

I Can Start My Day With God!

Week #3 (24th Mar 2024):

The Big Point: I Can Start My Day with God!

God's Word: Jesus spent time with God First (Mark 1:21-39)

Memory Verse: It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There he prayed. Mark 1:35 (NIRV)

Application: I can start my day with God

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Series Aim: For kids to learn about spending time with God in Quiet Time.

Primary Huddle Guide

Duration: 20-25 mins

Before Sunday:

- *Pray* and prepare yourself by reading through this Huddle Guide and the Word Study of the week found on the [HopeKids Service Plan Blogspot](#).
- All Huddle Leaders are to prepare your own “script” and things to say. Feel free to inject your own questions or discussion points whenever necessary to suit the needs of your children.
- **NOTES:** You are highly encouraged to always make your own preparation by reading the Word Study.

Before Service on Sunday Morning:

- Please note that there are no Huddle Items for this week!
- Prepare all the items that are needed for Huddle Time. For this week:
 - Physical Bibles
 - HopeKids Notebooks
 - Writing Materials
 - Whiteboard Marker (optional)

- Marker

During Huddle Time:

- Have the children sit in a circle, keeping it to 12 children per group.
- Welcome and ease the children into Huddle Time by:
 - Introducing yourself and the kids to one another
 - Air high-fives, fist bumps
 - Playing small ice breaker games
- Remind the kids that the BEST rules still applies during Huddle Time

Activity 1: Ice Breaker and Sharing (15 mins)

Objective: To open the small group time with the kids. To connect kids to each other, to huddle leaders.

Materials Needed:

- Physical Bible

Note: It is up to you to choose to do Bible Dash / Sharing first!

Welcome:

- Introduce yourself and welcome the kids to Huddle Time (small group time).
- If there are new kids, make sure to go one round of introduction.

Ice Breaker Game: Bible Dash

- Today is the last week of our Quiet Time series, and thus, the last of our Bible Dash for this series!
- Allow all kids who brought their physical bibles to play this game together!
- If there are kids who didn't bring, share with them to bring their Bibles with them to HopeKids. Huddle leaders can challenge kids who brought their Bibles to allow their friends to use their Bible for one turn.

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- Kids are to hold Bibles closed with hands on covers.
- Huddle Leaders are to state the Bible reference twice, then on the command

“SEARCH!” have the students race to locate the verse.

- Once kids have a finger on the verse, they can stand / put up their hand.
- Have that first child read the verse aloud for the rest. Huddle can also use your personal tablet / laptop to show the verse to the rest of the kids but this is not necessary!

Bible Dash Bible References: *(You don't have to do all)*

1. Deuteronomy 4:29 - You will find God if you seek with all your heart.
2. 1 Chronicles 16:10-12 - Seek God always and rejoice; remember all that He has done.
3. Proverbs 28:5 - Bad people don't understand God; good people do.
4. Lamentations 3:25 - God is good to people who seek Him.
5. Ephesians 6:18 - Pray often—all kinds of prayers; be alert.
6. 1 John 5:14-15 - Ask anything according to God's will, and He will make it happen.

Wow, HopeKids, that was a great time looking at all these verses, I got to say, all of you are so fast and becoming experts in flipping the Bible!

Qn: What are some common themes to the verses you have flipped to and read just now?

- *Allow kids to respond.*
- Some of the common themes you read about are how important it is to seek and find God and to have time with God.

Ice Breaker Sharing: Ask the kids the following questions and take turns to go one round to share!

- How do you like to start your day in the morning? What usually helps you feel better in the day? → *Huddle leaders can share this too!*
- What is one thing you recently have learnt from God / God's Word? → *Huddle leaders can also take time to share. Make sure that you share appropriately and in terms that kids can understand.*

Wow, thank you so much HopeKids for sharing!

Activity 2: Discussion and Reflection (10-15 mins)

Objective: To connect kids to each other, to huddle leaders and what they learnt to their daily lives!

Materials Needed:

- Physical Bible
- Writing Materials
- HopeKids Journal

Qn: What is today's Big Point?

- *Allow kids to respond: I Can Start My Day with God.*
- These few weeks, we learnt about spending Quiet Time with God and how you can spend time with God in Quiet Time. We also learn that we can learn to enjoy God's presence as we learn to love Him more and more.
- Today, we want to challenge you to also start your day with God → **I Can Start My Day with God!**

Qn: Why do you think it's good to start your day with God?

- *Allow kids to share.*
- Remember how we talked about some of the things we like to do to start our day in the morning?
- The truth is how we start our day can really affect the rest of the day, including how we feel for the rest of the day.

