

# GO!

## WEEK 4

### **BIG IDEA**

God will protect my heart and mind.

### **BIBLE**

Joy & Peace: Philippians 4:4-9, 11-13

## LARGE GROUP TIME

## WHAT?

### MUSIC | Jesus What A Friend ▲

- **INSTRUCTIONS:** Show [this video](#), "Jesus What a Friend" by Kids on the Move.

### QUESTION | What Do Superheroes Do? ▲

- **What are some things superheroes do?**
- Some superheroes have the power of invisibility. Others have super strength or super speed.
- One thing most superheroes have in common, though, is that they have one main job: to protect. Batman protects the people of Gotham City. Superman protects the people of Metropolis. The Avengers protect the world, basically. Superheroes protect people. That's what they do!
- So, let's think back to the song from earlier. It said, "Jesus is better than *any* superhero." That means Jesus will protect us way more than a superhero could!

## THE BIG IDEA | God will protect my heart and mind. ▲

- Quick review! This month we are talking about "GO"! **Where are we going?** That's right. We are going out into the world to live for Jesus and share Jesus with other people.
- Last week, we talked about readying ourselves with the armor of God. The armor of God protects us, just like superheroes protect us from harm. They stop villains from hurting people. But God does way more than that.
- Here's our Big Idea! Repeat after me:
  - **God** (*Point upward.*)
  - **Will protect** (*Cover top of head with hands.*)
  - **My heart** (*Place hands on heart.*)
  - **And mind** (*Point to head.*)

## SO WHAT?

### VIDEO | Go, Episode 4 ▲

- **INSTRUCTIONS:** *Play this week's [teaching video](#).*

### SCRIPTURE | Philippians 4:4-9 ▲

- So, how does God protect our heart and mind? What does that mean? Today, we're going to look at the story of a man named Paul. I'll tell you more about him in a second. But for now, let's see what he says to us in Philippians Chapter 4.
  - **INSTRUCTIONS:** *Read Philippians 4:4-9.*
  - **What are some words from this Bible passage that stand out to you?**

## QUESTION | Where Was Paul?

- Did you hear in verse 4 where Paul says, "Rejoice in the God always." He even says it a second time! Does anyone know what "rejoice" means? Rejoice means to feel or show joy.
- Here's a question for you: **where do you think Paul was when he wrote this letter?**
- Some of you might think he was writing this from his house or while he was visiting with friends. But guess what? Paul was in jail! He was in jail for telling people about Jesus, and a lot of people weren't too happy about that back in those days. I don't know about you, but if that had happened to me, I don't think I would have felt like rejoicing.

## SCRIPTURE | Philippians 4:11-13

- When life is hard, it can be really difficult to rejoice and be happy like Paul tells us. It can be hard to go. But it's possible. Let's read something else Paul has to say.
- **INSTRUCTIONS:** *Read Philippians 4:11-13.*
- Paul says he learned to be content. Content means to be okay and at peace. He said he learned to be that way no matter what. So, how did he do that? Verse 13 says it is through God. Maybe you've heard that verse before. Does it mean that through God we'll be able to make an impossible shot in basketball, or walk on the ceiling? No. What it means is, whatever the situation – whether it's good or bad – if we stay close to Jesus, Jesus will help us. Jesus will bring us joy no matter if things go our way or not, and Jesus will protect our heart and mind.
- Maybe right now you are going through a tough time. Maybe you have trouble at school or in your family. It's sad because tough times happen in all of our lives, just like they did with Paul. But, just like Paul, since we have Jesus, we can still be joyful no matter what because **God protects our hearts and minds.**

## PRAYER

- For a few moments, I want you to pray and ask God to protect your heart and mind, whatever you might be going through. If you feel like you need to talk to someone, find a leader and they will help you and pray with you.

## NOW WHAT?

### MUSIC | Dance Party

- Let's listen to the lyrics of this song and dance! Let's celebrate how strong God is!
- **INSTRUCTIONS:** Play [this song](#), "No One Greater" by Zapped.

## SMALL GROUP TIME

### DISCUSSION

- **In today's Bible passage, what is the first thing Paul says for us to do?**
- **How do you think Paul was able to stay joyful even while in jail?**
- **How is God different than superheroes?**
- **Philippians 4:13 says we can do all things through God. What do you think that means?**
- **What are some things in your life that might cause you to worry?**
- **What does it mean that God protects our heart and mind?**
- **Has God ever helped you through something difficult?**