Noah's Courage and God's Promise



Bible verses:

Genesis 6:5-22; 7:13-16; 8:6-11; 9:12-17



Aim:

To follow Noah as an example of obedience



Today's fruit:

Goodness



In today's session we learn how Noah showed courage and goodness by obeying God when no one else did.

Even though he did not understand everything God was doing, Noah chose to trust and follow him. When the flood ended, God made a special promise called a covenant that he would never again flood the whole Earth. The rainbow became a sign of that promise and a reminder of God's love and faithfulness to all creation.

We can show goodness by following God's ways and trusting his promises even when we cannot see the whole picture.

Each child will need:

- Memory verse wristband
- Resources for chosen rainbow activity see Action it
- Scissors, glue and pens/pencils
- Paper/card circles large enough to write on
- Explore it ideas handout

You will need:

- Today's fruit sign: Goodness download from Salvationist
- Rainbowtastic PowerPoint presentation
- Memory verse poster





Show the group the Rainbowtastic presentation.

Ask:

How many of you have seen a rainbow?

It is very unlikely there is anyone in the group who hasn't seen a rainbow, but the following 15 Rainbowtastic presentation slides show a range of rare and unusual rainbows. Show and discuss each one. At the end of the presentation, ask the group which kind of rainbow they would most like to see.



Say:

Throughout this month we will discover that God makes special promises with people in the Bible. Our memory verse reminds us that we can always trust God's promises.

Display the memory verse and give the children a memory verse wristband. Read through the verse together.

Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

Sau:

Today's song will help us to remember our memory verse.

Song

'Hebrews 10:23 - He Is Faithful' (hand motions) by Seeds Kids Worship (2:42)*



Sau:

Today we are going to listen to Noah's story and see how he faithfully obeyed God and believed in his promises.

Watch the clip with the children to help them explore the story of Noah and use the timings below to stop the clip and discuss the questions.



Video

Noah's Ark by Saddleback Kids (3:38)

Watch 0:00-0:41 Noah's Ark by Saddleback Kids

Ask:

- What kind of person was Noah?
- Was everyone like Noah? If not, then how were they different?
- How did God feel about what was happening to his creation?
- What did God decide to do?
- Why do you think God wanted to save Noah and his family?

Display the Goodness fruit sign.

Say:

The Bible tells us that God saw Noah's goodness when the world was full of evil. Noah's goodness showed in the way he listened and obeyed. Goodness means choosing to do what is right, even when others do not. The Holy Spirit grows the fruit of goodness within us.

Watch 0:42 - 1:38 Noah's Ark - Saddleback Kids

Ask:

- What did God tell Noah to do?
- How would you have felt if God had asked you to do something like that?
- How would you have been able to keep going, even when everyone was laughing at you?

Say:

Noah continued to do as he had always done. He chose to follow God, no matter how silly it made him look or how embarrassing it became. He kept his family and all the animals safe as the rain came pouring down.

Watch 1:38 - 2:55 Noah's Ark - Saddleback Kids

Ask:

- What birds did Noah send out of the boat to find dry land?
- What did the dove bring back to the boat?

Say

Noah and his family had to wait patiently on the boat for a long time after the rain had stopped.

Ask:

How do you think you would have coped being on the boat all the time?

Watch 2:56 - 3:38 Noah's Ark - Saddleback Kids



Ask:

- What did Noah build to make a sacrifice to God?
- What promise did God make to Noah?

Sau

We read about God's promise to Noah in Genesis 9:12-16.

Read:

And God said, 'I am making an agreement between me and you and every living creature that is with you. It will continue from now on. This is the sign: I am putting my rainbow in the clouds. It is the sign of the agreement between me and the earth. When I bring clouds over the earth, a rainbow appears in the clouds. Then I will remember my agreement. It is between me and you and every living thing. Flood waters will never again destroy all life on the earth. When the rainbow appears in the clouds, I will see it. Then I will remember the agreement that continues for ever. It is between me and every living thing on the earth.'

(Genesis 9:12-16 ICB)

Ask:

What promise did God make to Noah?

Say:

Every time you see a rainbow, remember God's promise to Noah and the whole of creation.



Say:

Today we are going to make a rainbow to remind us of God's love for all his creation.

Show the children how to make their own promise rainbow to take home and display. Each time they see it, it will remind them of God's love and the promise he made to Noah.

There are several different ways they could create their rainbow and a range of options are provided below:

- Make a lollypop stick rainbow from **thejoysharing.com**
- Create a rainbow marbling picture using marbling inks.
- Make paper tissue rainbow from bakerross.co.uk
- Make a rainbow hanging decoration from **teachingmama.org**

Sau:

Your rainbow will help remind you of God's love for you.



