

I CAN FOLLOW JESUS



IPHC KIDS CURRICULUM
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I CAN FOLLOW JESUS

YEAR 3, UNIT 4

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I CAN FOLLOW JESUS

MONTHLY PREPARATION GUIDE

YEAR 3, UNIT 03 - PRE-K

This month our theme is, *I Can Follow Jesus*. This month you will teach the children four new spiritual disciplines. They will learn to worship, submit to God, serve others, and take a Sabbath rest. Spiritual disciplines are things we do, like praying and worshiping, that help us get to know God and follow Him. We practice spiritual disciplines to help us grow in our walk with Christ and learn to follow Him.

WEEK 1

LESSON MATERIALS: | Puzzle Piece (1 per class) | *Focus Verse Box* Activity Page | Paper Plates (2 per child) | Popcorn | Stapler | Glue | Crayons |

WEEK 2

LESSON MATERIALS: | Puzzle Piece (1 per class) | Music | Music Player | *Listening Ears* Activity Page (1 per child) | Scissors | Glue | Crayons |

WEEK 3

LESSON MATERIALS: Puzzle Piece (1 per class) | Chairs | *I Love My Neighbor Game* Activity Page (1 per class) | *Love Your Neighbor* Activity Page (1 per child) | Glue | Scissors | Crayons |

WEEK 4

LESSON MATERIALS: | Puzzle Piece (1 per class) | *Vine and Branches* Activity Page (1 per child) | *John 8:12* Activity Page (1 per child) | Several Stamp Pads (variety of colors) | Crayons |

WORSHIP

BIBLE PASSAGE

Psalm 95:1-6 (ICB)

BIG IDEA

I Can Follow Jesus

FOCUS VERSE

“He said, ‘I am the light of the world. The person who follows me will never live in darkness. He will have the light that gives life.’” John 8:12 (ICB)

LESSON MATERIALS

| Puzzle Piece | *Focus Verse Box* Activity Page | Paper Plates | Popcorn | Stapler | Glue | Crayons |

GREET — 15 MINUTES

Connection questions to ask as the children arrive:

- What is your favorite toy?
- Why is it your favorite?

WORSHIP — 10 MINUTES

This month you will teach the children four new spiritual disciplines. They will learn to worship, submit to God, serve others, and rest. Spiritual disciplines like these are practiced so we can grow in our walk with Christ and learn to follow Him. Today’s lesson is about worship, so choose songs that help the boys and girls focus their minds and thoughts on who God is and encourage children to use their bodies to praise Christ. Remind the kids that the Bible commands us to worship God with all of our bodies and hearts!

We recommend that you continue using “Love the Lord” by CJ and Friends as your theme song. Hillsong Kids also has two other songs that work well with today’s lesson: “Every Move I Make” and “I Give You My Hallelujah.”

PRAY — 5 MINUTES

SAMPLE PRAYER: “Dear Jesus, You are worthy of all our praise! Please help us listen to Your Word today and learn how to worship with our whole selves. We love You. Amen.”

REVIEW — 5 MINUTES

MATERIALS: | Puzzle Piece |

BACKGROUND: Say, “In the Bible, God tells us some things we can do [practices] to follow Him more closely. These practices [spiritual disciplines] also help us talk to God, listen to God, and become friends with God. Today we’re going to learn about one of those: worship. First, though, who wants to put up the puzzle piece for this week’s lesson?”



THE PHRASE “SPIRITUAL DISCIPLINES” IS CHALLENGING FOR THIS AGE. SO, INSTEAD, EXPLAIN THAT SPIRITUAL DISCIPLINES ARE “PRACTICES” WE DO OVER AND OVER (LIKE HABITS) TO HELP US GET TO KNOW AND FOLLOW JESUS. USE EXAMPLES LIKE THROWING A BALL OR LEARNING TO DANCE TO HELP THE CHILDREN UNDERSTAND THAT WE GET BETTER AT THINGS WHEN WE PRACTICE THEM. ADDITIONALLY, IT IS IMPORTANT TO PERIODICALLY REMIND CHILDREN WHY WE DO SPIRITUAL DISCIPLINES; IT’S NOT TO EARN GOD’S LOVE. THEY ARE GIFTS (OPPORTUNITIES) GIVEN TO US BY GOD TO HELP US ENTER INTO THE JOY OF KNOWING HIM.

TRANSITION: Say, “Let’s play a game together before we read our story!”

ENGAGE – 10 MINUTES

Say, “Have you ever played *Simon Says*? Great! It’s a fun game about listening and obeying. Let’s stand up and see who will be our first winner!”

GAME GOAL: To be the last child standing in *Simon Says*.

HOW TO PLAY:

1. Choose one child to be “Simon” and come to the front of the room.
2. Have the remaining children stand where they can see “Simon.”
3. “Simon” will give commands, and the children must decide whether or not to follow the commands.
4. If “Simon” begins the command with “Simon Says...” (such as “Simon Says, clap your hands.”), the children will follow the leader’s instructions. If they do not use the phrase “Simon Says...” (such as “Clap your hands.”) the children will ignore the command.
5. Anyone who moves when the command is given without hearing “Simon Says” must sit down for the rest of the round.
6. The winner is the last child standing. They also become “Simon” for the next round.



WITH PREK CHILDREN, THE GAME MAY GO MORE SMOOTHLY IF YOU ARE “SIMON.”

TRANSITION: Say, “You did a fantastic job listening and following ‘Simon.’ We played this game to help us remember that God’s Word tells us how to follow Him. When we hear God’s Word, we must follow and obey. Let’s see what else we can learn from the Bible today!”

LEARN – 15 MINUTES

Say, “Perhaps you have watched other people [your parents, your pastor, your friends] worship God in church, but you aren’t sure if you should worship Him or even why we worship God. Well, worship is what we do for something or someone we love and respect. Let’s read God’s Word to see why we should worship the Lord. Follow along with me in Psalm 95:1-6 (ICB).



DO YOU HAVE A SET OF PICTURE OR STORYBOOK BIBLES THE CHILDREN CAN USE? IF NOT, PURCHASING THEM IS A GREAT INVESTMENT, AND YOU CAN USE THEM TO TEACH CHILDREN TO ENJOY, HONOR, AND PRACTICE “READING” GOD’S WORD. IT’S OKAY IF THEY CAN’T READ, HAVING THEM FLIP THROUGH THE PAGES AND SEE THE PICTURES AND LAYOUT OF SCRIPTURE WILL LAY A FOUNDATION FOR BIBLE LITERACY.

“¹Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation. ²Let us come before him with thanksgiving and extol him with music and song. ³ For the LORD is the great God, the great King above all gods. ⁴ In his hand are the depths of the earth, and the mountain peaks belong to him. ⁵ The sea is his, for he made it, and his hands formed the dry land. ⁶ Come, let us bow down in worship, let us kneel before the LORD our Maker;”

Say, “Isn’t it incredible how God shows us what He is like in the Bible? Even though God’s Word has many rules, the Bible is much more than that. The Bible is the most important way God tells us who He is. The goodness and beauty we see in God’s creation are there to remind us that only God, the Creator, is to be praised!”



