

MilCovkids

CHILDREN'S CHURCH @ HOME Philippians 4:4-5 – Rejoice, God is Near!

Parent Overview

This week's worship service explores Philippians 4:4-5, which reminds us that no matter what our circumstances, we can rejoice in God's presence and show kindness to others.

Philippians 4:4-5

⁴ Rejoice in the Lord always. I will say it again: Rejoice!

⁵ Let your gentleness be evident to all. The Lord is near. *(NIV)*

This lesson contains the following sections:

1. **Play Together:** Run hard and get tired playing Cups & Downs.
2. **Learn Together:** Learn about how God gives us strength.
3. **Sing Together:** Sing songs about God's presence and help.
4. **Craft Together:** Make a homemade bouncy ball to remind us of the resilience of joy.

Feel free to use all or just some of these ideas as a family.

Play Together

(5 min)

Freeze Tag

Play a round of freeze tag.

Ask:

- How did it feel when you were frozen if there was no one around to help?
- How did it feel when your teammate was able to help unfreeze you?

Say: Sometimes in life, hard times can make us feel stuck or frozen. But God promises to never leave us alone. He's always with us, and can help us get unstuck. That's something to celebrate!

Ask

- At school, what is different about how your class behaves when the teacher is in the room or out of the room?
- Have you ever seen a friend or sibling (or yourself) act one way in front of parents and then act differently when the parents aren't looking?

Say: Most everyone tends to act a little different when we think no one is around. We might worry less about how we look or sound (burping and sitting around in our pjs!). Or, we might treat others unkindly if we don't think an adult will find out about it. If we feel all alone, we might get pretty sad and grouchy too!

Say: The good news is that God never leaves us. Paul in the Bible was traveling pastor and missionary. He was thrown in jail for telling people about Jesus!

Ask:

- How do you think Paul felt?
- Do you think he felt or acted any differently now that he was unfairly stuck in jail?

Say: Paul spent a lot of time thinking about and praying for his friends that he used to teach about God. Since he couldn't teach them in person anymore, he decided to write them letters. Let's read a couple verses from one of those letters.

Read Philippians 4:4-5. *(Have older children practice looking the verse up in their Bibles and reading it.)*

Philippians 4:4-5

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Say: Paul was stuck in prison because of serving God. But Paul didn't seem to feel sorry for himself. Instead he reminded his friends that they could "Rejoice in the Lord always!"

Ask: Why do you think Paul was able to rejoice?

Say: Paul knew that in the good times and in the bad times—even in prison—God was with him. That's why he reminded his friends, "The Lord is near." And these verses talk about two ways God's presence can help Paul's friends.

First) We can rejoice because God is with us! We don't ever have to be alone, and God loves us and helps us in every circumstance.

Second) If God is with us, we should remember that someone always sees the way we treat ourselves and others. Paul reminds his friends to be gentle and kind to each other, because even if you think no one is watching—the Lord is near!

Ask:

- When is it difficult to be kind and gentle to other people?
- How might it help to remember that God is right next to you?
- When is it difficult to rejoice?
- How does it help to remember that God is with you?

Sing Together

(12 min)

He Is the Light

<https://vimeo.com/226223469>

I Won't Be Afraid

<https://vimeo.com/206091118>

Stand Strong

<https://vimeo.com/158091073>

Craft Together

(5-10 minutes)

Make a Homemade Bouncy Ball

This bouncy ball recipe comes from Science Bob!

<https://sciencebob.com/make-your-own-bouncy-ball/>

As your measuring out the ingredients, ask child(ren) what would happen if you dropped them on the floor. Perhaps even step outside and test out their hypothesis with the water or with some corn starch.

Ask what will happen when you mix all the ingredients together and drop it on the floor. Then try it out and see!

Ingredients

½ t. Borax

2 T. Hot Water

1 T. Cornstarch

1 T. Glue

Food coloring

Instructions

- In a small cup or bowl, add borax to water and stir until it dissolves.
- Add ½ t. of liquid to a bowl with the glue, cornstarch and food coloring. Let ingredients sit for 15 seconds, then stir.
- Once mixture becomes difficult to stir, form a ball by molding and kneading it.

Talking Points:

- On their own, when they get thrown down, the ingredients stay on the ground. But when you combine them together they become resilient—they bounce back up.
- On our own, things can really get us down, but when we remember that we are not alone, but that we have God with us and inside us, then we can be resilient too—we can bounce with joy in God!