



Supplies

- Bible

Welcome

Thank kids for coming.

Just for fun, teach kids how to give “hand hugs” by putting their palms against the palms of a friend and wrapping their thumbs around the other person’s hand.

Make announcements.

Introduce new kids.

Celebrate birthdays by having kids say “happy birthday” in a squeaky voice.

Collect the offering.

Introduce the Lesson

Say: **Today we’ll learn a song in the Bible—called a psalm—that shows how God watches over us and brings us peace. When we have peace, that means we’re calm and not worried. Let’s think of some places that help us feel peaceful.**

Share

Share about one or two places that help *you* feel peaceful. You might mention a room in your home or a place in nature.

In small groups, have kids share about places that help *them* feel peaceful. For example, they might mention that when they can share their siblings’ or parents’ beds they feel peaceful.

After small groups have discussed, have a few kids share with the whole group what they talked about in their small groups.

Summarize

Open a Bible, and say: **Those all sound like peaceful places. Today we’ll learn that God can help us feel peaceful anywhere because God watches over us all the time. The Bible tells about a boy named David who knew that God watches over us. The Bible is one way God talks to us. Let’s listen to God as we hear from the Bible today.**

Pray, thanking God that he watches over us.



MUSIC VIDEO

Watching Over You

[10 min]

Supplies

- “Watching Over You” (watch or download [here](#))
- “God With Us” (watch or download [here](#))
- “He’s Got the Whole World in His Hands” (watch or download [here](#))

Sing Songs to God

Sing the three songs in any order.



TALK-ABOUT VIDEO

Bethany’s Story

[10 min]

Supplies

- “Bethany’s Story” teaching video (watch or download [here](#))

Tip

- Don’t have internet in your classroom? That’s okay! You can download the videos before class using the “download” button at the link provided, or just purchase this quarter’s DVD [here](#).

Discuss and Watch “Bethany’s Story”

Ask: • **If you could have any animal for a pet, what animal would you choose, and why?**

Say: **When we have pets, we have to take care of them and watch over them. It’s a great reminder that God watches over us and takes care of us! Let’s meet Bethany and see how she watches over her animals.**

Watch “Bethany’s Story.”

Ask: • **What things did you notice that Bethany does to take care of Parker, Baxter, and Bailey?**

• **How can the things Bethany does remind you of what God does for us?**

Say: **God watches over us. If you have dogs or cats, maybe you’ve sometimes forgotten to take them for a walk or refill their water bowls. But God never forgets to take care of us!**

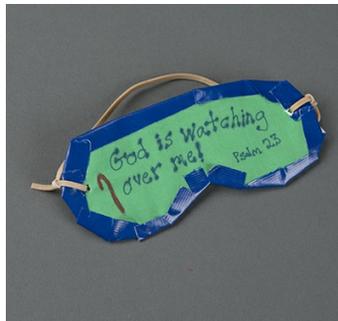


Supplies

- “Sleep Mask” handouts (1 per child) (download [here](#))
- scissors
- markers
- poster board
- cotton fabric (various colors)
- duct tape (various colors)
- elastic string

Easy Prep

- Make a sample craft to show kids.



Make a Sleep Mask

Set out supplies. Have kids follow these instructions to make sleep masks.

- Cut out a sleep mask from the handout. Choose the one that fits your face best.
- Trace it onto a piece of poster board, and then cut it out.
- Cut out the fabric tracings.
- Use duct tape around the edges to attach the fabric to both sides of the poster board.
- Pinch one side of the mask, and then cut a small slit where you’ve pinched it. Repeat on the other side.
- Tie elastic string through each slit. You’ll need a length of string that fits snugly around your head.
- Use markers (washable markers work fine) to decorate the fabric on the outside of the sleep mask. You may want to write the Bible point: God watches over us.

Talk About It

Ask: • **Do you prefer going to bed early and getting up early, or going to bed late and sleeping in?**

Why?

- **Do you usually sleep peacefully or wake up a lot?**
- **What are some things you worry about that might keep you awake?**
- **How can you trust God with those things?**

Say: **God watches over us. The Bible says he lets us rest in green meadows and lie beside peaceful streams. When we trust God to watch over us, we can rest easy. We don’t need to be always alert or worrying. We can put on our sleep masks and rest in God’s peace.**

Have kids take their sleep masks home and show their friends and families how God watches over us so we can rest easy.



Supplies

- green tablecloth or bedsheet*
- dark tunnel from Core Bible Discovery
- *Friends With God Story Bible* (optional) (order [here](#))

Pray for Help

Have kids gather around one end of the dark tunnel. Say: **Today we learned that God watches over us. He's with us when we're scared or don't know what's ahead. He watches over us, even in dark places. Let's talk to God about dark places or things that make us feel scared.**

Lead children in calling out to God into the dark tunnel. Lead kids in saying prayers such as "Be with me at night," "Thank you that you're watching over me when I'm afraid," or "Watch over me when I try something new." Older kids might want to call out more specific prayers about fears they have.

Pray for Peace

Have the children lie on the green tablecloth or bedsheet. Say: **We also learned that God helps us feel peaceful. We can be calm, knowing he watches over us.** Lead the children in closing their eyes and taking three deep breaths.

Say: **Because God watches over us, we know he'll take care of us. We can rest and be peaceful. Let's thank God for taking care of us.** Lead children in speaking softly to God, thanking him for watching over them and bringing them peace.

Close the prayer: **Thank you, God, that you watch over us everywhere we go. You protect us in the dark and when we're scared. You help us to feel calm and peaceful because we know you take care of us. In Jesus' name, amen.**

If you have extra time, spend some time reading today's Bible story, "Just Like a Shepherd—by David," from the *Friends With God Story Bible*.

Let the children know that you're happy they came to church to spend time with you and all the other children. Ask them to join you back at church next week to learn more about God.