

Abiding in Jesus During Crisis: Navah Kids Resources

Part 1: **Love in a Time of Fear (1 John 4:15-19)**

Supplies:

- Pens, Markers, Crayons (some form of writing utensil)
- A blank piece of white paper per person
- Cut out several heart shapes (if possible from colored paper), enough so that each person will be able to completely cover their white piece of paper with them
- Tape

Set Up: Give each person a blank piece of paper & writing utensil. Have your tape and stack of heart cutouts ready to hand out later, but off to the side for now.

Suggested Instructions:

1. To start, acknowledge to the group that fear can feel HUGE and overwhelming.
2. Invite everyone to take a deep breath. Pray, inviting the Holy Spirit to highlight for each person any fears they may have right now regarding the virus and how it is impacting them, our communities, and the world.
3. After a few moments of silence, invite everyone to write these fears down on their blank piece of paper. Children who cannot yet write words can write as much as they can (sounding out words phonetically and writing just the letters for the sounds they recognize in the words) or simply draw pictures which represent their fears. Adults can also write these fears down for them.
4. Once everyone is done, again acknowledge to the group that these fears can feel HUGE and overwhelming. Invite everyone to once again take a deep breath. Pray a prayer of acknowledging these fears before the Lord - consider inviting everyone to hold their piece of paper up and say together, "Lord, we offer You our fears and ask You to help us overcome them through Your love. We cannot overcome them on our own, we need You!"
5. Next, put the heart cut outs and tape in the center of the table or in a spot where everyone can reach them. Read 1 John 4:18, "There is no fear in love, but perfect love casts out fear." Pray, this time inviting the Holy Spirit to highlight for everyone God's love at work and on display in their lives. Pause for a few moments of silence,

giving space for the Holy Spirit to do this while everyone contemplates God's love.

6. Instruct everyone to grab a few heart cutouts. Invite them to write down what the Holy Spirit highlighted to them on the hearts. They could also choose to simply write the words of 1 John 4:18 on them. *Groups with lots of littles might consider writing 1 John 4:18 on hearts ahead of time and letting the children simply color on these hearts during this time.
7. Once everyone is done writing or coloring on their hearts, have them tape these hearts onto their papers, covering over their fears.
8. After everyone has taped down their hearts, give a shout of praise, a "Woot, woot!", "Yay, God!", or "Hallelujah!" Consider inviting everyone to once again hold up their pieces of paper and say together, "Thank You God that Your perfect love casts out our fears!"
9. Acknowledge to the group that our fears may return to us over the days to come, or new ones might show up. That is okay! We are all human! Remind them that anytime they find fear creeping up into their hearts and minds, they can pause and remember God's love has overcome whatever that fear is! Specifically remind all the children that anytime they are feeling fear, they should talk to their parents about those fears and talk to God about it through prayer.

Hand motions to help with remembering 1 John 4:18:

"There is no": Shake one index finger back and forth

"fear": Cover eyes with both hands

"in love": Cross arms over chest with clenched fists and shrug shoulders/squeeze like you are giving yourself a hug

", but": Cross index fingers in front of you and then move them apart - breaking the "x" they were making while crossed

"perfect love": Cross arms over chest with clenched fists and shrug shoulders/squeeze like you are giving yourself a hug

"casts out fear.": Stack closed fists on top of each other in front of you and then open both hands, as if you were tossing what's inside of them into the air

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Part 2: **Connection in a Time of Isolation: Luke 8:42-48**

Supplies:

- Piece of paper per person & coloring supplies

OR

- Playdough, enough for each person to have at least their own golf ball size amount
 - If you don't have any playdough and would like to use it, there are a ton of great homemade playdough recipes on the internet! Here is an example of one recipe: [RECIPE](#)

AND

- 1 piece of paper for the whole group & a writing utensil for note-taking
- 1 piece of paper with "GOD" written on it

Set Up: Gather all the supplies you are choosing to use, and have them ready to hand out to each person. If you have more children than adults, consider having the playdough already divided and formed into balls for the number of children you have. This will make distribution of supplies easier later on.