Ask:

- How did Noah show his love for God?
- What choices could you make this week that show how much you love God?



Say:

Today we've learned that Noah trusted and obeyed God, even when he didn't understand everything God was doing. God showed his love and faithfulness with a rainbow. Let's watch a short clip that helps us think about rainbows in a new way.

Watch:

How rainbows form and what shape they really are (colourful weather) by ABC Australia (3:01)

Give each child a circular piece of paper and a felt tip.

Say:

This circle reminds us that God's promises are complete, even when we only see part of them.

Write or draw something inside your circle that shows a promise of God you trust – like God loves me, God helps me, or God keeps his promises.

Give the children time to write their promise.

Say:

Hold your circle as we pray.

Dear God,

Thank you that your promises are always true. Help us to trust like Noah did, even when we can't see the whole picture.

Amen.

*Please ensure you have obtained the relevant licences or permissions before sharing videos with your group.



Remember to send home the *Explore it ideas* for children and families.



Explore it is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)



Noah's courage and God's promise

Here are some ideas for you to explore at home.



Bible verses:

Genesis 6:5-22; 7:13-16; 8:6-11; 9:12-17



Aim:

To follow Noah as an example of obedience



Today's fruit: Goodness



Create

In this week's Explore it session, you were given a circle and wrote one of God's promises in the middle. Using different colours, create a rainbow around the edge of your circle.

As you add each colour, think about what that promise means to you and how it reminds you that God is faithful. When you've finished, hang your rainbow circle somewhere you'll see it often. Each time you look at it, remember that even when you can't see the whole picture, God keeps his promises and is always with you.



Share

Sometimes we only see part of what's happening, like half a rainbow.

Talk with the people at home, about a time when you didn't understand something at first but later realised it worked out for the

Noah had to wait and trust that things would be okay.



Song for the week

'Hebrews 10:23 - He Is Faithful' (hand motions) by Seeds Kids Worship (2:42)

www.youtube.com/ watch?v=eLU1XV9GWOc



Memory verse

Children & Youth

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

Kids Alive! Online - salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

We can trust God to do what he 'Let us hold firmly to the hope that we have confessed. (Hebrews 10:23) promised.'



Resources

Explore it

January 2026: Memory Verse Wristband

TRUST PROMISE HOPE TRUST TRUST	PROMISE PROMISE HOPE	'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.' (Hebrews 10:23)	TRUST PROMISE OF TRUST PROMISE HOPE OF TRUST HOPE
TRUST PROMISE HOPE (S) TRUST	PROMISE PROMIS	'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.' (Hebrews 10:23)	TRUST PROMISE A PROMISE HOPE US HOPE TRUST WORLD HOPE US HOPE
TRUST PROMISE HOPE (S) TRUST TRUST	PROMISE PROMISE WORLD HOPE	'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.' (Hebrews 10:23)	TRUST PROMISE OF TRUST PROMISE OF TRUST PROMISE OF TRUST
TRUST PROMISE HOPE C	PROMISE PROMIS	'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.' (Hebrews 10:23)	TRUST PROMISE OF TRUST PROMISE HOPE US TRUST WORLD HOPE
TRUST PROMISE HOPE C	PROMISE PROMIS	'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.' (Hebrews 10:23)	TRUST PROMISE OF TRUST PROMISE HOPE US TRUST WORLD HOPE
TRUST PROMISE HOPE C	PROMISE PROMISE HOPE	'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.' (Hebrews 10:23)	TRUST PROMISE OF TRUST PROMISE HOPE US TRUST WO HOPE



January 2026: Memory Verse Wristband

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23)

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23)

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

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(Hebrews 10:23)

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23)





Rainbountastic





How many of you have seen a rainbow?

Download PowerPoint presentation from salvationist.org.uk





Contrails



Source: Glenn Beltz on Flickr (www.flickr.com/photos/n28307/51427503027)



Moonbow



Source: Arne Kaiser on Wikimedia Commons (commons.wikimedia.org/wiki/File:Moonbow,_Kula,_Hawaii..jpg)



Upside-down rainbow



Source: William Acka on Wikimedia Commons (commons.wikimedia.org/wiki/File:Circumzenithal_arc_%28upside_down_rainbow%29.jpg)



