

## Today's Suggested Schedule— October 2025, Week 4

**Today's Bible Story:** Abigail • 1 Samuel 25:1-35

I can be brave and help others.

**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).*

## Supplies NOT included in the Activity Bags

### Social/Table Activities

Masks

- Dot markers

\*

### After Large Group

Memory Verse Activity-Super Verse

- crayons

Bible Story Review- Abigail Helps\*

- Cheerios
- Crayons
- Masking tape

Application Activity-Superhero Course

- Wall tape

Journal and Prayer

## Social/ Table Activities before Large Group

### 1. Craft-Super Kid Mask



#### What You Need:

- Super Kid Mask
- Dot markers or crayons
- Permanent marker

#### What You Do:

*Before the Activity:* Write each child's name on their paper.

*During the Activity:* Encourage children to color and decorate their masks.

*After the Activity:* Connect the Bottom Line to the Bible Story.

#### What You Say:

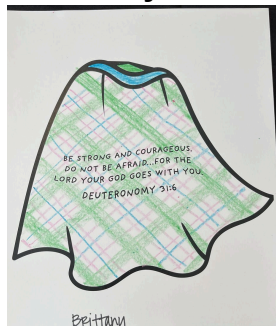
*Before the Activity:* "Let's sit at the table and create a Super Kid mask to wear to remember that God can help us be brave!"

*During the Activity:* "Color and decorate your masks. (Pause.) Wow! You did a really great job. Okay! I'll add the elastic so you can wear your masks. (Staple either end of the elastic at both sides of the mask with the bend facing in. Cover the staple bends with heart stickers.) Would you like to wear your masks? (Help children put their masks on.) Wow! Look at this room of the bravest Super Kids! Alright! Let's talk about today's true story from the Bible and how brave Abigail was! Abigail and her husband Nabal had a lot of sheep and one day, Nabal's shepherds brought all those sheep to where David and his men were. David and his men protected the sheep and shepherds so nothing bad could happen to them. Later, while Nabal was cutting the wool off all his floofy sheep, they had a party! David sent some men to Nabal to ask for food since they took care of his shepherds and sheep, but Nabal said no! This made David very upset. When Abigail heard what happened, she knew she needed to do something quickly, or a lot of people would get hurt. So she took a lot of food and drinks to David and his men as a gift. They took the food and thanked God for Abigail and her help. Hooray for super brave Abigail!"

*After the Activity:* "Abigail helped a lot of people because she was brave! Everyone, stand up and make a superhero pose. (Pause.) You and I can be brave and help others too, because **[Bottom Line] God can help me be brave. Who can help you be brave? [Bottom Line] God can help me be brave.**"

## After Large Group

### 1. Memory Verse Activity- Super Verse



#### What You Need:

- “Super Verse” Activity Page
- Crayons
- Permanent marker

#### What You Do:

*Before the Activity:* Write each child’s name on their paper. Say the Memory Verse together with the motions.

*During the Activity:* Encourage children to decorate their capes while they say the Memory Verse.

#### What You Say:

*Before the Activity:* “Friends, come over here with me and let’s say our Memory Verse together while we do the motions. Everyone ready? Here we go! ‘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.)* Great job, everyone! Come sit at the table with me.”

*During the Activity:* “Today we heard about how Abigail was brave and helped others! We can be brave and help others, too! Look, I have a picture of a cape for you to decorate. You can decorate it while we say our verse. ‘Be strong and courageous. Do not be afraid ... for the Lord your God goes with you,’ Deuteronomy 31:6. *(Repeat until everyone has decorated their cape.)* Your capes look super!”

*After the Activity:* “Sometimes superheroes wear capes like this one on your paper. So, when you look at your super cape, you can remember that God can help you to be brave and courageous just like Abigail in today’s true story from the Bible. **Who can help you be brave? [Bottom Line] God can help me be brave! Let’s say that together one more time! Who can help you be brave? [Bottom Line] God can help me be brave!”**

## 2. Bible Story Review- Abigail Helps\*

### What You Need:

- “Abigail Helps” Activity Page
- Crayons
- cups
- Cheerios™
- Yarn
- Masking tape

### Inclusive Optional Supplies:

- ☐ Glue sticks in place of yarn and masking tape.

### What You Do:

*Before the Activity:* Write each child’s name on their paper.

*During the Activity:* Encourage children to color their picture then string Cheerios on the yarn. Help thread the ends to the holes then knot the ends together. Review the Bible Story.

