



## Weekly Opening Routine

### 1. Sing them in

Children respond well to structure. Additionally, reducing any “down time” during PEAK worship enhances the worship experience for the children. As the children are entering the room, start off with a song for the children to join as they are walking toward their designated mat. Some great songs involving movement include “If You’re Happy and You Know it”; “Jesus is a Friend”; and, “Deep and Wide”.

### 2. Tribe Shout Outs

Each of the tribes has its own “shout out”. Ask each tribe to call it out to you:

- Rams: “Rams! Pow!” as they make fists and bump them together.
- Lions: “Roar!” with hands up like “claws”.
- Eagles: “Caw, Caw, Caw” using hands to open & close like a beak.
- Bears: “GRRR!” using their hands as bear paws.

### 3. Theme Verse

Help the children learn the Hide It In Your Heart memory verse, Psalm 23 using the hand motions in the youtube video with Steven Hovater.

See the Hide It In Your Heart attached for the weekly learning of this verse. The portion for Psalm 23 starts around the 2:09 mark in this video.

Video Link: <https://www.youtube.com/watch?v=Fr2PZwYzo2A>



Mountaintop Worship – 6 - February

## David, the Shepherd Boy

The Point: God Will Make Us Strong

**Storyline:** David shows us God's Heart

1 Samuel 16: 1-13 (Samuel anoints David)

Psalms 23 (The Lord is my Shepherd)

1 Samuel 17 (David & Goliath)

### Make the Point:

- God makes us strong with His Holy Spirit.
- Jesus is the Good Shepherd who will take care of us.
- We can stand up for God like David.

#### **Week One** – Samuel anoints David, the shepherd boy (1 Samuel 16: 1-13)

1. Play the Read and Share Bible DVD on David (Volume 1, Disk 2). Stop at this queue: "God sent his Holy Spirit to make David brave and strong."
2. Emphasize:
  - David was the youngest of eight brothers.
  - Samuel thought one of the older brothers would be king, but God chose David.
  - The Bible says God looked at David's heart. His heart was humble and listening for God.
  - God sent his Holy Spirit to make David brave and strong.
3. Use the "Invisible Ball" object lesson (attached).

#### **Week Two** – The Lord is my Shepherd (23<sup>rd</sup> Psalm and the Good Shepherd)

1. Tell children about the job of a shepherd. Use shepherd props and information provided.
2. Use The Good Shepherd object lesson (attached).
3. Spend extra time on "Hide It In My Heart" 23<sup>rd</sup> Psalm verse. Talk about the ideas in the Psalm. Ask the children to explain some of the key phrases. When necessary, help by explaining the phrases on a basic level.

#### **Week Three** – David & Goliath (1 Samuel 17)

1. Invite some of the children up on stage to act out the story of David & Goliath. Use the narration provided.

#### **Week Four** – Review

1. Play the Read and Share Bible DVD on David (Volume 1, Disk 2).
2. Use the Night Light object lesson (attached).

## **Communion:**

Our congregation normally will share in communion prior to dismissal to PEAK; however, there may be times when PEAK dismissal occurs prior to communion, so we will share it during PEAK on those occasions.

If communion is shared in PEAK during February, some ideas for reflection with the kids include:

- Jesus dying on the cross is the ultimate example of humbling oneself to God; like David, Jesus sought to do the will of God and did not flee from the sacrifice he had to be for our sins.
- When we focus on communion, we should be showing God our humbling hearts and we should be listening to God in all we do.

## **Puppets:**

Each week, a puppet (C.C., Chip, etc.) likes to drop by and go over the rules and remind the children about the Quiet Seat award. Normally, the same puppet will help conclude PEAK by recognizing any visitors (who normally are given a PEAK Frisbee), any upcoming birthdays, and announcing our Quiet Seat winner(s).

## **Hide it in Your Heart:**

Use the Hide it in Your Heart suggestion to teach Psalm 23.



## Object Lesson:

### David, the Shepherd Boy

#### Object Lesson #1: The Invisible Ball

Object: Large Paper Bag

Scripture:

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control." Galatians 5:22-23a

I want to show you my invisible ball (*hold out your empty hands, slightly cupped*). Isn't it beautiful? (*let the children respond*)

What? You don't believe I have an invisible ball? Well, how can I show you? I know, I'll throw the ball into the air and catch it in this bag (*hold the large paper bag in one hand*). Then you'll believe me (*throw the "ball" into the air. Follow it with your eyes. As the ball "lands" in the bag, snap your fingers with the bag held between your thumb and fingers. It sounds like something is falling into the bag*).

Did you hear it? It's a heavy, invisible ball. Let's do it again. (*do this 2 or 3 times, each time tossing the ball higher in the air, following it with your eyes until it falls into the bag. Bounce the ball off a wall. Give the "ball" to a child to throw at you. Children will get into this game*)

That's an amazing ball isn't it? You can't see it, but you know it's there by what it does. The Holy Spirit is like that. We can't see the Holy Spirit, but we know what the Holy Spirit does. God's spirit helps our spirits to be strong. The Bible tells us that God's Holy Spirit gives us love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Even though we can't see the Holy Spirit, we know He works in us by how He changes our hearts.



