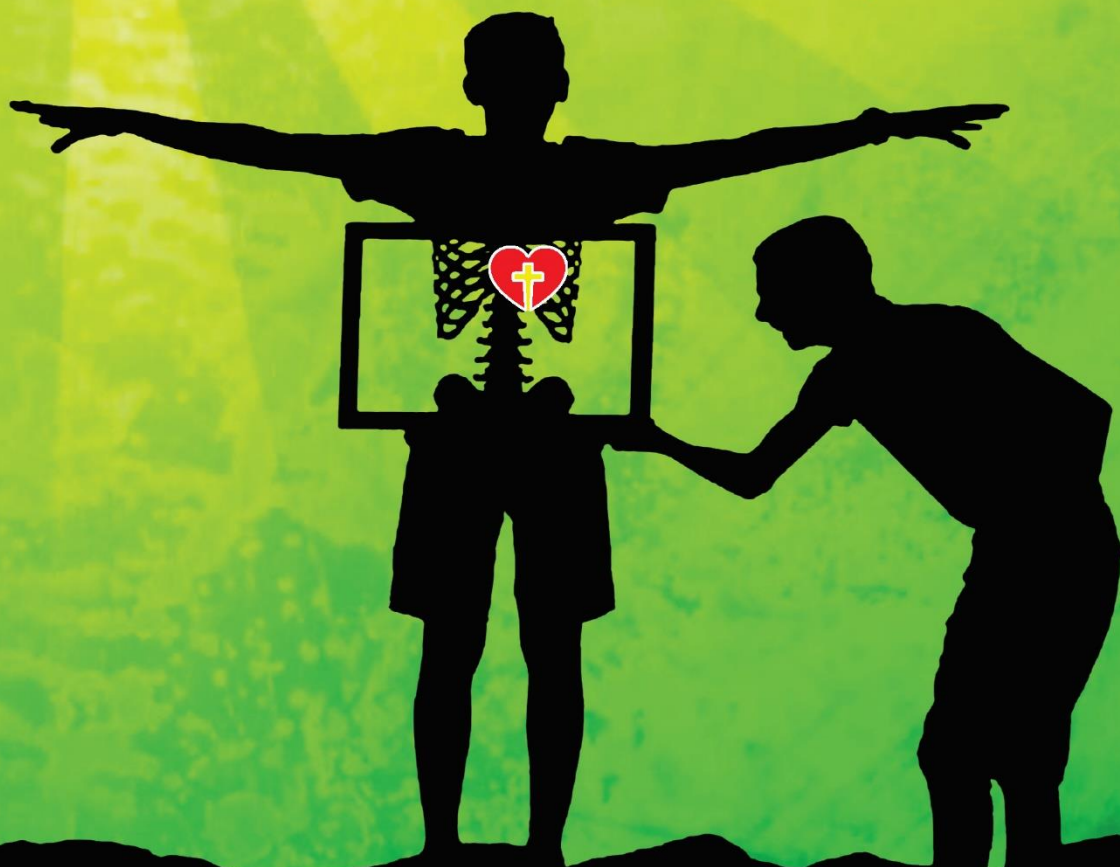


GET REAL



FORMING A REAL RELATIONSHIP WITH GOD

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GET REAL

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Letter to the Leaders

Just as easy as it is to spot a fake “Rolex” watch – God sees our hearts and can spot a fake one super quick. In this series our aim is to guide the children to a **REAL** relationship with God. One where they want to know more about Him, are spending time with Him and growing each day closer to Him.

Each week they will “spot the fake” and learn straight from the Bible how to make it a **REAL** relationship with God.

A lot of scripture has been included so that the children will know this is not someone’s opinion, but the truth of God’s Word. Encourage children to bring their Bible or look it up together in yours.

Preparation is vital! You cannot arrive on the day and simply read from the curriculum. Children can spot a fake super quick too!

Spend time in the Word and ask God to challenge you with areas you need to **GET REAL** in. Speaking from the heart and experience is the perfect way for children to learn.

Lesson 1: The real you!

Main focus for the lesson:

- Connect with the children and get to know them through games.

Games Ideas: Take a look at these games and decide which ones you would like to play within the time you have. All these games are Covid-19 friendly and allow for social distancing.

Getting to know you:

Sit in a circle and ask the children some fun and intentional questions and get to know who they are. This will work well in smaller groups/classes. Explain how we want to know the real you.

- What is your favourite sweet?
- What school do you go to?
- What is your favourite subject?
- Do you have any brothers or sisters?
- Do you have pets?
- What was something bad about Lockdown?
- What was something good about Lockdown?

Add any other questions you think will work with your group.

Freeze Dance:

Children need to dance on the spot while the music is playing. As soon as the music stops, the children need to freeze in a position of something they like doing (e.g. tennis, reading) until the music starts up again. If someone doesn't immediately freeze have them do 10 push ups or jumping jacks.

Would you rather...

Children stand spaced out. Read out a statement and if the children prefer the first option they stand up and if they prefer the second, they sit down. Ask some of the children why they prefer the one option over the other.

- Would you rather have Winter all the time or Summer all the time?
- Would you rather be a great Dancer or a famous Singer?
- Would you rather be able to see things that are very far away, like binoculars or be able to see things very close up, like a microscope?
- Would you rather only be able to walk on all fours or only be able to walk sideways like a crab?
- Would you rather be really good at math or really good at sports?
- Would you rather live in a house shaped like a circle or a house shaped like a triangle?
- Would you rather eat a whole raw onion or a whole lemon?
- Would you rather instantly become a grown up or stay the age you are now for another two years?
- Would you rather play outdoors or indoors?
- Would you rather have super strength or super speed?

Detective:

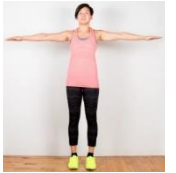

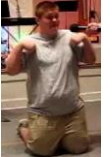
Have the children stand in a circle, the teacher nominates a "detective" to leave the area so they can't hear what's going on. The teacher picks a leader who will start initiating movements (like jumping jacks or clapping hands) that everyone else will then copy. Then the "detective" returns and stands in the middle of the circle. They have to figure out who's the leader of the group in 5 guesses!

Next game, the leader becomes the detective and the game continues.

(If the group is really big—larger than 15—choose two leaders and two detectives)

Eagle, Rabbit, Chicken:

Each animal has an action linked to it. First teach the children what all the actions are. Play the game by saying the animal and at times showing the wrong action. The objective is for the children to listen to the name of the animal and display the correct action. It's similar to Simon says.

| | | |
|---------|---|---|
| Eagle | Stand up straight and put your arms out straight next to you. |  |
| Rabbit | Bend your knees slightly. Put your hands on your head to mimic rabbit ears. |  |
| Chicken | Crouch down. Put your hands on your shoulders and flap your "wings". |  |

What am I / Find your match:

Each child has a picture/ the name of an animal stuck onto their back. They need to go around and ask "yes" or "no" questions to try and figure out what animal they are.

Add on:

Print 2 images per animal. The children then need to try and figure out what animal they are and find the child with the same animal as theirs.

Charades:

Split the children into teams. One person from each team needs to act out a word or phrase. The other children in the team need to try and guess what the word or phrase is.

Add other words or phrases that you think will work with your group.

Words: Kangaroo; Shoe; Star etc

Phrases: Making coffee/tea; Brushing your teeth; Reading a book

Captain's Call

Each statement has an action connected to it. Teach the children the actions, then play a few rounds. If a child gets the action wrong, they need to do 5 jumping jacks. Alternatively, you could eliminate children from the game until the last child standing.

| | |
|------------------|---|
| Captain's coming | Stand with your feet together at attention |
| To the ships | Turn to the right and march on the spot |
| To the bunks | Turn to the left, crouch down, and pretend to sleep. |
| One-eyed Jack | Cover up one eye with your hand, stand on one leg and say "Aaargh". One-eyed Jack is a tough guy so act tough and macho |
| Polly the parrot | Flap your wings, shake your tail feathers and say, "Polly wants a cracker!" Remember Polly is a girl so act girly. |

Lesson 2: Love the Lord with all your heart, soul, mind and strength

Main focus for the lesson:

- We MUST love the Lord with everything all the time. It is a command.
- Choose every day to love God with all your heart, soul, mind and strength.