*After the Activity:* Connect the Bottom Line to the Bible Story.

### What You Say:

*Before the Activity:* “Super friends, come sit with me at the table and let’s create some story art to help us remember today’s true story from the Bible!”

*During the Activity:* “Color the picture on your paper. There’s Abigail, Nabal, and David! *(Pause.)* Now thread some cereal onto your piece of yarn. *(Pause.)* Super! Now let me help you thread the ends of the yarn into the holes on your paper and tie a knot. *(Pause.)* You can move the food from Abigail to David. *(Demonstrate.)* In our story, Abigail and Nabal had a lot of floofy sheep. One day, Nabal’s shepherds brought all of those sheep to where David and his men were, and they protected them. Later, Nabal was cutting the wool off all of his floofy sheep, it was such a fun time; they had a party! David sent a few men to ask Nabal if they could have food from the party too, but Nabal said no. This made David very upset. Very mad! Very angry! This is when Super Abigail knew that if she didn’t do something to help, a lot of people would get hurt. She needed to be brave and help, so she took food and drink to David and his men. Abigail told David the food and drinks were a gift for him and his men. She hoped David wouldn’t be angry anymore. David and his men took the food and said, ‘Thank God for you and for your help.’ Hooray for Abigail!”

*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.**”

### Inclusive Pro-Tips:

- Create an example for children to see.
- For children with fine motor difficulties, let children glue the Cheerios to their paper instead of threading them on the yarn.

### 3. Superhero Course



#### What You Need:

- Crepe paper streamers
- Painter's tape

#### What You Do:

*Before the Activity:* Use the streamers to make an obstacle course. Tape the streamers from the wall to the wall, wall to the floor, and wall to the table.

*During the Activity:* Encourage children to make their way from one side of the room to the next without touching the streamers. Offer direction if needed. Cheer for everyone as they make their way through. Repeat as desired.

*After the Activity:* Connect the Bottom Line to the Bible Story.

#### What You Say:

*Before the Activity:* "Wow! Look at our room! There is an obstacle course made from these streamers. How will we get through? *(Pause for responses.)* Yes, we'll have to go over and under and be careful not to touch the streamers. You want to give it a try? *(Pause for responses.)* Fantastic! Let's line up and we'll go one at a time. We can cheer for each other too!"

*During the Activity:* "[Child's name] make your way through the obstacle course. *(Pause.)* Let's cheer [child's name] on! *(Pause.)* Way to go! You did it, you made it through! *(Pause.)* [Child's name], it's your turn. Be careful to go over and under the streamers. Everyone, let's cheer for [child's name]! *(Continue with each child. Repeat as desired.)* You were so brave making your way through the obstacle course and you all looked just like superheroes! Amazing!"

*After the Activity:* "The Bible teaches us that we can be brave and help others like you did today by cheering for your friends through the obstacle course. We can be strong and courageous because God is with us! And God can help us be brave. God can help me be brave and **[Bottom Line] God can help me be brave. Who can help you be brave? [Bottom Line] God can help me be brave.**"

#### Inclusive Pro-Tips:

- Pair children up to do the activity together.

## 4. Craft-Super Kid Mask

### What You Need:

- Super Kid Mask
- Dot markers
- Heart stickers
- Permanent marker

### What You Do:

*Before the Activity:* Copy “Super Kid Mask” on cardstock and cut one mask per child and leader. Write each child’s name on their paper. Cut the elastic band into 11” lengths, one per child.

*During the Activity:* Encourage children to color and decorate their masks. Ask children to add their labels to the back side of their masks. Staple either end of the elastic band at each side near the eye holes with the bend facing in. Cover each staple with a heart sticker. *Optional: Tape a craft stick to the back of one side of each child’s mask.*

*After the Activity:* Connect the Bottom Line to the Bible Story.

### What You Say:

*Before the Activity:* “Let’s sit at the table and create a Super Kid mask to wear to remember that God can help us be brave!”

