

## Today's Suggested Schedule—January 2026, Week 3

**Today's Bible Story:** Paul and Silas • Acts 16:16-40

I can pray to God.

**Key Question:** What does the Bible teach you?

**Bottom Line:** The Bible teaches me the best things.

**Memory Verse:** *"Your word is truth" (John 17:17 NIV).*

### Supplies NOT Included in the Activity Bags:

#### Lesson Activities

**Memory Verse Activity- Shake It Off**

☐ Egg shakers

**Bible Story Review- Happy or Sad**

**Craft- Pray Anytime**

☐ Dot markers or crayons

☐ Permanent marker

#### Story Summary- Paul and Silas

The Bible teaches us that we can pray to God. Paul and Silas were sitting in a dark jail cell, and they began singing and praying to God! Paul and Silas knew that they could talk to God anytime, anywhere, about anything, so that's what they did. They had no idea that their prayers would end up changing the life of the jailer who was guarding them as well as his entire family. They all ended up following Jesus! Paul and Silas prayed to God, and we can pray to God, too.

## 1. Memory Verse Activity- Shake It Off

### What You Need:

- ☐ Egg shakers, one per child

### What You Do:

1. Say the Memory Verse as you do the motions together with the children.
2. Encourage children to say the verse with the egg shakers.

### What You Say:

1. Friends, come stand with me, and let's say our Memory Verse as we do the motions together. Here we go! 'Your *(point up)* word *(open hands like a book)* is truth,' *(move index finger forward from mouth)* John 17:17" *(open hands like a book)*.
2. "Now here comes the fun part. Let's say the verse while we shake these egg shakers. *(Shake egg)* 'Your word is truth,' John 17:17. Great job! Now let's shake your eggs and follow me. *(March around the room.)*  
'Your word is truth,' John 17:17. *(Repeat as desired.)* Great job!"
3. "The Bible teaches us the best things. Today we learned that when Paul and Silas were in jail, there was a big earthquake that made everything shake. We know that happened because it was written in the Bible. **What does the Bible teach you? [Bottom Line] The Bible teaches me the best things.** That's right, friends."

## 2. Bible Story Review- Happy or Sad

**What You Need:** No Supplies Needed.

### **Optional Inclusive Supplies:**

- ☐ Musical instruments

### **What You Do:**

1. Spread out in an open area of the room.
2. Sing the following words to the tune of “If You’re Happy and You Know It” as you do the motions.

### **What You Say:**

1. “Friends, come over here and spread out because we are going to sing and move and have so much fun.”
2. “We’re going to sing. ‘If You’re Happy and You Know It’ together, but we’re going to do new moves with the song! Can everyone show me your happy face? (*Pause.*) Good job! Can everyone show me your sad face? (*Pause.*) Oh, your faces look so sad! Can everyone show me your best silly faces? (*Pause.*) Those are great silly faces! Okay, I think you’re ready! Listen carefully to the words. Here we go:

“If you’re happy and you know it, show your smile. (*Smile.*)

If you’re happy and you know it, show your smile. (*Smile.*)

If you’re happy and you know it and you really want to show it, (*Point to your face.*)

If you’re happy and you know it, show your smile. (*Smile.*)

“Okay, let’s change the motion!

If you’re sad and you know it, make a sad face. (*Make sad face.*)

If you’re sad and you know it, make a sad face. (*Make sad face.*)

If you’re sad and you know it and you really want to show it, (*Point to your face.*)

If you’re sad and you know it, make a sad face. (*Make sad face.*)

“Let’s change the motion one more time!

If you’re silly and you know it, make a silly face. (*Make a silly face.*)

If you’re happy and you know it, make a silly face. (*Make a silly face.*)

If you’re happy and you know it and you really want to show it, (*Point to your face.*)

If you’re happy and you know it, make a silly face. (*Make a silly face.*)

“Wow, that was great, friends! Let’s do it again!” (*Repeat as desired.*)

3. “We know that if we’re feeling happy, or sad, or silly, we can pray and talk to God! It’s true! We can pray and talk to God anytime and anywhere, just like Paul and Silas in our true story from the Bible today! **[Bottom Line] The Bible teaches me the best things. What does the Bible teach you? [Bottom Line] The Bible teaches me the best things.**”

### **EveryChild Tips:**

- Provide musical instruments for children to participate with, in place of singing.

### 3. Craft- Pray Anytime



#### What You Need:

- “Pray Anytime” Activity Page
- Dot markers or crayons
- Self-adhesive VELCRO® dots
- Permanent marker

#### What You Do:

1. Write each child’s name on their cutout.
2. Encourage children to color their watch cutouts. Measure the band around each child’s wrist and cut the non-buckle end to size. Adhere the bumpy side of the VELCRO® to the front side of the band on the cut end and the smooth side of the VELCRO® to the back side of the buckle end. Help children put on their watches.

#### What You Say:

1. “Friends! Come sit with me at the table. Let’s make a watch today. Do you know what a watch is? *(Pause.)* A watch is something you wear on your wrist that helps you know what time it is.”
2. “Use the markers to decorate your watch. *(Pause.)* Super! Let’s measure it around your wrist. *(Cut as needed and add the adhesive dots.)* Now your watch is ready to wear! *(Help put each child’s watch on.)* Your watch can help you remember that you can pray and talk to God anywhere and at any time, just like Paul and Silas.”
3. “In our Bible Story, Paul and Silas chose to stay at the jail to tell the guard that God loves him and that Jesus wants to be his friend forever. Then the guard decided to love God and follow Jesus, too. We can pray to God anytime, anywhere, and about anything, just like Paul and Silas! The Bible has God’s words in it, and it teaches us the BEST things! **What does the Bible teach you? [Bottom Line] The Bible teaches me the best things.**”