

Turn It Up

Week 3

BIG IDEA

God, you comfort me when I'm afraid.

BIBLE

David, Saul, and Jonathan: 1 Samuel 16:14–23, 18:1–16;
Psalm 23

LARGE GROUP TIME

Welcome back to the *Turn It Up* World Tour! I am the Stage Manager. Do you know why I'm so pumped? It's dress rehearsal day, which means that today we are putting our final touches on our performances in order to get ready for our show! Everyone's nerves are on the fritz and also I'm dealing with our old guitarist Sly Steele trying to sabotage our show . . . and I'm a little fearful that he might succeed! But wait — I bet today's Bible story will teach us something about how God shows up when we're afraid!

[Play [sound effects](#) of instruments tuning before a concert as kids enter the room.]

WHAT? What are we talking about today?

ACTIVITY | Musical Tempo Chairs

- **INSTRUCTIONS:** Show [this scene](#) from the movie *Vivo* to set up today's concert vibe (for more information on how to legally use copyrighted material for educational purposes, [read this](#)). Then, set up a circle of chairs, with one less chair than you have students. Create a playlist with a mixture of fast and slow songs, and play a short selection from one song per round. Have kids take steps to match the tempo of the song (fast or slow). At the end of each round, remove one chair from the circle until there is one chair left.
- Great job keeping up with the tempo of each song!**Do you know what musical tempo is?** Tempo is the speed of the song. Sometimes it's slow, sometimes it's fast, and sometimes it's kind of in the middle.
- While this game was all about being the last and only person left standing, today's Bible story is going to show us that whenever we feel alone and afraid, God will send us just the comfort we need.

ACTIVITY | Bible Or Pop Song?

- **INSTRUCTIONS:** Put a Bible verse or song lyrics on the screen and have kids vote on whether they think the phrase is from the Bible or a pop song. Have them stand up if they think it is from the Bible and sit if it is from a pop song. You can use the suggestions below or swap them out with your own! But make sure you have purchased any licenses required to do so. For more information, [read this!](#)
- Sometimes when life is tough, we want to express it through our words. There are a lot of songs out there that have lyrics about being sad, heartbroken, or upset. **Did you know that the Bible also has a lot of writing that expresses these emotions?**
- **Let's hear some of them now. Or are they pop songs? You tell me!**
 - Now I turn around and find I am lost in the woods. (Pop song: "Frozen 2")
 - And now my life ebbs away, days of suffering grip me. (Bible: Job 30:16)
 - All by myself, don't want to be, all by myself anymore. (Pop song: Celine Dion)
 - Do not hide your face from me when I am in distress. (Bible: Psalm 102:2)
 - What would I give if I could live out of these waters? (Pop song: "The Little Mermaid")
 - Let it be, let it be, whisper words of wisdom, let it be. (Pop song: The Beatles)
 - Why, my soul, are you downcast? Why so disturbed within me? (Bible: Psalm 42:5)
 - Trials and tribulations, I've had my share. (Pop song: "Princess and the Frog")
 - Bless me now as you blessed us all those years ago when you gave us a miracle. (Pop song: "Encanto")

POLL | Comfort Score

- **INSTRUCTIONS:** Form groups of three to four and give each a comforting object like a stuffie, bath bubbles, sunglasses, book, picture of nature, cookies, or pillow. For smaller groups, do this activity together with one or two of the objects. Distribute the items, give each group a few minutes, and encourage each group to share.
- I don't know about you, but sometimes, life on tour can bring up fears in me. What if the bus breaks down? What if I break a guitar string in the middle of the show? What if I get lost in the crowd? I am sure you can think of times when you get uncomfortable too. So, I am curious about what helps you when you feel afraid.
- I am going to give each group a random object. I want you to think of a story —whether it is one of your own or one that you make up — where this object would comfort you. Then you'll share your story with the whole group.

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | 1 Samuel 16:14–23, 18:1–16 (David, Saul, and Jonathan)

- **INSTRUCTIONS:** Read the passage or select a few key verses you'd like to zoom in on. The stage manager should have on an all-black outfit, a headset, and a clipboard. Play upbeat music as kids enter the environment and add a [record scr](#)

atch sound effect before speaking.

- Hey, rock stars! I'm *[fill in your name]*, the Stage Manager for the *Turn It Up World Tour*! Can you believe that we are only one week away from the kick-off of the tour? Our rehearsals have been pretty intense here the last week.
 - So let me tell you about my buddy, Duke. He's the newest member of the band. He's an amazing guitarist and also a surprisingly great rapper. I still can't believe how he defeated Biggie G!
 - Our previous guitarist, Sly Steele, is still really bitter that he got replaced, even though he kind of brought it on himself. So he's been sneaking backstage during rehearsals and booing Duke during practice and messing up our setup. What's cool is everyone in the band and stage crew sticks up for Duke whenever something like that happens. They tell Sly Steele to leave Duke alone and call security to escort him off the premises!
- This kind of friendship and support reminds me of a guy named Jonathan who became friends with David in the Bible. Jonathan was the son of King Saul, the king who was about to be replaced by David.
 - But before David would become king, he started out working for Saul. **1 Samuel 16:23 tells us exactly what he did for the king.** How nice is that? David put on a personal concert for Saul whenever he wanted.
 - Even apart from this discomfoting spirit, Saul was not a happy camper, especially after David defeated the giant, Goliath. **We can read about why in 1 Samuel 18:5-9.**
 - He felt like David was a threat to his power. On more than one occasion, Saul threw a spear at David when he was playing music! Saul let his anger drive him to do some terrible things.
- Even though David couldn't trust Saul, he could trust his son, Jonathan, with his life. **Let's check out 1 Samuel 18:3-4.**
 - Jonathan could have been jealous of David too. I mean, without David being named king, Jonathan would have likely been the next king after his Dad. Jonathan didn't let jealousy or anger control him. Instead, he celebrated David and was a great friend to him.
- Our band and crew stood by Duke when Sly Steele came around to pick on him, and Jonathan and David's friendship helped David not fear Saul. Isn't it wonderful to have friends who provide that kind of comfort?