## Object Lesson:

### David, the Shepherd Boy

## Object Lesson #2: The Good Shepherd

### Object: Baby Name Book

#### Scripture:

"The man who enters by the gate is the shepherd of his sheep. The watchman opens the gate for him and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice...I am the good shepherd. I know my sheep and my sheep know me." John 10:2-4, 14

Do you know that one of the most important things about you is your name? I would guess your family thought hard about what to name you because a name is important.

I have a book that tells the meaning of names. It tells me what my name means.

*Share the meaning of your first name with the children.*

Who would like to know what their name means?

*Share the meaning of the names of 3-4 of the children.*

There's another reason why names are important. When people know your name, they care about you. They've taken time to remember your name. They just don't call you, "Hey, You!"

The Bible says Jesus knows your name.

*Read the verse and substitute some of the specific names of children in PEAK.*

Jesus loves these children just as they are. In fact, Jesus loves you so much he died on the cross for you. And when we die, we'll go to heaven and Jesus, our Good Shepherd, will welcome us by name.



## Object Lesson:

### David, the Shepherd Boy

### Object Lesson #3: Night Light

#### Object: Flashlight

#### Scripture:

"The Lord is my light and the one who saves me. I fear no one. The Lord protects my life. I am afraid of no one." Psalm 27:1

Who's afraid of the dark? Raise your hand if you are. *Not all children may raise their hand.* I'll bet all of us are afraid of the dark, at least sometimes. Sometimes, I am afraid of the dark. When it's really dark outside without the moon or stars, it can be scary.

Let's all sit back and close our eyes and pretend it's really dark. Now let's imagine it's late at night and we're getting ready to go to sleep. You've been kissed goodnight. You've said your prayers. You're just lying there in the dark. Then you hear a creak or scratching sound outside your bedroom. What could it be? *Let the children respond?*

Then you yell, "Bring me a night light!"

*Turn on the flashlight*

Yell, "Open your eyes!"

Whew! This night light saves the day – I mean the night. Who has a night light in their bedroom? Night lights are great. When it's dark, this little light helps us see there's nothing to be afraid of. The night light helps us sleep.

Did you know David wrote a poem to God about God being David's night light?

*Read the verse – Psalm 27:1*

Sometimes, God's light is bright like when the shepherds were in the fields outside of Bethlehem and the angels appeared. Other times, God's light is soft. It's like a night light. It gives us just enough light to see we don't need to be afraid.

God promises to be with us all the time. God is with us during the day and in the night. So we don't need to be afraid of the dark. Because if God is our night light, what do we have to fear?

~Object lessons from "5-Minute Messages for Children" by Donald Hinchey



## Skit:

### David & Goliath

With the assistance of two children, one will stand on one side of the stage and be David. The other will stand opposite David and will be Goliath. One of the PEAK leaders will serve as the narrator. Goliath can have a crown on his head to represent being the “Champion” and a soft sword. David can hold a small twig along with a toy slingshot or leather strap to serve as a sling.

The narrator will move from each character to help portray the voices of each character. Use a booming, deep voice as Goliath and a high, squeaky voice as David. The more you overact this, the more the children will get into it. Explain to each actor how they can use motions or movement to go along with the narration.

**Giant:** Am I a dog that you come against me with sticks? Are you going to beat me with your sticks? Why, I am going to chop your head off and feed your body to the birds of the air and the beasts of the field.

**Boy:** You come against me with a sword and spear, but I come against you in the name of the Lord God of Israel, and...and...and...I’m going to chop *your* head off and feed *your* body to the birds of the air and the beasts of the field. So, there!

**Giant:** Why you cheeky young rascal. I’m going to whip you!

**Boy:** No you’re not. I’m going to whip *you*!

**Giant:** I’m going to trash you.

**Boy:** No. I’m going to trash *you*!

**Giant:** Oh yeah? You and whose army?

**Boy:** Just me and the Lord God of Israel. We are going to trash *you* together.

**Giant:** Your God won’t be able to help you against me. Don’t you realize who I am? I am the biggest. I am the greatest. I am the strongest. No one can beat me.

**Boy:** Well, me and my God are going to beat *you*!

**Giant:** That’s enough of your cheek (lifting up his sword). Prepare to die right now!

**Narrator:** The giant took a stride forward, but the boy reached down, picked up a stone, put it in his sling. The sling went round and round. The stone flew out and hit Goliath on the forehead. Goliath crashed to the ground. David picked up Goliath’s sword and slew him.

And that day, David and the Israelites won a great victory over Goliath and the Philistines.



## Hide It In Your Heart: Psalm 23

Help the children learn the 23<sup>rd</sup> Psalm using the motions shown by Steven Hovater in this youtube link (for this verse, it starts at 2:09):

<https://www.youtube.com/watch?v=Fr2PZwYzo2A>

### January

Week One: The Lord is my shepherd, I shall not want.  
He makes me lie down in green pastures,

Week Two: He leads me beside quiet waters, he restores my soul.  
He guides me in paths of righteousness for his name's sake.

Week Three: Even though I walk through the valley of the shadow of death,  
I will fear no evil, for you are with me;

Week Four: Your road and your staff, they comfort me.

### February

Week One: You prepare a table before me in the presence of my enemy.

Week Two: you anoint my head with oil; my cup overflows.

Week Three: Surely goodness and love will follow me all the days of my life,

Week Four: And I will dwell in the house of the Lord forever.

### March

Review All portions of the verse above for each week.