CHILDREN NEED TO UNDERSTAND THE DIFFERENCE BETWEEN THE ATTRIBUTES OF GOD WE ARE INVITED TO SHARE AND THOSE RESERVED ONLY FOR GOD. IF YOU HAVE A WHITEBOARD, PAUSE FOR A FEW MOMENTS AND CREATE TWO COLUMNS: 1) WAYS WE CAN BECOME MORE LIKE GOD AND 2) WAYS GOD WILL ALWAYS BE DIFFERENT FROM US. SAY A SERIES OF WORDS AND HAVE THE CHILDREN HELP YOU PUT THEM IN THE CORRECT CATEGORY. HERE ARE SOME WORDS TO GET YOU STARTED: PATIENT (COLUMN ONE), ALL-POWERFUL (COLUMN TWO), PERFECT (COLUMN TWO), KIND (COLUMN ONE), EVERYWHERE (COLUMN TWO), LOVING (COLUMN ONE), ALL-KNOWING (COLUMN TWO), AND TRUTHFUL (COLUMN ONE). IF THIS EXERCISE SEEMS TOO COMPLICATED, TAKE A FEW MINUTES AND TALK ABOUT WHAT GOD IS LIKE. YOU CAN ALSO DRAW PICTURES (INSTEAD OF WORDS) TO REPRESENT HIS ATTRIBUTES.

Say, “How do we worship God? [Allow for responses.] Worship includes thanking God, singing songs, lifting our hands, or giving to God and others; we can also worship God in other ways. Did you know that we worship God when we obey Him? How can you worship God?” (Allow for responses.)

TRANSITION: Say, “God does not make us worship Him. He wants us to worship Him because we love Him. When you don’t feel like worshipping God, ask the Holy Spirit to help you love Jesus with your whole heart.”

JOINING TO JESUS

When Jesus became a person and lived on the earth, He worshiped God! As we learn to follow Jesus, we will worship God more too!

DISCUSS — 10 MINUTES

Say, "Today's lesson was amazing! Let's talk about it together."

1. What is worship?

Response: It is our response to something or someone worthy of respect or reverence.

2. Who is the only One worthy of our worship?

Response: God

3. How do we worship God at church?

Response: Responses will vary.

4. How can we worship God when we aren't at church?

Response: Responses will vary.

5. What did you learn about God in today's lesson?

God helps us follow Jesus. God is worthy of our worship. God teaches us how to worship in His Word. God commands us to worship. God helps us become more like Jesus, etc.

TRANSITION: Say, "Thanks for talking with me about today's lesson! Now, let's start our craft!"

RESPOND — 15 MINUTES

MATERIALS: | *Focus Verse Box* Activity Page (1 per child) | Paper Plates (2 per child) | Popcorn | Stapler | Glue | Crayons |



BEFORE CLASS, CUT OUT THE FOCUS VERSE BOX FROM THE *FOCUS VERSE BOX* ACTIVITY PAGE. (EACH CHILD NEEDS ONE FOCUS VERSE BOX.)

Say, "One way we can worship God is through music. Today, we're going to make tambourines that you can take home and use to worship God anytime. Let's get started."

INSTRUCTIONS:

1. Give each child a Focus Verse box and two plates. Have them color the boxes and the bottom of their plates.
2. For each child, staple two plates together $\frac{3}{4}$ of the way around (bottoms facing out), placing the staples close together.
3. Use a funnel to fill the plates with popcorn, and then finish stapling the plates together.
4. Finally, glue the Focus Verse boxes onto the children's tambourines.

TRANSITION: Say, "Wow! Do you see the Scripture verse you glued onto your tambourine? It's the one we read in our lesson. You can show it to your parents and discuss what you learned today. Now, let me hear you play your tambourines! Wow, your music sounds great!"

MEMORIZE — 5 MINUTES

Say, "One thing I love about our memory verse is that it reminds us how we can grow closer to God and follow Jesus! Now, I will read it, and then we will practice it together."

"He said, (point to heaven) 'I am the light. (close your fist and open it) of the world. (use both hands to create a giant circle) The person who follows me (march in place) will never (wag your finger back and forth) live in darkness (cover your eyes). He will have the light (close your fist and open it) that gives life (throw your arms open).'"
John 8:12 (ICB) (hold hands open like a book)

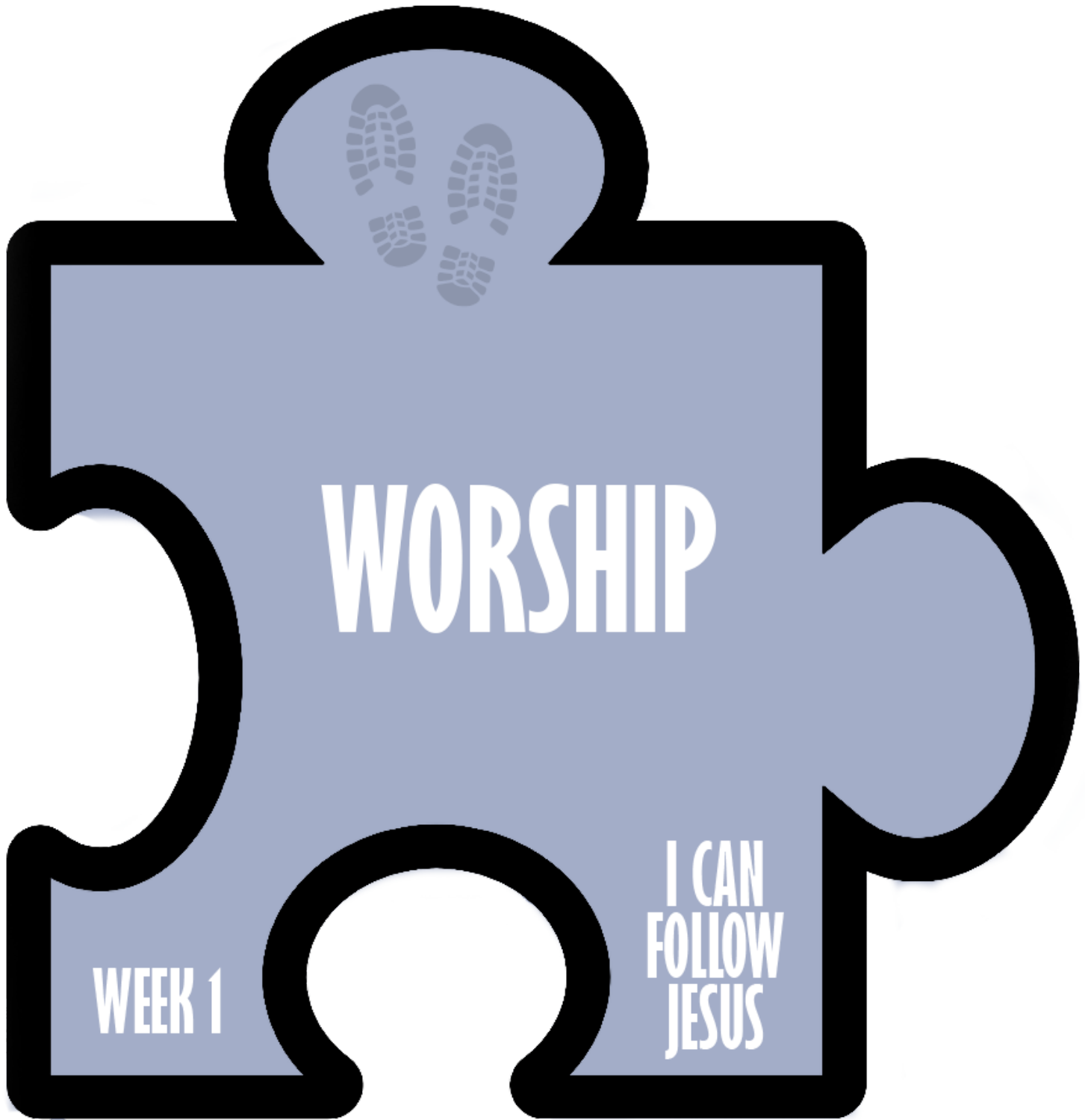
REFLECT — 5 MINUTES


Say, "We learned something important today. We learned that God is the only one we should worship! How will you worship Him this week?"

