

# Small Group Leader Guide

## Today's Suggested Schedule

### Prelude: Setting the tone for the experience

See the Getting Ready pages at the end of this document for a detailed description of what you'll need for today. In the Prelude folder of your curriculum, you'll find a variety of other resources to help you prepare.

### Small Group (15 minutes)

#### Social: Providing time for fun interaction

1. Pin the Food on the Donkey
2. Floofy Sheep
3. Pouring Water

### Large Group (20 minutes)

#### Worship: Inviting people to respond to God

#### Story: Communicating God's truth in engaging ways

- "Super Duper Kid" and "Be Brave"
- Bible Story
- Prayer

### Small Group (25 minutes)

#### Groups: Creating a safe place to connect

1. Heavy Lifting
2. Act Like Abigail
3. Delivering Food
4. Abigail Helps Others

#### Home: Prompting action beyond the experience

- Going Home
- Memory Verse Card
- Parent Cue Card (print or email)
- [Parent Cue App](#) and [ParentCue.org](#)



### Today's Bible Story

**I can be brave and help others.**

### Abigail

1 Samuel 25:1-35

### Key Question

**Who can help you be brave?**

### Bottom Line

**God can help me be brave.**

### Memory Verse

**"Be strong and courageous. Do not be afraid... for the Lord your God goes with you."**

Deuteronomy 31:6 NIV



### Inclusive Pro Tips

This leader guide is designed to be inclusive of children with a disability who attend a group with their peers. See highlighted sections below for additional inclusive pro-tips. Check out the Special Needs Resource Kit for more ideas for adapting each segment.

## SOCIAL 1/3

# Pin the Food on the Donkey



## What You Need

- ☐ "Pin the Food Donkey" Activity Page
- ☐ "Pin the Food" Activity Pages
- ☐ 11-inch x 17-inch paper
- ☐ Cardstock
- ☐ Laminate pouches
- ☐ Painter's tape
- ☐ Scissors

## Inclusive Optional Supplies

- ☐ VELCRO® dots



## Inclusive Pro Tips

For a version with less movement, set up the donkey and food images on a tabletop so they can participate from their seat.

For children with fine motor challenges, add one side of the VELCRO® dots to the food, and the other to the donkey.

## ① What You Do

### Before the Activity

1. Enlarge and copy "Pin the Food Donkey" on 11-inch x 17-inch paper, one per Small Group.
2. Copy "Pin the Food" on cardstock and cut, one set per Small Group.
3. Tape the donkey to the wall at child's height.
4. Make tape rolls and place one on the back of each cutout.
5. Set food cutouts on a table across the room from the donkey.

### During the Activity

1. Call several children at a time to pick up a food image, then gallop over to the wall to place it on the donkey's back.
2. Repeat until all the food images are placed on the donkey.

### After the Activity

Introduce the Bible Story.

## ② What You Say

### Before the Activity

"Hello friends! Come over here and tell me what you see on the wall. (PAUSE FOR RESPONSES.) Yes! It's a donkey! Who can make a donkey sound? (PAUSE FOR RESPONSES.) You did that so well! Our donkey is getting ready to go on a trip and needs to carry a lot of food on his back. Do you see any food? Come with me over here, I think I see some on that table."

### During the Activity

"Let's play a game to load the food on the donkey's back. When I call your name, pick one piece of food, gallop it over to the donkey, and stick it on his back. Ready? [CHILD'S NAME, CHILD'S NAME, AND CHILD'S NAME], pick one piece of food and gallop! (PAUSE.) Great job! Now stick it on his back. (PAUSE.) Gallop back, and our next group of friends can go. [CHILD'S NAME, CHILD'S NAME, AND CHILD'S NAME] pick a food and gallop over. (CONTINUE UNTIL EACH CHILD HAS A TURN AND ALL THE FOOD IS ON THE DONKEY'S BACK.) Look at all the food! The donkey's back is full, and he's ready for the trip! Great job, everyone!"