1) Memory Verse

- Mark 12:30

“Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.”

Idea to teach the memory verse.

Have 4 jars and write each of the things we need to love God with ... “heart”, “soul”, “mind” and “strength”.



Get the children to repeat the verse with you and as you name each thing pour in just a little bit of water. Then ask, “Is that enough? No! We need to love God even more than that.” Keep repeating the verse adding just a little more until each of the jars overflow.

2) Hands on

Draw a heart on a white board (or a laminated piece of white paper).

Ask the children questions about things that they love...Do you love chocolate, your mom, presents, sweets, TV, toys, sport, dancing. If anyone agrees that they love them, then write it inside the heart. To help fill up the heart with ideas ask them what else they love doing or eating or what people they love.

Then Say: It is good to love many things but if we love these things first then there is no room for God. Write “God” in one of the spaces.

Now rub out and re-write GOD huge in the heart and then add all the other things just as before.

Conclude that we need to love God, first before anything else. We need to love God the most! It is wonderful to love so many other things and we can be thankful to God for them. Most importantly though we need to love God the most.

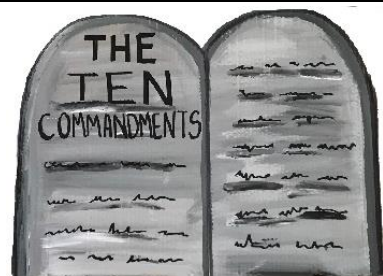


3) Bible Story + Lesson:

Can you think of any of the commandments? (*Older kids could see which team can name the most*)

Which one do you think is the most important?

Well Jesus was asked this very same question.



Close to this time, when the man asked Jesus this question, Jesus had done many amazing things. He had healed people, he had raised Lazarus from the dead, He had taught about God and He had even come riding on a donkey just like the prophecies had said the savior would. When Jesus did these things, many people started to follow Jesus and believe that He was the promised Saviour. This made two groups of people, the Pharisees and the Sadducees, very cross. They wanted the people to listen to them and do things their way and Jesus was teaching them something completely different. Jesus was teaching them the truth.

Both the Pharisees and Sadducees tried to trick Jesus many times asking Him really tough questions about the law and about money, marriage, food, the Sabbath and so on. And every time Jesus answered them perfectly.

One of the teachers of God's law heard all the questions that Jesus had been asked and so he asked Jesus "What is the greatest commandment?"

He wanted Jesus to say the wrong thing so that all the people would stop following Jesus. But Jesus was much wiser than that.

Let's read what He answered. (*let the children look up the verse and discover the answer for themselves*) Mark 12:30

³⁰ Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.

How do you think the teacher responded to what Jesus said? Do you think Jesus is right?

Let's keep reading...

³² The man answered, "That was a good answer, Teacher. You are right in saying that God is the only Lord and that there is no other God. ³³ And you must love God with all your heart, all your mind, and all your strength. And you must love others the same as you love yourself. These commands are more important than all the animals and sacrifices we offer to God."

³⁴ Jesus saw that the man answered Him wisely. So He said to him, "You are close to God's kingdom." And after that time, no one was brave enough to ask Jesus any more questions.

Jesus' answer was again perfect! Let me tell you why. What Jesus said is actually a verse out of the Old Testament of the Bible. Deuteronomy 6:4-9 (*let the children find it and read it*) This verse is known as the *Shema*. You see the Pharisees and Sadducees and even this man asking the question, would have known this verse very well. In fact, they would have said it as a part of their prayer time every morning and every night. They would have even taught their children and families this commandment.

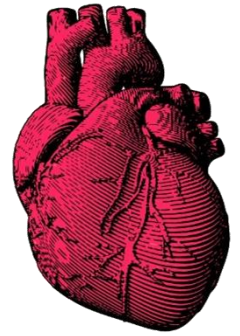
So, when Jesus said it, there was no denying that this was the most important commandment from God. In fact, the Bible says no one dared to ask Jesus another question after that.



Hold up a picture of a heart shape and then a picture of an actual heart and ask, "Is this is a real heart?" (no)

Where could we find a real heart? (Inside of us) Let them put their hands on their chests or pulse and feel their heart beating.

What is the difference between the pictures of the heart and your real heart?



Only one of them is alive!

Some of these people were saying this commandment from God every single morning and every night and even teaching it to others. But they weren't actually doing it. They didn't really love God with everything they had. Their relationship with God was like this fake heart. It looked kind of like it, but it wasn't a real love for God. And without this love *for* God there could be no eternal **life with** God.

But God wants us to have a relationship with Him like our real hearts. It needs to be alive and pumping and moving. We need to actually love Him in every single way, all the time. We can't just say we love Him; we have to really love Him. Our love for Him needs to be real and living. We are to love God with everything we have got. Our thoughts, actions, emotions, everything needs to love God and love God more than anything else.

Now it is impossible to get this command from God right every second of every day – but God knew this and so He gave us Jesus and the Holy Spirit. When we believe that Jesus is God's son who died and is now alive in Heaven with God, we are forgiven for those times when we mess up. And when we listen to the Holy Spirit reminding us and teaching us about who God is and how great God is, He helps us to keep on loving God.

So now we are going to personalize that verse. The choice is yours. Will you say the verse with a heart and attitude like this fake heart – where you just say the words and don't actually mean it? Or will you say the verse and make a commitment to God that you will love Him with all your heart, soul, mind and strength?

I will love the Lord my God with all my heart, all my soul, all my mind, and all my strength.

4) Review Questions

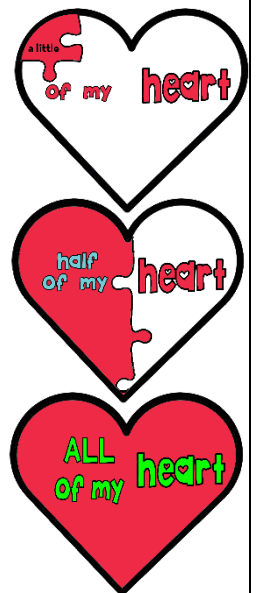
- a) What is a command? *(an instruction to do something)*
- b) When God gives a command, should we obey it? *(Yes!)*
- c) What is the greatest command that God has given us? *(To love Him)*
- d) Do you love God like a fake heart love or a living heart love? *(let them tell God the answer instead of answering out aloud)*

5) Craft

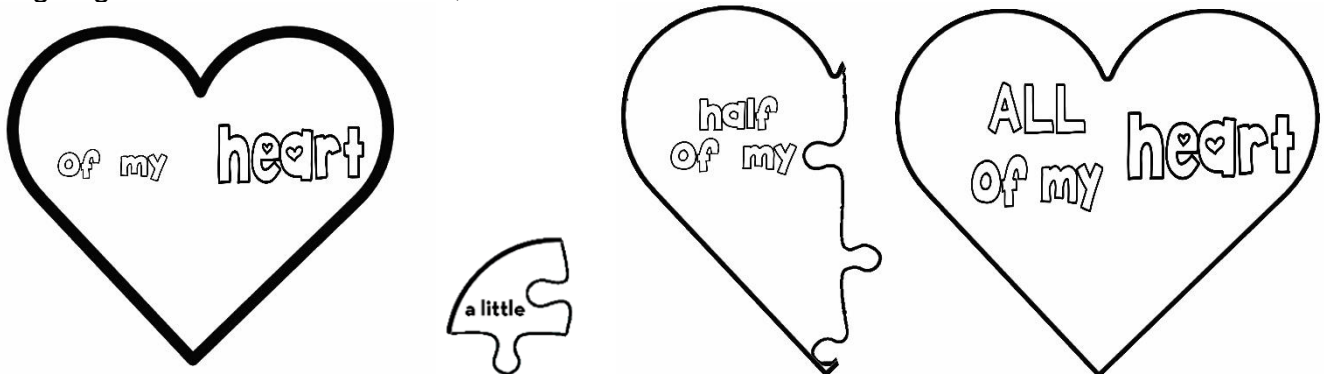
Option 1: All my heart

First demonstrate by building the puzzle pieces and saying:

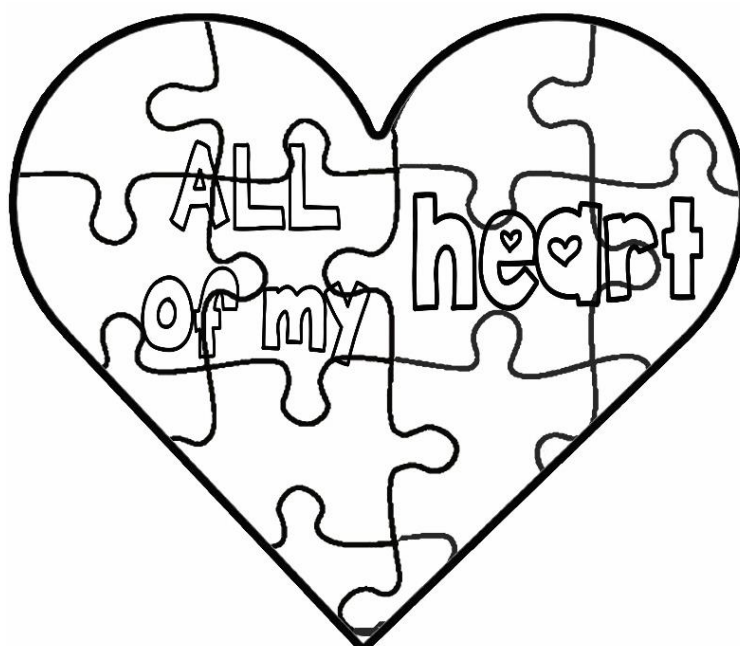
- If I loved God with just a little of my heart (first puzzle piece) it would mean that He isn't very important to me.
- If I loved God with half of my heart (put second puzzle piece) it means that what He said was sort of important to me, but I would also do what I wanted to do.
- If I loved God with all of my heart (put last puzzle piece) then nothing is more important to me than God. I always do what He says to do. How do we know what God wants us to do? Read the Bible!



Give each child a heart and a set of the three separate puzzle pieces for them to colour in and decorate. Encourage them to decide every morning how much of their heart they are going to love God with. A little, half or all of their heart.



Option 2: All my heart puzzle



Lesson 3: Getting Real Daily! Are we living like Jesus?

Main focus for the lesson:




- What does the Bible say about how we should live?
- Practical ideas for “Getting Real Daily”.

1) Memory Verse

- 1 John 2: 6 (NLT)









“Those who say they live in God should live their lives as Jesus did.”

Idea to teach the memory verse.

| | |
|-------------------------|--|
| Those who say | Those – lift hands up to chest and wriggles fingers Who say – indicate to speak with both hands, fingers closed, fingers to lips/ mouth and gesturing to speak |
| They live in God | They – thumbs pointing back to yourself Live in God – extend arms outward to form a cross with your body |
| Should live their lives | Should live -  their lives -  |
| As Jesus did | As Jesus did – move both the same time in opposite directions. Like a little dance.  |

2) Hands on

2.1) Game: You've blown it

| | | | |
|--|--|---|--|
| <p>You</p>  <p>bombed out!</p> | <p>Time to get real &</p>  <p>LOVE GOD</p> | <p>Time to get real &</p>  <p>Love others</p> | <p>Time to get real &</p>  <p>Be humble</p> |
| <p>Time to get real &</p>  <p>Be honest</p> | <p>Time to get real &</p>  <p>Be generous</p> | <p>Time to get real &</p>  <p>Forgive</p> | <p>Time to get real &</p>  <p>Be obedient</p> |

Form a circle using chairs/objects and place a cardboard *“Time to get real”* sign on top of each. The more children you have the more spaced out the chairs should be from each other. The children walk around the outside of the chairs, saying the memory verse. Only when you either blow the whistle, clap your hands or stop the music do they all decide and quickly run to a chair they choose to stand by. One by one collect and read what each card says ... It's time to get real and be humble etc. The people that are standing by the “bomb” card have blown it and need to do one of the penalty actions as they walk as they do the next round. Examples below:

| You've blown it | Action for the next round |
|--------------------|--|
| You didn't love | Do the next round tapping your head saying “I must remember to love” |
| You boasted | Crawl for the next round |
| You lied | Walk with your finger on your Pinocchio nose |
| You were greedy | Puff up your cheeks with air |
| You didn't forgive | Walk backwards |
| You didn't obey | Hop on one foot for the next round |

Without the children seeing place the cards face down again and replay. Conclude that we need to try our best to live spend every minute of every day doing the things that Jesus did. Thankfully when we do bomb out Jesus does forgive us. But we've got to keep on trying to get it right.

2.2) Fake or real

Show the children a real working watch and get them to compare it to a fake sweet watch. Conclude that we can't just say we will spend time living for Jesus – that just sounds all sweet like the fake sweet watch. We have to actually use every moment (tick – this one; tick – that one) for Jesus.

3) Bible Story + Lesson:

If I say spend just a minute doing something you would probably say “that isn't long”. Let's put that to the test.

Set a one minute challenge that is quite tough to achieve such as squeeze an ice cube, stand on one leg etc.

A minute is much longer than we think and so we need to do our best to try and make every minute count for Jesus. Because all the little short minutes soon add up. Do you know that there are 60 minutes in an hour; 1 440 minutes in a day; 10 080 minutes in a week; 43 800 minutes in a month and 525 600 minutes in a year ! Imagine holding the ice block for that long.

Our memory verse 1 John 2:6, taught us that ***“Those who say they live in God should live their lives as Jesus did.”***

Let's use the signs from our game (*See Hands on*) to explain each of the things we need to be doing every minute of every day, just like Jesus did and taught.

Time to get real &



LOVE GOD

1. Time to get real and **LOVE GOD WITH ALL YOUR HEART**

Last week we learnt what the greatest commandment is. That means the most important instruction God told us to do every minute of every day. Can you remember what it is?

Mark 12:30 ³⁰ Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.

Remember it is wonderful to love other things but we need to love God more than anything else. Do you think Jesus loved God? How do you know?

Yes, Jesus spent lots of time speaking to God and He did everything God asked Him to do. Nothing was more important to Jesus than pleasing God.

Time to get real &



Love
others

2. Time to get real and **LOVE OTHERS**

Mark 12:30 ³¹ The second is equally important: 'Love your neighbour as yourself.' No other commandment is greater than these

Listen as I read this verse again and tell me if this commandment is more important, less important or just as important as loving God?

Yes, it says **equally**. God really wants us to love others! It's not just a good idea but actually a command.

Just after Jesus answered by saying these 2 commandments, He went on to teach a parable (a story that teaches us a lesson) that would help us know how to love others.

The Parable of the Good Samaritan

³⁰ In reply Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. ³¹ A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. ³² So too, a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. ³⁴ He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. ³⁵ The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

³⁶ "Which of these three do you think was a neighbor to the man who fell into the hands of robbers?"

³⁷ The expert in the law replied, "The one who had mercy on him."

