

Today's Suggested Schedule—October 2025, Week 3

Today's Bible Story: Gideon • *Judges 6 and 7*

I can be brave even when I'm afraid.

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).*

Groups: Creating a safe place to connect

Memory Verse Activity with Motions

Bible Story Review- Where's Gideon?

☐ Solo cup

☐ Male Little People figurine

Application Activity- Superhero Poses

Craft- Gideon on a Stick

☐ Crayons

Lesson Activities

1. Memory Verse with Motions

What You Need:

- ☐ No supplies needed

What You Do:

Teach the Memory Verse motions. Invite the children to do them with you several times.

What You Say:

Before the Activity: “Friends, come stand with me, and let me tell you our brand-new Memory Verse! Ready to hear it? It goes like this. ‘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.*)

During the Activity: “Now, let’s learn the motions. The first part of our verse says: ‘Be strong and courageous.’ (*Muscle arms.*) Put both arms up and show me your muscles like this (*both arms out to the side, bent at the elbow and flex*) and say, ‘Be strong and courageous.’ (*Repeat with children.*) Great job!

“The next part of our verse says: ‘Do not be afraid . . .’ (*Cross and uncross hands.*) Put your arms out in front of you, elbows bent, and one arm over the other. (*Pause.*) Now move your arms out to the side like this (*arms in front of you, stacked one over the other then swiftly move them out to your side*) and say, ‘Do not be afraid . . .’ (*Repeat with children.*) Wonderful! Now let’s put that together. ‘Be strong and courageous. (*Muscle arms*) Do not be afraid . . . (*cross and uncross hands*) Great job!

“The next part of our verse says: ‘for the Lord your God.’ (*Flat hand with thumb to forehead, pull down.*) Put one hand up straight in front of you with your thumb almost touching your forehead like this. (*Straight, flat hand with thumb at your forehead.*) Then you move your hand straight down in front of you like this, (*pull down*) and say, ‘for the Lord your God.’ (*Repeat with children.*) Nice job! Now let’s put that together. ‘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.*)

“The next part of our verse says: ‘goes with you.’ (*March in place.*) March in place like this, (*stand in one spot and alternate lifting one knee up at a time*) and say, ‘goes with you.’ (*Repeat with children.*) Nice job! Now let’s put that together. ‘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*)

“Now the last part is: Deuteronomy 31:6. (*Open hands like a book.*) Put your hands together in front of you and open them like you are opening a book (*open hands like a book*) and say: Deuteronomy 31:6. (*Repeat with children.*) Great job! I think we are ready to do it all together! Ready friends? ‘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.*) Nice job. Let’s do it again!” (*Repeat several times.*)

After the Activity: “The Bible teaches us that we don’t need to be afraid, that we can be strong and courageous because God is with us! **[Bottom Line] God can help me be brave. Who can help you be brave? [Bottom Line] God can help me be brave.**”

2. Bible Story Review- Where's Gideon?

What You Need:

- Little People® male figure
- Solo cup

What You Do:

Before the Activity: Place the Little People figure in the solo cup.

During the Activity: Review the Bible Story as you look for Gideon.

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

What You Say:

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

During the Activity: (Place the solo cup next to you.) "Today we heard a true story from the Bible about a man named Gideon. Gideon was afraid of the Midianite army. Does anyone see Gideon? *(Pause for responses.)* Me either! Wait, there's a hole right here, in our story, Gideon hid in a hole! Let me look and see if he's in the hole. *(Look into the cup.)* There he is! *(Take the figure out and place him in front of you.)* Hi Gideon! One day, God sent an angel to tell Gideon, 'The LORD is with you, mighty warrior!' Friends, God wanted Gideon from the hole *(point to the cup)* to lead God's army to defeat the Midianites.

"Do you think Gideon was *(dance the figure around)* excited, or do you think Gideon was *(hide Gideon in the solo cup)* afraid? *(Pause for responses.)* That's right! Gideon was afraid! But do you know what? *(Bring Gideon out of the cup.)* The angel told Gideon, 'God will be with you.' So, Gideon did what God said. He gave the army trumpets, jars, and torches and told them to follow him quietly *(put one finger up to your mouth and say shh!)* to where the Midianites were. When they got there, Gideon told them to blow their trumpets and smash their jars! *(Pretend to throw down a jar and make trumpet sound.)* Then they shouted: 'For the LORD and for Gideon!' Let's all shout that together. *(With children.)* 'For the LORD and for Gideon!' The Midianites were afraid and ran away! Gideon did it! God helped Gideon be brave and defeat the Midianite army!"

