



## LESSON SNAPSHOT

### **BOTTOM LINE:**

We will go through ups and downs, but Jesus will be with us.

### **OBJECTIVE:**

Kids will learn that Jesus is with them in good times and bad.

### **KEY PASSAGE:**

Acts 3:1-10, 4:5-22, Peter Heals a Crippled Man

### **MEMORY VERSE:**

*"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."*

- *Philippians 4:12-13*

### **SUMMARY:**

We love the thrill of the Roller Coaster speeding us in all directions. As soon as we get off, we immediately want to ride it again. When Peter and John went to the temple one day, they experienced the "up" of healing a man who was born crippled. Before they knew it, they were "down" before the Sanhedrin, being commanded to stop sharing about Jesus. But Peter and John knew that no matter the ups and downs, the adventure of life is meant to be lived with Jesus.

### **SIMPLE PRAYER:**

*Dear God,*

*Thank you for being with us, when we are up and when we are down.*

*In Jesus' name,  
Amen*



## MEMORY VERSE

*"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."*

*- Philippians 4:12-13 (NIV)*

*"I know what it's like not to have what I need. I also know what it's like to have more than I need. I have learned the secret of being content no matter what happens. I am content whether I am well fed or hungry. I am content whether I have more than enough or not enough. I can do everything by the power of Christ. He gives me strength."*

*- Philippians 4:12-13 (NirV)*

### **LARGE GROUP:**

Divide the room into girls and boys. Have the boys read it aloud, then have the girls read it aloud. Who can read the loudest?

### **SMALL GROUP:**

Give all the kids a Bible. Then after you read the verse, give them the reference and see who can find it first in their Bible.



## SKIT

### UPS AND DOWNS WITH DARTH VADER

#### ITEMS NEEDED:

Star Wars costumes

#### CHARACTER BREAKDOWN: 3M

#### CHARACTERS:

Announcer

Darth Vader

Han Solo

ANNOUNCER: And now, here with a few words about roller coasters and the ups and downs of life, here's movie star and Disney theme park icon, Darth Vader!

*Darth Vader enters.*

DARTH: Roller coasters are full of ups and downs. Sometimes they go up, and other times they come crashing down. In that way roller coasters are a lot like life. We go up when life is good, and we go down when life is bad. One guy who knows a lot about that is my son-in-law, Han Solo.

*Han Solo enters.*

HAN: How's it going, Dad-in-law?

DARTH: I told you never to call me that! Now, a long time ago, Han was a happy guy. He had a ship. He had a cookie monster for a best friend.

HAN: He's a Wookiee.

DARTH: Han Solo was up!

# SKIT

HAN: Way up!

DARTH: But then one of my ships raided his and stole his cargo. Han was in trouble with Jabba the Hutt, and he was down.

HAN: Really down!

DARTH: Then my son and this old guy who once beat me up hired him to fly them to Alderaan.

HAN: All right, money!

DARTH: He was up again!

HAN: Yes I was.

DARTH: Then I blew up Alderaan.

HAN: Aw man!

DARTH: And then he got trapped on the Death Star.

HAN: I was really down.

DARTH: Then he saved my daughter and helped to blow up my Death Star. He was back up.

HAN: Yes I was.

DARTH: Then I blew up his base on the planet Hoth.

HAN: And down I go again.

DARTH: Then he fell in love - with my baby girl!

HAN: Your daughter's cute, Vader.

DARTH: He was up.

HAN: I was way, way up!

DARTH: Then I showed up.

# SKIT

HAN: And I went down.

DARTH: And I froze him in carbonite.

HAN: *(puts his hands up as if frozen in carbonite)* Really really down.

DARTH: So you see, life is like a roller coaster. Sometimes you're up, sometimes you're down. But through it all, Jesus will take the ride with you.

*Darth Vader starts to exit.*

HAN: Hey, where are you going? You just gonna leave me frozen like that?

DARTH: Of course I am! I'm the bad guy!

*Darth Vader exits.*

HAN: Is this because I forgot to send you a Father's Day card?



## OBJECT LESSON OR KIDS SERMON

### ITEMS NEEDED:

A thermometer

*Show the kids the thermometer. Ask them if they know what the temperature is outside. Have one of the kids, escorted by an adult, take the thermometer outside to check the temperature.*

Thermometers are a little like roller coasters. Throughout the year, the thermometer goes up and down. Right now, in the summer, it's mostly up, but as fall and winter arrive, it will go back down. Then in the spring, the thermometer will rise up again.