Jesus told him, "Go and do likewise."

The story of the Good Samaritan is a perfect example of giving (unconditionally) without expecting anything back. Jesus made the point that we should show our love to all people of the world, regardless of who they are. We must practice that love even towards our enemies. Even if it is just small things, we should try and show love to others every day.

Time to get real &



Be
humble

3. Time to get real and - **Be Humble**

Being humble is a quality of being respectful of others. It's the opposite of being boastful or vain. When we are humble we don't act like we are more important than other people and we don't boast about how great we are. Instead we see other people as important too and to see the goodness in everyone.

Jesus is God's son. He is the King of all Kings. We would expect Him to have stayed in an expensive castle and only have important people visit Him. Instead Jesus spent time with sinners, sick people and people others didn't even like. Even in John 13:1-17 we read that Jesus washed the disciples feet. What a perfect example of living a humble life.

Mark 10:45 For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many."

We can live a humble life by serving others like Jesus did.

Time to get real &



Be
honest

4. Time to get real and - **Be Honest**

Honesty and truth are very important values found in the Bible. Any dishonesty to gain an advantage or hurt someone is banned by the Ten Commandments. (Ten Commandments-Exodus 20:1-20)

Dishonesty may be telling lies to your mom or dad or friends, cheating at a game or in a test or just not telling the whole truth about something.

Isn't it wonderful to know that God can never tell a lie as He is perfect!
Hebrews 6:18

Time to get real &



Be
generous

5. Time to get real and - **Be Generous**

The Bible tells us to share generously with those in need and good things will come to us too. Each of us has something to offer someone in need. We can give our money and time to charity, be a friend to someone who is lonely or help someone who is sick. We can also give of our time to our friends, family or parents.

Remember the little boy that gave up his lunch and then Jesus used it to feed 5000? Don't worry if you only have a little to give, as Jesus is the one who makes it enough!

Time to get real &



Forgive

6. Time to get real and - **Forgive**

Matthew 6:14-15

¹⁴ "If you forgive those who sin against you, your heavenly Father will forgive you. ¹⁵ But if you refuse to forgive others, your Father will not forgive your sins.

God is compassionate and forgives our sins and mistakes. Remember Jesus even died for our sins while we were sinners and not once we had made up for our mistakes. In the same way we must be kind and forgive those who have hurt us.

Jesus said there is no place for hatred, holding a grudge, revenge or trying to get even in the life of a Christian. Jesus told us we must forgive our enemies, forgive their mistakes and let go of the anger.

7 Time to get real and - Be obedient

Time to get real &



Be
obedient

Jesus spent His whole life obeying God and following His plans, even when it was really hard to do so, like being a sacrifice for our sins.

The Bible is like our instruction manual on how we should live our lives every day. Reading it helps us really get to know Jesus on a more personal level. James 1:22 teaches us to not just listen to the word but to actually do what it says! If you want to know how to live a life where every minute of every day is for God, a great place to start is to read the life of Jesus in the books of the Bible called the Gospels. (Matthew, Mark, Luke or John)

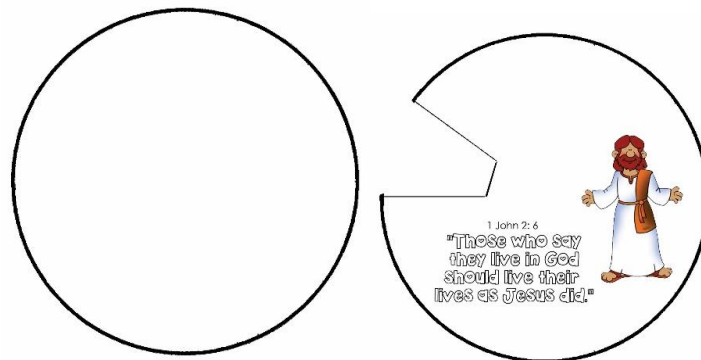
4) Review Questions

- How does the Bible say we must live every day? (Be honest, be humble, forgive etc)
- Does our behaviour match our beliefs when no one else sees you?

5) Craft

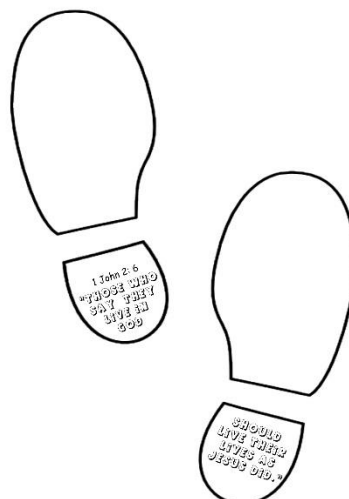
Option 1: Spinning wheel

Make the spinning wheel and stick in all the things we have learnt about today. Encourage the children to spin it daily so to remind them how to live every minute for Jesus.



Option 2: Shoes of readiness

We need to be ready to take every step of every day, a step closer to living like Jesus. Write in the shoe prints things that you will do to try and live more like Jesus did.



Lesson 4: Get Real Communication with God (Prayer)

Main focus for the lesson:

- God wants us to pray from our hearts.

1) Memory Verse

- 1 Thessalonians 5:16-17

“Always be joyful. Never stop praying.”

Idea to teach the memory verse.

Always be joyful: *Clap your hands and lift them up to the sky.*

Never stop praying: *Wag your fingers as if saying “never” and put hands together as if praying.*

2) Hands on (Two phones)

Show the kids two cell phones that you have brought with you today.

One is a “real” phone. Explain that it has cracks all over the screen. It has no fancy/pretty cover. It has no apps or games loaded onto it either. But it can phone out and receive calls and messages. *(You can even get someone else to phone you there and then to demonstrate.)*

The other one is really fancy. It could also be just a toy phone. It has a beautiful cover, no cracks, it has some awesome games and apps, or it could make cute sounds. It can take photos BUT it has no sim card and no signal and therefore it cannot make or receive calls or messages.

Now you can call up a volunteer.

Say to that child. I’m going to put both of these phones on the table in front of you and give you a scenario and you have to choose which one you want to use.

Ok, great! So, you would like to phone your Granny to say, “Happy Birthday!” Which phone would you choose? *(Obviously the one that has signal.)* But this one is so pretty! This one has such cool games on it, why don’t you want to choose this one? *(Hopefully, the volunteer answers “because it has no signal”, or “it can’t make calls”).*

Let’s say you made plans with your friends to meet at the shops, but your friends don’t arrive. Now you’re on your own and you need to phone someone to come and fetch you. Which phone do you choose? The fancy toy one or the one that has signal? *(The one with signal.)* Again, ask the volunteer why won’t they choose the fancy one? Because it has no signal, can’t make calls.

Call up another volunteer. Alright, so you are at home on your own and you start feeling sick and needed to phone the doctor. Which phone do you want to use? The one with all the fancy games on it or the cracked one that has signal? *(Obviously the one that has signal.)*

Your mom says you can call Mr. Delivery and get them to bring you some pizza. Which phone are you going to choose? *(Obviously the one that has signal.)*

So, as you can see, each time our volunteers needed to make a REAL phone call, they chose the not so fancy phone. They didn’t choose the fancy phone because they couldn’t communicate with it.

Now that’s how it is when we pray. God wants us to have REAL communication with Him. We don’t need to be like the fancy toy phone. We don’t need to be perfect and have all the fancy prayer words. Jesus wants us to come to Him with all our needs and all our worries. He wants us to tell Him how much we love Him and thank Him for everything He’s done for us. He wants us to pray from our hearts and He wants us to listen out for when He is speaking to us too, just like with the REAL phone.

3) Bible Story + Lesson: The Pharisee & the Tax collector

When Jesus was teaching His disciples and the people around Him something really important, He would often use stories to explain. These stories are called “The Parables” and this is one such parable. It comes from the book of Luke chapter 18:10-14.



