



WEEK 1

PRESCHOOL LESSON GUIDE

LEVEL UP

BIG IDEA

Jesus trusted God.

THE BIBLE

The Garden of Gethsemane: Matthew 26:36-46

WELCOME TIME

Heroes meet in the Youth Room for worship.

ACTIVITY | Flower Yoga Poses

- In today's story, Jesus went into the garden to spend quiet time with God. We have been moving around a lot in our garden, so let's quiet our mind and our body to get ready to hear about Jesus and God.
- **INSTRUCTIONS:** *Instruct kids in the following modified yoga poses:*
- **Tree Pose:** Tell kids to plant one foot firmly on the ground and then rest the other foot on the leg that is standing. Tell them to lift their hands in the air like tree branches.
- **Lotus Pose:** This pose is basically the criss-cross applesauce pose most kids know from preschool class — sitting with legs crossed and hands on knees.
- **Lotus Mudra:** Tell kids to hold their hands together like a closed flower and then slowly spread their fingers out to resemble a flower blooming.

TEACHING TIME

THE BIG IDEA | Jesus trusted God.

- Today, we are going to talk about a time when Jesus went into the garden to spend time with God. Jesus was going to do something really hard — the hardest thing ever. But Jesus trusted God. That is this week's Big Idea: Jesus trusted God.
- **INSTRUCTIONS:** *Print out this week's printable and have the kids color in the flowers. As they color, you can have them repeat the Big Idea among themselves a few times.*



VIDEO | Level Up, Episode 1

- **INSTRUCTIONS:** Play this week's preschool [teaching video](#). [Level Up Preschool Week 1 on Vimeo](#)

BIBLE STORY | Matthew 26:36-46

- Now pretend you are one of the flowers in the Garden of Gethsemane. Listen to the story and imagine you are watching everything that happened.
- **INSTRUCTIONS:** Read Matthew 26:36-46 slowly and with expression, encouraging the kids to imagine the scene.
- **How many times did Jesus pray?** Jesus prayed three times because Jesus was about to do something really hard. **Can you count with me?** One, two, three (*Ask the kids to count along on their fingers*).
- **What did Jesus' friends do while Jesus was praying?** That's right! They were sleeping! Show me how you sleep (*Ask kids to pretend to sleep*).
- **How do you think Jesus felt while praying?** Jesus was probably very sad. How do you look when you are sad (*Ask everyone to make a sad face*)?
- Jesus had a hard choice to make. **But Jesus trusted God.**

PRAYER

- **INSTRUCTIONS:** Either give each kid an artificial flower to hold, or, if space allows, ask them to gather around the garden mural you just created.
- Let's pray in our garden, just like Jesus did.
- Dear God, help us to trust You just like Jesus did. Amen.

DISCUSSION TIME

ACTIVITY | Trust Poster

- **INSTRUCTIONS:** Write TRUST in big letters in the center of a poster board. As you ask the kids these questions, write some of the answers on the poster.
- **Who can you trust in your life?**
- **How do you know you can trust them?**
- **Do you think you can trust God? What things remind you that you can trust God?**
- **What hard things might God be asking us to do?**

MEMORY VERSE | Hebrews 12:2

- Let's plant a memory verse garden! When I plant the flower, say the word with me.
- **INSTRUCTIONS:** Write one word from the memory verse on each construction paper flower. As you put each flower on a green poster board, say the word and have the children repeat it after you. Then, say the verse together two or three times as you point to the flowers.



LEVEL UP | WEEK 1 PRESCHOOL LESSON

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Use this time while the kids color to remind them of today's Bible story, the Big Idea, and the memory verse.

- .

Encourage your preschoolers to help clean up the room while they wait for their parents.