Sometimes life feels like a roller coaster. When things are fine, we feel on top of the world, but sooner or later, we come crashing back down. No matter what happens, though, we know someone is on that roller coaster with us. Jesus will be by our side in this adventure called life. When all is well with the world, or when we feel like we can't go on, Jesus will be by our side. He will never leave us, and we will never be alone.

Life takes us up and down, just like roller coasters and just like thermometers. But no matter how high or low you go, you will never be alone.



## LARGE GROUP GAME

### BOUNCE SHOT

#### ITEMS NEEDED:

A basketball  
A hoop

#### INSTRUCTIONS:

Choose one player for this game. Contestant has 60 seconds to sink one shot through the basket by bouncing the ball off the floor and up through the net. If they get one shot to go in the hoop in 60 seconds or less, they win a prize.

Make sure to inflate the ball fully so it bounces high.

#### VARIATION:

Use a lower hoop for younger kids and a taller hoop for big kids.

#### WHAT'S THE POINT?

We have lows and highs in our lives, but we also have Jesus no matter where we go.



## LARGE GROUP LESSON

### **BOTTOM LINE:**

We will go through ups and downs, but Jesus will be with us.

### **OBJECTIVE:**

Kids will learn that Jesus is with them in good times and bad.

### **KEY PASSAGE:**

Acts 3:1-10, 4:5-22, Peter Heals a Crippled Man

### **INTRO**

How many roller coaster fans do we have in here? Who has been on a really big coaster? What was it like?

Let some of the kids chip in stories about roller coasters.

Roller coasters come in all varieties. Some are wood and some are metal. Some roller coasters have loops and others are just fast. Some let the riders sit, and on others the riders stand. Some have cars that sit on top of the rails, and some have cars hanging below. There are new roller coasters where the passengers hang below and out to the side of the track, winged coasters that make you feel like there's nothing above or below you. They make you scream, they make you shut your eyes in fear, but when they are over, you want to go again!

Roller coasters all have two things in common. They go up, and they go down. That, more than anything, makes a roller coaster a lot like life.

We all have ups and downs, don't we. When you have a good birthday, that's an up. When a favorite pet dies, that's a down. When you get to spend time with friends, that can be an up. When someone you love moves away, that takes you down. Worship on Sunday morning can be an up as well, while having someone make fun of your faith can bring you down.

# LARGE GROUP LESSON

The early church had its ups and downs right from the start. Today's story comes from Acts 3, and it shows us what life was like for Peter and the apostles as they started their adventure for the Lord.

**READ Acts 3:1-10, 4:5-22**

## MAIN POINT

How exciting it must have been for Peter and John to do a miracle. The Holy Spirit gave them the power to heal a crippled man, just as Jesus had done. What a blessing it must have been for the Spirit to use them in the same way, demonstrating God's power as they shared the good news of Jesus.

But the next thing you know, Peter and John are in trouble. The religious leaders of their day brought them in and warned them to stop all their good works!

Peter and John would experience many more ups and downs. The two men faced persecution. Peter was put to death for his faith, and John was exiled to an island. Never did they ask to get off the ride. Like a great roller coaster, they were determined to stay on it until the end.

## DRIVE IT HOME

We'd all love to stay in the high places in life, but every roller coaster rider knows it's the dips and the lows that make the ride exciting. It may not feel exciting, especially if we are sad, but when life has you down, remember this: Jesus is still with you.

The Holy Spirit that Jesus sent to the early church, the Spirit we talked about last week, lives in the heart of every believer. It is Christ's presence in our lives. Whether we are on top of the world or in the lowest of the lows, Jesus will never leave us.

It's easy to forget Jesus when times are tough and we feel like we have nothing to be thankful for. Then again, it's easy to forget about Jesus when we're high and we feel like we don't need his help. Jesus doesn't want us to forget him in either place. We started this adventure following Jesus, and this adventure is meant to be lived with Jesus, every day!

Life is full of ups and downs. It's a roller coaster ride that never lets up. Remember that Jesus is with you on this ride, and take each day that comes with Jesus. In the ups and the downs, Jesus will always be there.

## CLOSE WITH A SIMPLE PRAYER

*Dear God,*

*Thank you for being with us, when we are up and when we are down.*

*In Jesus' name, Amen*



## SMALL GROUP DISCUSSION (K-2ND)

### ICEBREAKER

What is your favorite amusement park ride?

### MEMORY VERSE ACTIVITY

Philippians 4:12-13

Give all the kids a Bible. Then after you read the verse, give them the reference and see who can find it first in their Bible.

### SMALL GROUP GAME/ACTIVITY

Have the kids line their chairs up and play a game where they pretend they are riding on a roller coaster.