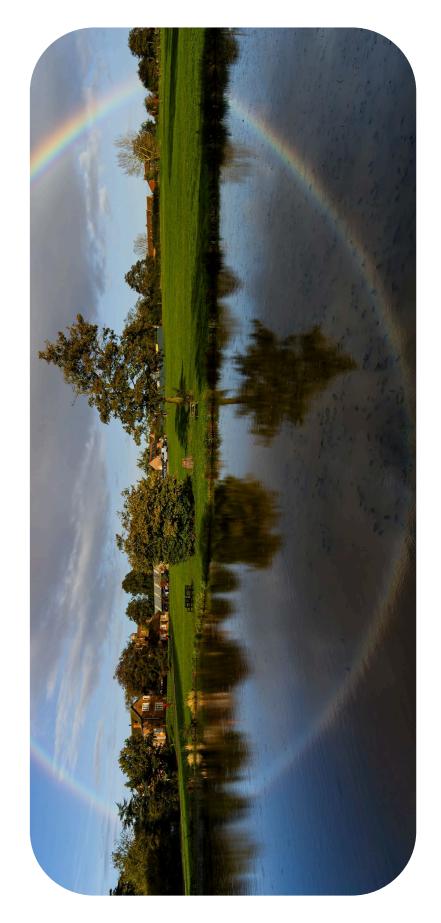
Full circle rainbow



Source: Jakob Owens on Unsplash (unsplash.com/photos/birdseye-view-photography-of-body-of-water-LjOqMg5ciHw)



Reflection rainbow



Source: James Smith on Unsplash (unsplash.com/photos/a-rainbow-is-reflected-in-the-water-of-a-lake-9U1030aExMM)



Monochrome rainbow



Source: Hannamyluv Heather Rhoades on Wikimedia Commons (commons.wikimedia.org/wiki/File:Double_Red_Rainbow.jpg)



Fogbow



Source: Jason Hudson on Unsplash (unsplash.com/photos/a-foggy-field-with-trees---Wdt-cVTPg)



Double rainbow



Source: Abigail Keenan on Unsplash (unsplash.com/photos/rainbow-over-mountain-illustration-hG4qBPj5BJg)





Broken rainbow



Source: Frames For Your Heart on Unsplash (unsplash.com/photos/green-trees-under-blue-sky-with-rainbow-aT6vJyL1qF8)



Waterfall rainbow



Source: Kristine Varga on Unsplash (unsplash.com/photos/a-waterfall-with-a-rainbow-KicFNO6lsNk)



Alexander's dark band rainbow



Source: Willirememberme on Wikimedia Commons (commons.wikimedia.org/wiki/File:Alexander%E2%80%99s_band_will_1.jpg)





Twinned rainbow



Source: Unukorno on Wikimedia Commons (commons.wikimedia.org/wiki/File:Zwillingsregenbogen_bei_Sassnitz.jpg)



Sea spray rainbow



Source: Mark Vihtelic on Unsplash (unsplash.com/photos/a-rainbow-appears-over-a-wave-in-the-ocean-ruhVXPygBWM)





Supernumerary rainbow



Source: Mika-Pekka Markkanen on Wikimedia Commons (commons.wikimedia.org/wiki/File:Supernumerary_Rainbows.jpg)





Rainbow cloud



Source: Nadia Ivanova on Unsplash (unsplash.com/photos/snow-covered-mountain-under-cloudy-sky-during-daytime-fywu_i7DAAk)



§ Explore it

God Provides for Abraham's Sacrifice



Bible verses:

Genesis 22



Aim:

To ask our honest questions



Today's fruit:

Faithfulness



In today's session we learn that God is faithful and will provide what we need.

This week we will focus on Abraham and the story of God's promise. When God asked Abraham to do something that seemed impossible, Abraham chose to trust him completely. God provided a ram in place of Isaac and reminded Abraham that his promises never fail. As we mark Covenant Sunday we remember that God's promises are still true for us today. Just as Abraham showed faithfulness by trusting God, we can show faithfulness by holding firmly to hope and keeping our promises to follow him.

Each child will need:

- Sticky notes
- Pens/pencils
- Paper
- Explore it ideas handout

You will need:

- Today's fruit sign: Faithfulness download from Salvationist
- Memory verse poster
- Flipchart/whiteboard





Say:

In today's session Abraham has to make a difficult choice. Here are some 'Would you rather' questions to get you thinking about making choices.

Ask:

Would you rather ...

- be able to fly or be invisible?
- have a pet dinosaur or a pet dragon?
- go on a rollercoaster or go skydiving?
- be the smartest person in the world or the best athlete in the world?
- eat a beetle or get stung by a bee?
- be really fast or really strong?
- read minds or see through walls?
- have a purple nose or green ears?





Say:

Today's story takes us nearly to the start of the Bible to the story of a man called Abraham. He was one of the people chosen by God to begin his great rescue plan for the world. Our song for today is all about Abraham. See if you can keep up with the actions.