### After the Activity

"Today we're going to hear a story about a woman named Abigail. She helped a lot of people by loading food on a donkey's back just like we did today! Let's go hear more about Abigail in today's true story from the Bible!"

**Transition →** Move to Worship and Story by pretending to gallop like a donkey.

SOCIAL 2/3

# Floofy Sheep



## What You Need

- ☐ Clear Con-Tact® paper
- ☐ Cotton balls
- ☐ Plastic container
- ☐ Permanent marker
- ☐ Scissors
- ☐ Masking tape

## ① What You Do

### Before the Activity

1. Cut a large piece of contact paper.
2. Draw a simple sheep outline on the back of the Con-Tact paper.
3. Remove the backing and lay flat on the table, securing the edges with masking tape.
4. Stick cotton balls all over the sheep.

### During the Activity

1. Encourage children to take turns shearing the sheep by pulling off one cotton ball at a time and placing it in the container.
2. Reset and repeat as desired.

### After the Activity

Introduce the Bible Story.

## ② What You Say

### Before the Activity

"Friends, come to the table and look at this very woolly sheep. See how floofy it is? Well, it's time for the sheep to get a haircut. When a shepherd gives a sheep a haircut it is called shearing the sheep. Can you help me?"

### During the Activity

"Let's take turns and everybody can take one floofy piece off the sheep at a time. [CHILD'S NAME], you can go ahead and help me shear the sheep, take one floofy piece off to help give it a haircut. You can put the floofies into the container after you pull them off. Next, let's have [CHILD'S NAME] help us give the sheep a haircut. (CONTINUE WITH EACH CHILD.) Wow! Our sweet sheep is still so floofy! Let's keep shearing him. (REPEAT UNTIL THERE IS NO MORE FLUFF.) Thank you for helping me give my sheep a haircut!"

### After the Activity

"In today's true story from the Bible, we're going to hear about a man named Nabal and his wife Abigail and all the sheep they had! Are you ready to hear all about it? Let's go!"

**Transition →** Move to Worship and Story by acting like a sheep.

## SOCIAL 3/3

# Pouring Water

## What You Need

- ☐ Shallow plastic bin
- ☐ Water
- ☐ Plastic tablecloth or tarp
- ☐ Plastic cups
- ☐ Plastic pitchers
- ☐ Paper towels



## ① What You Do

### Before the Activity

1. Spread out a tablecloth or tarp on the floor or table.
2. Place the bin on top and fill halfway with water.
3. Place cups and pitchers next to the bin.

### During the Activity

1. Encourage children to scoop and pour the water with the pitchers and cups.
2. Repeat as desired.

### After the Activity

Introduce the Bible Story.

## ② What You Say

### Before the Activity

"Look, friends! We have a water tub to play with today! Do you want to come play?"

### During the Activity

"You can use the pitchers to scoop up the water, then pour into all the cups to fill them up. You can pour from one cup to the other too! Once the cups are full you can dump them out and fill them up again. **(PAUSE.)** That's super fun to scoop and pour and play in the water. Now let's all dry our hands."

### After the Activity

"Today we're going to hear a true story from the Bible about a woman named Abigail who was brave and gave food and water to some people who were hungry and thirsty. Let's go hear the story!"

**Transition** → Move to Worship and Story by pretending to scoop and pour as you travel to your designated area.

2 Year-Olds

Small Group

October — Week 4

GROUPS 1/4

# Heavy Lifting

Memory Verse Review

Faith Skills

Hear from God

Pray to God

Talk about God

Live for God

What You Need

→ No Supplies Needed



## ① What You Do

**Note** → You can find examples of hand motions in the "Memory Verse Hand Motions" PDF and video, included in the Prelude folder and on Pinterest.

### Before the Activity

1. Encourage children to come stand with you, spread out to ensure that when doing big movements, they have plenty of room to move.
2. Do the motions as you say the Memory Verse together.

### During the Activity

1. Encourage children to pretend to lift weights.
2. Lead children through different weightlifting movements like arm curls, shoulder press, etc.
3. After you do one set, say the verse together, then do another set.
4. Repeat as desired.

