

Today's Suggested Schedule—September 2025, Week 4

Today's Bible Story: I can wait for God's plans.

Abraham and Sarah • *Genesis 12:1-3; 15:5-6; 18:1-14; 21:1-7*

Memory Verse: "For I know the plans I have for you," says the LORD." Jeremiah 29:11 NLT

Key Question: Who has plans for you?

Bottom Line: God has plans for me.

Supplies Not included in the Activity Bags:

SOCIAL/ Table Activities:

All The Stars

- ☐ parachute

Abraham and Sarah Sensory Bin

- ☐ Brown shredded paper

Abraham and Sarah Play Doh Mat (NOT AT WALKERTOWN due to allergies)

- ☐ playdoh

After Large Group

Memory Verse Activity-Star Walk

- ☐ Floor tape

Bible Story Review- Count the Stars

- ☐ Crayons
- ☐ gluesticks

Application Activity-Balancing Stars

Journal and Prayer

SOCIAL/ TABLE Time:

1. All The Stars

What You Need: Parachute and yellow pom-poms

What You Do:

Before the Activity: Lay the parachute on the floor in an open area.

During the Activity: Encourage children to move the parachute as directed then freeze. Add pom-poms to the parachute and encourage children to shake it up and down to make the stars go high in the sky.

After the Activity: Introduce the Bible Story.

What You Say:

Before the Activity: "I am so excited! The parachute is out, I love playing with the parachute. Do you want to come join me?"

During the Activity: "Grab the parachute and wait until all our friends have joined us. *(Pause.)* Yay! All our friends are here! We're ready to start. Lift the parachute up! *(Pause.)* Now down. *(Pause.)* Now shake it really fast. *(Pause.)* That was so fun. Now I'm going to add some pom-poms. *(Hold up a pom-pom.)* These remind me of stars. *(Add some pom-poms.)* Let's shake them up and down. *(Pause.)* Let's add more stars! *(Add the rest of the pom-poms.)* Wow that is a lot of stars, let's shake and pop the stars up in the sky! *(Pause.)* Look at all the stars! There are so many we can't count them all."

After the Activity: "In our true story from the Bible, we're going to learn about a man named Abraham and his wife, Sarah. God had plans for them. God told Abraham and Sarah they would have more children in their family than stars in the sky. Let's go hear more about it."

Inclusive Pro-Tips:

- Allow a child to remain close to the activity and move their body even if they do not want to hold the parachute.
- This activity could get loud as children enjoy the movements, offer headphones or a break to any child that might become overwhelmed.

2. Abraham and Sarah Sensory Bin

What You Need:

- Brown shredded paper
- Abraham and Sarah Sensory Bin materials

What You Do:

Use the questions to discover and talk through the Bible Story for today.

3. Abraham and Sarah Play Doh Mat

What You Need:

- Playdoh

What to Do:

Use the questions on the sheet to talk through the Bible Story for today.

GROUPS: Creating a Safe Place to Connect (25 minutes)

1. Memory Verse Activity-Star Walk

What You Need:

- “Star Walk” Activity Page
- painter’s tape

Inclusive Optional Supplies: Little People®

What You Do:

Before the Activity: Line the stars up in order on the floor and tape to secure. Say and do the motions to the Memory Verse.

During the Activity: Invite children to move from star to star, stepping or hopping on them as they say the verse together. Repeat several times, adding excitement and movement.

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

What You Say:

Before the Activity: “Hello friends! Come stand near the stars with me! Today, we’re going to go on a star walk as we say our Memory Verse. But before we start, let’s do the motions as we say our verse. “For I know (*touch head with fingertips*) the plans I have for you,’ (*march*) says the LORD,” (*point up*) Jeremiah 29:11. (*Open hands like a book*) Wow! Great job everyone!”

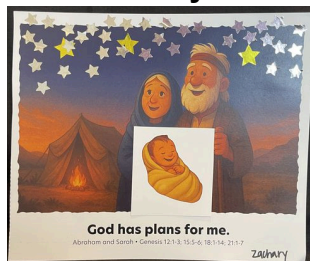
During the Activity: “Okay! Let’s walk from star to star and we’ll say the verse together. Ready? Here we go! (*Step or hop to each star as you say each part!*) ‘For I know.’ Let’s do the next part! ‘The plans.’ (*Pause.*) I have for you.’ (*Pause.*) ‘Says the LORD.’ (*Pause.*) Jeremiah 29:11. Wow! You did it! You completed our Memory Verse Star Walk! Way to go! Let’s do it again!” (*Repeat as desired.*)

After the Activity: “Waiting can be hard, but just like Abraham and Sarah learned, God always keeps His promises. And just like the stars in the sky, God’s plans for us are BIG! **Who has plans for you?** **[Bottom Line] God has plans for me!**”

Inclusive Pro-Tips:

- For a version with less movement, seat children at a table or in a circle on the floor.
- Tape stars to the table or floor.
- Give each child a Little People® toy to use instead of moving themselves.
- Children will move their toy along the Star Walk. Adjust the wording in “What You Say” to match this version.