¹⁰ “Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. ¹¹ The Pharisee stood by himself and prayed this prayer: ‘I thank you, God, that I am not like other people—cheaters, sinners, adulterers. I’m certainly not like that tax collector!’ ¹² I fast twice a week, and I give you a tenth of my income.’



¹³ “But the tax collector stood at a distance and dared not even lift his eyes to heaven as he



prayed. Instead, he beat his chest in sorrow, saying, ‘O God, be merciful to me, for I am a sinner.’ ¹⁴ I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Now remember that Pharisees were the keepers and teachers of the laws of God. They were considered to be very holy people. But when the Pharisee prayed in the temple, he prayed out loud so that everyone could hear him. Can you see that he prayed about how good he was! He tells God that he has kept all the laws. He lifts himself up above the man next to him, the Tax collector.

Tax collectors were not well liked in those days. Often they took people’s hard-earned money from them and more than was agreed. They were often considered to be sinners and thieves. But the Tax Collector goes into the temple to pray next to the Pharisee. The tax collector does not compare himself to anyone. He does not pray about how good he is, instead he humbly asks for God to forgive him of his sins.

After Jesus has told the story of these two very different people and how they prayed, He tells the people around Him that it is the tax collector who will be forgiven and united with God and not the Pharisee.

We can see that the difference between the Pharisee and the tax collector was that one wanted God to hear him and the other wanted people to hear him. The tax collector was getting real with God!

So after that Jesus actually teaches the disciples how to pray. Matthew chapter 6.

⁵ “When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. ⁶ But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

⁷ “When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. ⁸ Don’t be like them, for your Father knows exactly what you need even before you ask him!

Jesus is teaching the disciples that prayer is about getting real with God and not for getting glory for ourselves. Praying out loud is not a bad thing but praying out loud so that everyone can hear you is not getting real with God!

Jesus doesn't need us to use fancy prayer words. You may hear people praying so beautifully and think I can't pray like that! But God just wants us to talk to Him from our hearts. Here is an easy way to GET REAL when you pray. Take the letters P-R-A-Y and use them as you pray.

P is for PRAISE: Start by praising God and lifting Him up. You could say something like: *"Lord you created everything! You made the stars and the world and the animals. And you made me!"*

R is for REMEMBER: Tell God that you remember everything He has already done for you. An example is: *"Jesus, you healed my headache and you gave me my family. You give us everything we need."*

A is for ASK FOR FORGIVENESS: Tell Jesus about any sins you might have committed and say you are sorry. Ask Jesus to forgive you and tell Him that you are going to try not to do that again. Here is an example: *"Lord, I told a lie this week but I'm very sorry and I'm going to try never to do that again. Please forgive me!"*

Y is for YOURSELF: This is the part where you can ask God for anything you need. The amazing thing is that God already knows what we need before we ask Him, He just wants to hear that we are relying on Him for it! Someone might ask: *"Lord God, this week I have to write a big maths exam, please help me to stay calm and write the correct answers."* And you can end your prayer with "AMEN!" which means "So be it!"

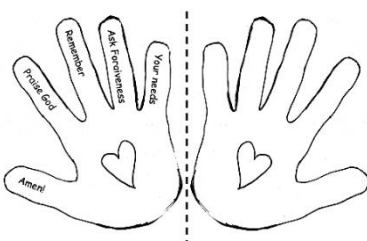
Give the children time in the class to sit quietly and pray.

4) Review Questions

- Between the tax collector and the pharisee, whose prayer pleased God? *The tax collector*
- Why was God pleased by the tax collector's prayer? *Because he was real with God*
- How can we get real when we pray? *Pray from our hearts*

5) Craft

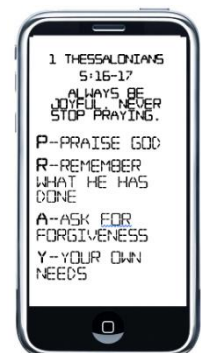
Option 1: P-R-A-Y hands



Cut out and fold the praying hands. Use the craft as you are praying. Show kids that it is the same as counting on your fingers: 1, 2, 3, 4 and 5 is the thumb. Amen is a thumbs-up! Older kids can write their prayers on the other hand.

Option 2: Prayer Cell-phone

Copy the cell-phones onto cardboard. Cut out and decorate them and encourage the children to use them while praying. Encourage children to have real conversations with God, speaking to God from their hearts.



Lesson 5: Real Love

Main focus for the lesson:

- The different ways we can love.
- Practical ways to use our whole bodies to love God and everyone.

1) Memory Verse

- 1 Corinthians 13:4-7

*“Love is **patient and kind**; love **does not envy or boast**; it is **not arrogant or rude**. It **does not insist on its own way**; it is **not irritable or resentful**; it **does not rejoice at wrongdoing, but rejoices with the truth**. Love **bears all things, believes all things, hopes all things, endures all things.**”*

Idea to teach the memory verse.

Have the song play on repeat during free play and movement from station to station. Every now and then press pause and see if they can name one thing about love.

Follow the way of love – Son treasure Island: <https://youtu.be/AGDOEUKSmeE>

2) Bible Story + Lesson

There are 3 terms of love that we are going to talk about and learn today. They are: **Agape**, **Storge** and **Philia** love. Have the children do the following actions as you name each. Repeat it a few times before, while and after you have explained what each mean.

Agape – Make a cross to show the love of Jesus.



Storge – Do the sign language sign for family.



Philia – Get the kids to do a fist bump (elbow bump)



Explain what each of the following mean and get the children to read the verses. For younger children only choose one to focus on.

Agape love is the highest form of love because it means unconditional love. The unconditional love that God has for us. How did God show us this love? He gave His son Jesus to die on the cross for us **while we were still sinners**.



John 3:16

“For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life.

Romans 5:8

but God shows His love for us in that while we were still sinners, Christ died for us.

Storge love (pronounced storjay) is family love, the love between parents and children. How did Jesus show this love. Jesus taught how important it is for us to honour our parents. He also made sure that when He died on the cross, John would take care of His mom Mary (John 19:26) and of course we see how much He honoured and loved God by obeying His plan even to His death.

Exodus 20:12

"Honour your father and your mother, that your days may be long in the land that the Lord your God is giving you. Appreciate the days that God has given you and show Him your devotion by honouring the gift that He gave you: your mother and father.



Isaiah 66:13

As one whom his mother comforts, so I will comfort you- Comfort and care for your family as your parents comforts you. In return, the Lord will comfort you in heaven.

Proverbs 6:20

My son, keep your father's commandment, and forsake not your mother's teaching.

Obey your father and mother, for they will lead you on the path of goodness and graciousness.

Colossians 3:13b

The Lord has and will forgive us for all of our sins. This is no easy task, and therefore we must take from His example and forgive our family and others when they sin against us.

Philia love is brotherly or sisterly love. It is the love between friends and towards others.

Romans 12:10

Love one another with brotherly affection. Outdo one another in showing honour.

1 Peter 1:22

Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart ...



1 Peter 3:8

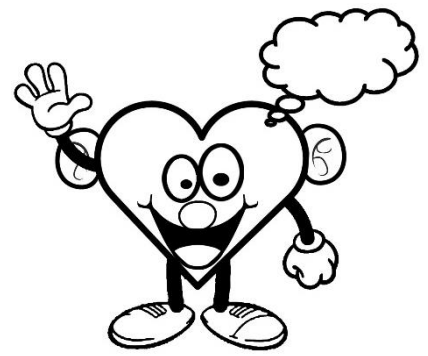
Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.

Jesus showed brotherly love by spending time with people others wouldn't even speak to, like sinners and the sick. He had such a good relationship with His disciples that He showed loved even through correcting and teaching them.