SAMPLE PRAYER: "Thank You, God, for who you are! You are the only one who deserves our worship. Help us grow closer to you and follow You every day! Amen."

RELEASE —

If there is extra time, sing together again and let the children play their tambourines. Finally, give the parents (or guardians) a copy of this unit's downloadable Parent Guide.





**“Come, let’s sing for joy to the Lord.
Let’s shout praises to the Rock who saves us.
Let’s come to him with
thanksgiving.
Let’s sing songs to him. The Lord is the great
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He is the great King over all gods.”
Psalm 95:1-3**

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GODLY SUBMISSION

BIBLE PASSAGE

Genesis 3:1-7, Mark 4:10 (ICB)

BIG IDEA

I Can Follow Jesus

FOCUS VERSE

“He said, ‘I am the light of the world. The person who follows me will never live in darkness. He will have the light that gives life.’” John 8:12 (ICB)

LESSON MATERIALS

| Puzzle Piece | Music | Music Player | *Listening Ears* Activity Page | Scissors | Glue | Crayons |

GREET — 15 MINUTES

Connection questions to ask as the children arrive:

- What is something you do not like to do? (i.e., take a bath, clean your room, eat your vegetables)
- Why don't you like to do that?

WORSHIP — 10 MINUTES

Say: “This month, we are learning four new ways to **follow Jesus**. Today’s lesson is about submitting to God. Submitting to God means asking God to show us how to live and then obeying Him. Do you know what the wonderful thing about that is? God loves us more than we can imagine, so we can obey Him, knowing He only wants good things for us! Let’s sing to our loving God now.”

We recommend that you continue using “Love the Lord” by CJ and Friends as your theme song. The “Goodness of God” by NRC Kids also complements today’s lesson.

PRAY — 5 MINUTES

SAMPLE PRAYER: “Thank You, God, for being faithful and good. When you ask us to do something, please help us obey knowing we can trust You. Amen.”

REVIEW — 5 MINUTES

MATERIALS: | Puzzle Piece |

BACKGROUND: Say: “This month, we are learning about ways we can grow closer to Jesus and learn to be His disciple. Last week we learned that the Bible tells us to worship God. Today, we will be learning

another way we can follow Jesus. I'll tell you about that soon, but first, who wants to put up the next puzzle piece? [Have a child post this week's puzzle piece.] That looks awesome! Remember, all of God's story goes together!"

TRANSITION: Say, "Let's play a game of *Freeze Dance* together before we read our story!"

ENGAGE — 10 MINUTES

MATERIALS: | Music | Music Player |

GAME GOAL: To be the last child remaining in the Freeze Dance.

HOW TO PLAY:

1. Begin with all the children standing. Start the music.
2. Then, stop the music randomly. When it stops, the children should freeze.
3. If the children fall or move while the music is off, they should sit down and wait for the next round.
4. Repeat the process until only one child remains in the game.

CHALLENGE: Without making any noise, have the children dance the way they think a specific animal (of your choosing) would dance. Change the animal throughout the game.

TRANSITION: Say, "Everyone did a great job listening to the music and following directions! Today we will learn about listening to *God's* commands!"

LEARN — 15 MINUTES

Say, "Last week, you learned that worship is not something we only do when we are at church. Worship is something we do every day, wherever we are. One of the ways we worship God is by submitting to Him. Submitting to God means asking God to show us how to live and then obeying Him. Let's read from the Bible about why submitting to God is the best choice." Read Genesis 3:1-7 (ICB).

¹ Now the snake was the most clever of all the wild animals the Lord God had made. One day the snake spoke to the woman. He said, "Did God really say that you must not eat fruit from any tree in the garden?" ² The woman answered the snake, "We may eat fruit from the trees in the garden. ³ But God told us, 'You must not eat fruit from the tree that is in the middle of the garden. You must not even touch it, or you will die.'" ⁴ But the snake said to the woman, "You will not die. ⁵ God knows that if you eat the fruit from that tree, you will learn about good and evil. Then you will be like God!" ⁶ The woman saw that the tree was beautiful. She saw that its fruit was good to eat and that it would make her wise. So she took some of its fruit and ate it. She also gave some of the fruit to her husband who was with her, and he ate it. ⁷ Then, it was as if the man's and the woman's eyes were opened. They realized they were naked. So they sewed fig leaves together and made something to cover themselves."

Say, "Wow! There are good things to learn from God's Word today! Submitting to God has always been a challenge for people. Even Adam and Eve, the first man and woman, found it hard to obey God when the serpent [snake] suggested they eat the fruit from the wrong tree. They began to wonder if God was really

good and trustworthy and if they needed to obey Him.

“When Adam and Eve ate the fruit, they sinned [disobeyed God]. And that changed the world forever. We don’t have a command about eating fruit from a tree, but we do have commands from God in His Word. Sometimes the commands feel easy, and we want to do them, but sometimes God tells us ‘NO’, and we want to disobey Him. The word ‘NO’ doesn’t sound or feel nice, but when God says it, we need to trust that it is good because God is always good.

“Adam and Eve show us what NOT to do when we want to follow God, and Jesus is our BEST and RIGHT model. Jesus always obeyed God, even when the choice was hard. Satan tempted Jesus to disobey God in a big way [Matthew 4] – he tried to keep Jesus from dying on the Cross. But Jesus knew that even when God asked Him to do something hard, it was the right thing.” Read Mark 4:10 (ICB).

¹⁰Jesus said to him, “Get away from me, Satan! It is written, ‘Worship the Lord your God. He is the only one you should serve.’ ”

Say, “Jesus trusted God and said “YES” to everything His Father asked of Him. He understood that God is the only One we should serve, and we can always ask Jesus to help us obey God’s commands, especially when they are difficult. He understands our temptations, and He will help us follow God.”

TRANSITION: God’s Word teaches us how we can submit to Him. Obedience to God’s Word is always the best choice.

JOINING TO JESUS

Jesus was tempted by Satan in the desert, just as Satan tempted Adam and Eve in the Garden. Jesus was given three chances to do the easy thing and avoid the Cross, but Jesus said NO to what was easy and YES to what God wanted. We will never be perfect like Jesus (until we reach Heaven). However, there is hope! Jesus has promised to help us become more like Him when we ask.

DISCUSS – 10 MINUTES

Say, “Today’s lesson was amazing! Let’s talk about it together.”

1. What does “submitting to God” mean?

Response: It means asking God to teach and show us how to live and then obeying Him.

2. Is submitting to God always easy?

Response: No, sometimes God will ask us to make a hard choice.

3. Is submitting to God always worth it?

Response: Yes, even when it is hard to obey, we can trust that God is good.

4. How can we know that we can trust God and submit to Him?

Response: The Bible teaches us that God is loving and good and always has our best in mind. We can trust the Bible because it is God’s Word.

5. Who tempts us to disobey God?

Response: Satan

6. What have you learned about God today?

Response: God will help us follow Him. God loves us, and we can trust Him. God promises to help us obey Him even when it is hard. God is trustworthy. God will give us strength when we ask, etc.



YOU MAY HAVE NOTICED THAT WE END EACH DISCUSSION WITH THE SAME QUESTION: "WHAT HAVE YOU LEARNED ABOUT GOD TODAY?" WE DO THIS AS A REMINDER THAT THE BIBLE IS A BOOK ABOUT GOD – IT IS HIS STORY. YOU CAN HELP THE CHILDREN IN YOUR CLASS LEARN AN ESSENTIAL BIBLE STUDY SKILL BY MAKING THIS QUESTION A PRIORITY EVERY TIME THEY APPROACH GOD'S WORD.