### After the Activity

Connect the Memory Verse to the Bottom Line.

Continued on the next page. →

2 Year-Olds

Small Group

October — Week 4

GROUPS 1/4

# Heavy Lifting

Memory Verse Review

Faith Skills

Hear from God

Pray to God

Talk about God

Live for God

What You Need

→ No Supplies Needed



## ② What You Say

### Before the Activity

"Come over here and stand with me and spread out. Can you put your arms out to the side and out in front of you without touching anyone? **(PAUSE.)** Great! I think we're ready to get started! Let's do the motions together as we say our verse. 'Be strong and courageous. **(MUSCLE ARMS)** Do not be afraid . . . **(CROSS AND UNCROSS HANDS)** for the Lord your God **(FLAT HAND WITH THUMB TO FOREHEAD, PULL DOWN)** goes with you," **(MARCH IN PLACE)** Deuteronomy 31:6. **(OPEN HANDS LIKE A BOOK.)** Fantastic!"

### During the Activity

"Now, we are going to pretend we're lifting weights. Everyone has some pretend weights right in front of them. Reach down and pick up your weights. **(DRAMATICALLY PICK UP YOUR WEIGHTS AND HOLD THEM WITH LOOSE FISTS.)** Hold your weights by your side like this. **(HOLD YOUR FISTS CLOSE TO YOUR SIDE.)** Now bring them up to your chest like this. **(DEMONSTRATE.)** Good job! Let's do three of these. One. **(PAUSE.)** Two. **(PAUSE.)** Three. **(PAUSE.)** Put your weights by your side and let's say our verse together. 'Be strong and courageous. Do not be afraid...for the Lord your God goes with you.' Deuteronomy 31:6. Fantastic! Now raise your weights over your head, push up, and bring them down. Now do the other side. Push up, then bring it down. Like this. **(DEMONSTRATE.)** We'll do this exercise three times. One. **(PAUSE.)** Two. **(PAUSE.)** Three. **(PAUSE.)** Put your weights by your side and let's say our verse together. 'Be strong and courageous. Do not be afraid...for the Lord your God goes with you.' Deuteronomy 31:6. **(REPEAT AS DESIRED.)** You can put your weights on the floor. **(PAUSE.)** Wow friends! You are all so strong. That was fun being strong just like it says in our Memory Verse."

### After the Activity

"Lifting weights can help us get big and strong, but God can help us be strong, courageous, and brave! God can help us be brave and do big things. Who can help you be brave? **[BOTTOM LINE]** God can help me be brave! One more time. Who can help you be brave? **[BOTTOM LINE]** God can help me be brave!"

GROUPS 2/4

# Act Like Abigail



## Bible Story Review

### Faith Skills

Hear from God

Pray to God

Talk about God

Live for God

### What You Need

- ☐ Little People®, five male and one female figure
- ☐ Cotton balls
- ☐ Toy donkey
- ☐ Toy food
- ☐ Small bottle of water
- ☐ Paper lunch bag

## ① What You Do

### Before the Activity

1. Place the four male figures on one side and one figure on the other side.
2. Place the woman figure in the middle of the two groups.
3. Place the cotton balls on the side with the one man.
4. Put the bag, food, and water in your lap.

### During the Activity

1. Review the Bible Story as you act it out with the items.

### After the Activity

Connect the Bottom Line to the Bible Story.

## ② What You Say

### Before the Activity

"Friends, come sit in a circle on the floor with me."

### During the Activity

"Today, we heard a true story from the Bible about a woman named Abigail. (PICK UP THE WOMAN FIGURE, THEN PUT BACK DOWN.) She was about to do something super! Something that would help a lot of people! Abigail and her husband Nabal had a lot of floofy sheep. (POINT TO THE COTTON BALLS.) One day, Nabal's shepherds brought all of those sheep to where David (MOVE THE COTTON BALLS TO THE OTHER SIDE) and his men were. David and his men protected the sheep and shepherds so nothing bad would happen to them. Later, when Nabal was cutting the wool off all of his floofy sheep and having a party, David sent a few men to ask Nabal if they could have food from the party too. But Nabal said no, and that made David very upset.