BIG IDEA | God, you comfort me when I'm afraid.

- **INSTRUCTIONS:** *Have the leader dress as a DJ like in previous weeks. Demonstrate a simple stomp and clap routine and say the Big Idea in rhythm. Have the kids repeat it back to you. You could use a percussion track like [this one](#) to help.*
- **Yo people! Are ready to turn up the Big Idea!? I said, y'all ready to turn it up?!**
- Today let's use our hands and feet to shout out the Big Idea together.
 - Stomp your right foot.
 - Stomp your left foot.
 - Then clap your hands.

- Now let's chant the Big Idea while we do this stomp and clap routine. How fast can we go?
 - God, you (*Stomp-stomp-clap*)
 - Comfort me (*Stomp-stomp-clap*)
 - When I'm (*Stomp-stomp-clap*)
 - Afraid (*Stomp-stomp-clap*)
 - **God, you comfort me when I'm afraid.**
- *Turn It Up* World Tour! DJ out.

SCRIPTURE | Psalm 23

- **INSTRUCTIONS:** *Read the passage together.*
- This is another psalm that David wrote and it might be the most famous one of them all. I think it is pretty cool that he wrote that God was his shepherd, especially since David knew personally what it was like to be a shepherd.
- While Psalm 24 reminded us of God's protection and how God helps us overcome big things, Psalm 23 reminds us that God helps us feel comfort and at peace.
- While the sheep slept, the shepherd would watch out for danger. The sheep could sleep in comfort because they knew they were taken care of.
- Remember how Jesus called himself the "Good Shepherd?" Not only does Jesus promise to protect us, but he also tells us that we can be calm and not worry. We don't have to be afraid. Jesus calmed storms and healed the sick, but he also became friends with everyone wherever he went. Jesus even showed kindness and care to people who other people ignored. Everyone who met Jesus felt supported and comforted by him. Jesus calmed their fears and reminded everyone that they could rest in his love.
- We don't have to fear any evil, because our Good Shepherd is with us. **God, you comfort me when I'm afraid.**

VideoVIDEO | Turn It Up, Episode 3

- **INSTRUCTIONS:** *Play this week's episode of [Press Play](#).*

NOW WHAT? What does God want us to do about it?

REFLECTION | Stage Fright

- **INSTRUCTIONS:** *Play [this clip](#) (2:30-5:00) from "Britain's Got Talent" as a teaching tool. For more information on how to legally use copyrighted material*

for educational purposes, [read this!](#)

- Stage fright is a paralyzing thing, even for seasoned performers. When people are overcome with stage fright, they could forget the lyrics, their voice could get shaky, or in some cases, break down and cry. In the video, we saw this happening to a singer.
- **Who did he turn to for comfort?**
- **How did this help him push through his fear?**
- When we remember that there is someone who is with us all the time — not just backstage — we can find the comfort and strength to endure tough times and rise above the things that try to pull us down.
- **When is a time you might have felt afraid?**
- **Who do you turn to when you need comfort?**
- **How can you be a good friend to others when they are nervous or afraid?**

MEMORY VERSE | Psalm 147:7 (NIV)

- **"Sing to the Lord with grateful praise; make music to our God on the harp."**
- **INSTRUCTIONS:** *Ask for a few volunteers and have them stand in a line up front. Assign each of the kids a word or phrase from the verse. Have them come up with an action that represents their word or phrase. They will teach the rest of the kids the action. After each kid has decided on and taught the action to the rest of the kids, they will act out the whole memory verse together.*

PRAYER

- God, thank You for being our Good Shepherd. We can always come to you when we are afraid or unsure. Even in the most difficult times, you will comfort us. Amen.

SMALL GROUP TIME

DISCUSSION

- **SCRIPTURE QUESTIONS**
 - **Why did Saul treat David poorly?** *He was bitter and jealous of David's popularity.*
 - **Even though Saul mistreated him, what did David do for Saul?** *Played music for him.*

- **Who became David's friend? Why was that an unexpected friendship?** *Jonathan; he was Saul's son.*
- **Read Psalm 23. Which verse brings you the most comfort? Why?**
- **APPLICATION QUESTIONS**
 - **What is something or someone that brings you comfort?**
 - **How has God helped you when you have been fearful?**
 - **How can you provide comfort to your friends and family when they are worried or upset?**

ACTIVITY | Shake It Off

- **INSTRUCTIONS:** *Give each kid two disposable spoons, a plastic egg, a spoonful of uncooked rice, and washi tape to make their own [maracas](#). Once they get all the rice inside the plastic egg, have them place the egg between two spoons and wrap everything with different patterns of washi tape.*
- Maracas are a cool percussion instrument that has a rich history in Latin America. They help drive the rhythm of songs when you shake them!
- Whenever we are feeling afraid, we don't have to pretend that we're not. But when you find your comfort in God, you can eventually shake it off and face your fears in real ways!
- Let's shake today's Big Idea out together loud — that is, let's *turn it up!* **God, you comfort me when I'm afraid.**