

K-2 | November 30

Today's Bible Story: Nehemiah • *Nehemiah 1-4; 6:1-15*

Today's Bottom Line: God can help you do big things.

Monthly Memory Verse: *Those who trust in the LORD will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.* Isaiah 40:31 (NIRV)

1. Opening Activity

Pray for your group before they arrive. Pray for kids who will visit your group for the first time. Thank God that He goes with you through everything and helps you do even bigger things than you could do on your own. Recall an age-appropriate story about when you asked God for help, and He helped you do something bigger than you'd ever thought you'd be able to accomplish. Pray that kids understand that being obedient in the little things over time is a big thing. Ask God to help the kids learn how to go through all of life with Him so they will do all things together with Him!

What You Need:

- ☐ Offering container
- ☐ Magna tiles, Jenga® blocks, or LEGO® bricks
- ☐ *Optional: Timer*

Inclusive supplies:

- ☐ *Plastic cups*

What You Do:

- Greet each kid by name with a fist bump, high-five, smile, or wave as they arrive!
- Invite any kids who brought an offering to place it in the offering container.
- Divide the group into two teams and give each team a set of building blocks.
- Challenge them to build the tallest wall or tower.
- *Optional: Set a timer if it helps with motivation.*
- Encourage rebuilding if their structure falls.
- Once finished, invite both teams to observe and celebrate each other's work.
- Gather the group to discuss.

What You Say:

"Way to go, builders! I love how you worked together to build something awesome."

"In today's true story from the Bible, we'll discover how God helped a man lead a whole town full of people to build something BIG! Let's go!"

[Lead your group to the Large Group area.]

Inclusive Pro Tips:

- Consider using plastic cups instead of blocks if your group is sensitive to noise.

2. Build and Review*

What You Need:

- ☐ “Nehemiah Rebuilds the Wall” Activity Page
- ☐ Markers, crayons/color pencils
- ☐ Glue sticks
- ☐ Scissors

What You Do:

- Have each child write his/her name on their paper before starting
- Have the children color their activity page
- Kids will use their scissors to cut out pieces of the wall and glue it to their activity page to help “fix” the wall just like Nehemiah and his friends did!

What You Say:

“Great job, friends! With God, anything is possible!”

“Nehemiah had an important job working for the king, but when he heard that the walls of his hometown were broken and the people were in trouble, he was really sad. So he prayed and asked God for help, then bravely asked the king if he could go rebuild the wall—and the king said yes! God even gave Nehemiah everything he needed for this big project.

“When Nehemiah arrived in Jerusalem, he saw that the walls were in really bad shape. But instead of giving up, he gathered families, friends, and workers from all kinds of jobs to help. They weren’t expert builders, but they trusted God and worked together to fix the wall. Even when people made fun of them or tried to stop them, Nehemiah prayed, and kept going.

“In just 52 days, they finished rebuilding the whole wall!”

“Rebuilding the wall was a huge task, but Nehemiah did the whole big task with God. Whenever Nehemiah needed help throughout rebuilding the walls, he prayed. When Nehemiah needed building supplies from the king, he prayed. When he needed help against their enemies, Nehemiah prayed. Nehemiah asked God for what he needed every step of the way, and God gave it to him.

“God never left Nehemiah—He gave Nehemiah everything he needed to do big things! **God can help you do big things** too!”

3. Up in the Air Verse

What You Need:

- ☐ Bible marked at Isaiah 40:31
- ☐ Beach ball

What You Do:

- Open the Bible and read Isaiah 40:31.
 - *NOTE: You can call on an older kid in your group to read the verse too.*

- Review any words that might be unfamiliar to the kids.
- Teach and review the motions with the group:
- These are the motions for the NIV:
 - *Those who trust (Hold palms open and up to the sky.)*
 - *in the LORD (Point both hands up toward heaven.)*
 - *will receive (Pull your hands in toward your chest like you're reeling something in.)*
 - *new strength. (Show your muscles—flex both arms with a strong face.)*
 - *They will fly as high as eagles. (Flap your arms slowly and gracefully like wings.)*
 - *They will run (Run in place.)*
 - *and not get tired. (Cross your arms in front of you in an "X.")*
 - *They will walk (Take slow, steady walking steps in place.)*
 - *and not grow weak. (Cross your arms again in an "X.")*
 - *Isaiah 40:31 (Open palms together like a Bible.)*
- These are the motions for the NIV:
 - *Those who hope (Hold palms open and up to the sky.)*
 - *in the LORD (Point both hands up toward heaven.)*
 - *will renew their strength. (Show your muscles—flex both arms with a strong face.)*
 - *They will soar on wings like eagles; (Flap your arms slowly and gracefully like wings.)*
 - *they will run (Run in place.)*
 - *and not grow weary, (Cross your arms in front of you in an "X.")*
 - *they will walk (Take slow, steady walking steps in place.)*
 - *and not be faint. (Cross your arms again in an "X.")*
 - *Isaiah 40:31 (Open palms together like a Bible.)*

Move Together:

- Instruct the kids to stand in a circle.
- Explain that they will gently throw the beach ball to another kid in the circle while reciting the next word of Isaiah 40:31.
- Assist the kids with the words as you play.
- Repeat if time allows. Challenge the kids to not let the beach ball touch the ground for the entire verse.

What You Say:

"Wow! Way to remember Isaiah 40:31 this month, friends!"

"Keeping the beach ball up was big job, and you helped each other to keep going. God helps us to keep going too! When we trust God, He gives us the strength we need, just like Isaiah 40:31 says. We're not meant to do hard things on our own. When something feels too big or too difficult, we can talk to God, just like Nehemiah did.

"God is strong. God is kind. Good is GOOD! God never gets tired or gives up. And because of who He is, we can live with confidence and keep going, even when things feel tough. Remember, **God can help you do big things!**"

Inclusive Pro Tips:

- To adjust the movement to this activity, invite the kids to stay seated and pass the beach ball around the circle as they recite the verse. You can do this on the floor or around a table.

4. Pray and Dismiss

What You Need:

- ☐ No supplies needed

What You Do:

- Invite kids to sit in a circle.
- Say, “God loves when we talk to Him, and He’s always listening! Let’s pray together and thank Him for helping us when we have something big in front of us. After each thing I say, you’ll say, ‘**God can help me do big things!**’”
- After each phrase you read aloud, prompt the kids to respond by saying: “**God can help me do big things!**”
- Encourage the kids to say it boldly and with confidence.
- Then, close in prayer.

Call and Response:

“When I need courage to try something new ...”
(Kids respond) “**God can help me do big things!**”

“When I feel too small to make a difference ...”
(Kids respond) “**God can help me do big things!**”

“When I want to do what’s right even if it’s hard ...”
(Kids respond) “**God can help me do big things!**”

“When I see someone who needs help ...”
(Kids respond) “**God can help me do big things!**”

“When I want to tell others about Jesus ...”
(Kids respond) “**God can help me do big things!**”

Prayer:

“God, thank You for always being with us! You never leave us, and You never run out of strength, because You are a Mighty, all-powerful God! When we don’t feel brave or strong enough, remind us that we can trust You. Thank You for helping Nehemiah do a big thing, and thank You for helping us too. We want to live every day knowing that You go with us through everything. Teach us to ask You for everything we need. We want to go through life with You! We love You, God, and we pray these things in Jesus’ name. Amen!”

*[As adults arrive to pick up, encourage kids to share the story of Nehemiah’s challenge to rebuild the walls and gates around Jerusalem. Remind them to share the truth that just like God helped Nehemiah: **[Bottom Line] God can help you do big things.**]*