After the Activity: "When Gideon was afraid, God was with him and helped him be brave. Friends, God is always with you and can help you be brave, too! **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.**"

Inclusive Pro-Tips:

- For a version with less movement, seat children on the floor a shorter distance from Goliath and let them roll or throw the ball at Goliath.

3. Application Activity- Superhero Poses

What You Need:

- ☐ No supplies needed

What You Do:

Before the Activity: Gather together in an open area of the room.

During the Activity: Encourage children to do different Super Kid poses that you call out. Repeat as desired.

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

What You Say:

Before the Activity: “Hello, super friends! Join me over here and spread out. Today, we learned about Gideon. *(Put your hands over your eyes.)* Gideon was afraid, but God helped him be brave *(make fists and put them on your hips)* and lead an army to fight the Midianites. Let’s move our bodies and make super kid poses.”

During the Activity: “Our first pose is to put one hand on your head and the other hand on your knee. *(Pause.)* Good job! The next pose is two hands and one foot on the ground, like this. *(Demonstrate.)* Nice! Okay, the next pose is one arm in the air, the other out to your side, and one leg lifted behind you like this. *(Demonstrate.)* Wow! You are great at striking the super kid pose! *(Continue with different poses.)* Great job, friends!”

After the Activity: “Our true story from the Bible begins with a man named Gideon. Gideon, along with the other Israelites, was hiding in a hole because he was afraid of the Midianite army. They were big, and strong, and mean. They took everything Gideon and God’s people had. One day, God sent an angel to tell Gideon that God wanted him to lead an army to defeat the Midianites. But Gideon was still afraid. The angel said, “God will be with you.” So Gideon did what God said and led God’s army. Gideon gave the army trumpets, jars, and torches and told them to follow him and do what he did. They quietly walked to where the Midianites were, and when Gideon told them to, they made a really loud noise by blowing their trumpets and smashing their jars! And shouted: “For the LORD and for Gideon!” And just like that, the Midianites were so afraid, they ran away. When Gideon was afraid, God helped him be brave. And God can help you be brave, too! **Who can help you be brave? [Bottom Line] God can help me be brave.”**

4. Craft- Gideon on a Stick



What You Need:

- “Gideon on a Stick” Activity Page
- “Gideon Story Sticker” Activity Page
- Craft sticks
- Plastic disposable cups
- Crayons
- Glue sticks
- Permanent marker

What You Do:

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

During the Activity: Encourage children to color their Gideon cutout. Give every child a craft stick and ask them to glue it to one end of the back of their picture, assist as needed. Next, give each child a plastic cup and a story sticker to put on the outside of their cup. Once everyone has their Gideon and cup ready, lead the children in reviewing the Bible Story.

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

What You Say:

Before the Activity: “Friends, I’m so happy to see you! Come sit with me. We’re going to make some story art!”

During the Activity: “In our Bible Story, we learned about a man named Gideon. (*Hold up Gideon on a stick.*) I have a Gideon for you to color. (*Pause.*) Wow! Fantastic! Now glue Gideon to the top of your craft stick, like mine. (*Assist as needed.*)

“Gideon hid in a hole because he was afraid. Let’s pretend this cup is the hole Gideon was hiding in. (*Give each child a cup and a sticker.*) Can you add the story sticker to the side of your cup? The words on your label say **[Bottom Line] God can help me be brave.** It also tells you where you can look in the Bible to find today’s story. Now hold your Gideon, like this. (*Hold up Gideon in one hand.*) Hold your cup in your other hand, like this. (*Hold up the cup in the other hand.*) Let’s tell the story together!

“Gideon hid in a hole because he was afraid. (*Put Gideon in the cup.*) God loved Gideon and sent an angel to tell him, ‘The Lord is with you, mighty warrior!’ (*Take Gideon out of the cup.*) The angel told Gideon that God wanted him to lead an army to defeat the Midianites. But Gideon was still afraid. The angel told Gideon, ‘God will be with you.’ Gideon did what God said and went to lead God’s army. They took trumpets, jars, and torches and quietly walked to where the Midianites were. When Gideon told them to, they made a really loud noise by blowing their trumpets and smashing their jars! Then they shouted: ‘For the LORD and for Gideon!’ Let’s all shout that. (With children.) ‘For the LORD and for

Gideon! The Midianites were so afraid, they ran away! God helped Gideon be brave and lead the army to defeat the Midianites.”

After the Activity: “God loved Gideon and was with him when he was afraid. God helped Gideon be brave. God can help you be brave, too. **Who can help you be brave? [Bottom Line] God can help me be brave.**”