### DISCUSSION QUESTIONS

Read Acts 3:1-10, 4:5-22

Who did Peter and John see at the temple?

What did Peter and John do for the crippled man?

How did the high priests feel about the miracle Peter and John performed?

What did the high priests warn Peter and John not to do?

Who is with us in the ups and downs of our lives?

### SIMPLE PRAYER

*Dear God,*

*Thank you for Peter and John and the example they set for us. Give us the courage to follow you and live our lives with you, in the ups and the downs.*

*In Jesus' name,*

*Amen*



## SMALL GROUP DISCUSSION (3-5TH)

### ICEBREAKER

What is your favorite amusement park ride?

### MEMORY VERSE ACTIVITY

Philippians 4:12-13

Give all the kids a Bible. Then after you read the verse, give them the reference and see who can find it first in their Bible.

### SMALL GROUP GAME/ACTIVITY

Have the kids create a skit about today's Bible story.

### DISCUSSION QUESTIONS

Read Acts 3:1-10, 4:5-22

What did Peter and John do for the crippled man?

What did the high priests warn Peter and John not to do?

What are some "up" times in our lives?

What are some "down" times?

How can we live through the ups and downs with Jesus?

### SIMPLE PRAYER

*Dear God,*

*Thank you for Peter and John and the example they set for us. Give us the courage to follow you and live our lives with you, in the ups and the downs.*

*In Jesus' name,  
Amen*



## POWERPOINT REVIEW GAME

### True or False

Peter and John went to the temple.

TRUE

Peter and John healed a blind man.

FALSE - He was crippled.

The high priests were thrilled to see the miracle Peter and John performed.

FALSE

Peter and John could ride out their ups and downs because Jesus was with them.

TRUE

Jesus will be with us in all our ups and downs.

TRUE

# MAKE IT STICK

## 5 Simple Ways You Can Make This Lesson Stick With Your Kids

### THIS WEEK'S LESSON: ROLLER COASTER



#### IN THE CAR:

Ask your child what they learned about this week on the drive home:

Today we talked about roller coasters and the ups and downs of life. We will go through ups and downs on life's adventure, but Jesus will be with us. Acts 3:1-10, 4:5-22 – Peter Heals a Crippled Man



#### HANGING OUT:

Make this week's lesson real:

Let the kids take a ride this week - at the mall, at a park, or virtually through some on-line roller coaster videos. Talk about how life is like a ride and remind them that Jesus will always be with them.



#### AT DINNER:

Here are some great discussion starters:

- What were the ups and downs that Peter and John experienced?
- What are some ups and downs that you've experienced?
- How do we know that Jesus will always be with us?



#### AT BEDTIME:

Quiz your child on this week's memory verse:

*"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."*

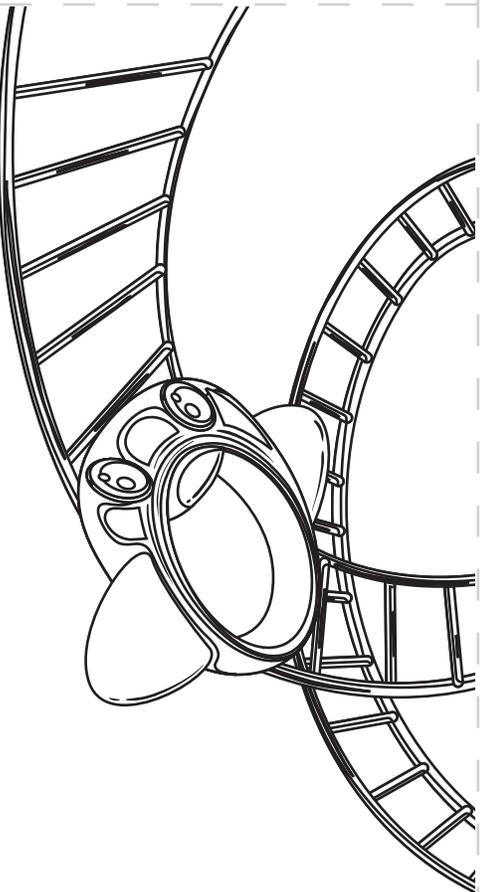
- *Philippians 4:12-13*



#### PARENT TIME:

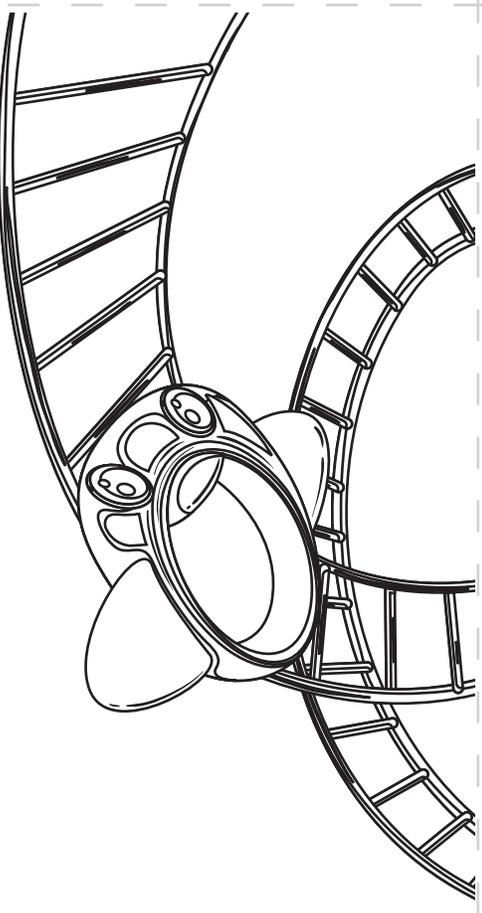
What you need to know:

Kids can learn about following Jesus in the ups and downs with their families. As your family faces ups and downs, remember that Jesus is with you all, and pray together as a family.



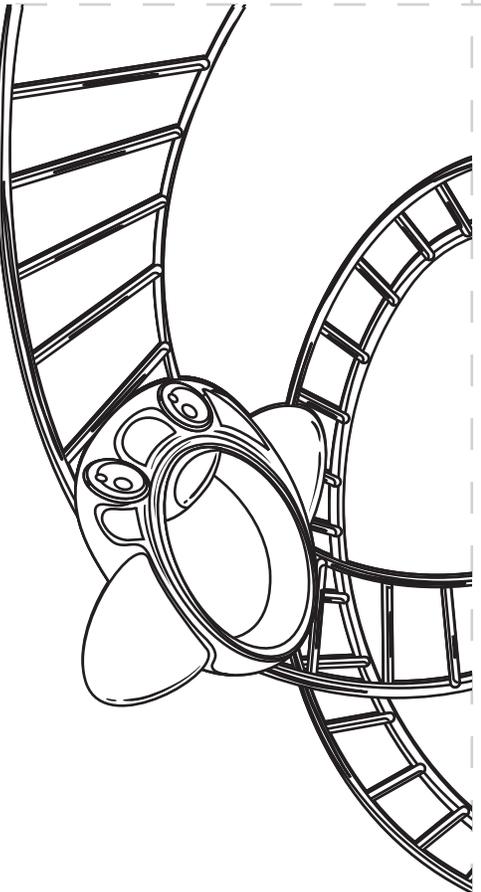
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- Philippians 4:12-13



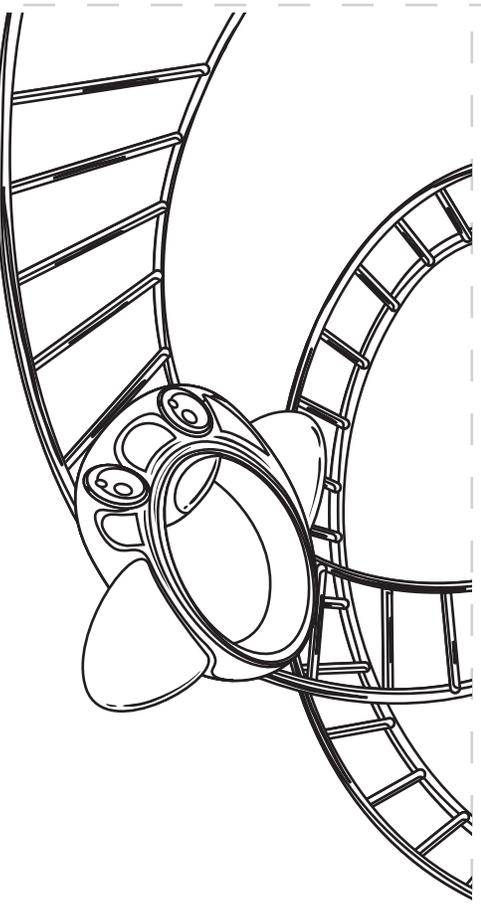
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- Philippians 4:12-13



"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

- Philippians 4:12-13



"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

- Philippians 4:12-13



## CRAFT ACTIVITY

Have the kids design and draw (or make, using craft materials) their own roller coaster. Have them write a reminder (or help them write one) on their roller coaster that Jesus will always “ride” with them.