TRANSITION: Say, "Awesome discussion! Let's work on a craft that will help us remember that **we can follow Jesus.**"

RESPOND – 15 MINUTES

MATERIALS: | *Listening Ears* Activity Page (1 per child) | Scissors | Glue | Crayons or Markers |

INSTRUCTIONS:

1. Give each child the *Listening Ears* Activity Page.
2. Have the kids color the ears and the headband parts.
3. Next, they should cut out the ears and headband.
4. Finally, have the children glue the front and back headband pieces together and the ear tabs to each side of the headband.

TRANSITION: Say, "Wow! You created something fantastic! These are our 'listening ears!' As we wear our listening ears, I hope they will remind you to listen to God's commands and submit to Him! If you'd like, you can wear your 'listening ears' as we review our memory verse."

MEMORIZE – 5 MINUTES

Say, "This month, we are learning an important verse to remind us how to grow closer to God and **follow Jesus**. I will read it, and then we will say it together."

"He said, (point to heaven) 'I am the light. (close your fist and open it) of the world. (use both hands to create a giant circle) The person who follows me (march in place) will never (wag your finger back and forth) live in darkness (cover your eyes). He will have the light (close your fist and open it) that gives life (throw your arms open).'"
John 8:12 (ICB) (hold hands open like a book)

CHALLENGE: Play the following simple game to help the children remember the words of John 8:12. Explain that you will say the verse out loud and by yourself. Whenever you pause, they should shout out the next word or phrase. Change the missing portions each time you say the verse aloud.

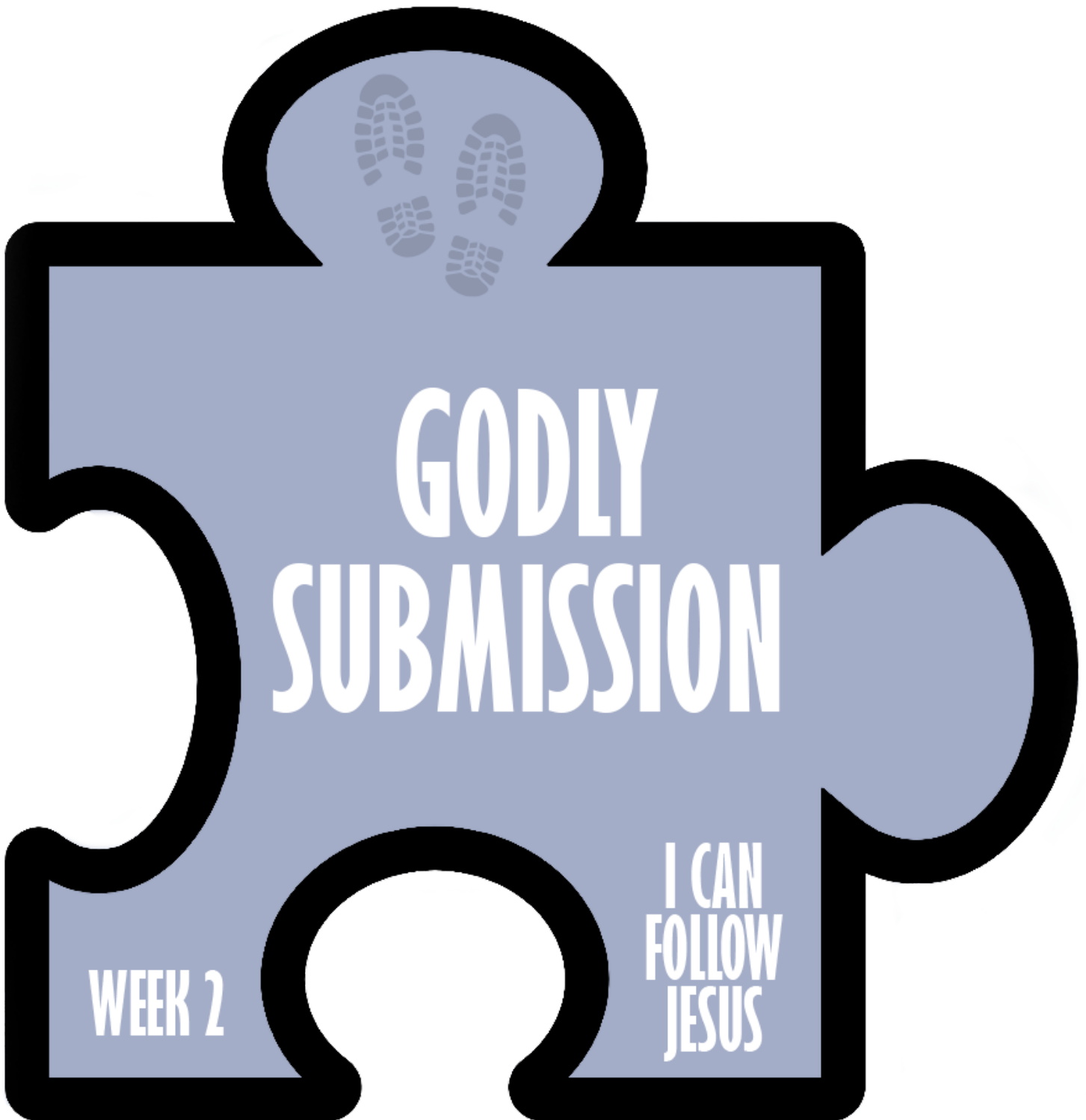
REFLECT — 5 MINUTES

Say, "We learned an important truth today. God is good, and we can trust Him with anything. Sometimes it will be easy to follow Him, and sometimes it will be hard. However, submitting to God is one important way we follow Him and grow to become more like His Son, Jesus."

