

# Acts-Revelation

## Philippians 3-4

### Younger Verse

Here I am! I stand at the door and knock. Revelation 3:20

### Older Verse

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him and he with me. Revelation 3:20

### Welcome Time

Do you ever get nervous or scared? We are going to talk about some words in the Bible that can help us when we are afraid.

### Bible Story

*The following is a summary of the Bible story to help you with your preparation. It is **NOT** to be read to the children. Instead, use your Bible to explain the story. Make a note page to help you remember your plans for the lesson or questions you wanted to ask.*

Last week we read the first two chapters of Philippians. We learned a lot about how we should live and the attitudes we should have. Paul showed us that Jesus should be our example and we should be willing to put others above ourselves.

Today, Paul finishes the letter to his friends. This part of the letter is very encouraging and helpful to his friends. Paul is helping them see that they can make it through any hard times that they have.

First, Paul shared how life is sometimes like a race. Just as a runner's goal is to race to the finish line and be first to get a prize, our goal is to help others believe in Jesus and follow Him.

Paul's friends could understand what he meant because they had heard or seen the Olympic games even back then. They knew what it was like to run a race and get a prize.

Paul helped his friends see that they needed to keep their eyes on Jesus and remember all that He has done for us. Paul shared that it was important to know more and more of Jesus. What Paul meant is that we should grow closer to God. We can do that by praying, reading our Bibles, going to Bible study, spending time with other believers, and telling others about Jesus.

### Lesson Goals

Share what it means to keep going to the goal  
When we get anxious, share what we should do—Pray  
Share how God can be our strength and can meet our needs

Paul also wrote some verses that may be familiar to you. Many people memorize these verses because they help us when we may be discouraged or sad.

Paul shared that when we are anxious or nervous about something, we must pray and ask God for help. Paul said that when we do this, we will have God's peace to help us. (Phil. 4:6-7)

He also shared how we should have our minds on good things. Paul gave a whole list of things to think about—things that are: true, noble, right, pure, lovely, admirable, excellent, or praiseworthy (Phil 4:8). Paul knew that thinking of these things would make a person feel encouraged and keep their focus on God.

Paul also told his friends that, "I can do everything through Him who gives me strength" (Phil 4:13). Paul shared how Jesus is the one who can give us strength during good and bad times in our lives. He also helped his friends know that God can meet all our needs (Phil 4:19).

Paul knew that God could do amazing things because he had seen it! Paul's life was changed forever when God appeared to him in a shining light. Paul realized that Jesus was the only way to Heaven. From then on, Paul told everyone he could about the good news of Jesus.

Jesus can change your life too. You can ask Jesus to come into your heart. First, you must tell Him that you are sorry for all the wrong things (sin) that you have done. Next, tell Him that you believe in Him and want Him to come into your life. Finally, be willing to tell others about Jesus. Jesus promises to stay with us forever and take us to heaven one day. If you want to know more, talk to us about it any-time.

**Learning Activities**

Take time to read the verses today and learn more about how to follow Jesus.

**Memory Verse Activities**

Make up motions to the verse and say it together. Talk about how Jesus is the one who wants to come into our hearts.

**Prayer Time**

Thank God that He will help us when we are nervous or afraid. Ask Him to help us think about good things during the week.

**Clean Up/Snack time**

Share snacks together and try to encourage each other like Paul did.

Planning for Sept. 12th  
Colossians

Preschool Lesson  
For  
Philippians 3-4

Last week we learned another lesson from Paul. He shared with his friends how much God loved them and cared for them.

This week, Paul wrote more words to his friends. He told them that they did not ever have to worry or be scared about anything. Paul shared how we can have peace in our hearts—by praying and asking God for help. We never have to be nervous or afraid, God will help us! That is GREAT news!

Paul told his friends to be gentle to all people and to be happy! He knew that when we love God, we will be nice to others and care for them.

Paul also shared that God can help us! Paul wanted his friends to know that God is a BIG God who loves us and is here to help us with all our needs. He is our strength. Let's make big muscles with our arms. Now, let's remember that God (point up) is our strength (make big muscle arms).

God can help us too! He loves us and wants us to know He will be with us wherever we are!

Sing, "God is so good."

Pray and thank God for helping us with all our needs!

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## Hands-On Activities For Philippians 3-4

Have a fun relay race with the kids. Stress the importance of not being competitive. At first, let them line up and get ready to run. Most will ask, “Where is the finish line?” Act like you don’t need a finish line. The kids will probably be unsure of what to do. Share how a race has to have a finish line or goal that you keep your eyes on so that you can try to win. Explain that as a believer in Jesus, we must keep our eyes on Jesus and do things that will please Him.

The Olympic games were played even back in Paul’s time! Make up some fun Olympic games to play with the kids. The prize was a wreath of green leaves for their heads. Try using silk leaves etc. to make “prizes” for the kids.

The Bible tells us not to be anxious about anything. Talk about things that make us anxious (tests, situations at home, etc.). Share ways that we can pray and ask God for help!

What’s on your mind? Philippians 4:8 tells us to think about good things. Talk about things that we sometimes have on our mind (songs, TV shows, etc.) Share how we should watch or listen to good things so that our mind is thinking about helpful things instead of bad or violent things.

Philippians 4:13 tells us that God gives us strength. Blow up small balloons and put them in your arm sleeves to resemble big muscle arms! Take pictures of the funny site! Help the kids say Philippians 4:13 together.

Over and over Paul shares how important it is to pray to God for help. He helps his friends see that God is listening and He cares for them and wants to help them. God cares for us too. Make time today to pray for requests. Be sure all the kids are respectful and quiet so that the whole group can quietly talk to God.

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