

# FULL BLOOM

WEEK 2

## **BIG IDEA**

Jesus understands when we're hurting.

## **BIBLE**

Jesus Prays in Gethsemane: Matthew 26:36-46;  
Isaiah 53:1-5

## **ABOUT THIS WEEK**

To keep a garden growing strong and healthy, you'll need to pull up the weeds that can harm the other plants and keep them from growing. This week, we'll hear about how Jesus prayed in the garden of Gethsemane before being arrested. We'll see that we can go to Jesus whenever we feel hurt because Jesus understands when we're hurting.

## *Large Group Time*

Welcome

**Andrew:** Play 5 minute countdown at 9:25/11:25

**Check-In: Eric** (Please write first name and last initial)

When checking in kids please make sure that every one is entering the correct age group and check their tags! If their tag doesn't match please get Kayleah or Rachel before allowing the kiddo to enter Freedom KIDS.

**Bible Bucks- Austin M./Jim**

**Welcome- Phynley**

Hey, welcome back to *Full Bloom*! Last time, we talked about how Mary showed her love for Jesus with perfume. But guess what? There's more excitement waiting in our garden. Close your eyes and imagine shrinking down, growing wings, and getting extra arms and legs...because today, we're buzzing around like busy bees.

Are you ready to fly to another part of our garden for an amazing story? It's gonna be *un-bee-lievable*!

**WELCOME**

**Welcome first time guests and explain bible bucks (100)**

**- Bible bucks for Bibles (10)**

**- Remind to turn in homework (150) and say verse (100)**

- **ANNOUNCEMENTS:**

## WHAT? What are we talking about today?

### ACTIVITY

- **INSTRUCTIONS:** For this activity, you will need balloons of different sizes. Split your group into two teams. Have players stand in different parts of your playing area, sitting or standing in place. Each player is a plant, which means there's **no walking allowed**. Toss a few "seeds" (ballons) into the playing area. **Without moving their feet**, kids will try to get the seeds out of their side of the garden and to the other side. At the end of one minute, see which team has the fewest seeds on their side. Repeat as desired.
  - **ACCESSIBILITY HACK:** Give kids pool noodles, or something similar, to act as "leaves" that can help them reach farther to bump the "seeds" around.
- Good job keeping those seeds out of your garden because those seeds weren't going to grow a beautiful flower or tree ... those seeds would become weeds! These tricky little plants might look pretty at times, but if we don't pull the weeds, they can hurt the other plants in a garden and stop them from growing.
- Some things in life block our growth or cause us pain, too. Today we'll talk about how we can turn to Jesus whenever we are hurting.

**Please end Welcome time by 9:45/11:45**

### MEMORY VERSE | 2 Peter 3:18a (NIV)- Izzy

- **INSTRUCTIONS:** Introduce this months memory verse and explain its meaning
- **"But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."**

Key points about this verse:

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- This verse is a call to continuous spiritual development, urging believers to not become stagnant in their faith but to continually deepen their understanding of God's grace and their relationship with Jesus.

To grow in grace and knowledge, believers are encouraged to:

- **Study the Word:** Regularly engage with the Bible to learn more about God and His plan.
- **Pray:** Seek God's guidance and wisdom through prayer.
- **Seek Fellowship:** Connect with other believers to encourage and challenge each other in their faith.
- **Live a Life of Obedience:** Strive to live in accordance with God's will, demonstrating the fruits of the Spirit

BIG IDEA | Jesus understands when we're hurting.

- **INSTRUCTIONS:** introduce this weeks big idea
- Let's say it together: **Jesus understands when we're hurting.**

### Tithes and offerings

Pray for:

Pray for his future

### Worship- Izzy & Phynley

1. Higher than the sky
2. Same God

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

SCRIPTURE | Matthew 26:36–46 (Jesus Prays in Gethsemane)- Eric

- Gardens are often a peaceful place. People stroll around gardens to appreciate nature, breathe in that fresh air, and even spend time with God. In today's Bible story, Jesus goes to a garden with a few of his close friends ... but he's not quite at peace.
- **Let's read Matthew 26:36–39 to find out what's happening.**
  - Jesus and his disciples had just eaten before coming to the Garden of Gethsemane. Their stomachs may have been full, but for Jesus, his heart was extra heavy that evening.
  - Jesus told his disciples—Peter, James, and John—that he was in a lot of pain and asked them to stay awake with him while he prayed. Then Jesus prayed to God to take away "this cup" if it was possible.
  - **What do you think that meant?** Was Jesus holding a cup filled with something inedible?
  - Jesus knew what was about to happen. Jesus knew that in a matter of moments, he would be captured by soldiers and taken away. He would face all sorts of pain and eventually die. Jesus asked God if there was any way to avoid this suffering.
  - But even as he prayed this, Jesus wanted to follow God's plans.
- **Let's keep reading Matthew 26:40–42.**
  - Jesus was so overwhelmed, but when he returned to his friends, they were asleep! They most likely did not understand the amount of pain Jesus was in. Perhaps if they did, they wouldn't be able to sleep either and could stay awake to be with him.
  - Jesus wasn't going to give up on them, though. So he woke them up and asked them to keep watch again while he prayed the same prayer once more.
- **Let's read Matthew 26:43–46 to see what happens next.**
  - Even though his friends did not realize it, these were their final moments together before Jesus was arrested. If they had known, maybe they would have stayed awake. But the time had come when Jesus would face the most challenging moments of his life on earth.
  - From the moment Adam and Eve made a mistake in the Garden of Eden, God had a plan to save all of us, and that plan was all about God's son, Jesus. Jesus knew that what was coming next would be the most challenging thing God had ever asked him to do. Jesus was ready for it, though.