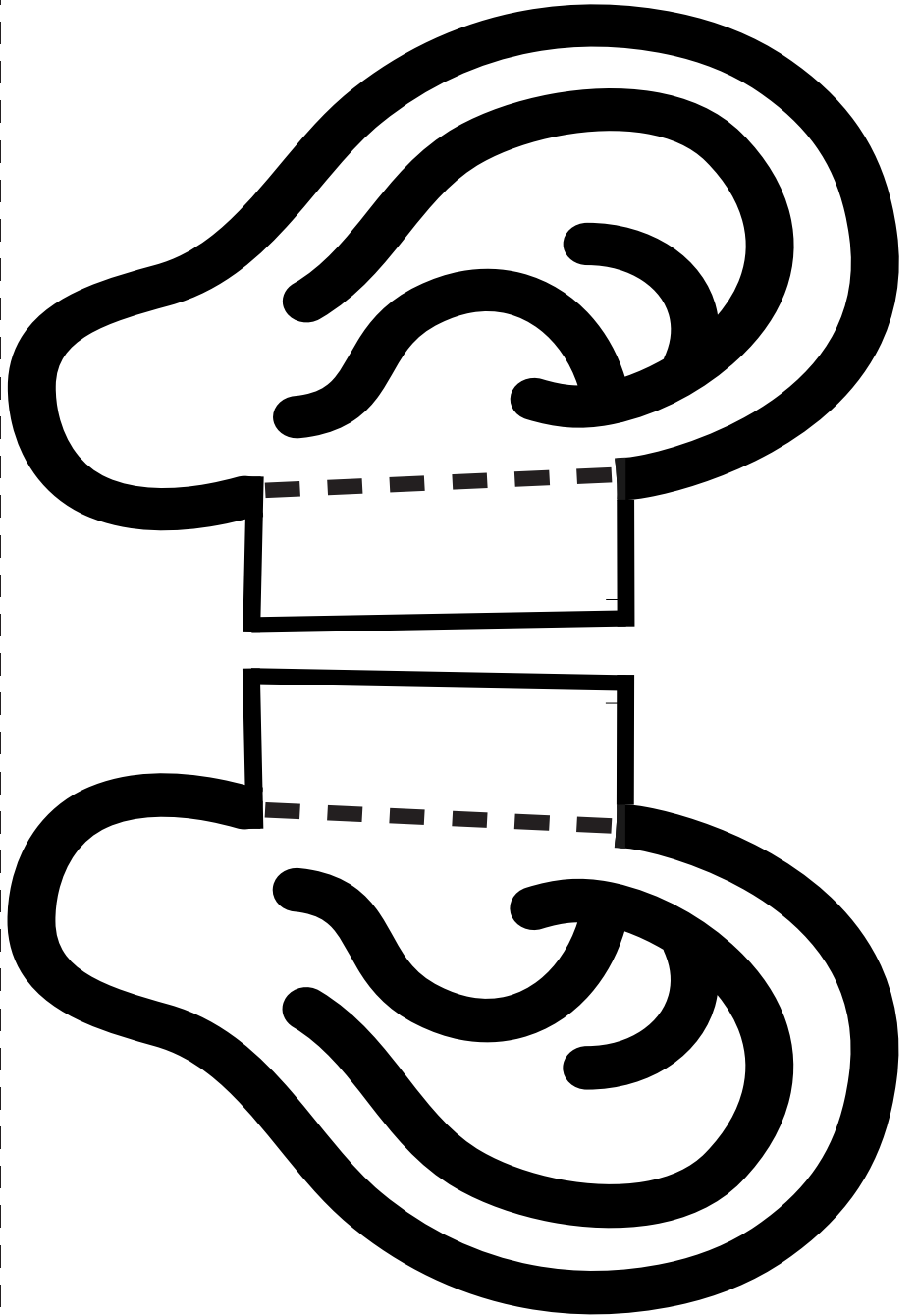
SAMPLE PRAYER: *"Thank You, God, for being so good. We can trust You enough to submit to You and obey You. Help us, Jesus, when it is hard. We also know that You are always with us. We love You. Amen."*

RELEASE —

If there is extra time, replay the game, finish the craft or recite the memory verse again.



Listening Ears Activity Page



LISTENING EARS

I can listen and submit to God!

SERVING OTHERS

BIBLE PASSAGE

LUKE 10:30-37 (ICB)

BIG IDEA

I Can Follow Jesus

FOCUS VERSE

“He said, ‘I am the light of the world. The person who follows me will never live in darkness. He will have the light that gives life.’” John 8:12 (ICB)

LESSON MATERIALS

| Puzzle Piece | Chairs | *I Love My Neighbor Game* Activity Page | *Love Your Neighbor* Activity Page | Glue | Scissors | Crayons |

GREET — 15 MINUTES

Connection questions to ask as the children arrive:

- Where do servers/waiters work?
- What is your favorite restaurant?
- Do you think working as a server is hard? Why or why not?

WORSHIP — 10 MINUTES

Today’s lesson is about serving others, and worshipping through song gives us time to think about how Jesus served, most importantly by dying on the Cross for us. As you prepare the songs for this worship time, read Philippians 2:3-7 and reflect on how God chose to humbly serve us. Then, when you worship together, remind the children in simple language how our great God humbled Himself to become a human and die on the Cross for our salvation.

We recommend that you continue using “Love the Lord” by CJ and Friends as your theme song. “Kind Like You” (by Kingdom Kids) also works well with today’s topic.



AS YOU TRANSITION FROM SINGING TO PRAYING, TAKE A MOMENT TO TEACH THE CHILDREN TO SAY ALOUD PRAISES TO GOD FOR WHO HE IS. YOU CAN MAKE THIS SIMPLE BY STARTING WITH “HEAVENLY FATHER, WE PRAISE YOU, FOR YOU ARE...” THEN, LIST SOME OF GOD’S ATTRIBUTES, SUCH AS “GOOD, KIND, AND POWERFUL.”

PRAY — 5 MINUTES

SAMPLE PRAYER: *Dear God, You are great and powerful! And yet, You are humble and kind. Help us follow You all the days of our lives. Amen.*

REVIEW — 5 MINUTES**MATERIALS:** | Puzzle Piece |

BACKGROUND: This month, we are continuing our study of spiritual disciplines for kids. Remember that spiritual disciplines are practices or habits that help us grow closer to Jesus and follow Him. Say, “What are some things we can do that help us follow Jesus? [Allow for responses.] Great! I love how you’re thinking about this! We’ll learn more from God’s Word, but first, let’s put our new puzzle piece on the wall. Who would like to do that for us today?”

TRANSITION: Say, “Let’s play a game together before we read our story!”

ENGAGE — 10 MINUTES**MATERIALS:** | Chairs | *I Love My Neighbor Game* Activity Page (1 per class) |

GAME GOAL: To find common characteristics with the other classmates

HOW TO PLAY:

1. Position chairs in a circle. Make sure there is one less chair for the number of students.
2. One student will stand in the center of the circle while the other students stand in front of a chair.
3. Choose an item from the *I Love My Neighbor Game* Activity Page and quietly ask the child standing in the circle with you if that statement applies to them. If it does, announce, “We love our neighbor, especially our neighbor who...” followed by the chosen statement. Examples: loves pizza, has a pet, is an only child, etc.
4. As soon as the student in the center is finished with their statement, everyone to whom this statement applies, including the person in the center, moves to find a seat that is not right behind them or right next to them.
5. The person who cannot find a seat becomes the person in the middle and begins the next round of the game.
6. Continue several rounds as time allows

TRANSITION: Say, “Wow! It is so great that you all have so much in common. Today’s game encouraged us to speak love [“I love my neighbor...”] to others like us. However, our lesson will push us to think about how to speak and love those who are NOT like us!”

LEARN — 15 MINUTES

Say, “For the past few weeks, we have been learning how to follow Christ. For example, Jesus was very good, perfect actually, at loving others, and I’d love for us to be better at that too! Let’s read a story that Jesus told that will help us know how to love and serve others. Listen as I read from God’s Word.” Read Luke 10:30-47 (ICB).



THIS PARABLE WOULD BE A GREAT ONE TO HAVE THE CHILDREN ACT OUT AS THEY READ THE PASSAGE. GATHER SIMPLE PROPS AND COSTUMES FOR ADDED ENGAGEMENT.

Jesus said... ³⁰ To answer this question, Jesus said, "A man was going down the road from Jerusalem to Jericho. Some robbers attacked him. They tore off his clothes and beat him. Then they left him lying there, almost dead. ³¹ It happened that a Jewish priest was going down that road. When the priest saw the man, he walked by on the other side of the road. ³² Next, a Levite came there. He went over and looked at the man. Then he walked by on the other side of the road. ³³ Then a Samaritan traveling down the road came to where the hurt man was lying. He saw the man and felt very sorry for him. ³⁴ The Samaritan went to him and poured olive oil and wine on his wounds and bandaged them. He put the hurt man on his own donkey and took him to an inn. At the inn, the Samaritan took care of him. ³⁵ The next day, the Samaritan brought out two silver coins and gave them to the innkeeper. The Samaritan said, 'Take care of this man. If you spend more money on him, I will pay it back to you when I come again.'" ³⁶ Then Jesus said, "Which one of these three men do you think was a neighbor to the man who was attacked by the robbers?" ³⁷ The teacher of the law answered, "The one who helped him." Jesus said to him, "Then go and do the same thing he did!"

