

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: Providing time for fun interaction

Wait, Wait, Dance

- Phone timer

GROUPS: Creating a safe place to connect

Memory Verse Activity- Follow the Lines

- Floor tape- make lines on the floor-use directions in activity

Bible Story Review- Pick the Picture

Application Activity- Waiting For a Friend

- tunnel

Name in the Stars

SOCIAL: Providing Time for Fun Interaction (15 minutes)

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

Abraham and Sarah • *Genesis 12:1-3; 15:5-6; 18:1-4; 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.

1. Wait, Wait, Dance

What You Need: Phone or kitchen timer,

What You Do:

Before the Activity: Gather the children around you, show them the timer you will be using, and explain what it does.

During the Activity: Set the timer for a few seconds and slowly work up to more time. Ensure that the sound for the timer is turned on.

After the Activity: Introduce the Bible Story.

What You Say:

Before the Activity: "Friends, come over here and stand with me. I want to show this cool timer. (Show the kitchen timer or phone app.) A timer counts down time and then it makes a sound, you can use it for lots of different things but today we are going to use it to play a game."

During the Activity: "Would you like to hear what the timer sounds like before we start our game? (*Set the timer for a second.*) Okay, when the timer stops, this is what it sounds like. (*Pause.*) Wow! That's a loud sound. Okay, I think we are ready to play! I'm going to set the timer for longer this time, and while it counts down, we have to wait. We can't do anything—we have to be still and wait. Then, when we hear the timer go off and make that loud sound, we can dance and move our bodies all around. (*Set the timer.*) Wait ...(*Pause.*) Hear that sound? It means our waiting time is over. Everybody move and dance around! (*Pause.*) Now freeze, and we'll set the timer again. (*Continue increasing the time you set.*) Great job, friends!"

After the Activity: "Waiting is really hard sometimes, isn't it? But you did it! After we waited, we had so much fun dancing and moving together! Today in our Bible Story, we are going to learn about a man named Abraham and his wife, and how they waited and waited for God's plan because they knew that God always keeps His promises! Let's go hear what God had planned for Abraham and Sarah!"

Transition: Move to Worship and Story by setting the timer to see how far they can walk before the timer sounds. Continue until you reach your designated area. (*Be sure to turn your timer off before entering Worship and Story.*)

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

1. Memory Verse Activity- Follow the Lines

What You Need:

- floor tape

What You Do:

Before the Activity: Create three paths on the floor with tape. A zig-zag line about ten feet long in the center of the activity area. A curvy line the same length that overlaps the first line. And a straight line in the middle of the first two lines. Say the verse as you do the motions together with the children.

During the Activity: Encourage children to follow you down each of the paths as you say the Memory Verse. Repeat as desired.

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

What You Say:

Before the Activity: “Friends, come stand with me and let’s say our verse as we do the motions together. Ready? “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*) Great job, everyone!”

During the Activity: “See these different lines on the floor? (*Pause.*) We are going to follow each of the paths and when we get to the end of our last path, you’ll get a special sticker! Let’s start on the straight line. Follow me and let’s say our verse together. “For I know the plans I have for you, says the LORD,” Jeremiah 29:11. (*Repeat until you’ve reached the end of the straight line.*) Great job! Now follow me down the zig-zag line and say the verse. (*Repeat until you’ve reached the end of the zig-zag line.*) Okay! One more line to go down. Follow me and say the verse. (*Repeat until you’ve reached the end of the curvy line.*) You did it! You waited until you got to the end of the last path, and now I have a special sticker for you. (*Pass out the stickers.*)”

After the Activity: “In our Bible Story, Abraham and Sarah waited a long time for God’s plan. God kept His promise to Abraham and Sarah, and their family grew...and grew...and grew! There were more people in their family than stars in the sky! 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!** That’s right! **Who has plans for you? [Bottom Line] God has plans for me!**”

2. Bible Story Review- Pick the Picture

What You Need: “Pick the Picture” Activity Page

What You Do:

During the Activity: Review the Bible Story as you hold up silly pictures until you get to the correct picture.

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

What You Say:

Before the Activity: “Everyone, come sit with me! I am going to hold up some pictures, and I need you to help me pick the right one that goes with our Bible Story.”