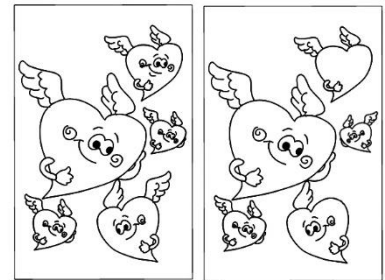
Just like Jesus we should show love to God, our family and others. The best part is we can use our whole bodies to do so.

3) Hands on:

At each station the child must guess and then collect the item that we can show love to God, our families and others with. Let them offer ideas of ways they are going to show love this week. (see craft page)



- Station 1 - Ears
 - Hide an object (e.g. instrument) that makes a noise and see if they can guess what is making the sound.
 - We can show love with our ears by... listening when others are talking, listening in church, - listening to worship music.
 - Give each child the ears to stick on.
- Station 2 - Eyes
 - Get them to spot 3 differences in the heart picture.
 - We can show love with our eyes by... paying attention to others needs, reading the Bible, seeing people in need, noticing the beautiful world around us.
 - Give each child the eyes to stick on.
- Station 3 - Nose & Mouth
 - Get them to taste something sweet and something sour (e.g. sugar and lemon). Our words need to be sweet and not sour.
 - We can show love with our mouths by... singing and worshipping Jesus, speaking kind words, encouraging each other, praying for one another.
 - Give each child the mouth to stick on.
- Station 4 - Mind
 - Make a memory tray of random items and see how many they can remember.
 - We can show love with our mind by meditating on God's word, thinking of new ways to help, thinking of good things and not bad things.
 - Give each child the thought bubble to stick on and ask them to write things they should be thinking about.
- Station 5 - Hands
 - Put on object in a bag and see if the child can guess what it is.
 - We can show love with our hands... by helping and serving others, without reward or complaint.
 - Give each child the hands to stick on.
- Station 6 - Feet
 - See how long they can stand on only one foot.
 - We can show love by going on mission trips; walking with someone as they learn about Jesus.
 - Give each child the feet to stick on.

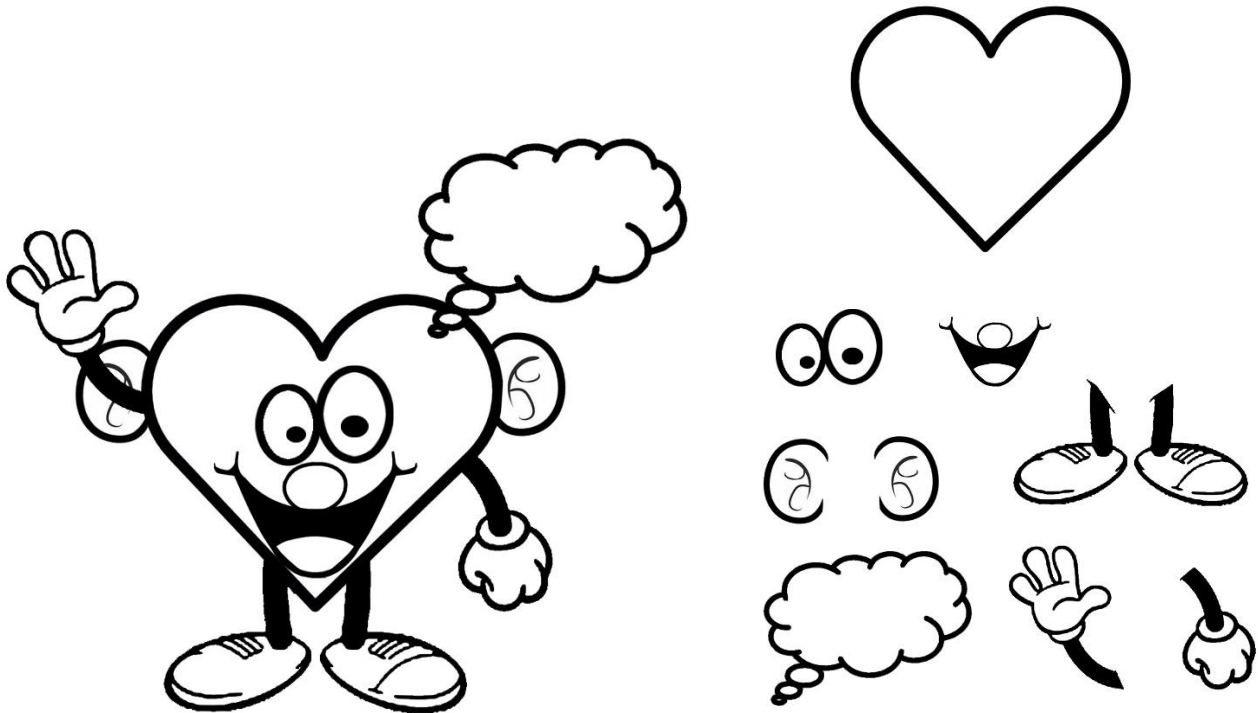


4) Review Questions

- a) How are you going to show love this week by using your....? (*go through each of the items on their craft*)

5) Craft

Build the craft as they move from station to station.



Lesson 6: Get real inside

Main focus for the lesson:

- God looks at our hearts not our appearance.
- What's inside is more important than what's outside

1) Memory Verse

- 1 Samuel 16:7b

“People look at the outward appearance, but the Lord looks at the heart.”


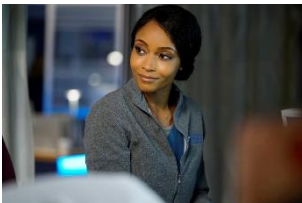




Idea to teach the memory verse.

Hide boxes/envelopes around the venue. Inside each box/envelope are cards with one word from the memory verse. Have the children collect a card from each box/envelope and try to build the memory verse. If you have a lot of children get them to each find one card and then work as a team to try and build the verse.

2) Hands on

Option 1:

Show the children these images and ask them questions:

| Pictures | Questions |
|---|---|
|   | <ul style="list-style-type: none"> • Who is the real doctor? • Are you sure it's not the little boy? • He's got a bag and a stethoscope. The lady doesn't. Are you sure? • She doesn't look like a doctor |
|   | <ul style="list-style-type: none"> • Who is the real firefighter? • But the man doesn't have a hat on. Are you sure? |
|   | <ul style="list-style-type: none"> • Who is the real teacher? • The man doesn't have a chalk board. Are you sure? |

It's not about what these people look like on the outside or the tools they have. It's about what they have learnt and now they can help because they have the skills. What's important is what they have on the inside.

Option 2:

Take 2 bananas. Prepare one as shown in the following YouTube clip and leave the other fresh. https://youtu.be/l2q3fzj_ykA

Ask the children what is this? What does a banana look like in the inside? Then open the first unprepared banana.

Now take the second banana and ask them again. What is this? What does it look like in the inside? Will it be the same. Are they sure? Open the banana and show them the slices.

Can you see that the outside might look exactly the same but the inside can be completely different. Our memory verse today taught us that God looks on the ... INSIDE! We need to make sure that when God looks at our hearts they are like He made them to be.

Option 3:

Prepare 2 boxes. The one box looks like a gift box with ribbon and fancy paper. The other box is just plain and brown. Ask the children which gift looks nicer and which one they think has the nicer toy/chocolate in. The present box has nothing in it and the brown box has a toy/chocolate inside.

Conclude: It's not about what things look like on the outside its about what they have on the inside that makes them valuable or not.

3) Bible Story + Lesson:

Look at these 2 pictures and tell me which person you think would be a good king.



