



March 22, 2020
5yrs. - 5th Grade

UPTOWN

STEP 1: Follow us on Instagram for challenges + fun activities



STEP 2: Watch the lesson video!

- Head to the Heights Kids YouTube page.

<https://www.youtube.com/watch?v=a4OMDgT6jzA&feature=youtu.be>

This Week's Main Point:

Lots of things might make me happy,
but only God can give me joy.

STEP 3: Memorize the memory verse.

⋮⋮⋮ “James 5:13 ... Are any of you happy? You should sing praises.”

STEP 4: Ask an adult to video you saying your verse and tag us on Instagram – we'll feature you in our stories! Oh yeah!!! 😊

STEP 5: Dance + sing to some worship music!

Here are a few songs we like to sing in Heights Kids

Let Go

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

Music Video with Lyrics: <https://www.youtube.com/watch?v=fZYJtKH3MAQ>

The Name of Jesus

Motions: <https://www.youtube.com/watch?v=PB1FPdYnuRO>

Music Video with Lyrics: <https://www.youtube.com/watch?v=I1uk1gNN8HY>

Who You Say I Am

Motions: <https://www.youtube.com/watch?v=STSEWdPyOy0>

Music Video with Lyrics: https://www.youtube.com/watch?v=IcC1Bp13n_4

STEP 6: Activity 1: Party Hat

When we choose to follow Jesus, our sins are forgiven, and we're made friends with God! That can fill us with joy, no matter what's going on!

1. Create a party hat using paper or pull one out of your party stash at home.
Say: These hats are for partying! Let's decorate them to remind us to sing praises to God and be full of joy!
2. Use a label or markers and write out James 5:13 on the hat.
3. Decorate the hat with markers, stickers, or anything else fun you!
4. If time allows, kids wear their hats or use them as a megaphone to praise to God.
5. Choose questions to ask during the activity:
 - a. What things made Alissa, Mike, and Tony feel happy? Answers will vary.
 - b. What do you think will give Ray joy even though she's missing her friend? Answers will vary.
6. Share a picture of your hats on Instagram and tag @heightskidsrva – we can't wait to see it!

STEP 8: Activity 2:

When something good happens or you get something you want — BOOM! You're happy for a short time. But knowing Jesus is even better than happy. He gives joy all the time!

Complete this activity with your family!
Joy comes from praising God for who He is. Write things you love about God in each word bubble below.



STEP 7: Activity 3: Have a conversation

Answer these questions with your parents or an adult.

1. When do you feel the happiest?
2. What do you think people like about feeling happy?

3. What do you think is the difference between being happy and having God's joy?
4. How can you have joy even when the things around you are not happy? Pray, thank God for the good things He's done, remember Jesus forgives and God's always good, etc.

STEP 7: Action, Action, We Want Action!

Action Steps for this week.

Share some ways you can praise God when you're happy this week.

Write about it, tell someone about it, dance for God, sing for God, high five and give hugs, draw about it, etc.

What are some awesome things that are happening because you have a new routine being home from school?

What can you do to help someone who isn't happy?

Have you completed the YouVersion Bible App lessons? If not, check them out here:

<https://www.bible.com/reading-plans/2426>

STEP 9:

- SALVATION WEEK -

Parents – this is where you take the lead!!

Watch this video with your family:

<https://www.youtube.com/watch?v=a40MDgT6jzA&feature=youtu.be>

5 Year Olds – 1st Grade:

Parents say: The ABC's remind me how good God is! He gave us the best gift ever—His Son, Jesus! (Pray) God, thank You for sending your son Jesus to die for our sins so that we can be close to you. In Jesus' name, amen.

2nd – 5th Grade:

Parents say: The ABC's remind me how good God is! He gave us the best gift ever—His Son, Jesus!

Would you like to accept Jesus into your heart for the first time today? That's amazing. It's the best decision you could ever make. Let's pray all together. Bow your heads.

(Pray and have kids repeat after you) Jesus, I know that I am a sinner. Thank you for dying on the cross to take the punishment for my sins. I know that you rose from the dead and are coming back someday. Please forgive me of all my sins and come into my life. Fill me with Your Holy Spirit. Teach me, guide me, and help me follow you for the rest of my life. Thank you for loving me and filling me with your love + joy! In Jesus' name, Amen!

(If your child accepted Jesus into their hearts today PLEASE let us know!!! Have a celebration together at home. This is the most AMAZING decision your child can make! We're here if you need any additional resources!).

DON'T LEAVE US HERE

We've got lots more coming up this week online!

HEIGHTS KIDS

THE WEEKDAY LINE-UP

Monday | Weekend Roundup
Tuesday | The Uptown Up & Up
Wednesday | Leader Reader
Thursday | Dinner Devo
Friday | Good Morning with HK

Find Us Here:



AND IT'S...

(Tag us on Instagram & Facebook when your kids participate! We want to see them and share!)

to Kids Spirit Week
SPIRIT WEEK
it Week

MONDAY
Crazy Hair

TUESDAY
Sports Jersey

WEDNESDAY
Wear Your Favorite Color

THURSDAY
Wacky Socks

FRIDAY
PJ Day!

to Kids Spirit Week
SPIRIT WEEK
to Kids Spirit Week