*During the Activity:* “Color and decorate your masks. (Pause.) Wow! You did a really great job. Okay! I’ll add the elastic so you can wear your masks. (Staple either end of the elastic at both sides of the mask with the bend facing in. Cover the staple bends with heart stickers.) Would you like to wear your masks? (Help children put their masks on.) Wow! Look at this room of the bravest Super Kids! Alright! Let’s talk about today’s true story from the Bible and how brave Abigail was! Abigail and her husband Nabal had a lot of sheep and one day, Nabal’s shepherds brought all those sheep to where David and his men were. David and his men protected the sheep and shepherds so nothing bad could happen to them. Later, while Nabal was cutting the wool off all his floofy sheep, they had a party! David sent some men to Nabal to ask for food since they took care of his shepherds and sheep, but Nabal said no! This made David very upset. When Abigail heard what happened, she knew she needed to do something quickly, or a lot of people would get hurt. So she took a lot of food and drinks to David and his men as a gift. They took the food and thanked God for Abigail and her help. Hooray for super brave Abigail!”

*After the Activity:* “Abigail helped a lot of people because she was brave! Everyone, stand up and make a superhero pose. (Pause.) You and I can be brave and help others too, because **[Bottom Line] God can help me be brave. Who can help you be brave? [Bottom Line] God can help me be brave.**”

### Inclusive Pro-Tips:

- Create an example for children to see.

## 5. Journal and Prayer

### What You Need:

- ☐ Bible
- ☐ Journal
- ☐ Fun-shaped pen

### What You Do:

*Before the Activity:* Encourage children to make a different super kid pose each week as you lead them to your Small Group spot. Sit down and gather the children around you.

*During the Activity* Review the Bible Story and Memory Verse Hand Motions, then encourage the children to help you make a list in the journal of ways we can help others.

*After the Activity:* Pray with children using the list you made in the journal.

### What You Say:

*Before the Activity:* “It’s Small Group time! Today, we are going to make one more super kid pose while we walk to our Small Group spot! Do you want to know what the super kid pose is? *(Pause.)* It’s any super kid pose you want to do! It can be this *(demonstrate a pose)*, or this *(demonstrate a pose)*, or this *(demonstrate a pose)*. Just pick a pose and follow me! *(Make a super kid pose as you lead the children to your Small Group spot.)* This is our spot! Let’s sit down so we can talk about today’s Bible Story. One, two, three, sit down with me!”

*During the Activity:* *(Open the Bible and lay it in front of the children.)* “In our Bible Story today, we learned that God helps us be brave so we can help others. That’s what happened with Abigail! When Abigail heard that David and his men were angry, and they were coming to her town, Abigail quickly took food and drinks and gave them to David and his men as a gift. When David saw what Abigail had done, he told God thank you for Abigail’s help, and he wasn’t angry anymore. David and his men went home, and no one was hurt! God helped Abigail be brave so she could help a lot of people. And God can help you be brave too! So let me hear you say it in a big, brave voice! **Who can help you be brave? [Bottom Line] God can help me be brave! Who can help you be brave? [Bottom Line] God can help me be brave!** Yay, God! **[Bottom Line] God can help me be brave!**

“Okay super kids, we have been learning a Bible verse that has some other words for brave in it. The words are strong and courageous! If you know the verse, stand up and say it with me! ‘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.)* Now I want everyone to stand up so we can say it together! Just say what I say and do what I do! ‘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.)*

“You sound SUPER...sooooo super that I think you’re ready to try and say that Bible verse all by yourself! I want everyone to sit down, and we will take turns saying it. Who wants to go first? I have my stickers/star hand-stamp ready! Way to go, [name of child]! *(Give two thumbs up.)* Here is a sticker/stamp for you! *(Say and do this with each child as they try and say the Bible verse.)* I am very

proud of how brave you are for trying to say that Bible verse. When I count to three, I want everyone to stand up and show me your sticker/stamp. One, two, three! *(Pause to look.)* Yay! *(Clap.)*

“Now let’s sit down so we can write in our prayer journal and talk to God. *(Open journal.)* Abigail helped a lot of people when she took food and drinks to David and his men. Let’s make a list of things we can do to help others in our prayer journal. Then we can use the list when we pray. When I say your name, tell me one thing you can do to help others, and I will write it in our journal.” *(Remember to print, as you write in the journal, so the children can recognize their names and the letters.)*

*After the Activity:* “This is a super list! *(Hold up journal.)* Let’s pray and ask God to help us be brave and do these things so we can help others. Would anyone like to pray before I pray? *(Give each child who wants to pray the opportunity to do so.)* Dear God, Thank You for making us to help others, like You help others. That is SUPER cool! Please help us be brave and do things like *(read the list the children made)*. Sometimes it’s hard to be brave and help others, but we know You are always with us and can help us be brave! We love You, God! In Jesus’ name. Amen.”