"Super Abigail heard what happened and knew she needed to be brave and do something to help. So Abigail grabbed a lot of food and drinks (PLACE THE FOOD AND WATER IN A FEW LUNCH BAGS) and put it on some donkeys to carry to David and his men. (WALK THE DONKEY AND FILLED BAG TO DAVID AND HIS MEN.) Abigail told David the food and drinks were a gift for him and his men. They took the food and said, 'Thank God for you and for your help.' Hooray for Abigail! Abigail did it!"

### After the Activity

"Abigail helped a lot of people because she was brave! We can be brave and help others too. You can be a Super Kid because God can help you be brave. Who can help you be brave? [BOTTOM LINE] God can help me be brave."

GROUPS 3/4

# Delivering Food



## Application Activity

### Faith Skills

Hear from God

Pray to God

Talk about God

Live for God

### What You Need

- ☐ Toy food
- ☐ Paper plates
- ☐ Two plastic bins



### Inclusive Pro Tips

Allow children to carry the food with their hands.

Pair children up, allowing them to help one another and making the activity more accessible for kids who may need extra guidance.

## ① What You Do

### Before the Activity

1. Place the plates and food in one bin and place it on the floor on one side of the room.
2. Place the other bin on the floor across from the other.

### During the Activity

1. Encourage children to take a plate and put a piece of food on their plate.
2. Ask children to walk across the room balancing the food on their plate.
3. When they get across the room, ask children to put their plate and food into the second bin.
4. Once everyone has made it across the room, allow children to play again going the opposite direction.

### After the Activity

Connect the Bottom Line to the Bible Story.

## ② What You Say

### Before the Activity

"Friends, I loved our Bible Story today. I loved how Abigail delivered the food to David and his men. I think we should play a game, delivering food too."

### During the Activity

"Come line up at this bin right here. **(POINT TO THE FULL BIN.)** Everyone, pick one plate and put a piece of food on it. Now, try to walk from here to the other bin without dropping the food. **(PAUSE.)** If your food falls off your plate, it's okay, pick it up and put it back on your plate, and keep going. When you get to the other side, put your plate and food into that bin over there. **(PAUSE.)** Hooray! Everyone made it across the room with their food. Let's try it again, but this time we'll walk to that side of the room. Ready? Go! **(REPEAT AS DESIRED.)** That was fun, but it wasn't easy. That food sometimes just rolled off the plate! But you did it!"

### After the Activity

"I bet it wasn't easy when Abigail delivered the food in our Bible Story either. I bet she was afraid because David was so upset. But she did it because God helped her be brave. God can help you be brave, too! Who can help you be brave? **[BOTTOM LINE]** God can help me be brave. That's right, friends! God can help you be brave, and **[BOTTOM LINE]** God can help me be brave."

## GROUPS 4/4

# Abigail Helps Others



## Application Activity

### Faith Skills

Hear from God

Pray to God

Talk about God

Live for God

### What You Need

- ☐ "Abigail Helps Others" Activity Page
- ☐ "Abigail Helps David and Nabal" Activity Page
- ☐ Cardstock
- ☐ Crayons or washable markers
- ☐ Food stickers
- ☐ Cotton balls
- ☐ Glue sticks
- ☐ Scissors
- ☐ Permanent marker

### Inclusive Optional Supplies

- ☐ White circle stickers in place of cotton balls
- ☐ Glue sticks

## ① What You Do

### Before the Activity

1. Copy "Abigail Helps Others" on cardstock and cut one cutout per child.
2. Copy "Abigail Helps David and Nabal" on cardstock, one per child.
3. Write each child's name on their paper.

