

Memory verse: “To everything there is a season, and a time to every purpose under the heaven.” Ecclesiastes 3:1

Theme: Change is okay, because God is always with us, no matter the time or the season of our life.

Lesson- TO READ/TEACH:

There are 4 seasons of weather. Can you name them? (*any order – summer, fall, winter, and spring.*) Which one are we in NOW? (*summer*) Which one is your favorite? Sometimes I wonder why God ever created _____ (*your least favorite season.*) Wouldn't we all be better off without all the _____? (*snow, freezing rain, heat, humidity, rain, etc.*) What do you think?

But God said that He created every season for a purpose. So, yes! Even _____ (*your least favorite season*) has its purpose. **Not only do seasons have their purpose, but times of our lives have a purpose too.** That means that there will be times when we will laugh, dance, keep, love others, be loved, and have peace. There will also be times when we will cry, mourn and grieve, give up, fix something that is broken, and have to deal with war.

Maybe you're in a **fun season** of life right now. You are happy and your family is great and your friends called you or were with you and you are doing well getting ready for school and you had cinnamon rolls for breakfast! (*What could be better?*)

But maybe you're in a **sad season** of life right now. Maybe someone you love is sick or you know someone who has died recently. Maybe your parents are fighting a lot and you think you may have to move to some place new. Maybe your friends haven't really been friends.

What I want you to know today is that seasons in our lives will change just like the seasons of the weather. Bad times and good times will come and go. **You will change.** Your friends and family members will change. Your home, school, or church may even change. And your hair, that will probably change too!

In the Bible story of Daniel, the armies of the Babylonian King attacked Daniel's city. They captured Daniel and took him, and 3 of his friends to Babylon to see if they could make them into good servants of the King. There were a LOT of changes that Daniel and his friends had to make. They didn't know the language, or how to act, or even the new foods the king wanted them to eat. **It was a BIG scary change!**

But Daniel trusted that God was with him, even in a new country. He was right! God watched over and protected Daniel and his friends. Soon the King saw that they were smart, honest, and trustworthy. So he gave them the important job of serving in the King's palace. The King learned how powerful Daniel's God was. God told Daniel how to understand the King's dreams, and Daniel told the King what God had told him that

the dreams meant. Daniel faced his BIG CHANGES well, because God was with him. God had a plan, a purpose, for Daniel to be in the King's court.

You have to know that God will never change. If you have a relationship with Him, **He will never leave you, no matter what changes you are going through.** He will ALWAYS be there to help you through. God says that He has made everything beautiful in its time. That means that He can take even the worst seasons of life and turn them into something more beautiful than we could ever have imagined. **Our God is incredible!**

PRAYER: (*Close with prayer and reminder of God's work in our lives.*)

Dear God,

Thank You for giving us Your peace even when changes are happening! You take away our fears when we give them to You. Thank you for making us all brothers and sisters through Your love. Help us to share Your love so others will want to come into the Kingdom of God, too. In Jesus' name, Amen.

Great VIDEOS on being brave in change

(DIRECTIONS: Highlight the whole web address of one of the videos below, right-click on it, COPY, open your internet (Explorer, etc), right-click on the address blank, PASTE, then open it on your computer screen and run it.

"Daniel goes to Babylon" - <https://youtu.be/o9E8RQO8Eeo>

Douglas talk on the changes COVID-19 has made: <https://youtu.be/oMv1O6QO6Fw>

MUSIC CHOICES on being brave in change

(DIRECTIONS: Highlight the whole web address of one of the videos below, right-click on it, COPY, open your internet (Explorer, etc), right-click on the address blank, PASTE, then open it on your computer screen and run it.

Song #1 "Be Brave, Be Strong"

<https://www.bing.com/videos/search?q=Christian+children%27s+songs+on+being+brave&docid=608014326620948592&mid=96B860DE3DD323E8AE3E96B860DE3DD323E8AE3E&view=detail&FORM=VIRE>

VERSION 2

<https://www.bing.com/videos/search?q=Christian+children%27s+songs+on+being+brave&&view=detail&mid=983FFB597F24F345FE74983FFB597F24F345FE74&rvsmid=96B860DE3DD323E8AE3E96B860DE3DD323E8AE3E&FORM=VDMCNR>

Game ACTIVITIES for on being brave in change

Change Game #1

Supplies: Enough plastic spoons for everyone

Peanuts, small candy, or **any small object that fits on a spoon**

Space Requirements: Large enough space for teams to stand in a line

Game: “What if I have to start over?”

Split your entire group into equal teams and have each team stand in a line. Each person should have a plastic spoon. They must put the tip of the spoon in their mouths (so that the actual spoon portion is out) and their hands behind their backs.

The first person in each line will start with a peanut on their spoon. Once you tell them to go, they must, without using their hands or anything else, pass the peanut to the person behind them. If the peanut falls, you must start all over again. The first team to get the peanut to the end of the line, wins!

Game Tie-in: Having to start over and making changes can be stressful. Though in this game, starting over came after a mistake, it often is just a part of life.

Daniel and his friends had to start over when they were captured and taken to Babylon. They had a new language and new ways of doing everything! Starting over comes with the many changes in life that come our way.

Change Games: What’s a “comfortable change”?

A. Cross Your Arms

Question: What’s **change**? Do you like change? What kind of change do you like? Fast change...right now? Slow change over a long time? Medium change?

Ready for change?

Action 1: “Cross your arms.” (“Crossed” is folding their arms together, as if they were bored or waiting for something.) Look down at how you crossed your arms. Which arm is on top? Which one is underneath?

Action 2: Ready for another change? Ask them to “fold their arms the other way,” reversed of what they just performed. *(I guarantee that 90 percent of the class will struggle with it.)*

Question:

- How did it feel when you were asked to cross your arms the other way?
- Did it come naturally or did you have to stop and think about it?
- Were you comfortable with doing this differently from your normal process?

B. Change your seat

Have you ever played musical chairs? How do you play it? *(let them explain)*

This is another quick and easy game. It's sort of like musical chairs, but without music. Everyone is going to quickly change where they are sitting. Ready? GO! (everyone changes)

Ready? GO! (Do it 3 times so they can experience the emotions and feelings often associated with change.)

Questions

- How did it feel to be asked to change seats?
- Did you like it? Why? Why not?
- Was changing seats a chance to sit with someone new? In a better chair?
- Was your change a good or a bad change?
- Did anyone get stuck in a place they didn't want to be in?
- Are all changes in our lives good? Please explain your thinking to me. (listen to their feelings and ideas)

Remind them that change is just that... CHANGE. But how we respond to change makes a difference in how we feel.

If we are making a change alone, it might be more uncomfortable or even scary. But knowing that no matter what or where a change happens, if we believe that God is ALWAYS with us, even in the change, we feel safer and braver. Let's be like Daniel and his friends and TRUST THAT GOD KNOWS WHAT IS HAPPENING TO US....ALWAYS! 😊