



Series Overview: For a lot of us, recess is one of our favorite parts of the school day. We get to swing, slide, play hopscotch, or race our friends around the play area. Recess helps us to stay active so we can grow strong, but it also gives us a chance to grow in our relationships. In this five-week series, kids will discover through the stories in the books of Judges, Ruth, and 1 Samuel the unexpected ways God can help them grow. As they do, they'll learn how God helps us grow stronger, helps us belong, answers our prayers, tells us what is true, and can use anything we give.

Bible Story: David, Saul, and Jonathan: 1 Samuel 16:14–23, 18:1–16

Big Idea: God, you comfort me when I'm afraid.

Series Memory Verse: "Sing to the Lord with grateful praise; make music to our God on the harp." -Psalm 147:7

Lesson Guide:

1. Dance and sing with your child to these songs.

- [Yancy & Little Praise Party - Praise the Lord Every Day \[OFFICIAL MUSIC VIDEO\] from Taste and See \(youtube.com\)](#)
- [Jesus Loves Me Remix | @CJandFriends Dance-A-Long with Lyrics | @listenerkids Music \(youtube.com\)](#) | [I Will Pray \(youtube.com\)](#)
- [God Makes Me Brave | Mr. Music's Sing-Along Vol. 1 | LifeKids \(youtube.com\)](#)

2. Show this video to teach the Bible story.

- [TeachingSeriesVideo3 TurnItUp Preschool GrowKids on Vimeo](#)

3. Review the Bible story like this:

***Supplies: Bible**

- Open the Bible to 1 Samuel 16 and / or 18 and show your family where today's story comes from.
- Ask the following questions to review the story...
 - In our story today, God sent David a friend to comfort him when he was afraid. Why was David afraid? *Saul was angry with him — he wanted to get rid of David.*
 - What did David do for Saul when Saul wasn't feeling well? *He played music for him.*
 - What was the name of David's friend? *Jonathan.*
 - Sometimes when I feel afraid, I feel shaken up inside. Sometimes storms, sirens, or the dark make me feel shaken up. My fears get as loud as this tambourine. What makes you feel afraid?
 - Who comforts you when you are afraid? *God.* Who are some other people who give you comfort?

4. Practice the July Memory Verse like this:

***Supplies = a Bible and a music player**

- Look up Psalm 147:7 in the Bible and read it to your family.
- Help the kids learn the verse and teach these motions to go along with it.

<https://photos.app.goo.gl/H7t7xc9uXf9AaBUW8>

- Play some music and have your family dance around and play pretend instruments and shout out or sing out things like, "God is awesome!," "I love Jesus!," "God comforts me!," ETC
- Then when you stop the music have everyone freeze until you say Psalm 147:7.
- Then they should say the verse and do the motions with you before you start the music again.
- Continue to play like that as long as you want!

5. PRAY WITH THE YOUR FAMILY!