2. Bible Story Review- Count the Stars



What You Need:

- “Abraham and Sarah” and “Baby Isaac” Activity Pages
- glue sticks
- self-inking star stamps
- crayons

What You Do:

During the Activity: As you review the Bible Story, give each child a copy of “Abraham and Sarah.” Next, give each child star stamps to put above Abraham and Sarah. Go to each child as they work and count their stars with them. End with giving each child a baby Isaac to glue to their page. Then have the child color the picture.

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

What You Say:

Before the Activity: “Everyone, come sit at the table with me. We are going to make some story art that will help us remember today’s Bible Story!”

During the Activity: “This is a picture of Abraham and Sarah, *(Give each child an activity page.)* God had plans for them. God told them they would have as many people in their family as there are stars in the sky! Let’s put stars in the sky above Abraham and Sarah. *(Give each child star stickers or a self-inking star stamp)* Oh...look at all the stars! Let’s try and count the stars together. One, two, three...” *(Say this with each child as they work.)* God’s plans for Abraham and Sarah were for them to have more children than stars in the sky. They were so excited about God’s plan, and they knew that God always keeps His promises. They waited, and waited, and waited until one day, they had the baby they had waited and waited for! Abraham and Sarah had a little boy, and they named him Isaac. Let’s glue this picture of baby Isaac by Abraham and Sarah. *(Give each child a baby Isaac.)* God kept His promise to Abraham and Sarah, and their family grew... and grew... and grew! There were more people than stars in the sky!

After the Activity: “Wow! Your pictures look great! Now you can take them home to help you remember that God had plans for Abraham and Sarah, and God has plans for you too! **Who has plans for you?** **[Bottom Line] God has plans for me!**”

3. Application Activity- Balancing Stars

What You Need:

- Star cutouts;

What You Do:

Before the Activity: Ask children to join you in an open area of the room.

During the Activity: Challenge children to balance their star on different parts of their body, such as their forehead, elbow, or foot. Encourage them to try different ways and see who can keep their star balanced the longest. If a star falls, they can pick it up and try again.

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

What You Say:

Before the Activity: “Hello friends! Abraham and Sarah had to wait a long time for God’s plan, and waiting can be hard! Let’s see if we can do something that may seem a little hard to do—balancing a star! (*Point to the star cutouts.*)

During the Activity: “Ready? Okay! Can you balance your star on your forehead? (*Demonstrate and pause.*) Wait, wait, now how about on your elbow? (*Demonstrate and pause.*) Wait, wait, now try balancing it on your foot! (*Demonstrate and pause.*) It’s a little hard, but you’re doing great! Let’s try balancing on some other places. (*Continue as long as time and interest allow.*) That was a lot of fun!”

After the Activity: “Abraham and Sarah waited a long time for God’s plan, but God always keeps His promises! God had plans for Abraham and Sarah, and God has plans for you! **Who has plans for you? [Bottom Line] God has plans for me!**”

4. Journal and Prayer

What You Need: a journal, and a fun-shaped pen

What You Do:

Encourage children to pretend they're carrying a baby 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 things we have to wait for.

After the Activity: Pray with the 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 pretend we are carrying a baby, like this (demonstrate), while we walk to our Small Group spot. Okay, everyone, hold your baby and follow me! *(Pretend you are carrying a baby in your arms as you lead the children to your Small Group spot.)* You did a great job holding your babies! We can stop pretending now because it's time to sit down and 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 had plans for Abraham and Sarah's family to have as many people as there are WHAT in the sky? *(Pause.)* Yes! Stars! That's a lot of people! Abraham and Sarah waited for God's plans, and they finally had baby boy named Isaac, just like God said they would. God had plans for Abraham and Sarah, and God has plans for you and me too! So tell me, **who has plans for you?** **[Bottom Line] God has plans for me!** One more time! **Who has plans for you? [Bottom Line] God has plans for me!**

"Yay! **[Bottom Line] God has plans for me!** And we have been learning a Bible verse that will help us remember that God has plans for us. It says, "'For I know *(touch head with fingertips)* the plans I have for you,' *(march)* says the Lord," *(point up)* Jeremiah 29:11. *(Open hands like book.)* Did you hear that? God knows the plans He has for us! Let's stand up and say that Bible verse together! Just say what I say and do what I do! "'For I know *(touch head with fingertips)* the plans I have for you,' *(march)* says the Lord," *(point up)* Jeremiah 29:11. *(Open hands like book.)* You sound so good, I think you're ready to say that 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'm very proud of you 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 back down so we can write in our prayer journal and talk to God. *(Open journal.)* Today we're going to make a list of things we wait for in our prayer journal. We wait for our turn on the slide. We wait for dinner to be ready. We wait for our birthdays. We wait for all kinds of things! So when I say your name, I want you to tell me one thing you have waited for and I will write it in our journal. Then, we can use the list when we pray. *(Remember to print, as you write in the journal, so the children can recognize their names and the letters.)*

After the Activity: "And I am going to add 'God's plans' to our list, because today we learned that we can wait for God's plans. *(Hold up journal.)* Let's pray and talk to God about it. Would anyone like to pray

before I pray? *(Give each child who wants to pray the opportunity to do so.)* Dear God, sometimes we have to wait for things like *(read the list the children made)*. Thank You for helping us learn that we can wait for Your plans too. We know Your plans for us are always best, so please help us wait for them. We love You! In Jesus' name. Amen."