

## SERMON NOTES FOR KIDS - November 15, 2020 Philipians 4:4-9

(For ideas for how to set up church at home for young families, refer to "Growing your Faith Garden" at <http://eastminster.ca/wp-content/uploads/2020/10/Growing-Your-Faith-Garden.pdf> )



Good morning Eastminster friends! Happy Sunday Morning! Right now if you look out a window, I bet you can see the squirrels are very busy preparing for the winter! We can prepare our hearts for our week by doing church at home. Get cozy and comfy with your family, and if you haven't really 'done' church at home before, be sure to check out the link above so you can set up a Sunday routine. Along with the online church service, we hope this will help your family grow in faith! These sermon notes are meant to be read to you (or by you) before Pastor David gives his sermon. And then during the sermon you can colour and think about the lesson, while "your adults" listen to Reverend David talk about the Bible passage for today. We are really happy that you are joining us!

If you have a Sunday Basket at your house, pull out the Bible! For those who have been following these notes for the last few weeks, you might be able to find the book of Philipians! But if you can't, get an adult to help. This week we are looking at a wonderful part in chapter 4, verses 4 to 9. Pastor David has been talking about this book in the Bible called Philipians for many weeks. (I think he kind of likes this book!) You might also remember that Philipians is not really a "book", but more a bunch of letters that a guy named Paul wrote to encourage the people in churches many many many moons ago! Why on earth would we want to read a bunch of letters that were written to ancient people we don't even know? Well, these letters actually encourage us in our church today too! Even kids! It is like Paul is talking to us from way back in the past! Woah! Cool! Time travel! Paul's letters tell us about what Jesus taught when He was on earth, and they are ideas that we can also follow today to grow to be more like Jesus.

Way back at the beginning of October, we first learned from Paul's letters that Jesus showed **LOVE FIRST** always, and we learned that **LOVE** is more important than just doing things exactly right or just like other people think we should. And then we learned that Jesus taught people to be **HUMBLE**, not just to brag about themselves, and Paul said that we should try to **MIRROR** or copy the way that Jesus reacted humbly to people. And then we learned that Paul suggested we should live life like we are **RUNNING A RACE**...like we are trying really hard to reach a goal, but to be kind to others along the way and remember the Love First and to be Humble too.

In this week's lesson, Paul gives the early Christians the advice to **REJOICE IN THE LORD ALWAYS**. I love the word rejoice. It is MUCH BIGGER than happy. It is to feel JOY in your whole body. And to rejoice in the Lord ALWAYS, means to be grateful to God even when things around us are not perfect! We can always find things to say thank you to God for. It is not always easy to be grateful when something isn't going our way. Not for adults or for kids. That is where **PRAYER** comes in. We can ask God to help us!

The other part of this lesson from Paul is a whole list of awesome things that Paul says we should focus our minds on. Get the adult in your house to read that part again and to explain what the words mean. Things that are TRUE, NOBLE, RIGHT, PURE, LOVELY, ADMIRABLE. The words might be a little different depending on what Bible you have. But, Wow! That is an amazing list of positive things that Paul said we should think about! To me, this means we should try not to spend a lot of time on negative thinking, that can make you feel really down in the dumps and sad! But Paul didn't say just to go around with a big smile on our face and ignore what is happening around us. No! He also said to practice what Jesus taught. That is a really important part of this. To me that means that we can't and shouldn't just ignore when bad things are happening around us! That would be like walking around with a blindfold on that says "I'm happy" and not seeing that other people need love! Jesus' message of LOVE FIRST means that sometimes we have to ACT and stand up and show God's love to others. But Paul says we should do it with a positive, joyful heart. I think it is kind of like a light switch. If there are bad things happening around us, we should find a way to switch off the negative thinking and switch on the action that God wants us to do. And Paul says that by **REJOICING IN THE LORD ALWAYS** and **PRAYING**, and keeping our minds and hearts **POSITIVE** and through showing **LOVE FIRST**, we will feel the **PEACE** of God in our hearts.

Wow, what a great lesson for life! Think about all these things while you colour the page for this week. Please send us your colouring pages, we would love to display them on our Facebook page! [admin@eastminster.ca](mailto:admin@eastminster.ca),

There is a song that has been sung for many years at church with the words "Rejoice in the Lord Always" and this is a version with actions, including some sign language.

[https://www.youtube.com/watch?v=5BkQYgNg\\_IA](https://www.youtube.com/watch?v=5BkQYgNg_IA)

Have a great week friends!

