



## Hey Parents!

We have a family lesson that goes along with Harborside's Sunday message. Don't forget to check that out to bring your whole family into deeper conversation about what we're learning as a church family!

Find it on our **Harborside Kids at Home** website under "Sermon Follow Alongs"

### Hey Friends!

This series we are talking about friendship with God. The Bible talks a lot about how God wants to be our friend, one of our very best friends. Do you have a best friend? (allow time for your child to answer)

Let's find this verse in the Bible: Look up John 15:15 NIV

"I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you."

Jesus tells us we are His friends. What are some things you do with your best friend? ( discuss it together, let kids share what they like to do with friends)

- Play games
- Go outside
- Sing songs
- Talk
- Listen

We can do all those same things with Jesus too!

### BIBLE STORY

Supplies:

[BIBLE STORY CARDS](#)

- SAY: **While Jesus lived here on Earth, He would often get by Himself, get quiet, and spend time with God. Let's read about it together and find out what Jesus did.**
- Show and read the Bible Story Cards to the group
- You can also watch the Bible story video here:

[BIBLE STORY VIDEO](#)

### MEMORIZE IT

1. SAY: **When we get quiet and spend time with God, our friendship with Him grows! There's a verse from God's word I want to teach you. We can say this verse to God any time.**
2. Demonstrate and have kids repeat the verse several times after you:
  - **God**, (both hands point up)
  - **You are my God.** (thumbs to chest)
  - **I want to follow You.** (pretend to pray)
  - **Psalm 63:1** (make book with hands)



## GOD WHISPERS

It's important to get quiet with God so that we can hear His voice. Sometimes when it's really loud and there's a lot of things going on, it makes it hard to hear what God might be saying to us. Let's try this

**Supplies:** musical instruments or music on phone

1. Pick one person to play "Jesus"
2. Pass out some musical instruments to everyone else ( or a phone playing music)
3. Explain that "Jesus" is going to try and say something while everyone plays their instruments and makes noise
4. Let the kids make music and noise for a little bit then tell "Jesus" to try and say something in a whisper. ( parents you can give kids suggestions on some things Jesus might say)
5. Direct kids to play louder and softer on their instruments to see if they can hear "Jesus" better.
6. After "Jesus" tries a couple times, get everyone's attention again and have them stop playing their instruments
7. Have them share what they think Jesus said. Then ASK:
  - a. Was it hard to hear Jesus with all the noise going on?
  - b. What would make it easier to hear Jesus?

Getting quiet with God is important. We grow in friendship with God when we get quiet with Him so we can talk to Him. Let's practice getting quiet with God.

## SOAKING

**Supplies:** soft worship music, blessing

Say in a whisper: We're all going to take time to get quiet with God.

- Find a place to lay down on the ground.
- Put on some soft worship music in the background
- Pray and invite God to come speak
- Encourage kids to talk to God as they lay there, encourage them to pray or ask God if He has something He wants to say to them silently. Remind them of different ways God speaks:
  - A Bible story/verse
  - Peace
  - A picture
- Parents, feel free to join the kids just being quiet with God or you can speak some blessings/prayers over them as they lay quiet with God
- Continue this for as long as kids are engaged with God, try to aim for 5 minutes

When your time is up, come together and ask what God spoke to them (take time to let kids respond). Affirm your child that God loves to speak to them when they get quiet with Him.



## MEMORY VERSE

**God,** (both hands point up)  
**You are my God.** ( thumbs to chest)  
**I want to follow You.**" (pretend to pray)

**Psalms 63:1** (make book with hands)

## JESUS JOURNALS / COLORING SHEET

Supplies:

COLORING PAGE

Pass out coloring sheet to kids or get them a special Jesus Journal. Encourage kids to get quiet with God by drawing or writing with Jesus. Say they can journal to get quiet with Jesus every day. As they color engage with them with some good questions

- What is one of your favorite stories to read in the Bible?
- Is there a place in your house that you can get quiet and spend time with God?
- Did you know that you can quiet with Jesus by yourself?

Let kids get quiet with God by themselves as they do this activity.

## GAME: MEMORY VERSE GAME

Supplies: dice

Roll the number dice or have kids pick a number 1-6. Have kids repeat the memory verse after you, based on what number the die lands on:

1. As fast as they can, just like gingerbread men
2. As quiet as falling snowflakes
3. As slow as a sleepy polar bear
4. In a low, deep voice like a wise, old owl
5. In a squeaky, high-pitched voice like a tiny mouse
6. In a singing voice, like carolers at the ranger station

## POLAR BEAR SAYS

Play this game like "Simon Says" but using the phrase "Polar Bear says...." Instead.

Polar Bear says...

- |                   |                         |
|-------------------|-------------------------|
| - Touch your toes | - Clap hands            |
| - Touch your nose | - Pat knees             |
| - Spin around     | - Stomp feet            |
| - Reach up high   | - Flap arms like an owl |