Watch:

'Father Abraham' lyrics & dance by Kids on the Move (2:51)



abla Share it

Say:

Abraham lived many centuries before Jesus. He loved and trusted God and tried to follow his instructions, even when they didn't always make sense.

Ask:

Have you ever trusted someone even when you didn't know how things would turn out? How did it feel?



Say:

God made a special promise, or covenant, with Abraham. He told Abraham to leave his home to travel to a new land, and that one day his family would grow into a great nation. Through Abraham's family, God promised to bless the whole world. Abraham and his wife Sarah had waited many years for the child God had promised them. Let's read what happened when God kept his promise.

Read:

The Lord cared for Sarah as he had said. He did for her what he had promised. Sarah became pregnant. And she gave birth to a son for Abraham in his old age. Everything happened at the time God had said it would. Abraham named his son Isaac. Sarah gave birth to this son of Abraham.

(Genesis 21:1-3 ICB)

Ask:

How do you think Abraham and Sarah felt when their baby boy was finally born after they had waited so long?

Say:

All children are special, but Abraham and Sarah must have cherished Isaac so much as they had waited a long time for a child. Sometimes there are stories in the Bible that are difficult to understand, and our story today is one of those! At times it is hard to imagine why certain characters make the choices they do, because it seems so far away from the world we live in today.

Ask:

- What do you do when you find parts of the Bible confusing?
- Who do you talk to when something in the Bible doesn't make sense?

Say:

Watch the clip to find out about the difficult choice Abraham had to make.

Watch:

Abraham Offers Isaac by Cartoon Works (4:29)*

Discuss:

- Why do you think God asked Abraham to sacrifice Isaac?
- It took three days for Abraham and Isaac to reach the place set aside for sacrifice. What do you think that journey was like?
- At the last minute, what did the angel of the Lord tell Abraham to do?
- Abraham named the place 'The Lord Will Provide'. Why do you think he chose that name?

Say:

This story can seem frightening, but it shows how deeply Abraham trusted God. Even when he did



not understand what was happening, he believed that God would keep his promise. God provided for Abraham by sending a ram to take Isaac's place and showed that his promises never fail.

Read:

The angel of the Lord called to Abraham from heaven a second time. The angel said, 'The Lord says, "You did not keep back your son, your only son, from me. Because you did this, I make you this promise by my own name: I will surely bless you and give you many descendants. They will be as many as the stars in the sky and the sand on the seashore. And they will capture the cities of their enemies. Through your descendants all the nations on the earth will be blessed. This is because you obeyed me."

(Genesis 22:15-18 ICB)

Say:

God's covenant with Abraham reminds us that he always keeps his promises, even when life feels uncertain or confusing.

Ask:

- What does this story teach us about God's promises?
- How do you think Abraham felt when he realised God had provided another way?
- When have you had to trust God even though you didn't understand everything?

Say:

This week is Covenant Sunday in The Salvation Army, a time to remember God's faithfulness and to renew our promise to follow him. The same God who kept his promise to Abraham keeps his promises to us today.

Display the Faithfulness fruit sign.

Say:

Our fruit of the Spirit today is faithfulness. Faithfulness means trusting that God keeps his promises and remembering that his love never changes. Abraham showed faithfulness when he trusted God to provide for him and his family.



Today we've seen that Abraham trusted God completely, even when things did not seem to make sense. The Bible is full of moments like that. There are times that make us think deeply and wonder what God is doing. God doesn't mind our questions; in fact, he welcomes them.

The following activity enables the children to ask, and find answers to, their questions about God and the Bible.

Give each child some sticky notes.



Say:

Spend a few quiet moments thinking about things in the Bible that puzzle you or that you would like to understand better. Write one question on each of your sticky notes.

Give them a few quiet moments to reflect and write.

Say:

Join a partner and talk through your ideas. Together, choose one question from your sticky notes that feels most interesting or important to you.

Collect the other sticky notes to read later. Give time for discussion.

Ask:

Would any pairs like to share their chosen question with the group?

Write a few of them on flipchart paper so everyone can see the kinds of things people wonder about.

Ask:

How could we start to find answers to these questions?

Encourage ideas such as talking to a parent, leader or friend; reading the Bible together; watching a trusted Bible video; or praying and asking God for wisdom.

Say:

Choose one question of your own to take home as your Explore it activity this week. Try to find out something new about it before our next session and be ready to share what you discovered.



Sau

This week is Covenant Sunday in The Salvation Army, a day when we remember that God's promises never break. Our memory verse reminds us that God is a promise keeper. Let's share it together.

Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

Ask:

Covenant Sunday reminds us that God always keeps his promises. What is one promise of God that you want to remember and trust this week?



Give each child a piece of paper and a pen/pencil.