Suggested Instructions:

1. Start by talking to the group about how we are all a part of different communities. We are a part of our family (biological & church), neighborhood, schools, work spaces, sports teams, etc. Everyone in each of our communities is important; everyone contributes something. If anyone of us was missing, our community would not be the same.
2. Distribute a ball of playdough *or* a piece of paper and coloring supplies to each person. Instruct them to first split their paper or playdough in half (they will want to tear their paper in two, not just fold it).
3. Then, with one half of their paper or playdough, instruct them to create a self-portrait or self-figurine with their supplies.
4. While they do this, talk to the group about how God created us for connection with Him and others. He LOVES family and community! When we are away from the people in our communities, we can feel disconnected and lonely. Likewise, and

even more so, when we neglect spending time with God, we can also feel disconnected and lonely. This is not what God wants for us or for anyone in our communities! He longs for us to draw near to Him and each other!

5. Place the paper with "GOD" written on it in a central location.
6. Once everyone is done creating their self-portrait or figurine, remind them again that God's heart is not for us to each stay alone in our own spaces (like the portraits or figurines right now would seem - seperated and sitting in front of each person) but that He loves connection and relationship. Invite everyone to set their portraits or figurines all together around the piece of paper which says "GOD."
7. Tell the story of Luke 8:42-48 about how a woman who had been sick and separated from her community for a very long time came in close to Jesus, touching Him and receiving healing because of her faith and nearness to Him!
8. Invite everyone to pause and think about how they can draw near to God today and in the days to come. Pray, inviting the Holy Spirit to inspire each person with ideas and ways they can say "yes" to connection with God. Pause, letting there be some silent space, while you allow the Holy Spirit to speak to each person.
9. After some silence, ask for everyone to share what they heard and thought of. Grab the piece of paper and writing utensil for note-taking and write down the ways everyone felt inspired to connect with God!
10. Next, have everyone grab the other half of their paper or playdough. Remind the group that God loves when we connect with Him AND ALSO with each other. As they hold the other half of their supplies, invite them to think about their own communities and pray that the Holy Spirit would bring one person from that community to mind. As that person comes to mind, instruct each person to create a portrait or figurine of that person.
11. Once everyone is done creating their portraits or figurines, again invite them to place them with the other portraits and figurines near the piece of paper with "GOD" written on it.
12. Acknowledge to the group that while we might not be able to physically draw near to the person we thought of, we can still dream with God about how we can connect with them in order to show them love, value and encouragement! Invite everyone to pause and think about how they can draw near to the person they

thought of today or in the days to come. Pray, inviting the Holy Spirit to inspire each person with ideas and ways they can create connection with this person. Pause, letting there be some silent space, while you allow the Holy Spirit to speak to each person.

13. After some silence, ask for everyone to share what they heard and thought of. Grab the piece of paper and writing utensil for note-taking and write down the ways everyone felt inspired to connect with those people!
14. Before ending this activity, clarify the difference between loneliness and solitude. While God may sometimes invite us into times of solitude (being away from others while maintaining & pressing into connection with Him), He does not intend for us to live in loneliness! His heart is for us to be connected and in relationship with Him and others. This might mean we spend time "alone" once in a while, but it does not mean we live in sadness, feeling lonely.

