

WEEK 1 LESSON GUIDE



BIG IDEA

Making peace is part of
God's game plan.

BIBLE

David and Abigail:
1 Samuel 25:2–35

ABOUT THIS WEEK

To play a sport, you'll need a great coach with a good strategy to help you reach your goals. This week, we'll take a look at the time Abigail stepped in to bring peace between David and her husband, Nabal. By trusting God and sticking to the winning strategy, Abigail shows us how **making peace is part of God's game plan.**

WELCOME TIME

ACTIVITY | Balloon Volleys

- **INSTRUCTIONS:** For this activity, you will need yellow or green balloons ("tennis balls") and a piece of masking tape to divide the room in two. You can also use beach balls if you have kids in your group with latex allergies. Kids will be divided into two groups and put on different tape sides. The kids will toss the balloons back and forth like they are playing tennis.
✳ **TODDLER HACK:** Keeping a ball in the air is tricky for toddlers. Instead, you can sit on the floor with a toddler and roll a beach ball back and forth between you.
- **Have you ever had an idea different than your friend's?** That can be really hard! When you have different ideas, that's called disagreeing. Disagreeing can feel like tennis. You just go back and forth and back and forth. You might say, "It's mine!" "No, it's my turn!"
- When you're disagreeing like that, it's hard to feel peace. Peace is what happens when we get along and find a way to agree.
- Today's story is about God's game plan for us. God wants us to have and make peace!

ACTIVITY | Peace Bridge

- **INSTRUCTIONS:** This activity is a variation of "Red Rover." Break the kids into two equal teams and have them hold hands on opposite sides of the room, creating two chains. Lead one team to call on a kid from the other team to "come over." When they do, instead of running through a pair of arms like in the original game, have the whole team, while still holding hands, form a circle around that kid and cheer for them! Repeat until every kid has had a chance to be cheered for. If you have a big group, call on a few kids at once.
- **What helps you to feel peace?** When it's a scary, sad, or confusing day, sometimes kind words can bring peace.
- In today's Bible story, we will meet a woman named Abigail who chose to use kind words and good choices to help make peace.

STORY TIME

SCRIPTURE | 1 Samuel 25:2–35 (David and Abigail)

- **INSTRUCTIONS:** Teach this Scripture passage by reading from a preschool-friendly Bible translation, Bible storybook, or using the talking points provided below! Additionally, have two robes ready on separate sides of your presentation area. As you tell the story, run to the different robes and throw them on as you talk about David and Abigail. You could also use hats instead of robes!
- Run to the David robe.
 - **Let's meet David. Everybody say, "Hi David!"** Soon, David is going to be king over a land called Israel. God picked him to be king of Israel!
 - David sent a messenger to a man named Nabal and his wife Abigail, asking him to share some of his sheep. "We've been really nice to you and your people," David said. "Now, could you be nice and share with us?" "No way!" Nabal said.
 - **Everybody say, "No way!"**
- Run to the Abigail side.
 - Nabal asked, "Who is this David?" He didn't know who David was or what David had done!
 - **How do you think this made David feel?** David sure wasn't happy! David did not like what was said to his friends.
- Run to the David side.
 - His people were nice to Nabal's people. Why couldn't they be kind to his people?
 - **Everybody say, "Not cool!"**
- Run to the Abigail side.
 - But wait! Abigail stepped in to calm David down. She said sorry to David in Nabal's place.
 - She knew that God was with David and she wanted to help. Abigail knew how to make peace. She even gave David some gifts to help.
- Run to the David side.
 - David thanked Abigail and told her this: "Go in peace."
 - **Let's say, "Go in peace."**
 - There would be no more fighting that day. David wasn't angry anymore and there was peace again.
- **Who do you think won that match?** When we make peace happen, everybody wins!
- Peace is only possible because it's a part of God's plan for us. That means we can always find a way to make peace with God's help!

BIG IDEA | Making peace is part of God's game plan.

- **INSTRUCTIONS:** Play an upbeat sports-themed track ([like this](#)) and have kids chant the Big Idea by repeating small chunks after you while doing the hand motions below. Consider providing pom-poms, noisemakers, or foam fingers for kids to enjoy the sports theme even more!
- In any sports game, players need to follow the coach's game plan. We all have the best coach—God! God has the best game plan!
- Let's find out what's in God's game plan for us. Drumroll, please ... (Lead the kids in a drumroll.)
 - **Making peace** ([Sign language for "peace"](#) or hold up two fingers.)
 - **is part of God's** (Point up.)
 - **game plan.** (Open palms like a book.)