Say:

Draw around your hand on the paper. Inside the outline, write or draw one way you want to stay faithful to God this week. It could be something simple like praying each day, showing kindness, or trusting God when things are hard.

Give the children time to complete the prayer activity. Ask them to place their hand on their drawing as you pray.

Pray:

Dear God, thank you that you are faithful and loving. Help me to keep my promises to you as you keep yours to me.

Amen.

*Please ensure you have obtained the relevant licences or permissions before sharing videos with your group.



Remember to send home the Explore it ideas for children and families.



Explore it is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)



God Provides for Abraham's Sacrifice

Here are some ideas for you to explore at home.



Bible verses: Genesis 22



To ask our honest questions



Today's fruit: **Faithfulness**

> Children & Youth



Create

In today's session we played the game 'Would you rather'. Have a go at making up your own ten questions and then play the game with the people at home or your friends at school.



Discover

As part of this week's session you should have written down one question about the Bible to try to answer. In the session we talked about different ways that you could find out an answer. Ask someone at home to help you answer the question and bring what you have discovered to the next Explore it session.



Song for the week

'Father Abraham' lyrics & dance by Kids on the Move

www.youtube.com/ watch?v=ASXowiv3FAc



Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)



Kids Alive! Online - salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

Making Wise Choices Like Solomon



Bible verses:

1 Kings 3:4-12,17-28



Aim:

To make wise decisions like Solomon



Today's fruit:

Peace



In today's session we learn about Solomon, a young king who asked God for wisdom instead of riches or power. God was pleased with Solomon's request and kept his promise to him, giving him great wisdom to make fair and peaceful decisions. When two women came to Solomon arguing about a baby, he used the wisdom God had given him to bring peace to a difficult situation. Through Solomon's story we discover that God's wisdom helps us make good choices too. When we ask God for help, he listens and keeps his promises.

Each child will need:

- Wise Choices handout
- Explore it ideas handout

You will need:

- Memory verse poster
- Today's fruit sign: *Peace* download from **Salvationist**



There are two ways to begin today's session. Choose the one that best fits your group.

- **Option 1 Who Would You Ask?** helps introduce the theme of asking for help and wisdom.
- **Option 2 Follow Up** links directly to last week's session for groups that completed the 'Bible question' challenge. It encourages children to share what they discovered at home.



Option 1 - Who Would You Ask?

Say:

Today we're going to think about how we can make wise choices and how we are not alone when we face difficult decisions. I'm going to describe some different situations, and I want you to think who you would ask for help.

Read and discuss each question below and encourage the children to share their ideas.

Discuss:

- You can't figure out a really hard maths problem. Who would you ask?
- Your bike has a flat tyre. Who would you ask?
- You feel upset because a friend was mean to you. Who would you ask?
- You want to know more about God. Who would you ask?
- You have to make a big decision, like whether to tell the truth even if it gets you into trouble. Who would you ask?

Ask:

- What makes someone a good person to ask for advice?
- How do you know if someone is giving you wise advice?

Say:

We all need help to make good choices. Sometimes we ask people we trust, like family, teachers or friends; but even the wisest people don't always know everything.

In our Bible story today, a young king named Solomon needed help too. He didn't just ask anyone - he asked God. We'll find out what happens later in our session.

Option 2 - Follow Up

Say:

Do you remember the question about the Bible you wrote down last week? You took it home to ask someone to help you find an answer. Let's hear what you discovered and what you learned together! It's OK if you didn't find an answer; sometimes it's like that!

Ask:

- What was your question about the Bible?
- Who did you ask to help you find the answer?
- What did you discover together?



Say:

It's great that we can ask questions and explore the Bible together, even if we can't always get an answer. We can learn from others and we can always ask God to help us understand too. Today we'll hear about someone who asked God for help when he needed to make a wise choice. His name was Solomon.



Say:

In today's Explore it we continue to discover how God keeps his promises. Solomon trusted God's promise to give him wisdom, and we can trust God too. Our Memory Verse reminds us that God can always be trusted to do what he says. Let's share it together.

Memory Verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

Say:

You'll have heard our song for today before, as we sang it in our very first session! It will help us to remember our memory verse

Watch:

'Hebrews 10:23 - He Is Faithful' (Hand Motions) by Seeds Kids Worship (2:42)*



Ask

If you could ask God for one thing, what would it be?

Sau:

King Solomon became king in his early twenties when he was still very young. His father, King David, had been a great ruler who loved and followed God. Solomon wanted to do the same, but he knew that being king would mean making lots of big and difficult decisions. One night, while Solomon was worshipping at the altar, something amazing happened.

