LJ & FAMILY · MINISTRY KIT · EPISODE 17

Wiggle Worms

A 20-minute lesson for Sunday school, VBS or midweek kids · Psalm 46:10 and 1 Samuel 3:1–10

Questions or a church request: hello@ljandfamily.com · ljandfamily.com

AGES	4–10 (adaptations for 3–5 and 10–12 at the end)
YOU NEED	A screen for the episode · open floor space for jumping jacks · music to start and stop (optional) · crayons · the coloring page
EPISODE	Ep 17, Wiggle Worms (3:45) · youtu.be/RzGZsZ4m4pk
MEMORY VERSE	"Be still, and know that I am God." Psalm 46:10
BIBLE STORY	God calls young Samuel (1 Samuel 3:1–10)
THE ONE THING THEY TAKE HOME	There's a time to wiggle and a time to listen. God made our energy, and when we are still, we can hear God.

The class plan

MIN		WHAT HAPPENS
0–2	**Welcome**	Ask: "Is it hard for you to sit still? When is it the hardest?" Let a few children answer.
2–6	**Watch**	Show Ep 17, Wiggle Worms (3:45).
6–10	**Talk**	Three questions below. Let them answer before you do.
10–13	**Bible**	Tell the story of God calling young Samuel (1 Samuel 3:1–10).
13–18	**Activity**	Wiggles out, still-as-a-statue and a listening game (below).
18–20	**Pray**	Close with the episode prayer.

Talk about it (5 minutes)

1. Why did LJ miss the Bible story at church? Do you ever feel like a wiggle worm?
LJ was so busy wiggling that he didn't hear the story, and he felt left out when his friends talked about it. Help children see that God made their energy, and that listening is something we can practice.

2. Dad learned a trick: hands in your lap, eyes on the speaker, ears wide open. Can you try it right now?
Little Dad's shoe flew right into the aisle! His mom's trick helped him hear every word. Practice the three steps together as a class.

3. Samuel lay still and listened when God called. When could you be still and listen this week?
Help children name real moments: church, prayer time, when a teacher or parent is talking, bedtime. Being still helps us hear God and others.

Open the Bible (4 minutes)

"Be still, and know that I am God." Psalm 46:10 (WEB)

How to tell it

Set the scene: young Samuel lived in God's house and helped old Eli the priest. One night, as Samuel lay on his mat beside the glowing lamp, he heard someone call, "Samuel!" He ran to Eli: "Here I am!" But Eli hadn't called him. It happened three times. Pause and ask: who do you think was calling? Then Eli understood: "It is the Lord calling you. Lie still and listen." When God called again, Samuel said, "Speak, for your servant hears" (1 Samuel 3:10). Finish: Samuel was still, and he heard God.

Going deeper with older kids

With older kids, read 1 Samuel 3:1–10 together. Why didn't Samuel know it was God's voice at first (verse 7)? How did Eli help him? Connect it to Psalm 46:10 and Ecclesiastes 3:1: there is a time for everything, and being still is how we listen to God.

Activity: Wiggles out and the listening game (4 minutes)

- Wiggles out: everyone does ten jumping jacks together, then takes one big deep breath, just like LJ.
- Play still-as-a-statue: when the music or clapping stops, freeze! Who can stay still the longest?
- Listening game: children sit with hands in laps and eyes closed. Whisper a child's name; that child answers, "Here I am!" like Samuel.
- Practice LJ's trick together: hands in your lap, eyes on the speaker, ears wide open.

A WORD OF CARE

Some children have a much harder time sitting still than others, and that is not a sign they are bad or don't love God. Build in movement breaks, praise effort rather than perfection, and never single out a child for wiggling in front of the group.

Close in prayer (2 minutes)

Have the children fold their hands and repeat after you, one line at a time:

God, thank You for my wiggles and all my energy. Help me know when it's time to be still. Open my ears to hear You, like young Samuel did. Amen.

Adaptations

Ages 3–5

Do the jumping jacks and the statue game, then whisper the verse “Be still” with a finger to your lips.

Ages 10–12

Do the Going Deeper section. Talk about distractions like screens, and plan one quiet time with God this week.

Large group

Play the listening game in small groups with a leader in each. Take three answers to each question.

Short on time (10 minutes)

Watch from the patio jumping jacks (2), one question (2), tell Samuel’s story (3), say the verse (2), pray (1).

A note for teachers

The heart of this lesson is that God made children with energy, and there is a time to wiggle and a time to listen. Children should leave knowing one simple way to get ready to listen, and that God speaks to children too.

Send the family guide home with every child so families can watch and talk about it together. It is free to print and share at ljandfamily.com.