Qn: How many of you were late for school / church / class before? Do you like being late?

How does it feel being late?

- *Allow kids to respond.*
- The truth is, it's never nice to be late and there is this sense of hurry when we are late and rushing from one place to another. We can feel easily flustered too.
- This is why, how we start our morning can affect our day or how we feel that day.
- Like what we have been learning all through these 3 weeks, Jesus started his day with God. Jesus valued his time with God, and Jesus also enjoyed his time with God.

**Get kids to read Mark 1:35 together*

Remember HopeKids, it's not like Jesus had been having a restful time the past day which was why he decided to wake up early and spend time with God. No, it was because He loved God, He wanted to and enjoyed spending time with God. And He knew that starting his day with God is what will give him strength for all the things he needed/wanted to do. After all, God loves us and wants us to be in close friendship with Him.

And now, I will also give you a few more reasons why you should start your day with God. You can write them down in your notebooks / HopeKids Journals.

1. You Can Ask God to Guide Your Day

When you start your day with God, you can ask Him to help you through struggles you will encounter, to help you through challenges you know are ahead of you, or for help in a specific situation. For example, if you have an exam / test / competition that day, you can ask God to help you through that situation, to help you remember all the things you have studied / learnt / practised. This is what I do for myself too (*huddle leaders can share personally*). And in your time with God in the morning, you can ask for overall help to guide you through the day. God can be a source of strength for hard times and He can give you wisdom for decisions that need to be made, and protection as you come and go. Start your day with God because you can commit your day to Him and ask for His help!!

2. Peace

Remember how when we are late, it doesn't feel great and there is this sense of fluster / hurry in our hearts? But when we start our day right with God, we can find peace in Him.

Let's turn to this verses and read it out together: Philippians 4:7

Jesus gives us peace over all things. If we start our day with worries and concerns, feelings of fear or even anxiety can plague the day ahead. However, when you start your day with God, you can take hold of your feelings and thoughts and enter into the peace that God has for you. Peace is a precious gift from God that we can have the moment we wake up by spending time with Him.

3. It can transform your heart and grow your friendship with God!

This year, we are learning all about Remaining in God. The habits we practise shape who we become. When we learn to cultivate the habit of starting your day with God, it helps us to become more aware of Him and help to transform your heart for the Lord. As you seek God, you will grow in love for Him, and you will learn to depend on Him more and recognize your need for Jesus. When we intentionally spend time with God each day, our hearts become more like His!

So HopeKids, you may still be young, but even at where you are, you can learn to start your day with God, to spend time with Him and of course, to enjoy spending time with Him!

(Quiet Time Challenge - Start the Day with God)

So kids, some of you may already learnt to have your own Quiet Time, and that is great. You can keep to that, but also add another challenge of starting your day with God. It can be as simple as just waking up 5-10 mins earlier to pray or read the Bible while you eat breakfast. Jesus spent Quiet Time with God in the mornings and that's how great it is to start your day with time with God!

Shall we pray together?

- *Pray in your own words and keep in mind what the kids shared as you pray.*

- *Possible prayer:*

Dear God, You my creator and my Father God. I know that you love me and love spending time together. Help me to experience more of your presence and learn to love spending time with you both in church as well as in my own Quiet Time. Give me strength to start the habit of starting my day with You. In Jesus' name, amen.

Activity 3: Memory Verse

Objective: To hide God's Word in the children's hearts

Materials needed:

- Paper - 1 per group
- Memory Verse Phrase cut outs - 1 set per group
- Glue / Double sided tape

It was very early in the morning and still dark. Jesus got up and left the house. He went to a place where he could be alone. There he prayed. Mark 1:35 (NIRV)

Throughout 2024, we will have “Remain” as the focus in HopeKids. This series continues to help kids to learn how to remain in God. Beyond prayer, another way kids can grow to love God’s presence is learning to have the habit of Quiet Time - spending time with Him.

When we look at the above verse, we see four verbs (got up/left/went/prayed) - all these verbs emphasised Jesus’ resolve to have quality time with God, His Father. Jesus prayed at a very early hour: while it was still dark. Jesus made less time for sleep and more time for spending time with God in prayer. Jesus also made sure to go to a place where he could be alone – Jesus knew the importance of having quality alone time with God. While it is good and important for us to join with others in the presence of God, there is much in our Christian life and friendship with God that can only be learned and experienced through quality alone time with God.

Huddle leaders can do this in various ways. If using small strips of paper/post-its:

- *You can give each kid one of the strips of paper for them to write on like a dictation.*
- *You can make it a game by having each kid in your huddle group write one word and have the kids put the memory verse together using their word.*