



SMALL GROUP LEADER GUIDE

SPIRITUAL DISCIPLINES
WEEK 1 HOW TO GET CLOSER TO GOD

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **What do you like to do on a rainy day?**

Small Group Activity

You'll Need

Per Group	1 Get Closer activity supplement
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After Activity

Kids Keep	Nothing
You Keep	Activity supplement (<i>save for later use</i>)

To Do

1. Kids **face** you and **move** 5 giant steps backward.
Say: I'll say a sentence one time, and you repeat what you heard when I count to three.
2. **Quietly whisper** a phrase from the Get Closer activity supplement, then **loudly count** to three.
3. Kids **say** what they think you said.
Say: It's hard to hear when you're far away, isn't it? Let's get closer and try it again!
4. Kids **move** one giant step closer to you.
5. **Repeat** steps 2-4 whispering the same phrase until all kids are close enough to correctly repeat the phrase.
Say: Getting closer to God is kind of like this game! God is always with us and always loves us—but it's easier to hear His voice and feel His love when we get closer to Him.
6. **If time allows, play again** with kids as the whisperers.

Ask this after the activity.

1. **What do you think made the game harder when you were far away?** *Answers will vary.*

Please save questions on back for Small Group Discussion.

Small Group Discussion

Say the point and Bible verse together.

Jesus is my closest friend when I spend my time with Him.

James 4:8 NLT

Come close to God, and God will come close to you. ...

1. **What happens when we make choices to get closer to God?** *We find out God is close to us.*

Choose a few review questions.

1. **What do you think it means to be "close to God?"** *Answers will vary.*
2. **Where do you think God goes if you don't choose to be close to Him?** *Answers will vary, but lead to this idea: Nowhere—He's always waiting for you.*
3. **How do you think you can tell if you are close to God?** *Answers will vary.*
4. **Read the Bible story (John 15:1-5). What kind of fruit do you think you'll grow if you stay close to God?** *Answers will vary. Ideas: Love, joy, peace, etc.*
5. **Which helps you get closer to God: choosing to do things to get to know Him, or just wishing you were closer to Him?** *Answers will vary.*

Choose an action step question.

1. **What do you think you need to do this week to get closer to God?** *Answers will vary. Ideas: Pray, read the Bible, sing songs to God, think about God, etc.*
2. **What do you think can help you remember to be close to God each day?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please remind us to spend time with You each day. Thank You for showing us how close You are. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **play** the game again.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.



SMALL GROUP LEADER GUIDE

SPIRITUAL DISCIPLINES
WEEK 2 ADD MORE GOD

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **If you had a pet goose, what would you name it?**

Small Group Activity

You'll Need

Per Group	1 Distraction in Action activity supplement
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After Activity

Kids Keep	Nothing
You Keep	Activity supplement (<i>save for later use</i>)

To Do

Say: Let's play a game to help us ignore distractions when we need to spend time with God. One person will give a signal to pray, and we'll see how fast you can copy them.

1. **Choose** a *signal kid*: they'll put their hands together and bow their head like they're praying.
2. **Read** off one activity from the activity supplement and **give time** for kids to do it.
3. **Repeat step 2** over and over with different activities on the activity supplement **until the signal kid gives the signal**. *If you want to make the game trickier, keep reading activities even after the signal is given!*
4. The *signal kid* **participates** with everyone else until they **choose to give** the signal.
5. Kids **notice** the signal, **stop** doing the activities, and **copy** the signal until everyone is doing it. *Let kids notice the signal on their own instead of telling them.*
6. **If time allows, repeat** game with different *signal kids*.

Ask this during the activity.

1. **What do you think made Harper choose a game over her responsibilities?** *Answers will vary.*

Small Group Discussion

Say the point and Bible verse together.

Add more God. Subtract more me.

John 3:30 NLT

"He must become greater and greater, and I must become less and less."

1. **Who must become greater?** *God*

Choose a few review questions.

1. **What is a distraction?** *Something that keeps you from doing what you need to do*
2. **How do distractions make it hard to spend time with God?** *You can't think about God or spend time with Him when you're focused on something else.*
3. **Which distractions make it hard for you to spend time with God?** *Answers will vary.*
4. **What are some fun things you can do to focus on God?** *Think about God while you ride your bike, sing to God if you love music, talk about God with friends while you play, etc.*
5. **Who always loves you, wants to spend time with you, and will help you get rid of distractions?** *God*

Choose an action step question.

1. **Which distractions keep you from spending time with God?** *Answers will vary.*
2. **Which distraction keep you from sharing God's love with others?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please show us what distracts us from You. Thank You for helping us spend more time focused on You. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **play** the Distraction in Action game again.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.

Please save questions on back for Small Group Discussion.