In 1 Samuel 16 God tells the prophet Samuel that the king of Israel, King Saul, has disobeyed God and God has chosen someone else to be king. God tells Samuel that he needs to go and anoint this chosen person with oil. (This was a ceremony done to show that this was the person was the next chosen leader)

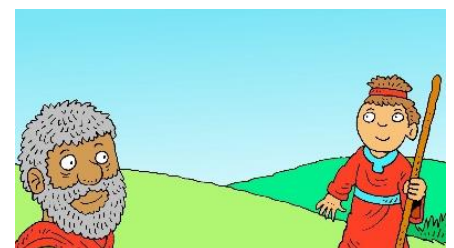


God sends Samuel to Bethlehem and to the house of Jesse. Jesse had 8 sons. When Samuel saw the first son, he saw that he was strong and tall and Samuel immediately thought, "surely this is the man that God has chosen to be the new king".



(verse 7) But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

Jesse brought 7 of his sons before Samuel and God told Samuel each time that no matter how tall, smart or handsome any of them were God had not chosen them. Finally, Jesse brought his youngest son before Samuel. When Samuel saw him God said, "Rise and anoint him, this is the one."



Do you know what his name was? (**David**). David was not the oldest. He probably wasn't the biggest or the strongest. But why did God choose him to be the new king? (*Allow the children to answer*) God saw David's heart and God knew that David would be a good king.



David was a good king, not because he was super rich or because he had the biggest army. No, David was a good king because no matter what he did He always spoke to God about it. God said that David was a man that was after God's heart.

David wanted his heart to be like God's heart. David wanted to love and care for the people of Israel in the best way possible.

What do we have in our hearts? Are we real on the inside or are we only focusing on the outside? Sometimes we think we need to be the toughest, the fastest, the smartest, the prettiest.

Sometimes we can be selfish and not think about other people. Sometimes our hearts can be quite mean, and we can hurt people with the things we do and say.

Sometimes we can be kind and loving on the outside, but in our hearts, we feel angry with someone and we think mean thoughts about them.

But God looks at our hearts. He wants our hearts to be kind, gentle and real. He doesn't want us to fake it. He wants us to have hearts that are like His. Hearts that will truly love the people around us. Hearts that will be truly kind even if the other person isn't kind.

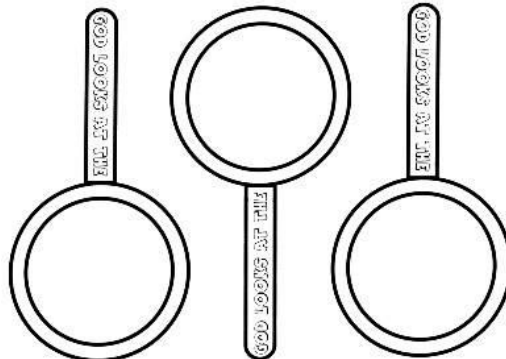
4) Review Questions

- a) Do you think God stops loving us when our hearts are mean sometimes? **(No, god always loves us, but He wants to help us and change our hearts to be more like His)**
- b) Can God only use people that have finished school to make a difference? **(No, God looks at our hearts and if our hearts are willing to love people and make a difference God will use us)**

5) Craft

Option 1: Magnifying Glass

Decorate the magnifying glass. Draw a heart in the centre or cut out the centre. Draw a heart on separate piece of paper and cut it out. Use 2 pieces of Sellotape to stick the heart in the middle of the magnifying glass.



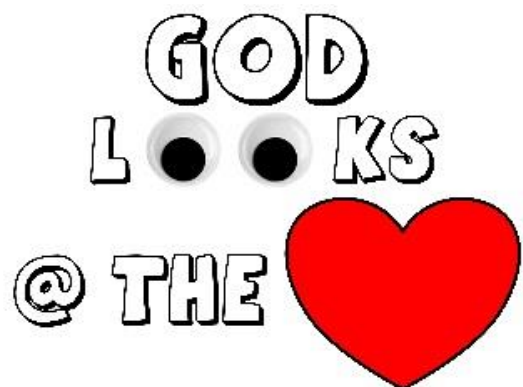
Option 2: Memory verse

Write out the memory verse using objects for some of the words.

Looks = googly eyes

At = the at symbol (@)

Heart = A picture or drawing of a heart.



Lesson 7: Get real with your worship

Main focus for the lesson:

- Real worship is when our whole heart and mind is focused on the things of Jesus.
- God looks at our hearts and will know if we really are worshipping Him.

1) Memory Verse

- 1 Chronicles 16:29

“Give to the Lord the glory He deserves! Bring your offering and come into his presence. Worship the Lord in all His holy splendour.”

Idea to teach the memory verse.

| | |
|---|---|
| Give the Lord the Glory He deserves. | Lift up one hand then the other |
| Bring your offering. | Hold your hands like you are holding a gift |
| And come into His presence. | Step forward |
| Worship the Lord in all His holy splendour! | Go down on your knees |

2) Hands on

Make four “thought clouds” and have two other leaders ready to hold them up behind the heads of the leaders doing the skit at the right times.

| | |
|--|---|
| Leader 1 | Wow Leader 2, wasn't praise and worship amazing today? That song is my favourite. |
| Leader 2 | For sure Leader 1, I agree! That song is my favourite too! But I must say, I noticed that you didn't look like you were singing at one point. What's that all about? |
| Leader 1 | Hey! Why were you looking at me instead of singing? And I was still worshipping even though my mouth wasn't actually moving! |
| Leader 2 | I don't really believe you! You have to actually be singing to be worshipping. Otherwise, you're just faking! |
| Leader 1 | (looks shocked!) Ok let's settle this once and for all. Children, can you help us? We are going to let you decide who is really worshipping God and who is faking? (Get someone to start the music again) |
| Leader 2 | Ok, ok, me first. (Gets into a worshipping position, hands up, and sings at the top of his voice the lines to a worship song.) |
| Leader 1 | Ok that is quite good. Ok ok but what about me? (Gets into a worship position, eyes closed and whispering quietly to himself) |
| Leader 2 | Ok kids, you tell us, who worshipped for REAL? (Kids can point to one or the other) |
| Someone shouts from the back of the room | But what about what was in your heart, the things we can't see? What were you both thinking about? (Both leaders begin to look a little nervous) |
| Leader 1 | Oh ok, I'll do it again. Gets into a worship position, eyes closed and whispering quietly to himself but this time his thought cloud comes up behind him... “My mom is making chicken pie for lunch today... I love chicken pie!” (Get someone to read it out loud for little ones who may not be able to read.) |

| | |
|------------|---|
| Leader 2 | Hey! You're thinking about lunch and not Jesus! |
| Leader 1 | <i>(looks shocked)</i> How did you know?? |
| Leader 2 | Ok, I'm going to show you how it's done! <i>(Gets into a worshipping position, hands up, and sings at the top of his voice the lines to a worship song. His thought cloud comes up behind him ...)</i> "I hope my muscles look big in this T-shirt..." |
| Leader 1 | Seriously!? You weren't thinking about Jesus either! You were thinking about how big your muscles look! |
| Leader 2 | <i>(looks shocked)</i> Wait... what...No I wasn't... How did you know? Oh dear... |
| Teacher | Guys, it's time to Get Real with your worship! Can I tell you that the Bible tells us that true worship is when we worship with our entire hearts and minds. Colossians 3:2 says, "Set your minds on the things that are above, not on the things that are on earth." When we worship God, we need to think only about the things of Jesus and stop ourselves from getting distracted by other thoughts. Do you want to give it another go? |
| Leader 1 | Yes ok, let me try again. <i>(Gets into a worship position, eyes closed and whispering quietly to himself but this time his thought cloud comes up behind him...)</i> "God you are so good, you give me everything I need..." |
| Leader 2 | You were thinking about all the things that God has done for you! Ok, let me try worshipping with my whole heart and mind too. <i>(Gets into a worshipping position, hands up, and sings at the top of his voice the lines to a worship song. His thought cloud comes up behind him ...)</i> "Jesus, you are my Saviour! I love you!" |
| Teacher | As you can see, both Leader 1 and Leader 2 are worshipping for real now. But at first, we couldn't see who was worshipping for real and who wasn't. Because we can't really see people's thoughts, can we? Only God can see our thoughts. He can see right into our hearts, and He knows who is worshipping for real and who is faking it, no matter what we are doing on the outside. |
| Leader 1&2 | I'm definitely going to get real with my worship! |

3) Bible Story + Lesson:

Remember the story of David, from last week? He was the young boy who was chosen by God out of all his strong brothers to be the next King of Israel. God saw his heart, not his outside appearance. David fought lions and bears and even killed a giant. But aside from his bravery and obedience to God, David teaches us all about REAL WORSHIP!