- Even if it hurt, Jesus was ready to do whatever was needed to help save us. This was a part of God's plan to bring our relationship with God into *full bloom*!

#### STORY | A Time When You Were Hurt- Eric

- **INSTRUCTIONS:** *Tell a story about a time when you were hurt in elementary school. You can talk about a minor injury, not making a team, or a time when someone was unkind to you. Help kids start to think about the hurt in their lives and how Jesus can help them through it.*
  - **PRETEEN HACK:** *Look back on the story you are sharing with your preteens. If you could see where Jesus was in that situation, where would he be? Did Jesus protect you from getting a larger injury? Did Jesus come in the form of a friend or family member comforting you? Go a little deeper and see if preteens can see where Jesus might have been during a time they were hurt.*
- **Have you ever felt hurt before?**
- There have been so many times in my life when I've felt hurt, and there will be *more* times when I feel hurt in my life. But when I feel hurt, I know there is someone who gets it because he's been hurt, too.
- **Jesus understands when we're hurting.**

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

#### REFLECTION | Garden Time With God

##### 1st service only

##### End at 12:15/12:20 to during second service so kids can go to the store

- **INSTRUCTIONS:** *Use this time to have kids calm down and think about what they learned today. You can do this as a large group or sort kids into small groups with a leader in each group. You may choose to use an oil diffuser with fragrances like lavender, lemon, or orange during this time. Pay attention to what is being discussed today and talk with your leadership if anything sensitive comes up.*
  - **ACCESSIBILITY HACK:** *Create a safe space for kids with disabilities to talk about their feelings and unique. Remind them they don't need to hide the emotions they're experiencing.*
- Close your eyes and breathe deeply. Imagine you are in a garden, and the sun is setting behind the horizon. The nighttime bugs are slowly crawling out, and the air feels crisper.
- **Name one thing you feel.**
- As you think about being in this garden, turn your thoughts to God. God created everything in the garden and helped it to grow ... including us. Let's talk about some ways we can grow today.
- **Have you ever felt hurt when ...**
  - **You had a physical injury?**
  - **Someone was unkind to you?**
  - **You made a mistake?**
  - **Someone else made a mistake?**
- The hurt in our lives may not always look the same, but that doesn't make it hurt any less. When we are hurting, we can often feel scared or alone.
- With Jesus, we're never alone! If we've been hurt in the past or we feel hurt right now, Jesus is with us and wants to take care of us. We can talk to Jesus about whatever we are feeling.
- **Jesus understands when we're hurting.**

- **INSTRUCTIONS:** Give each kid a copy of the [printable](#). In the middle, have the kids write a short prayer to Jesus about something that is hurting (physically or emotionally).
  - **PRETEEN HACK:** Many preteens cry or cry out as a response to frustration and anger more than sadness. They're also undergoing physiological changes and may be unable to explain exactly why they react in certain ways. In addition to reminding them that it's okay to have these feelings, remind them of coping skills they can employ to regulate their emotions, such as deep breathing, self-affirmations, grounding exercises, and talking to someone.
- **Do you know what lily pads can do for frogs?** Lily pads give frogs a place to rest. When a frog sits on a lily pad, it gets all the water it needs while looking for food. Taking a break can help the frog recover its energy before it moves on to the next part of its journey.
- When we are feeling hurt, it's normal to want to keep it to ourselves. But when we share it with the grownups we trust, they can help us feel better and find ways for us not to feel hurt anymore. And together, we can share our hurt with Jesus. Jesus wants us to go to him for comfort.
- And he's the best one for the job because he knows what it's like to feel hurt. He gets it. Talk to Jesus whenever you feel hurt because **Jesus understands when we're hurting.**

**Give the kiddos some time with Jesus, then close in prayer**

- God, thank you for reminding us that Jesus knows what it's like to hurt, to be sad, and to feel alone. When we feel hurt, help us remember we can always turn to you. Jesus understands our hurt and is our best source of comfort. Amen.

**SPIN IT TO WIN IT:** Eric (please have Bible Bucks ready to hand out), start spin-it at 10:28/12:28

**PICK UP, CALL NAMES:** Eric

**PICK UP, CHECK TAGS:** Austin M/Jim

**PICK UP, HAND OUTS:**

**KID STORE:** Phynley & Izzy

**VERSE/SAVE TABLE:** Andrew - (go to store afterwards)