VIDEO | Game Plan, Episode 1

- **INSTRUCTIONS:** Play this week's episode of [Cali's World](#).

ACTIVITY | Story Messengers

- **INSTRUCTIONS:** Play this version of "Telephone" using short story sentences. Have kids sit in a circle. Whisper the story sentence to one kid in the circle. That kid can pass the phrase around the circle by whispering it in their neighbor's ear. When the last kid says it aloud, say the correct sentence if the words change along the way. Repeat by starting with a different kid in the circle.
- When Nabal was mean to David and his friends, messengers delivered the news to Abigail. Let's try to remember the story by being messengers, too!
 - Nabal didn't want to share.
 - David was ready to fight Nabal.
 - Abigail said sorry for Nabal.
 - Abigail gave David gifts.
 - David was happy with the gifts.
 - Abigail made peace with David.
 - **Making peace is part of God's game plan.**

PRAYER

- Dear God, you're amazing. Thank you for showing us how to make peace. Please help me make peace with my family, friends, and everyone. Amen.

SHARING TIME

SNACK | Peace Pieces

- **INSTRUCTIONS:** Provide a mix of snacks that might resemble sports equipment: [square pretzel snaps](#) (nets), cheese balls or [mini Ritz crackers](#) (balls), and pretzel sticks (bats, hockey sticks). Talk to kids about what they think each item looks like.
- **What sport do you like the most? Why?**
- When we play a game, one way to make peace with others is to shake hands. Let's shake hands with each other and say the Big Idea together: **Making peace is part of God's game plan.**

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Have a tennis ball or soft foam ball for the group sitting in a circle. The one who has the ball is the one who gets to speak. Start with the ball yourself, then ask the first question and toss or roll the ball to the person who wants to answer. Keep the ball moving around with all who wish to share. For younger preschoolers, you can sit down and roll the ball.
 - ✳ **TODDLER HACK:** Remember, toddlers will chatter and babble only around adults they feel safe with. Provide a welcoming and child-centered environment that toddlers feel safe in.
- **Why was David so mad?** Nabal wasn't being kind. He didn't want to share his things.
- **What did Abigail do to make peace?** She calmed David down. She said sorry instead of Nabal. She offered gifts.
- **How do you think that made David feel?** David was happy.
- **How can we make peace with our friends?** We can share. We can take turns. We can say sorry. We can play fair.
- **Making peace is whose game plan?** God's!

ACTIVITY | Peace Baskets

- **INSTRUCTIONS:** Help kids roll the top of a brown paper bag out a few times to create a "basket." Then, have

them color in and cut out the items from the [printable](#). The long strip with the Big Idea will serve as the handle, which you can tuck under the folded area of the basket and secure with glue dots. See a worked example [here](#).

✂ **TODDLER HACK:** Toddlers may find it easier to place stickers onto a cup to represent a basket.

- Abigail was a peacemaker. She knew it would be better to make peace than argue and fight. Abigail gave David gifts like bread, sheep, grain, and figs that helped David feel better. **Making peace is part of God's game plan.**

MEMORY VERSE | Psalm 33:11 (NIV)

- **INSTRUCTIONS:** Help kids learn this month's memory verse by setting the words to the tune of "Old MacDonald Had a Farm." You can also have kids repeat the verse after you in small chunks, say them using silly voices, or create simple hand motions for keywords.
- **"But the plans of the Lord stand firm forever, the purposes of his heart through all generations."**

PLAY TIME

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute [this coloring page](#) along with crayons or markers. You can review today's Bible story, Big Idea, and memory verse as the kids color.

ACTIVITY | Sports Box

- **INSTRUCTIONS:** Provide a box filled with soft balls, jerseys, helmets, pom-poms, and other sports toys for kids to play and experiment with! Feel free to use the same box every week or rotate out the items for variety.

ACTIVITY | Make A Gift Basket

- **INSTRUCTIONS:** Provide the kids with plastic animals, play food, and gift boxes or baskets. Invite kids to create "gift baskets" like the one Abigail might have given David by placing any combination of items inside their baskets.
 - ✂ **TODDLER HACK:** Before the session, wrap up some of the classroom toys for the toddlers to unwrap. Talk about how Abigail gave gifts to David.