Read:

King Solomon went to Gibeon to offer a sacrifice. He went there because it was the most important place of worship. He offered 1,000 burnt offerings on that altar. While he was at Gibeon, the Lord came to him in a dream during the night. God said, 'Ask for anything you want. I will give it to you.'



Solomon answered, 'You were very kind to your servant, my father David. He obeyed you. He was honest and lived right. And you showed great kindness to him when you allowed his son to be king after him. Lord my God, you have allowed me to be king in my father's place. But I am like a little child. I do not have the wisdom I need to do what I must do. I, your servant, am here among your chosen people. There are too many of them to count. So I ask that you give me wisdom. Then I can rule the people in the right way. Then I will know the difference between right and wrong. Without wisdom, it is impossible to rule this great people of yours.'

The Lord was pleased that Solomon had asked him for this. So God said to him, 'You did not ask for a long life. And you did not ask for riches for yourself. You did not ask for the death of your enemies. Since you asked for wisdom to make the right decisions, I will give you what you asked. I will give you wisdom and understanding. Your wisdom will be greater than anyone has had in the past. And there will never be anyone in the future like you.'

(1 Kings 3:4-12 ICB)

Ask:

- Why do you think Solomon asked for wisdom?
- What was he concerned or anxious about?

Say:

Solomon knew he would need to make fair and wise choices. He didn't want to rely on his own understanding.

Ask:

In what ways do we need God's help to make wise choices?

Say:

Not long after God gave Solomon this gift, he had a very difficult problem to solve. Two women came to Solomon both claiming that they were the Mum of the same baby! Let's find out what happened.

Watch:

What is wisdom? by CQ Kids (2:26)

Ask:

- How did Solomon know who the mother of the baby was?
- How did Solomon use God's wisdom to solve the disagreement?

Display the *Peace* fruit sign.

Ask:

- How did Solomon's gift of wisdom bring peace to this situation?
- How can we bring peace to situations with our wise choices?



Solomon used God's wisdom to bring peace where there had been anger and sadness. When we ask God for wisdom, he helps us make choices that bring peace at home, at school, and with our friends.



Ask:

- If someone is described as wise, what does it mean?
- What kind of things do they say or do?
- Who is the wisest person that you know? Why did you choose them?

Say:

Watch the clip to find out more about what it means to be wise.

Watch:

Wisdom by PursueGod Kids (2:23)

Say:

Wisdom is knowing what is right and doing it. Wise people use their knowledge to do the right thing. In the video, it says that we need to practise making wise choices, and that's what we're going to do today.

Divide the children into small groups and give each group one or two scenarios from the 'Wise Choices' handout to act out. After each scenario, ask the group what they would ask God for in this situation and what the wise choice would be. See the example below:

You are sitting a test that you are finding very difficult. The person next to you seems to know all the answers and you are tempted to cheat. What do you do?

Ask God: 'Please help me to remember everything that I know and do my best.'

Wise choice: Turn your chair away from the person next to you and focus on your own test.

Ask:

- How will thinking through these different scenarios help you to make wise choices in the future?
- What can you do when you have a wise choice to make?

Say:

When we have a challenging decision to make, it can be easy to rush to find an answer. Solomon teaches us that seeking God's wisdom first is very important. God's wisdom helps us make choices that bring peace, instead of more arguments or worry. Next time you are settling a disagreement between friends, deciding whether to tell the truth, or choosing whether to stand up for someone in trouble, take a moment to ask God for his wisdom. He has promised to help anyone who asks.





Today we've thought a lot about asking for help and wisdom from people we trust, and from God. Solomon knew he couldn't make the right choices on his own, so he asked God for wisdom. God listened and kept his promise. We can ask God for help too, with anything that worries us or any decision we need to make.

We're going to sing this fun song as part of our prayer time. It reminds us that if we need wisdom, we can ask God and he will give it to us.

Watch:

'If Anyone Lacks Wisdom' by Holy Land Adventure: Egypt VBS Group Publishing (1:55)*

Pray:

Dear God.

Thank you that you gave Solomon wisdom when he asked.

Please give us your wisdom too, so we can make good choices each day.

Help us to bring peace to others with our wise choices.

Amen.

Draw around your hand on the paper. Inside the outline, write or draw one way you want to stay faithful to God this week. It could be something simple like praying each day, showing kindness, or trusting God when things are hard.

Give the children time to complete the prayer activity. Ask them to place their hand on their drawing as you pray.

Pray:

Dear God, thank you that you are faithful and loving. Help me to keep my promises to you as you keep yours to me. Amen.

*Please ensure you have obtained the relevant licences or permissions before sharing videos with your group.



Remember to send home the Explore it ideas for children and families.

Explore it is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)



Explore it

Making Wise Choices Like Solomon

Here are some ideas for you to explore at home.