Say, "What a fantastic story! When we read it, we might think the Samaritan's actions seem normal. Why wouldn't the Samaritan help the injured man? However, at that time, the Jews [the people listening to the story] and Samaritans [a different group of people] were enemies and had been for a very long time. The Jews did not like Samaritans at all. They didn't think God liked them either. These two groups would do almost anything to stay away from each other! The Jews couldn't believe Jesus would make a Samaritan [their enemy] the story's hero. However, Christ knew it was easy to be kind to people they liked, but He wanted to teach His people that when we love God's way, we love EVERYONE --- even people we don't like.

"We probably all know people who are not easy to love, don't we? Why do you think Jesus wants us to love them anyway?" (Allow for responses.)

TRANSITION: Say, "God's Word tells us how to follow Jesus, and one of the most important ways we do that is by loving everyone, even people who are difficult to love. One of the best things about that, though, is that He promises to help us do it!"

JOINING TO JESUS

When Jesus lived on Earth, He always served other people. Just before He died on the Cross, He taught his disciples a vital lesson about serving each other. He took a bowl of water and washed their dirty, smelly feet! Wow! What a powerful example to them and us. By serving others, we are also serving Christ. Look for practical ways you can serve the children in your class. Let them know you love to serve them because Jesus served you when He came to Earth and then died for your sins.

DISCUSS — 10 MINUTES

Say, "Today's lesson was amazing! Let's talk about it together."

1. What makes you want to love someone?

Response: (Answers will vary, but if they need help answering you could suggest things like, "When they play toys with me, with they help me, etc.)

2. How did Jesus love and serve us?

Response: He became a baby who grew up to die on the Cross for us.

3. Who helped the injured man?

Response: The Samaritan

4. Why was this story Jesus told so surprising to those listening?

Response: The Jews and Samaritans were enemies (they did not like each other). They couldn't believe Jesus would tell them they were supposed to help their enemy.

5. What have you learned about God from today's story?

Response: God wants us to follow Him. God loves everyone, even those who are different from us. God wants us to love the way He loves. God will help us love others when we ask, etc.

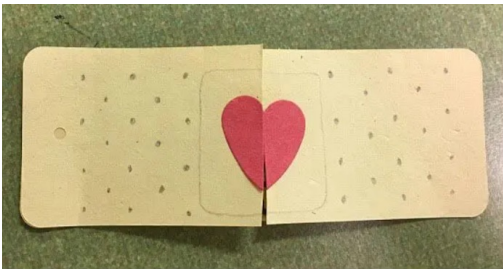
TRANSITION: Say, "This was a great discussion! Now let's do a craft to help us remember that **we can follow Jesus!**"

RESPOND — 15 MINUTES

MATERIALS: | *Love Your Neighbor* Activity Page (1 per child) | Glue | Scissors | Crayons or Markers |

INSTRUCTIONS:

1. Give each student a *Love Your Neighbor* Activity Page.
2. Have everyone color the bandages and heart.
3. Cut out both bandage outlines and along the dotted line down the center of the top bandage.
4. Glue the top bandage to the bottom with the Scripture verse. (See example.)



TRANSITION: Say, "Wow! You did an amazing job on today's craft! A band-aid can help bring healing to wounds. The hurting man in our story today probably needed something like a band-aid too! We can look at this craft and be reminded that God wants to show other people His love through the way we help and serve others."

MEMORIZE — 5 MINUTES

Say, "This month, we are learning an important verse to remind us how to grow closer to God and **follow Jesus**. I will read it, and then we will say it together."

"He said, (point to heaven) 'I am the light. (close your fist and open it) of the world. (use both hands to create a giant circle) The person who follows me (march in place) will never (wag your finger back and forth) live in darkness (cover your eyes). He will have the light (close your fist and open it) that gives life (throw your arms open).'"
John 8:12 (ICB) *(hold hands open like a book)*

Challenge: Practice the verse by using funny voices. You can let the children offer suggestions or use these: robot voice, super speedy voice, baby voice, whisper voice, etc.

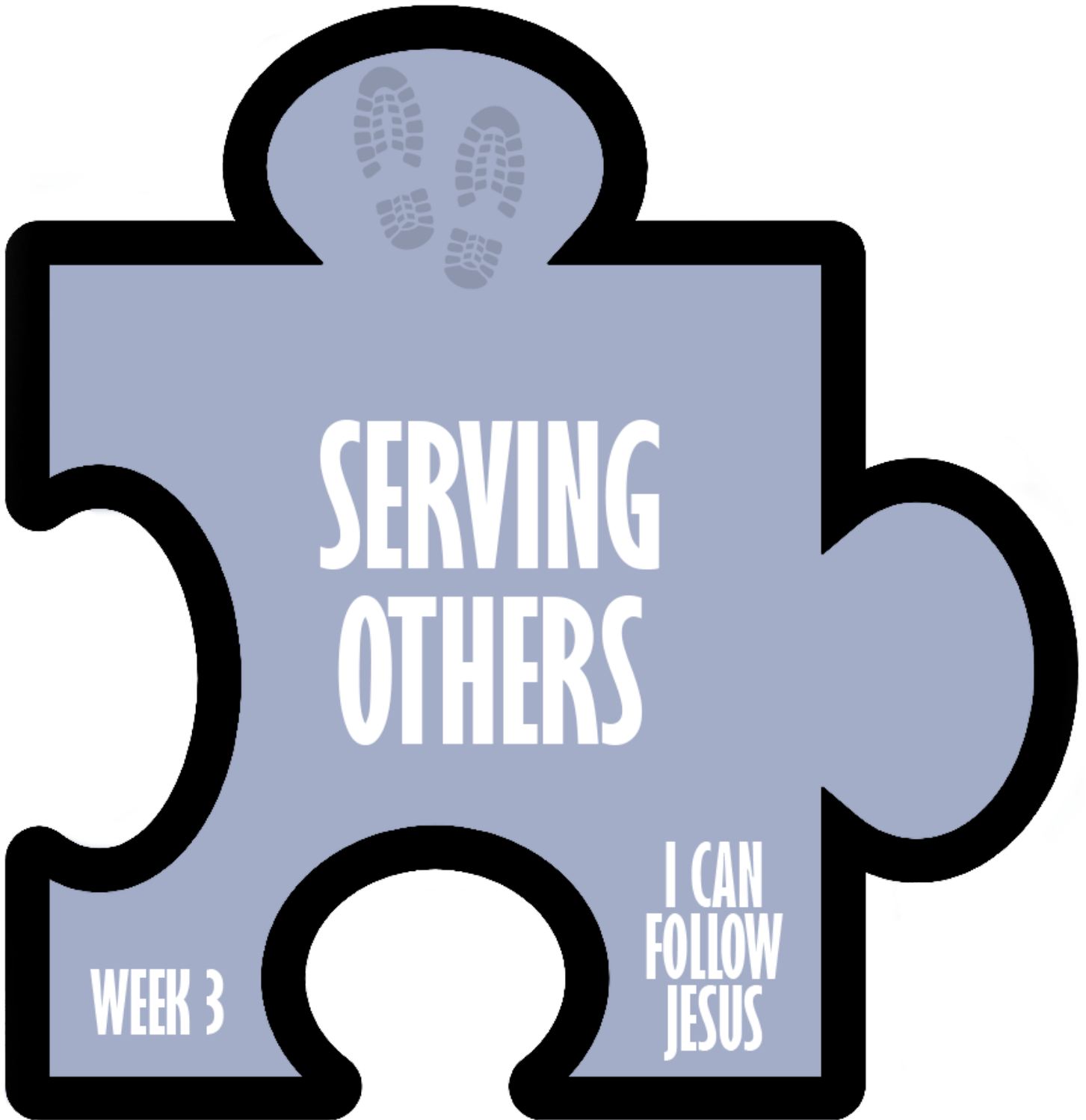
REFLECT — 5 MINUTES

Say, "We have learned an important truth today. We love God when we serve and love others! It's important to memorize Scripture and pray, but it's also important to follow Jesus' example of helping others, even people who aren't easy to love."