Hand motions to help with remembering Luke 8:46 & 48:

"But Jesus said": Put index finger to mouth and move forward, away from body

"Someone touched me": Put one hand on the bicep of the opposite arm

"I know": Point to your head

"that power": Flex both arms

"has gone out from me.": Move both arms and hands forward, out from your body

"Then Jesus said to her,": Put index finger to mouth and move forward, away from body

"Daughter, your faith": Put your hand on your heart

"has healed you.": Circle your hand in front of your torso

"Go": Stand two fingers on top of the face-up palm of your opposite hand and move them as if they were walking across your palm

"in peace.": Hold up a peace sign

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Part 3: **Peace in the Time of Storms: Mark 4:35-41**

Supplies:

Option 1

- Popsicle sticks
- Paper
- Markers
- Scissors
- Glue (glue sticks or basic liquid glue will work)
- A small to medium-sized container with sand, dirt, or some other substance which the popsicle sticks can be stuck into and stand upright

Options 2

- Paper
- Markers

Set Up:

Option 1: Gather enough popsicle sticks for each person to have 2-3, a piece of paper for each person, a pair of scissors for each person (or enough for pairs of people to share a pair of scissors), enough glue for everyone to share, and markers. Have these supplies ready to hand out.

Option 2: Have 1 piece of paper for each person and enough markers for everyone to share.

Suggested Instructions:

1. Start by telling the story of Mark 4:35-41 when Jesus and His disciples were in a boat and a powerful storm began to rock the boat, filling it with water. The disciples did NOT feel peaceful in the midst of this storm. It made them feel stressed, worried, and fearful! Jesus was taking a rest, sleeping while this storm was going on. Worried and fearful, the disciples woke Jesus up and asked if He cared that they might drown! Jesus got up and rebuked the wind and waves. Everything died down, becoming calm and peaceful.

2. Acknowledge to the group that sometimes in life we don't feel very peaceful. It could be a problem with a friendship, a feeling inside, or something that's happening in the world. It can make us feel unsettled, confused or sad. Just like the disciples with the storm, we need Jesus' help to find peace once again.
3. Let the group know that today you are going to practice finding peace with Jesus, rather than letting the storm stir up worry and fear. To do this you are going to "plant a peace garden."
4. For both Option 1 & 2: hand-out a piece of paper to each person and make the markers accessible to everyone. Invite everyone to draw 2-3 flowers on their paper.
 - **Option 1:** These flowers should be 1-3 inches wide.
 - **Option 2:** These flowers can be any size to fill the page.
5. While they draw flowers, ask everyone the questions, "What makes you feel peace?" "How can we find peace?"
 - **Option 1:** Once individuals are done drawing their flowers, they will need to cut them out. They can do this while the discussion is happening. You may want one or more adults to be responsible for cutting flowers out for younger children.
6. **Option 1:** Next, have everyone glue their flowers onto the tops of popsicle sticks.
7. Once everyone has completed their flower (either drawing them or creating them by gluing cutout flowers onto popsicle sticks), share back some of the things you heard people say about what makes them feel peace or how we can find peace.
8. Next, move into a time of prayer by inviting everyone to write either on their paper around their flowers or on the popsicle stick stem on their flower a prayer about peace. Children who cannot yet write words can write as much as they can (sounding out words phonetically and writing just the letters for the sounds they recognize in the words). Adults may also choose to write their words down for them. Consider offering the following as language frames/ideas for different kinds of prayer to get the group started:
 - a. Prayer of gratitude: "I feel peace when....., thank You Lord for this peace."
 - b. Prayer of asking: "I wish there was more peace in..., Lord, please help me have peace in...."

- c. Prayer of yielding/yes: "Peace happens when....., Jesus, I say "yes" to your peace."
- 9. Once everyone is done writing their prayers, you can invite anyone in the group to share their prayer with everyone.
 - **Option 1:** Once individuals are done writing their prayers on their popsicle stick flowers, you can invite them to stick them into your small-medium sized container to create your "peace garden."