Bible verses: 1 Kings 3:4-12,17-28



Aim: To make wise decisions like Solomon



Today's fruit: Peace

> Children & Youth



Watch

Watch the clip about wisdom with the people at home.

'What is wisdom?' by CQ Kids www.youtube.com/ watch?v=Fvu_601Jahl

- What is the wisest decision you've ever
- What is the most foolish decision you've ever made?

Share with your family the importance of asking God for wisdom when we have a difficult decision to make.



Song for the week

'Hebrews 10:23 - He Is Faithful' (Hand Motions) by Seeds Kids Worship

www.youtube.com/ watch?v=eLU1XV9GWOc



Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)



Kids Alive! Online - salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

SExplore it

You are sat in a test that you are finding very difficult.

The person next to you seems to know all the answers and you are tempted to cheat.

What do you do?

doesn't seem to have many friends.
While playing in the playground you ask your friend if the quiet child can join in. Your friend says no.

What do you do?

Your friend has admitted that they keep sneaking out of the house at night without their parents knowing.

They are the same age as you and you know

that this isn't safe.

What do you do?

You are playing with a football inside the house. It knocks a lamp over and breaks it.
You could easily blame your younger brother as he was playing near the table as well.

What do you do?



SExplore it

David's Gift and God's Promise



Bible verses:

1 Samuel 16:1-23



Aim:

To see that God sees within a person



Today's fruit:

Goodness



In today's Explore it session, we meet Samuel and discover how God was still keeping his promises to care for his people, even after King Saul stopped following his ways. When Samuel saw Jesse's tall and impressive sons, he thought one of them must be the next king, but God reminded him that he looks at the heart, not outward appearances. God chose David, the youngest son, whose heart was full of goodness. Later, David's music helped calm King Saul's troubled spirit. Today we'll learn that God sees what is inside us and invites us to share his goodness through the gifts he's given us.

Each child will need:

- Materials to make a harp a small box or file folder, elastic bands of different sizes (See Action it)
- Resources to decorate their harp on the theme of goodness, eg pens/pencil/paint, covering with paper, stickers etc
- Explore it ideas handout

You will need:

- Memory verse poster
- Today's fruit sign: Goodness download from Salvationist





Music plays a big part in our Bible story for today, so we're going to start by testing your musical knowledge. Listen to each musical instrument and see if you can guess what it is. They start off easy and get trickier as the quiz goes along.

Watch:

Guess the musical instrument! sound quiz for kids by Alphabet Valley (2:09)



Say:

In our story today, Samuel, the prophet, needed to trust in God and do what he asked. Let's share our memory verse together as it reminds us that God can be trusted.

Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

Say

Our song for today is all about trusting God.

Watch:

'I will trust you, God' sing-along Christian kids song by Allstars Kids Club (2:32)



Say:

In our story today, we meet a man called Samuel, who was a prophet, someone who listened carefully to God's voice. Samuel had helped choose the first king of Israel, a man named Saul. At first, Saul had tried to follow God, but over time he began to disobey God's instructions. So God told Samuel that it was time to find a new king, someone whose heart would stay close to him.

Ask:

Why do you think God decided that the Israelites needed a new king?



King Saul repeatedly disobeyed God; so God, seeing Saul's poor behaviour, rejected him as king. Although Saul was still officially the king, God started the search for his successor, the person to take over from him. We join the story with God's faithful servant Samuel, waiting for his instruction.

Read:

The Lord said to Samuel, 'How long will you continue to feel sorry for Saul? I have rejected him as king of Israel. Fill your container with olive oil and go. I am sending you to Jesse who lives in Bethlehem. I have chosen one of his sons to be king.'

But Samuel said, 'If I go, Saul will hear the news. And he will try to kill me.'

The Lord said, 'Take a young calf with you. Say, "I have come to offer a sacrifice to the Lord." Invite Jesse to the sacrifice. Then I will show you what to do. You must appoint the one I show you.'

Samuel did what the Lord told him to do. When he arrived at Bethlehem, the older leaders of Bethlehem shook with fear. They met him and asked, 'Are you coming in peace?'

Samuel answered, 'Yes, I come in peace. I have come to make a sacrifice to the Lord. Make yourselves holy for the Lord and come to the sacrifice with me.' Then he made Jesse and his sons holy for the Lord, and he invited them to come to the sacrifice.

(1 Samuel 16:1-5 *ICB*)

Ask:

- What kind of ruler was King Saul?
- What clues from the Bible did you use to work out your answer?

Say:

Both Samuel and the older leaders of Bethlehem were afraid of what might happen to them if Saul found out what they were up to. Saul was no longer running the kingdom in God's way and was behaving exactly as Samuel had warned the Israelites that a king would. God had had enough. It was time to find a new king.

