

Mill City Church Elementary Activities

Experiences for K-5th Grades

Prior to doing the activities, I encourage you to click on the digital video links on our resource page and watch the video Bible story presentation. The activities here on this current page are geared for further discussion for our Mill City families.

You've got this! Choose just one thing and give it a try. No judgement, have fun with it.

Today's Bible Story: Over and Over (Training to Win the Prize) • 1 Corinthians 9: 24-25
(supporting: Matthew 22:36-40)

Today's Bottom Line: Keep practicing what matters most.

Today's Key Question: How does practice help you?

Monthly Memory Verse: *Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come.* 1 Timothy 4:8, NIV

Monthly Life App: Commitment—Making a plan and putting it into practice

Basic Truth: I can trust God no matter what.

1. Take a Snapshot

[Live for God | Application Activity]

Made to Connect: an activity that invites kids to share and collaborate with others while growing their understanding

What You Need: Index cards, pens

What You Do:

- Give each family member two index cards and a pen.
- Ask them to write on one card something they feel is really important to practice.
- On the other card, have them write something they feel is less important.
- As kids work, write a few cards of your own to add to the mix.
- Include silly, as well as, serious ideas, such as the following:
 - Whistling
 - Being kind
 - Flying a plane
 - Braiding your hair
 - Training a dog
 - Brain surgery
 - Learning the Bible
 - Generosity
 - Yodeling
 - Running
 - Loving God
- Collect the kids' cards then shuffle in the ones you're adding.
- Read a card and ask kids to respond by either standing still, running slowly in place, or running in place quickly, depending on how important they feel the activity is.
- The faster they run, the more important it is to them.

Note: Let kids know that there are no right or wrong answers. Encourage them to "run freely" based on their preferences and choices.

- After the cards have all been read, ask:

- What determines whether something is important enough for you to keep practicing it?
- What do you love/not love to practice?
- Would you say there are some things that are important for EVERYONE to practice? What are they?

2. Bible Story Extension

[Talk about God | Bible Story Review]

Made to Create: an activity that explores ideas through the process of drawing, building, designing, and problem-solving

What You Need: Bibles, foil, paper cups, paper plates, tape, scissors

What You Do:

- Review today's scripture by reading 1 Corinthians 9:24-27 together, asking kids to listen for (and remember) one or two key words that stand out to them.
- When you're finished reading, let them share the words they chose.
- Ask:
 - Why did that one word stand out to you?
 - Use the word you chose in a sentence that summarizes today's lesson.
- As kids share and discuss, remind them that Paul (the Jesus-follower who wrote 1 Corinthians – a letter to the people living in Corinth) is not simply giving athletic advice; he's talking about a *way of life*.
 - His advice is to focus on the *final* finish line, life forever with Jesus.
 - Every step along the way is important as we run the race of life and live out what matters most.
- Refer back to Large Group, asking kids if they remember the four important ways we can get in shape for the Love-God-Love-Others Marathon known as LIFE!
- Let kids share what they remember about the following areas of importance:
 - Hear from God.
 - Pray to God.
 - Talk about God.
 - Live for God.
- Assign each kid (or work in pairs if preferred) one of the commitment points above (Hear, Pray, Talk, Live).
- Set out the supplies.
- Challenge kids to each create a tin foil trophy or crown that represents their assigned important commitment.
- When finished, give kids an opportunity to display their crowns or trophies and share as you ask:
 - Why would you say the area of commitment your crown or trophy represents is important?
 - How can we go about practicing these important areas today and in the week ahead?
 - One definition of commitment is making a plan and putting it into practice. What is your plan when it comes to putting into practice the things that matter most?
 - If we feel lazy about our commitment to following Jesus, what should we do?

3. Discussion Questions

[Talk about God | Bible Story Review]

Made to Connect: an activity that invites kids to share and collaborate with others while growing their understanding

What You Need: No supplies needed

What You Do:

Ask:

- What makes us feel like quitting something even though we know it's important to keep practicing and get better at it?
- What can you do or remember when you want to quit practicing something important?
- How does practice help you?
- What are the benefits of staying committed to the things that are important and matter most? What are some consequences of not sticking with something important?
- How would you define COMMITMENT?

4. Verses to Take with You

[Hear from God | Memory Verse Activity]

Made to Move: an activity that increases the oxygen in the brain and taps into the energy in the body

What You Need: Bibles, music, music player

What You Do:

- Invite kids to look up and read 1 Timothy 4:8.
- Talk about the verse, using some of the following questions to prompt discussion:
 - How would you describe to someone what it means to “be godly”?
 - Why is godliness important or of great value?
 - How can kids go about strengthening the godly part of their life?
 - How can you tell if you're committed to something?
 - What are you totally committed to? **[Make it Personal] (Share what you're completely committed to.)**
- Help kids memorize 1 Timothy 4:8 by creating warm-up stretches or poses to represent part of the verse. Separate the verse into several sections such as the following:
 - “Training the body has some value . . .”
 - “But being godly has value in every way . . .”
 - “It promises help for the life you are now living . . .”
 - “. . . and the life to come.”
- Lead kids in saying the verse as they do the poses.
- Start out slowly then get faster as kids learn the verse.
- Once everyone can do the routine pretty easily, turn up some upbeat workout music and give the group a chance to exercise their goofiness in a mock workout video for 1 Timothy 4:8.

5. Make it Personal with Prayer

[Pray to God | Prayer Activity]

Made to Reflect: an activity that creates space for personal understanding and application

What You Need: Crowns and trophies from the “Bible Story Extension”

What You Do:

- Set the crowns or trophies made in Bible Story Extension in four corners of your meeting area.
- Invite kids to rotate from station to station every couple of minutes as they pray about how they can . . .
 - Hear from God
 - Pray to God
 - Talk about God
 - Live for God
- Dismiss with a final prayer.

What You Say:

“Dear God, I pray that You will help us become strong, faithful, committed, followers of Jesus who practice living out their faith by loving God and loving others this week. Amen.”