

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).*

Groups: Creating a safe place to connect

Memory Verse Activity- Heavy Lifting

Bible Story Review- Act Like Abigail

- ☐ Little People®, five male and one female figure
- ☐ Toy food

Application Activity- Delivering Food

- ☐ Toy food
- ☐ Toy plates
- ☐ 2 bins/buckets

Craft- Abigail Helps Others

- ☐ Gluesticks
- ☐ crayons

1. Memory Verse Review- Heavy Lifting

What You Need:

- ☐ No supplies needed

What You Do:

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

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

After the Activity: Connect the Memory Verse to the Bottom Line.

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!”

2. Bible Story Review- Act Like Abigail

What You Need:

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

What You Do:

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

During the Activity: Review the Bible Story as you act it out with the items.

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: “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.**”

3. Application Activity- Delivering Food

What You Need:

- Toy food
- Toy plates
- Two plastic bins

What You Do:

Before the Activity: Place the plates and food in one bin and place it on the floor on one side of the room. Place the other bin on the floor across from the other.

During the Activity: Encourage children to take a plate and put a piece of food on their plate. Ask children to walk across the room balancing the food on their plate. When they get across the room, ask children to put their plate and food into the second bin. 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.

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.**”

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.

4. Craft- Abigail Helps Others



What You Need:

- “Abigail Helps Others” Activity Page
- “Abigail Helps David and Nabal” Activity Page
- Crayons
- Food stickers
- Cotton balls
- Glue sticks
- Permanent marker

What You Do:

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

During the Activity: Encourage children to color the picture of David and Nabal. Ask children to glue a few cotton balls to Nabal’s side. Encourage children to color their picture of Abigail and the donkey. Ask children to add a few food stickers to the donkey’s back, then glue them in between David and Nabal.

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.”**