Watch:

David was Anointed, by I Share (stop at 1:25)

Ask:

- Which brother did Samuel first think would be chosen by God?
- Why did he think that?

Say:

God doesn't see things the way we see them. Eliab may have been the tallest and most handsome brother, but he wasn't the best person to be king. God took the opportunity to teach Samuel to look past a person's outer appearance and focus on their heart.



Read:

But the Lord said to Samuel, 'Don't look at how handsome Eliab is. Don't look at how tall he is. I have not chosen him. God does not see the same way people see. People look at the outside of a person, but the Lord looks at the heart.'

(1 Samuel 16:7 *ICB*)

Say:

God had promised to guide his people, and even when Saul failed, God kept that promise by choosing someone whose heart followed him – a young shepherd called David.

Ask:

In what ways do we tend to focus on the outside of a person, rather than their heart?

Say:

God looked into David's heart and knew that he would be the best person to be king. David was only a young boy and would have to wait a long time, but Samuel anointed him with oil as a sign that he was chosen by God. Let's find out what happened next.

Read:

But the Lord's Spirit had gone out of Saul. And an evil spirit from the Lord troubled him.

Saul's servants said to him, 'See, an evil spirit from God is troubling you. Give us the command. We will look for someone who can play the harp. When the evil spirit from the Lord enters you, he will play. Then the evil spirit will leave you alone, and you will feel better.'

So Saul said to his servants, 'Find someone. If he plays well, bring him to me.'

One of the servants said, 'Jesse of Bethlehem has a son who plays the harp. I have seen him play it. He is a brave man and fights well. He is a good speaker and handsome. And the Lord is with him.'

Then Saul sent messengers to Jesse. The message said, 'Send me your son David, who is with the sheep.' So Jesse loaded a donkey with bread and a leather bag full of wine. He also took a young goat. He sent them all with his son David to Saul.

When David came to Saul, he began to serve him. Saul loved David very much, and David became the officer who carried Saul's armour. Saul sent a message to Jesse. He said, 'Let David stay and serve me. I like him.'

When the evil spirit from God entered Saul, David would take his harp and play. Then the evil spirit would go out of him, and Saul would feel relief. He would feel better again.

(1 Samuel 16:14-23 ICB)

Say:

David became a member of King Saul's royal court. Whenever Saul became angry, David would play the harp to calm him down.

Display the Goodness Fruit sign.



Our fruit for today is goodness.

Ask:

Think about today's Bible story. What examples of goodness can you find in the story?

Say

Samuel listened to God's commands and looked for the goodness in David's heart rather than focusing on his big brother's good looks. David took the time to show his goodness by playing the harp for Saul to calm him down.



Explain to the children that they are going to make a harp, with decorations inspired by the theme of goodness. You can adjust this activity depending on the materials you have.

Watch:

Make your own: shoebox harp by Atlanta Symphony Orchestra (3:10)

Watch the following clip to help the children think about how they could decorate their harp, eg with the word 'goodness', and add illustrations that fit with the theme.

Watch:

God's story: fruit of the Spirit: Goodness by Crossroads Kids' Club (2:39)

After the children have decorated their harps, support them with attaching the elastic bands, being careful of any that may snap. When the children have finished their harps, they can play them together.



Ask:

How do you stay calm, or what do you turn to when life gets tough?

Say:

David used music to keep King Saul calm. To bring our session to a close, we are going to have a time of peace and quiet. The music of the harp is going to help us relax.

Encourage the children to find a comfortable place to rest and relax. Then encourage them to spend time with God as the music plays. Fade out the music when you feel your group is becoming restless and bring the session to a close in prayer.



Watch:

'10,000 reasons' (on two harps) by Matt Redman performed by Harp for the Lord (3:34)

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Explore it

David's Gift and **God's Promise**

Here are some ideas for you to explore at home.



Bible verses: 1 Samuel 16:1-23



Aim: To see that God sees within a person



Today's fruit: Goodness



Discover

David probably played an ancient Hebrew harp known as a kinnor. The harps that musicians play today are very different, but still create the beautiful, dreamy sound that helped Saul to fall asleep. Watch the clip to discover more about this amazing instrument.



Create

Watch

Meet the harp, by ASO Education

Create a calming musical playlist with the people at home. Share the list with friends and family so that they can listen to the calm music and feel peaceful.

www.youtube.com/watch?v=D1t7PfC__wc



Song for the week

'I will trust you, God' sing-along Christian kids song by Allstars Kids Club

www.youtube.com/ watch?v=bb3PuNF6BN8



Memory verse

Children & Youth

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

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