Call to Action

For your call to action this week:

Memorize the First Four Commandments

This week ask your parents to help you memorize the first four commandments. **Commandment 1:** You shall have no other gods before Me. **Commandment 2:** You shall not make for yourself a carved image. **Commandment 3:** You shall not use the Lord's name in vain. **Commandment 4:** Remember the Sabbath day, to keep it holy.

Don't forget we will share next week and receive Bible Bucks!

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WRAP-UP & CLOSING PRAYER

5 MINS

(If your campus begins with small groups, please ask review questions before closing prayer. If your campus ends with small group, move directly to closing prayer (these questions will be asked and answered in small group))

1. What is the third commandment? **You shall not use the Lord's name in vain**
2. What is the fourth commandment? **Remember the Sabbath day, to keep it holy**
3. What does the fourth commandment teach us about? **Rest**
4. What does Sabbath mean in this lesson? **A special day set apart for rest and for remembering God**
5. What are some ways a person can slow down and remember God when life feels busy? **Various Answers.**

Before we move to small group, let us take a moment to pray.

Closing Prayer *(Please feel free to encourage the children to lead)*

Dear Jesus, Thank You for giving us rest as a gift. Thank You for showing us that we do not have to live worried, rushed, or overwhelmed, because You are the one who takes care of us. Help us slow down, trust You, and remember that everything we need comes from You. Teach us to make time to rest, worship, and keep our hearts focused on You. In Jesus' name, Amen.



ELEMENTARY SMALL GROUP LESSON

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SMALL GROUP OPTION ONE - (There are TWO options provided for small group the second one is for the campuses that does small group first)

INTRO

Live Host: Good morning, everyone! I hope you enjoyed today's lesson. Can anyone tell me what you learned today? *(wait for students' responses)*

The Fourth Commandment... Remember the Sabbath and keep it holy.

Today, we learned about the Fourth Commandment, "Remember the Sabbath and keep it holy", which teaches us that God gave His people a special day to rest and remember Him. In **Exodus 20:8-10**, God told His people to remember the Sabbath day and keep it holy.

We can find this commandment in the Old Testament, in the book of Exodus. Can anyone tell me where Exodus is found in the Bible? *(Pause for responses.)* Can anyone tell me what book of the Bible comes after Exodus? Great! Let's open our Bibles together.

Everyone, open your Bible to Exodus 20:8-10. The first person to get there gets a Bible Buck!

Now that we've found it, here's your challenge for the week:

When you talk with your family about what you learned today, open your Bible to Exodus 20:8-10 and talk with your parents about ways your family can make room to rest and remember God.

ICEBREAKER

(this icebreaker has two parts: questions from today's lesson and the call to action from last week)

1. What is the third commandment? **You shall not use the Lord's name in vain**
2. What is the fourth commandment? **Remember the Sabbath day, to keep it holy**
3. What does the fourth commandment teach us about? **Rest**
4. What does Sabbath mean in this lesson? **A special day set apart for rest and for remembering God**
5. What are some ways a person can slow down and remember God when life feels busy? **Various Answers**

Great job answering the questions. Does anybody remember what we were supposed to do last week for our call to action? *(Wait for responses)*

Our Call to action for last week:

Let's Honor God's Name

God's name is special because it is connected to everything that is true about Him. This week, take a few minutes at home and write down some truths about God. For example, God is good, God is strong, God is loving. Think about who God is and has been to you and write it down.

Don't forget we will share next week and receive Bible Bucks!



ELEMENTARY SMALL GROUP LESSON

Aloha: Keeping Cool When Things Get Hot

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PRAYER REQUESTS

Tell students we're starting prayer, remain with eyes closed, and focus attention on God. Ask for any prayer requests they would like to share. If your small group needs a little encouragement, give them categories like **family, school, or friends** to get them thinking about areas they need prayer in. After students share, lead the group in prayer, covering each prayer request, using the name of each student that asks for prayer.

RECAP CALL TO ACTION

5 MINS

Today, we learned the **Fourth Commandment**, "Remember the Sabbath Day and keep it holy"!

Memorize the First Four Commandments

This week ask your parents to help you memorize the first four commandments. **Commandment 1:** You shall have no other gods before Me. **Commandment 2:** You shall not make for yourself a carved image. **Commandment 3:** You shall not use the Lord's name in vain. **Commandment 4:** Remember the Sabbath day, to keep it holy. Don't forget we will share next week and receive Bible Bucks!

S.O.A.P

10 MINS

Please use the S.O.A.P sheet.

ACTIVITY: (OPTIONAL)

This activity can be taken from the game station section if needed.

CLOSING PRAYER

(Optional - you can invite a child to pray)

Dear Jesus, Thank You for giving us rest as a gift. Thank You for showing us that we do not have to live worried, rushed, or overwhelmed, because You are the one who takes care of us. Help us slow down, trust You, and remember that everything we need comes from You. Teach us to make time to rest, worship, and keep our hearts focused on You. In Jesus' name, Amen.



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S.O.A.P

S.O.A.P is a simple but helpful way to study the Bible and apply it to our own lives.

S.O.A.P stands for, **SCRIPTURE, OBSERVATION, APPLICATION AND PRAYER** and involves four simple steps.

S: SCRIPTURE

You physically write out the scripture. You'll be amazed what God will reveal to you just by taking the time to slow down and actually write out what you are reading!

O: OBSERVATION

What do you notice about the verses? What do you think the main message is? What verses, words or ideas jump out to you? Who is the audience? Is there a repetition of words?

A: APPLICATION

Ask God how He wants you to apply the verse to your own life. This is when God's Word becomes personal. What is God saying to me today? How can I apply what I just read to my own personal life? What changes do I need to make? Is there an action that I need to take?

P: PRAYER

Pray God's Word back to Him. If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life.

LET'S S.O.A.P TOGETHER

"Remember the Sabbath day, to keep it holy."

EXODUS 20:8

Name:	Grade:	Date:
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S.O.A.P

“Remember the Sabbath day,
to keep it holy.”
Exodus 20:8

SCRIPTURE What did you read?

OBSERVATION What is God saying?

What does this look like in my life?

APPLICATION

PRAYER Dear God...

Check out this month's Memory Verse Song!

“All of you together are the body of Christ. Each one of you is a part of that body.” 1 Corinthians 12:27 (ICB)