Hand motions to help with remembering Mark 4:39:

"Jesus got up": Turn both palms facing upward and bring hands to shoulders

"rebuked the wind": Wave hands back and forth quickly

"and said to the waves,": Move right arm in a wave motion in front of your body

"Quiet! Be still!": Put index finger to lips

"Then the wind died down": Wave hands back and forth, fast at first and then into a slow motion

"and it was completely calm.": Put hands down by your sides and stand still

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Part 4: **Depth in a Time of Distraction: Mark 6:30-32**

Supplies:

- Cozy blankets & pillows
- 10-15 carryable items throughout the room
- A way to play calming music

Set Up: Make sure the room you are in has items around it (they may already be there or you can put some out specifically for this activity) which people can grab and bring back to the group. It does not matter what these items are, so long as they are small enough to be carried. Gather enough cozy blankets and pillows for each child to have one. Have a bluetooth speaker and way of playing music (phone, computer, smart TV) ready for use.

Suggested Instructions:

1. Begin by introducing the story from Mark 6:30-32 but only tell the first part. Consider saying something like, "One time Jesus was with His disciples and a lot was going on! The apostles had just done many things and were telling Jesus all about them. This meant many people kept coming and going, coming and going. There was so much activity that they didn't even have time to EAT!"
2. Acknowledge to the group that sometimes our life can feel that way, too. Even when we don't have a lot "going on," we can easily find ourselves "busy" with things or even just "distracted" by things.
3. Next, without really explaining what's happening, start playing a video on a TV or computer, while also starting to play an upbeat song on another device, and then begin asking everyone in the room to grab different things and bring them back to the group. The point is to create a flurry of activity, sounds, and images - to make it distracting!
 - a. If you are doing this virtually, have each group start playing a video and music in their own homes, as well as asking their children to run and grab them things from around the house. You may also consider communicating to adults ahead of time a signal for when to stop all of this in case it gets too loud. *Do not mute anyone's microphones at this time.
4. After a few minutes of this, turn the video and music off and have everyone come sit back down together.

- a. If doing this virtually, give a signal for all activity to stop and bring everyone back together.
5. Ask everyone to share how that felt for them. Once everyone who wants to share has shared, invite everyone to take a deep breath and let them know you are going to tell the rest of the story from earlier.
6. Tell the rest of Mark 6:30-32. Consider saying something like, "With all of the activity going on around Jesus and the disciples, to the point where they couldn't even eat, Jesus paused and said, "Come with Me by yourselves to a quiet place and get some rest." So they did just that! They went by themselves to a solitary place to get some rest. Remember being in solitude doesn't always mean being lonely - sometimes it can be what we need in order to get some rest!"
7. Invite the group to all take a deep breath and let them know you all will now practice taking some time to be still and quiet with Jesus.
8. Make sure everyone has a cozy blanket and pillow or just a cozy, restful spot to be in. Invite everyone to remain silent while you play a calming, instrumental song or nature sounds.
9. End this time by praying, thanking God that He never leaves us alone but meets us in solitary places to give us rest and a deeper relationship with Him!

Hand motions to help with remembering Mark 6:31 (paraphrase):

"Jesus said to them,": Put your index finger to your lips and then move it out away from you

"Come with me by yourselves": Move your arm across your body like you are motioning for someone to come with you

"to a quiet place": Put both hands over your ears

"and get some rest.": Place hands together beside one ear and tilt your head as if you were laying on them as a pillow

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Part 5: **Hope in a Time of Heartbreak: John 20:11-18**

Supplies:

- A cross
 - This can be made by taping pieces of paper together to form a larger cross, by simply drawing a cross on a bigger piece of paper, or by gluing/nailing two pieces of wood together
- Post-it notes or small pieces of paper and tape

Set Up: Put the cross in a central location for the group. Have post-it's or paper & tape, and writing utensils ready to hand out. Fill a pitcher with water and have enough cups for each person, ready and set off to the side (or in a location where the pitcher will not get knocked over).

