

# The Judges

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Wednesday Plan

SCRIPTURE

Judges 2

MEMORY VERSE

Judges 2:18

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*When we forget God, he keeps reaching for us.*

## For the Teacher

Wednesday night reinforces what the kids learned on Sunday. Don't re-teach the whole lesson — they heard it. Your job tonight is to make it stick through review, movement, and prayer.

### KEY TRUTH

When we forget God, he keeps reaching for us.

**Same bottom line as Sunday, by design.** Wednesday uses the exact same sentence the kids heard on Sunday. Repeat it. Have them say it back. Don't paraphrase or soften it — the repetition is the point. A kid who hears the same sentence twice in three days will remember it.

**Tonight is kinetic.** Sunday was reading and discussion. Tonight is feet. The whole back half of class is the *Walk the Cycle* game where the kids physically step through the six stations of the Judges cycle — sin, trouble, cry out, rescue, peace, forget — and back around again. They'll feel the spin of it. Don't try to make this quiet.

**What to skip.** Don't re-read all of Judges 2. The kids did that Sunday. Tonight you'll only re-read verse 18 and walk the cycle. If a kid wasn't there Sunday, give them a one-sentence catch-up ("After Joshua died, the people forgot God, kept getting in trouble, kept crying out — and God kept rescuing them"), then move on.

**Energy management.** Wednesday is shorter than Sunday and built around a kinetic game. Kids will get loud during the cycle walk. That's fine — the game requires it. Bring them back down for the closing prayer and take-home card.

### MATERIALS

- Bibles for every student
- Whiteboard or large paper, markers
- Six pieces of paper, each with one cycle word in big letters: *SIN, TROUBLE, CRY OUT, RESCUE, PEACE, FORGET*
- Masking tape (to fix the station papers to the floor in a circle)
- **God Reaches for Me** prayer cards (printed in advance from this week's activities)
- Pencils

## 1. Gather

Welcome the kids back. Tell them:

### SAY

*On Sunday we learned one big idea, and we're going to learn it again tonight. I want you to say it with me: when we forget God, he keeps reaching for us.*

Have them say it back. Then again, louder. Then in a whisper.

Write it on the board.

Tell them tonight is going to be different from Sunday — they're going to walk the cycle they drew on the board last time. But first, a quick review.

## 2. The Story

**Quick Review**

ASK

*Sunday we drew a cycle on the board. Who can tell me what was wrong with the people in Judges 2?*

Let two or three kids answer. Steer toward: *they forgot God. Then they sinned. Then trouble came. They cried out, God rescued, there was peace — and then they forgot again.*

ASK

*What's the very first thing that went wrong, before any of the bad stuff started?*

*Forgetting. They didn't know the LORD or what he had done. Nobody told them.*

ASK

*And why did God rescue them every time? Did they earn it?*

*No. He was moved to pity. He felt sorry for them. He rescued them because of who he is, not because of who they were.*

**Re-Read Judges 2:18**

Have them open to Judges 2:18. Pick a confident reader and have them read the verse aloud, slowly.

**Judges 2:18**

Write the key phrase on the board:

**The LORD was moved to pity by their groaning.**

Say the bottom line again, with them: *when we forget God, he keeps reaching for us.*

## 3. The Work

**Walk the Cycle**

Before class, lay out the six station papers in a big circle on the floor — *SIN*, then *TROUBLE*, then *CRY OUT*, then *RESCUE*, then *PEACE*, then *FORGET*, with enough space between each that a kid can stand on one. Tape them down.

Gather the kids in the middle of the circle. Tell them:

SAY

*This is the cycle the people of Israel were stuck in. Every step led to the next one. Tonight we're going to walk it. We're going to feel how it spins.*

**Round 1 — Walk it slow.**

Have all the kids line up at *FORGET* (start at the end so the first step they take is into *SIN* — that's how the cycle began). Walk them around together, one station at a time. At each station, everyone steps onto it together and says the word out loud.

Go around the full circle once: *SIN* → *TROUBLE* → *CRY OUT* → *RESCUE* → *PEACE* → *FORGET*. Then keep going. *SIN* → *TROUBLE* → *CRY OUT*... Don't stop. After three full laps, freeze them.

ASK

*That's what the book of Judges feels like. How does it feel after three times around?*

*Tiring. Frustrating. Like it never stops.* Let them say it.

**Round 2 — The rescue beat.**

Reset them to *FORGET*. Tell them this time the rule is different: when they get to *RESCUE*, everyone freezes and shouts together: “*The LORD was moved to pity!*” Then keep walking.

Do three laps. Every time they hit *RESCUE*, the whole room shouts the verse. By the third lap, they should be loud.

**ASK**

*Even though the people kept forgetting, what did God keep doing?*

*Reaching for them. Rescuing them. He didn't stop.*

**Round 3 — Where would you stop the cycle?**

Have them stand still on whatever station they're on. Ask:

**ASK**

*If you could break this cycle, where would you stop it?*

Let kids point to stations and say why. Most will say *SIN* or *FORGET*. Then say:

**SAY**

*You're right. The whole cycle starts because they forgot. If you can remember God — pray, read your Bible, come to church, hang around people who love Jesus — you can stop the cycle before it ever starts spinning. But here's the wild thing about Judges 2: even when they didn't stop it, even when they kept forgetting, God kept reaching for them. That's the gospel. That's the good news.*

**Bringing It Back**

Gather the kids back to the middle of the circle. Ask:

**ASK**

*What's a “forget” in your real life — something you keep forgetting about God or forgetting to do?*

Let a few kids answer. Then say:

**SAY**

*The cycle on the floor is fake. We can step out of it. But the cycles in your real life — the same sin you keep going back to, the same thing you keep forgetting — those are real. And the same God who was moved to pity by Israel's groaning is moved to pity by yours. When you cry out, he reaches for you. Every time.*

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## 4. The Point

**God Reaches for Me Prayer Card**

Hand out the **God Reaches for Me** prayer cards. Have each student fill in the prompt:

*God, when I forget you, please remind me about \_\_\_\_\_.*

Tell them they can write or draw. They'll take it home and put it somewhere they'll see it during the week — by their bed, on the fridge, on a desk.

**NOTE**

While they fill out the cards, walk around. If a kid is stuck, ask them: “What's something you keep forgetting?” Help them turn it into a sentence.

**Memory Verse and Closing**

When they're done, have everyone come back together and turn to Judges 2:18:

**SCRIPTURE***Judges 2:18**The LORD was moved to pity by their groaning because of those who afflicted and oppressed them.*

Read it together once. Then say the bottom line one final time, with the kids:

**SAY***When we forget God, he keeps reaching for us.*

Close in prayer:

**PRAY***God, you were moved to pity for your people when they were hurting. You see us too. Thank you for not giving up on us when we forget, when we sin, when we end up in the same trouble again. Help us remember you this week — before the cycle starts spinning. And when we do forget, thank you that you keep reaching for us. Amen.*