During the Activity: “Ready? Here we go! In our Bible Story, God told Abraham and Sarah that their family would have as many people as there are... *(hold up picture of the elephant)* elephants in the sky? *(Pause.)* No, that’s not right. *(Hold up picture of cookies.)* Cookies in the sky? *(Pause.)* No, that’s not right either. *(Hold up picture of stars.)* Stars in the sky? *(Pause.)* Yes! God told Abraham and Sarah that their family would have as many people as there are stars in the sky! Great job friends!

“I’ve got more pictures; will you help me pick the right picture Bible Story picture again? *(Pause for answers.)* Great! Here we go. Abraham and Sarah waited and waited and waited for a *(hold up picture of the soccer ball)* Soccer ball? *(Pause.)* No, that’s not right. *(Hold up the picture of the flower.)* Flowers? No, that’s not right either. Abraham and Sarah waited and waited and waited for a *(hold up the picture of baby Issac)* baby? *(Pause.)* Yes! Abraham and Sarah waited and waited and waited and they finally had a baby boy and they named him Issac! 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! Friends, thank you for helping me find the correct Bible Story pictures.”

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!** Yay! God has plans for you, and **[Bottom Line] God has plans for me!**”

3. Waiting For a Friend

What You Need: Pop-up tunnel

What You Do:

Before the Activity: Set up the tunnel in an open area of the room. Line children up on one end of the tunnel and stand on the other end.

During the Activity: Encourage children to crawl through the tunnel but they have to wait until you call their name. Celebrate each friend as they crawl through the tunnel.

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

What You Say:

Before the Activity: “Look friends! We’re going to play with the tunnel today. Come line up on this side of the tunnel. *(Pause.)* I’ll go stand on that side *(walk to the other side of the tunnel)* and call you to me. But you have to wait for me to call your name.”

During the Activity: “Remember, you have to wait to go through the tunnel until I call your name. *(Pause.)* [Child’s name], crawl through the tunnel to me. *(Pause.)* Yay! You made it through the tunnel. Come wait for the rest of our friends with me. [Child’s name] your turn! Crawl through the tunnel to me! *(Pause.)* Hooray! You made it! *(Continue with each child.)* Whoa, we did a lot of waiting today. We had to wait for our turn to go through the tunnel and then we waited for all our friends to have a turn. We waited, and waited, and waited.”

After the Activity: “In our Bible Story today we learned about a young man named Abraham and his wife, Sarah. One night, God told Abraham, “Look up at the sky. Count the stars, if you can. That’s how many children will be born into your family.” (Genesis 15:5 NIV) Wow, that’s a big family! Abraham and Sarah were excited about God’s plan, and they knew that God always keeps His promises. Abraham and Sarah were ready to have a baby and start their family. They waited...and waited...and waited. Many, many years went by, and Abraham and Sarah became very old. They knew God had a plan for their family, and one day they had the baby they had waited for! Abraham and Sarah had a little boy, and they named him 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! 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!**”

Inclusive Pro-Tip:

- Offer children to move around the tunnel instead of through the tunnel. If using this version, adjust wording in What You Say section accordingly.

4. Craft- Name in the Stars



What You Need:

- “Name in the Stars Label” Activity Page
- dark blue cardstock
- Marker
- Star stickers

What You Do:

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

During the Activity: Ask the children to sit down at the table, and give each child the Activity Page with their name on it. Encourage each child to place the star stickers over the letters of their name.

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

What You Say:

Before the Activity: “Friends, come find a place at the table!” (*Give each child the Activity Page with their name on it.*)

During the Activity: “What do you see on the paper in front of you? (*Pause.*) The letters on your paper spell your name! I want you to use the stickers to trace your name. Here, I’ll show you how. (*Demonstrate.*) Remember, you need to make sure you cover every letter. (*Pause.*) Great job. Now add this label to your paper, it tells you where to look in the Bible to find today’s true story. We’ll put these over here and be picked up later.”

After the Activity: “In our Bible Story today, we learned about a young man named Abraham and his wife named Sarah. One night, God told Abraham, “Look up at the sky. Count the stars, if you can. That’s how many children will be born into your family.” (Genesis 15:5 NIV) Wow, that’s a big family! Abraham and Sarah were excited about God’s plan, and they knew that God always keeps His promises. They waited many, many years and became very old, but finally had a little boy, named Isaac. God kept His promise to Abraham and Sarah, and their family grew...and grew...and grew! Their family had more people than stars in the sky! God had plans for Abraham and Sarah, and God has plans for you and me too! **Who has plans for you? [Bottom Line] God has plans for me.**”