Suggested Instructions:

1. Start by acknowledging to the group that we all will experience loss and grief in our lives. Grief can make us feel angry, worried, upset, hurt, scared, sad, and many other feelings. Right now might be a time for many where a lot of things have changed, and they may feel like they have lost a lot of their "normal rhythms." For many around the world in this time, they are grieving the loss of a loved one or friend. Consider asking the group to share things they feel they have lost during this time.
2. Transition from this time of sharing into telling the story of John 20:11 -18 about the time when Mary had just lost her friend and Messiah, Jesus. She was sad, upset, and grieving His death. She went to His grave, heartbroken, and when she got there, became even more confused and upset because His body was missing! As she stood there crying, someone behind her asked her why she was crying. To her utter surprise - it was JESUS!
3. Talk to the group about how heartbreak and grief can affect the way we see and understand things. In this story, Mary only saw what had happened through the lens of heartbreak over the death of Jesus. Yet, when Jesus spoke her name, His voice broke through her sadness and brought resurrection HOPE to her heart.

4. Draw everyone's attention to the cross you have put in a central location. Talk to them about how before Jesus, the cross was a symbol of death to the world. It was how the criminals were punished for their crimes. By taking the punishment for our sin, dying on the cross, and then raising from the dead - coming back to life, Jesus turned this symbol of death into a symbol of EVERLASTING life.
5. Grab the post-it notes or paper & tape and writing utensils. Invite everyone to take some time to think once again about those things they feel heartbroken about losing right now and to write them on post-it notes or pieces of paper. When they feel ready, they can stick them or tape them onto the cross.
6. Once everyone is done, lead the group in a prayer of giving these things along with the feelings of grief and sadness tied to them to the Lord and asking Him to fill our hearts with His resurrection hope.

Hand motions to help with remembering John 20: 18:

"Mary Magdalene went to the disciples": Stand two fingers on top of the face-up palm of your opposite hand and move them as if they were walking across your palm

"with the news": Cup both hands around mouth like you are shouting

"I have seen": Make an "O" shape with both hands and bring them to your eyes as if you were looking through binoculars

"the Lord!": Using an index finger, point upward

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Part 6: **Courage in a Time of Containment: Joshua 1:8-9**

Supplies:

- Hand sanitizer or Band-Aids
 - If you do not want to use real band-aids, you can print off a coloring sheet with the image of a band-aid

Set Up: Gather supplies and have ready for use.

Suggested Instructions:

1. Start by acknowledging to the group that during this time of crisis, the world can feel like a scary place, and our hearts can get filled with fear. All over the world people are getting sick and we are being asked to stay home in order to help stop the spread of sickness. In this time of everyone being "contained" at home, we are invited to trust in God and be courageous in our love and protection of each other.
2. Talk to the group about how some people are displaying this courageous love, care, and protection of others by not staying at home but showing up to work as nurses and doctors in hospitals all over the world. Consider pulling up a video or pictures of these people (there are some great videos and pictures of hospital staff all around the world taking care of patients in the midst of this crisis).
3. Grab the hand sanitizer, band-aids or band-aid coloring sheets and tell that group that today you are going to use these things to help you pray for all our community helpers who are courageously taking care of others everyday.
4. Next:
 - a. If using hand sanitizer, squirt a bit of the sanitizer onto each person's hand. As everyone rubs it in, invite them to think about the nurses, doctors and other health professionals who are working to help people who are sick to get better. Say a prayer for their safety and protection.
 - b. If using band-aids or band-aid coloring sheets, hand each person a band-aid or coloring sheet. Invite them to either stick the band-aid on themselves or color in the band-aid on the sheet. As they do this, invite them to think about the nurses, doctors and other health professionals who are working to help people who are sick to get better. Say a prayer for their safety and protection.

Hand motions to help with remembering Joshua 1:9:

"Have I not commanded you?": Put both hands palm up at shoulder height beside you and shrug your shoulders like you were doing the motion for "what"

"Be strong and courageous.": Flex biceps

"Do not be afraid,": Shake finger back and forth

"do not be discouraged,": Shake head back and forth

"for the Lord your God": Point index finger upward

"will be with you": Wrap your arms around yourself and squeeze, giving yourself a hug

"wherever you go.": Stand two fingers on top of the face-up palm of your opposite hand and move them as if they were walking across your palm