SMALL GROUP LEADER GUIDE

SPIRITUAL DISCIPLINES
WEEK 3 READING THE BIBLE

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **Which book would you memorize if you had to memorize a book?**

Small Group Activity

You'll Need

Per Kid	1 Bible Plan Word Search activity sheet
Per Group	1 Bible Plan Word Search answer key 1 Set of markers

After Activity

Kids Keep	Their Bible Plan Word Search
You Keep	Answer key and markers (<i>save both for later use</i>)

1. **Read** the point together. (*Printed on the back.*)
Say: I know a great way to read God's Word every day! Try and guess what it is.
2. Kids **guess**.
Say: I should try some of your ideas! And here's mine: You can choose Bible Plans to read on the Bible App. There are a lot of Bible Plans for kids to read. Let's do a word search to see what some of them are.
3. **Give** kids a Bible Plan Word Search activity sheet.
4. Kids **use** markers to **circle** the Bible Plans they find.
5. **Use** the answer key if kids need help.
6. Kids who finish early can **color** their word search.
7. **If time allows**, show kids the Bible App on your mobile device and look up Bible Plans from the sheet.

Ask this during the activity.

1. **How do you think the Bible App can help people read the Bible more often?** *Answers will vary.*

Small Group Discussion

Say the point and Bible verse together.

Reading the Bible keeps your spirit healthy.

Matthew 4:4 NLT *But Jesus told him, "... 'People do not live by bread alone, but by every word that comes from the mouth of God.'*"

1. **In this Bible verse, what did Jesus say is as important for us as food?** *God's Word*

Choose a few review questions.

1. **How do you think you can tell you need to spend time reading the Bible?** *Answers will vary. Ideas: You may feel sad, confused, lonely, anxious, etc.*
2. **What do you think happens to your spirit when you choose to spend time reading the Bible?** *Answers will vary. Ideas: You feel stronger, peaceful, confident, it's easier to make godly choices, etc.*
3. **What questions do you have about reading the Bible?** *Answers will vary. Let kids talk about their questions and be honest if you don't have answers.*
4. **What can you do if you can't read or you don't understand the Bible when you read it?** *Try the Bible App for kids or a kids' Bible, get help from older kids or a grown-up, pray and ask God to help you, etc.*

Choose an action step question.

1. **Which kind of Bible do you think will be easiest for you to read: the Bible App, the Bible App for Kids, or a printed book Bible?** *Answers will vary.*
2. **What can you do to help others want to read the Bible?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please give us understanding as we read the Bible, and help us to love the time we spend reading it. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **decorate or finish** word searches.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.

Please save questions on back for Small Group Discussion.



SMALL GROUP LEADER GUIDE

SPIRITUAL DISCIPLINES
WEEK 4 HOW TO PRAY TO GOD

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **Would you rather make a video call or a phone call to your friend?**

Small Group Activity

You'll Need

Per Kid	1 Bracelet
Per Group	10 Opaque cups

After Activity

Kids Keep	1 Bracelet
You Keep	Cups (<i>save for later use</i>)

To Do

1. **Place** one cup per kid upside down in the center of your group.

Say: We're gonna go ahead and pray right now since we learned about prayer! Think about something you want to talk to God about, bow your heads, and pray. No peeking!

2. Kids **turn** their backs to you, **close** their eyes, and **pray** quietly on their own.
3. **Hide** a few bracelets under a few cups while kids pray.
4. Tell kids to **open** their eyes.

Say: While you were praying, I hid prizes under a few cups. Let's see if you can find them!

5. Kids **choose** a cup and carefully **slide** it close to them.
6. **Count** to three then kids **lift** their cups.
7. **Repeat steps 1-5** until all kids have a bracelet. *If a kid finds multiple bracelets, they keep one and give the others to kids who don't have one, yet.*

Say: Wear these bracelets to remind you to pray all day!

8. **If time allows**, let a few kids **hide** their bracelets under the cups to **play again**.

Please save questions on back for Small Group Discussion.

Small Group Discussion

Say the point and Bible verse together.

When I pray at night or during the day, God is listening to what I say.

Psalm 55:17 NLT

Morning, noon, and night ... the LORD hears my voice.

1. **When is the best time to pray?** *Anytime! God is always listening.*

Choose a few review questions.

1. **What do you think "pray" means?** *Answers will vary.*
2. **How do you think prayer can show love for God?** *Answers will vary.*
3. **Some people pray out loud, some pray quietly in their heads, some sing to God, and some sit silently to listen to God. Which types of prayer do you want to try out?** *Answers will vary.*
4. **What kinds of things do you think are important to talk to God about?** *Answers will vary.*
5. **What questions do you have about prayer?** *Answers will vary. Let kids talk about their questions and be honest if you don't have answers.*

Choose an action step question.

1. **What do you need to pray about?** *Answers will vary.*
2. **Who needs you to pray for them this week?** *Answers will vary.*
3. **What will help you to remember to pray each day?** *Answers will vary—but remind kids of their bracelets!*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, thank You for giving us a way to talk with You. Open our hearts to hear You when we reach out to You. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **play** the game again.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.