

VIVE Kids

Legends

LESSON

August 9, 2020

HEY PARENTS!

Although we are not gathering together this Sunday, VIVE Kids is still on! We put together the following guide to help equip you with everything you need to do this Sunday's lesson at home with your kids. Feel free to use as much or little of the information as you feel comfortable, and have fun with it! We love you and are praying for your family today!

Love,

The VIVE Kids Team

OVERVIEW OF TODAY'S LESSON

MAIN POINT: How you view yourself drives what you say and do

MEMORY VERSE: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Philippians 4:8 NIV

1. Let's practice looking up our Bible story in our Bibles! We are going to do a **SWORD DRILL** today! Who knows what a sword drill is? (Allow kids to answer).
2. A sword drill is when we use our Bibles as a sword. A little while ago we learned that the Bible is like a double edge sword- powerful and useful! When I say "swords up!" I need you to raise your Bibles over your heads like this (show the kids). Then, I am going to say the book, chapter, and verse that you will be looking up. When I say "GO" you go! The first person to find the verse will shout "GOT IT" and a servant leader will come over to check. The first person to locate the verse wins!
3. SAY: "Swords up! Philippians 4:8 - GO!"

SAY: Amazing job! Let's dive right into our passage and see what God is going to tell us!

ASK: Is our passage from the Old Testament or the New Testament? (NEW)

ASK: Who can remind us of the difference between the Old and New Testaments (Old= before Jesus came to earth; New= story of Jesus and after he rose again)

READ VERSE: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Philippians 4:8

Question #1: How could the truth from this verse help you face your inner critic? (e.g., You can remind your inner thoughts to stop focusing on your mistakes.)

Question #2: What is one trash-thought you wish your inner critic would stop saying to you? How can you fight that trash with God's truth? (e.g., memorize Bible verses, learn what God really thinks about you by reading the Bible, ask a trusted adult what truth would fight the hurtful thoughts you have, write God's truth out and hang it where you'll see it often, etc.)

Question #3: How does God show His love to you? How can you allow God's love to be louder in your heart and mind than your inner critic's voice?

KID CHALLENGE OF THE WEEK:

Silence your inner critic.

Every day, we have thousands of thoughts. Some of them come and go really quickly, and some of them stay in our heads all day long. The challenge is to identify which of these thoughts are coming from that inner critic that tries to tell you lies about who you are — thoughts that say you can't do it, you're not smart enough, or you're not good enough. Those thoughts aren't true, because in Jesus Christ, you are more than enough!

When you feel discouraged, anxious, or your thoughts just won't let you focus, take a deep breath, and say, "Christ is in me, I am enough."

Use this phrase to help you tune out the voice of that inner critic and replace those thoughts with thoughts that come from God.

ADDITIONAL PARENT RESOURCES

More Worship Songs

[RECKLESS LOVE](#)

[WAY MAKER](#)

[BREAKTHROUGH](#)

Fun Game Ideas

[INDOOR GAMES TO PLAY AT HOME](#)

[KIDS GAMES FOR THE FAMILY](#)

Health and Safety:

[CDC HOME AND WORKPLACE GUIDANCE](#)

[WHAT TO DO IF YOU ARE SICK](#)

[MENTAL HEALTH AND COPING WITH COVID-19](#)