SAMPLE PRAYER: *Thank You, God, for loving us and sending Jesus to serve and die on the Cross. Help us love others sacrificially, serving everyone we meet with kindness! We want to follow You. Amen.*

RELEASE —

If there is extra time, replay the game, finish the craft, or practice the memory verse.



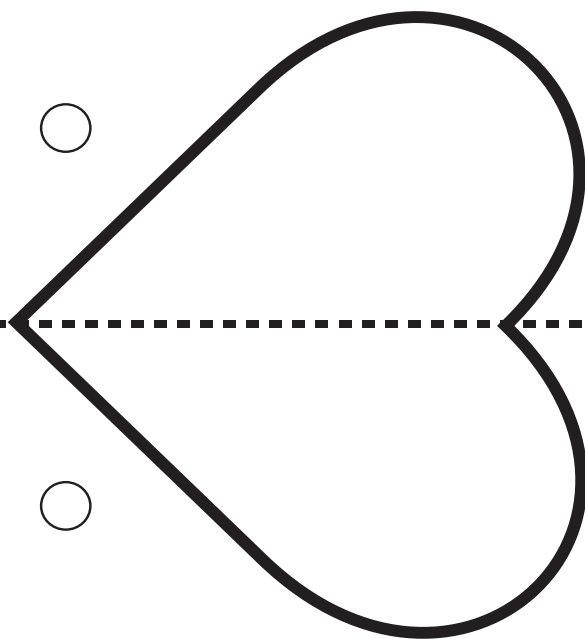
I LOVE MY NEIGHBOR – GAME LIST

1. I like pizza.
2. I like dinosaurs.
3. I like puppies.
4. I can run fast.
5. I like to drink milk.
6. I am four years old. (Change the age as needed.)
7. I have a big brother (or sister).
8. I have a baby brother (or sister).
9. My favorite color is green (Change the color as needed).
10. I like to play with trains.
11. I like chocolate.
12. I go to school.
13. I like to dance.
14. I like to play soccer. (Change the sport as needed.)
15. I can sing loudly.
16. I like to paint.
17. I know how to ride a bike.
18. I have a garden at my house.
19. I like to eat apples. (Change the fruit as needed.)
20. I help my family cook.
21. I have a pet.

glue here!



glue here!



SABBATH REST

BIBLE PASSAGE

Exodus 20:8-11, John 15:5 (ICB)

BIG IDEA

I Can Follow Jesus

FOCUS VERSE

“He said, ‘I am the light of the world. The person who follows me will never live in darkness. He will have the light that gives life.’” John 8:12 (ICB)

LESSON MATERIALS

| Puzzle Piece | *Vine and Branches* Activity Page | *John 8:12* Activity Page | Several Stamp Pads (variety of colors) | Crayons or Markers |

GREET — 15 MINUTES

Connection questions to ask as the children arrive:

- Do you like to take naps? Why or why not?
- What helps you fall asleep?

WORSHIP — 10 MINUTES

This month we are teaching the children four ways we can follow Jesus. Today’s lesson is about Sabbath rest. The Sabbath is a day each week when we slow down and stop our striving. Instead, we trust God with all we need to accomplish and remember Him as our ultimate Provider. We do this by setting work aside and spending time with God and others. The physical, emotional, and mental rest we receive on the Sabbath is a picture of what it means to spiritually rest in Christ. For today’s worship time, choose songs that focus on trusting and resting in God.

Sing this month’s theme song: “Love the Lord” by CJ and Friends. “Unto Him” by Kingdom Kids is also excellent for reminding children that they can rest in our great God.

PRAY — 5 MINUTES

SAMPLE PRAYER: *Thank You, God, for inviting us to rest in You. Help us learn how to do that more and more. Amen.*

REVIEW — 5 MINUTES**MATERIALS:** | Puzzle Piece |

Say: “This month, we have been learning about spiritual disciplines. Spiritual disciplines are things we do, like praying and worshiping, that help us get to know God and follow Him. What is your favorite thing to do with God? Do you like listening to Bible stories or praying or singing to Him? How about helping others? [Allow for responses.] That’s awesome! Today we’re going to learn how resting in Jesus helps us follow Him better. First, though, who wants to put up the next puzzle piece?”

TRANSITION: Say, “Let’s play a game together before we read our story!”

ENGAGE — 10 MINUTES

GAME GOAL: Students will try to stay still (or “asleep”) without laughing or moving

HOW TO PLAY:

1. Choose one child to be the “hunter.”
2. Instruct the other children to lie on the floor in sleeping positions.
3. Once the children lie on the floor, they aren’t allowed to move.
4. The designated “hunter” should walk through the room and try to make the “sleeping lions” move by making them laugh, telling them jokes, making silly noises, etc. However, the “hunter” can never touch the lions.
5. Once a lion moves, they’re tapped by the hunter and will get up and help “hunt for other lions.”
6. The last sleeping lion is the winner.

TRANSITION: Say, “Wow! You did an excellent job pretending to sleep in our game today! It wasn’t easy with such funny hunters all around you. Today we will learn how rest is a way we can honor God!”

LEARN — 15 MINUTES

MATERIALS: | *Vine and Branches* Activity Page (1 per child) |

Say, “Today we are learning about an important command God gives to show that He loves and cares about us. Let’s read from God’s Word in Genesis and Exodus.” (Read Exodus 20:8-11.)

⁸ Remember to keep the Sabbath as a holy day. ⁹ You may work and get everything done during six days each week. ¹⁰ But the seventh day is a day of rest to honor the Lord your God. On that day no one may do any work: not you, your son or daughter, or your men or women slaves. Neither your animals nor the foreigners living in your cities may work.

¹¹ The reason is that in six days the Lord made everything. He made the sky, earth, sea, and everything in them. And on the seventh day, he rested. So the Lord blessed the Sabbath day and made it holy.

Say, “Wow! What a fantastic lesson we are learning! Resting on the Sabbath is a command from God. Rest is a way we can care for and love ourselves, and it helps us stop and recognize that we need God

for everything. Now God did not rest because He was tired or weak. God never grows tired because He is God. He rested to show us how to live. God tells us to rest because our bodies need a break from working. When we take a Sabbath rest, we have time to go to church, to worship God, and spend time with our family and friends. It might sound strange that one way we can obey God is by resting on the Sabbath, but remember that God is good, and He is trustworthy. If He tells us to rest, we know it's an important way to follow Him."

Read John 15:5.

⁵ I am the vine, and you are the branches. If a person remains in me and I remain in him, then he produces much fruit. But without me he can do nothing.

Ask, "The words I just read are things Jesus said to His friends. Do they sound strange to you? What do you think Christ meant when He said this?" (Allow for responses.) Give the children a *Vine and Branches* Activity Page to color.

Say, "Branches need to stay connected to their vine to stay healthy and alive, right? What happens to the branches if they fall off? Right, they die. Do you see how the children are hugging Jesus in this picture? Well, when Jesus said to His friends, 'I am the vine and you are the branches,' He was telling them that we need to stay close to Him. Taking a Sabbath rest every week helps us **follow Jesus** by giving us time to worship Him, pay attention to Him, and stay close to Him. Do you see how a Sabbath rest is a gift from a God who loves us?"

TRANSITION: Say, "God's Word gives us clear commands to rest. Resting might seem lazy, but resting is God's way to help us take care of ourselves so that we have the energy to focus on our relationship with Jesus and learn to trust Him more."