### During the Activity

1. Encourage children to color the picture of David and Nabal.
2. Ask children to glue a few cotton balls to Nabal's side.
3. Encourage children to color their picture of Abigail and the donkey.
4. Ask children to add a few food stickers to the donkey's back, then glue them in between David and Nabal.

### After the Activity

Connect the Bottom Line to the Bible Story.

Continued on the next page. →



### Inclusive Pro Tips

Create an example for children to see.

Give children white circle stickers to use for their sheep in place of gluing cotton balls to their paper.

GROUPS 4/4

# Abigail Helps Others



## Application Activity

### Faith Skills

Hear from God

Pray to God

Talk about God

Live for God

### What You Need

- ☐ "Abigail Helps Others" Activity Page
- ☐ "Abigail Helps David and Nabal" Activity Page
- ☐ Cardstock
- ☐ Crayons or washable markers
- ☐ Food stickers
- ☐ Cotton balls
- ☐ Glue sticks
- ☐ Scissors
- ☐ Permanent marker

### Inclusive Optional Supplies

- ☐ White circle stickers in place of cotton balls
- ☐ Glue sticks

## ② What You Say

### Before the Activity

"Hello, everyone! Come sit at the table with me and let's make some story art to help us remember how super Abigail was!"

### During the Activity

"On your paper is David (POINT) and Nabal. (POINT.) Color them in. (PAUSE.) Great! Now, glue a few of these cotton balls to this side (POINT TO NABAL'S SIDE) with Nabal. (PAUSE.) Super job! Now, who do you think this is? (HOLD UP A PICTURE OF ABIGAIL.) It's Abigail! That's right! Abigail is standing with a donkey. Can you color this picture? (PAUSE.) Super! Now, Abigail put some things on the donkey's back and went to see David. Do you remember what it was? (PAUSE FOR RESPONSE.) Food! You got it! Put some food stickers on the donkey's back. (PAUSE.) Now let's glue Abigail to your big picture in between David and Nabal. (PAUSE.) Great job! Your story picture is complete!"

### After the Activity

"Abigail and her husband Nabal had a lot of floofy sheep. Point to Nabal and his sheep. (PAUSE.) One day, Nabal's shepherds brought all of those sheep to where David and his men were. Point to David. (PAUSE.) David and his men protected the sheep and shepherds so nothing bad would happen to them. After that, David sent a few men to ask Nabal for some food, but Nabal said no! This made David very upset. Very mad! Very angry! When Abigail heard what happened, she knew that if she didn't do something to help, a lot of people would get hurt. So Abigail needed to be brave and help! She grabbed a lot of food and drinks and put it on some donkeys to carry to David and his men. Point to Abigail and the donkey with the food on his back. (PAUSE.) Abigail told David the food and drinks were a gift for him and his men. They took the food and said, 'Thank God for you and for your help.' Hooray for Abigail!" Abigail helped a LOT of people because she was brave! We can be brave and help others, too. Who can help you be brave? [BOTTOM LINE] God can help me be brave."

### Inclusive Pro Tips



Create an example for children to see.

Give children white circle stickers to use for their sheep in place of gluing cotton balls to their paper.

# Getting Ready

## Social

Offer one or more of the following activities as preschoolers arrive. Let one or two Small Group Leaders lead activities in different areas of the room while another leader greets parents and children at the door.

## Groups

Offer as many of the following activities as your time, facilities, resources, and leadership allow. You may want to lead one activity at a time. Or offer two activities at once and allow half the children to participate in each. Then switch groups and repeat the activities.

## Pinterest

Visit our Pinterest page to see craft samples and suggested supplies.  
[bit.ly/FL\\_SuperKids](https://bit.ly/FL_SuperKids)

## Social

### Pin the Food on the Donkey

- ☐ "Pin the Food Donkey" Activity Page
- ☐ "Pin the Food" Activity Page
- ☐ 11-inch x 17-inch paper
- ☐ Cardstock
- ☐ Laminate pouches
- ☐ Painter's tape
- ☐ Scissors

#### *Inclusive Optional Supplies:*

- ☐ VELCRO® dots

1. Enlarge and copy "Pin the Food Donkey" on 11-inch x 17-inch paper, one per Small Group.
2. Copy "Pin the Food" on cardstock and cut, one set per Small Group.
3. Tape the donkey to the wall at child's height.
4. Make tape rolls and place one on the back of each cutout.
5. Set food cutouts on a table across the room from the donkey.