JOINING TO JESUS

When Jesus became a person and lived on earth, He took time from His good work to rest with God. Jesus is our model for living, and we want to follow His example!

DISCUSS — 10 MINUTES

Say, "Today's lesson was amazing! Let's talk about it together."

1. What is the Sabbath?

Response: It is one day out of each week (usually Sunday) when we stop working to worship God and enjoy Him and His creation.

2. When did God rest?

Response: God rested after He created the world.

3. Why should we rest?

Response: We rest because God commands us to take a Sabbath. He loves us and knows we need to rest.

4. What kinds of things can you do on the Sabbath?

Response: The Sabbath is a time to pause our work, worship, and enjoy God. However, that doesn't mean we only go to church and take a nap. We can spend time with family and friends, and we can play too.

5. What did you learn about God from today's lesson?

Response: God teaches us how to follow Him. God loves us very much. God gives us commands (like honoring the Sabbath) to help us, etc.

TRANSITION: You did a great job sharing your ideas with me! Now let's do a craft to help us remember to rest in Jesus every day!

RESPOND — 15 MINUTES

MATERIALS: | *John 8:12* Activity Page (1 per child) | Several Stamp Pads (variety of colors) | Crayons or Markers |

INSTRUCTIONS:

1. Give each child a *John 8:12* Activity Page.
2. Then, have the children color their pages, while you work with each child to use the stamp pad and their thumbs to create lightning bugs inside the jar image. (See the example.)



TRANSITION: Say, "The words on our pictures are the words from our memory verse. It reminds us that we can follow Jesus because He is our light! Let's practice our verse now."

MEMORIZE — 5 MINUTES

Say, "This month, we are learning a verse that will help remind us how we can grow closer to God and **follow Jesus**. I will read it first, and then we will say it together."

"He said, (point to heaven) 'I am the light. (close your fist and open it) of the world. (use both hands to create a giant circle) The person who follows me (march in place) will never (wag your finger back and forth) live in darkness (cover your eyes). He will have the light (close your fist and open it) that gives life (throw your arms open).'"

John 8:12 (ICB) *(hold hands open like a book)*



JESUS DESCRIBED HIMSELF AS “THE LIGHT.” FOR YOUNGER CHILDREN, METAPHORS LIKE THIS CAN BE CHALLENGING; THEY THINK CONCRETELY AT THIS AGE. SO, HELP THEM UNDERSTAND THE VERSE’S MEANING BY TAKING TIME TO DISCUSS THE VERSE. USE A VISUAL AID, SUCH AS A FLASHLIGHT, TO AID IN THE EXPLANATION, AND START WITH SIMPLE QUESTIONS LIKE “I WONDER WHAT JESUS MEANT WHEN HE SAID HE IS ‘THE LIGHT’.” THE MORE CHILDREN COME TO CORRECT CONCLUSIONS ON THEIR OWN, THE MORE THE IDEAS WILL MAKE SENSE AND STICK WITH THEM.

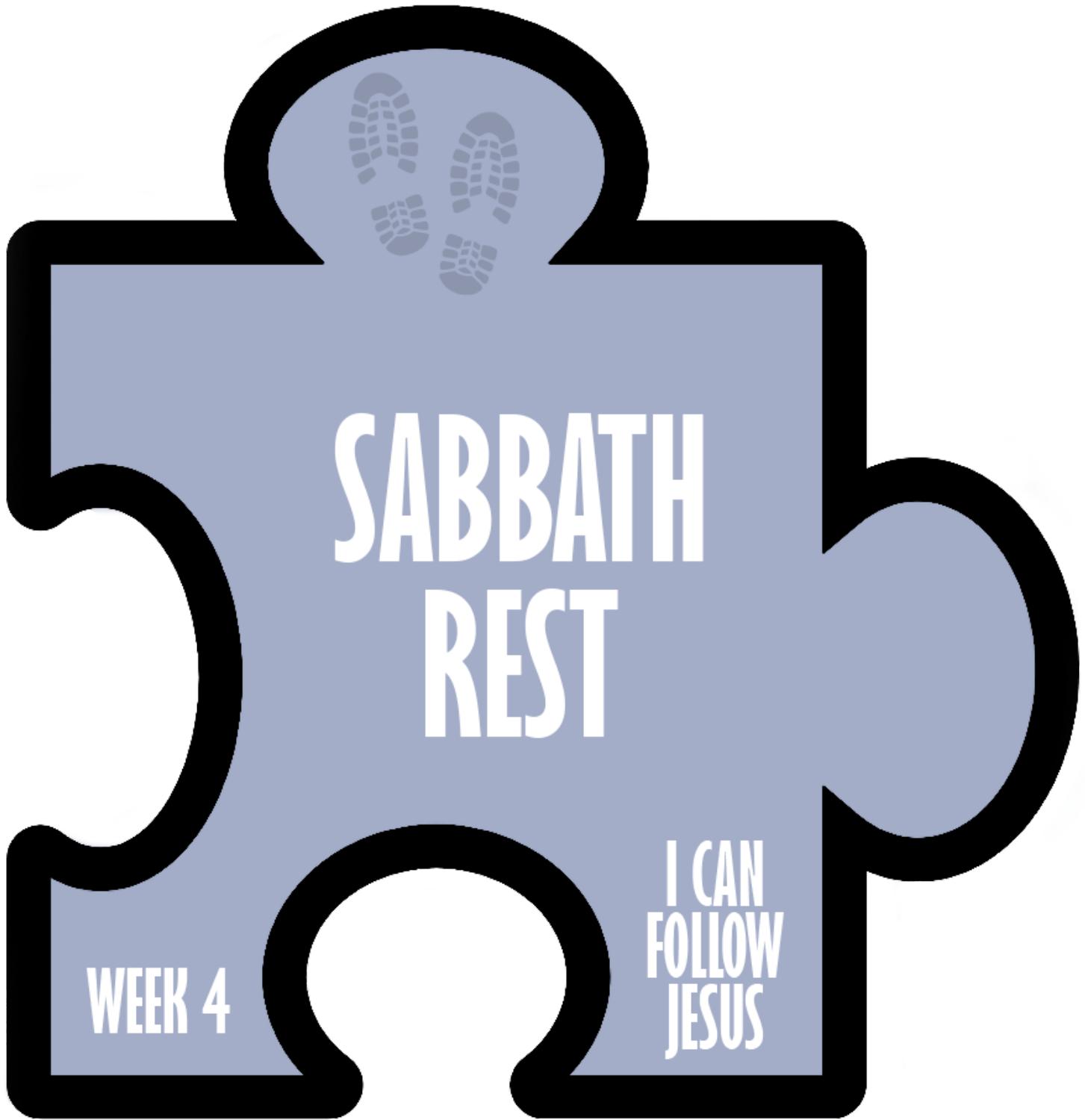
REFLECT — 5 MINUTES

Say, “I’m so glad God loves us enough to give us commands, like taking a Sabbath rest, that show us that He loves us. Let’s thank Him for His love and goodness now.”

SAMPLE PRAYER: *Dear God, thank You for showing us that rest is important and that one of the ways You love us is by commanding us to take time each week for a Sabbath. I’m so grateful You love us so much. We love You too. Amen.*

RELEASE —

If there is extra time, replay the game or color the *Vine and Branches* Activity Page.



**SABBATH
REST**

WEEK 4

**I CAN
FOLLOW
JESUS**

I AM THE VINE, & you are the branches.

If a person remains in me and I remain in him, then he produced much fruit. But without me he can do nothing.

John 15:5 (ICB)



I AM THE LIGHT
OF THE WORLD
JOHN 8:12