### Floofy Sheep

- ☐ Clear Con-Tact® paper
- ☐ Cotton balls
- ☐ Plastic container
- ☐ Permanent marker
- ☐ Scissors
- ☐ Masking tape

1. Cut a large piece of contact paper.
2. Draw a simple sheep outline on the back of the Con-Tact paper.
3. Remove the backing and lay flat on the table, securing the edges with masking tape.
4. Stick cotton balls all over the sheep.

### Pouring Water

- ☐ Shallow plastic bin
- ☐ Water
- ☐ Plastic tablecloth or tarp
- ☐ Plastic cups
- ☐ Plastic pitchers
- ☐ Paper towels

1. Spread out a tablecloth or tarp on the floor or table.
2. Place the bin on top and fill halfway with water.
3. Place cups and pitchers next to the bin.

Continued on the next page →

# Getting Ready

## Social

Offer one or more of the following activities as preschoolers arrive. Let one or two Small Group Leaders lead activities in different areas of the room while another leader greets parents and children at the door.

## Groups

Offer as many of the following activities as your time, facilities, resources, and leadership allow. You may want to lead one activity at a time. Or offer two activities at once and allow half the children to participate in each. Then switch groups and repeat the activities.

## Pinterest

Visit our Pinterest page to see craft samples and suggested supplies.

[bit.ly/FL\\_SuperKids](https://bit.ly/FL_SuperKids)

## Groups

### Heavy Lifting

→ No Supplies Needed

### Act Like Abigail

- ☐ Little People®, five male and one female figure
- ☐ Cotton balls
- ☐ Toy donkey
- ☐ Toy food
- ☐ Small bottle of water
- ☐ Paper lunch bag

1. Place the four male figures on one side and one figure on the other side.
2. Place the woman figure in the middle of the two groups.
3. Place the cotton balls on the side with the one man.
4. Put the bag, food, and water in your lap.

### Delivering Food

- ☐ Toy food
- ☐ Paper plates
- ☐ Two plastic bins

1. Place the plates and food in one bin and place it on the floor on one side of the room.
2. Place the other bin on the floor across from the other.

### Abigail Helps Others

- ☐ "Abigail Helps Others" Activity Page
- ☐ "Abigail Helps David and Nabal" Activity Page
- ☐ Cardstock
- ☐ Crayons or washable markers
- ☐ Food stickers
- ☐ Cotton balls
- ☐ Glue sticks
- ☐ Scissors
- ☐ Permanent marker

1. Copy "Abigail Helps Others" on cardstock and cut, one cutout per child.
2. Copy "Abigail Helps David and Nabal" on cardstock, one per child.
3. Write each child's name on their paper.

# Getting Ready

## Social

Offer one or more of the following activities as preschoolers arrive. Let one or two Small Group Leaders lead activities in different areas of the room while another leader greets parents and children at the door.

## Groups

Offer as many of the following activities as your time, facilities, resources, and leadership allow. You may want to lead one activity at a time. Or offer two activities at once and allow half the children to participate in each. Then switch groups and repeat the activities.

## Pinterest

Visit our Pinterest page to see craft samples and suggested supplies.

[bit.ly/FL\\_SuperKids](https://bit.ly/FL_SuperKids)

## Home

- Make copies on cardstock or email this week's Parent Cue Card.
- Copy the Memory Verse Card to hand out or make available to parents.
- Copy "Going Home" and hang it on the door where Small Group Leaders can reference and remind parents of the Bottom Line and Memory Verse as parents pick up their children.
- Tell parents about our additional family resource, the **Parent Cue App** and **ParentCue.org**.