David was a shepherd boy who used harps and other musical instruments to sing songs of praise to the Lord while he was watching over his sheep. Many of these songs can be found in the book in the Bible called Psalms. And when we read the psalms we can see just how deeply David loved the Lord. Let's read a passage that David wrote:

Psalm 63:1-5

- ¹ O God, you are my God;
I earnestly search for you.
My soul thirsts for you;
my whole body longs for you
in this parched and weary land
where there is no water.
- ² I have seen you in your sanctuary
and gazed upon your power and glory.
- ³ Your unfailing love is better than life itself;
how I praise you!
- ⁴ I will praise you as long as I live,
lifting up my hands to you in prayer.
- ⁵ You satisfy me more than the richest feast.
I will praise you with songs of joy.

We can see when we read this passage that David worshipped God whether he was happy, sad, worried or excited. No matter what he was going through, he always worshipped God. God even called David "A man after my own heart" (*Acts 13:22*)

David made God the centre of his worship. He didn't make any excuses like we sometimes do. Do any of these sound familiar to you?

"I don't like to sing"; "I don't like to lift up my hands"; "singing is for the babies".

When we bring the focus back to God and remember why we worship God, we won't have any more excuses. So why do we worship God? (*Give the children a chance to answer*)

- He is our Saviour, He died for our sins!
- He is great and mighty!
- He is our Creator and the Creator of everything!
- HE LOVES US!

So you see David knew how much God meant to him and his response to that was getting real in his worship!

David even did something that made people think he had gone CRAZY!

When David was King of Israel, he decided to move The Ark of the Covenant (*which we learnt about last term*) to a special place in Jerusalem. He was so excited along the journey and ordered the crowd to play musical instruments and sing loudly all the way. When they got to the gates of the city, David did something crazy. He danced and sang IN HIS UNDERWEAR and everybody saw!!

And David was dancing before the LORD with all his might" (2 Samuel 6:14).



David didn't even care about what people were saying about him, he was completely focused on God and he was worshipping with his whole self.

So here are some things that David can teach us about worship:

- Worship with a heart like David's, a heart that loves God before anything else.
- Worship God in any situation, no matter what you are going through.
- AND don't be afraid of what people think of you when you worship God!

Let's play a game: It's called Get Real with Worship.

Divide the room into two halves. Label the one side REAL and the other side FAKE. Explain to the kids that they need to choose a side when they hear a statement.

1. I can worship God only at church on a Sunday (F)
2. I can worship God every day (R)
3. I can only worship God when I get what I want and I'm happy (F)
4. I can worship God even when I am sad or disappointed (R)
5. Only the worship singers were created to worship God. (F)
6. God created us all to worship Him (R)
7. I can only worship God if I know all the words to the songs and hit the right notes (F)
8. God doesn't care how I sound, He only wants to hear me tell Him how I feel about Him. (R)
9. True worship is standing up in front of the church with a microphone and a guitar, singing the latest worship song. (F)
10. True worship is when we worship God with our whole heart, mind and body. (R)

4) Review Questions

- a) Who can tell when we are really worshipping God? (*No one except God, He sees our hearts*)
- b) Why do you worship God?

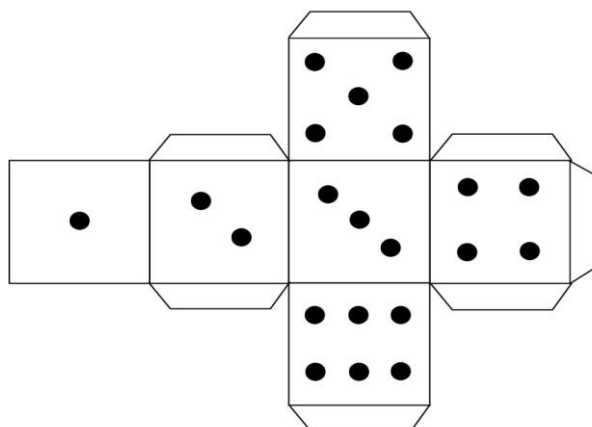
5) Craft

Option 1: Get Real bookmark

Let the children draw or write things on the back of the bookmark why they worship Jesus. Encourage them to play the game by throwing a dice to remind them a way they can worship God every day.



Cut out and stick the flaps to make your own dice.



Lesson 8: Growing Real Fruit

Main focus for the lesson:

- Producing good fruit.
- How do we grow good and real fruit?
- “Growing” the good fruit by being connected to Jesus, by knowing Him, spending time with Him and having the Holy Spirit in our lives.

1) Memory Verse

- Colossians 1:10

“Then the way you live will always honour and please the Lord, and your lives will produce every kind of good fruit. ... you will grow as you learn to know God better and better.”

Idea to teach the memory verse.

Divide into 3 groups, allocate one leader to lead each group:

| GROUP | SAY | ACT |
|-------|--|--|
| One | Then the way you live will always honour and please the Lord | Have arms raised and look up to the sky |
| Two | and your lives will produce every kind of good fruit. | Use hands to motion every by making a big circle and then thumbs up for good fruit |
| Three | you will grow as you learn to know God better and better. | Start crouching down and stand up as you are saying the words |
| ALL | Colossians 1:10 | Mimic opening a book with your hands and display the numbers with your fingers. |

Do this a few times, get them to do it louder or faster etc

2) Hands on

Making Fruit Salad – which one would you rather eat?

For the Hands On, you will need to have a mixture of plastic fruit and real fruits. Try and get the same types (Apples, Bananas, Oranges, Grapes etc.)

Tip: Use cheap fake fruit as you will be cutting some of it up.

What you will need:

- 2 Empty bowls
- 1 Knife
- 1 Chopping Board
- 1 Bowl of fresh fruit (apples, bananas, grapes, oranges etc.)
- 1 Bowl of plastic/fake fruit (same fruits as the fresh fruit)

Have a leader dressed as a chef about to do a cooking show. The chef can ad lib if they are confident to do so or follow this basic script:

| | |
|------|---|
| Chef | It's wonderful to have you all here today children. Are you ready to see what tasty treat we have lined up for you today? Today we are going to make a healthy, delicious fruit salad. |
|------|---|

| | |
|---------------|--|
| | For the fruit salad, we need a bowl (<i>show empty bowl</i>) for the chopped fruit, a chopping board (<i>show chopping board</i>) and a knife (<i>show knife</i>).... Hmmmm, what am I forgetting? Oh yes, the fruit! (<i>Take out the bowl of plastic/fake fruit</i>) (<i>The children may already start making comments about the fake fruit, you must ignore it</i>) |
| Chef | Yummy, look at this delicious fruit.... Some of my favourites... (<i>list fruits you have and show them off, smell them and lick your lips – make a big show</i>) Let's start making the fruit salad (<i>get one of the plastic fruit and start cutting it, look concerned when it is hollow inside but just shrug it off – you can make comments about thinking the fruit may be past its best before date or things like that – ignore the children when they are shouting that it's not real</i>) |
| Other leaders | Make comments and get the children shouting that isn't real fruit etc |
| Chef | I just want to taste this delicious fruit (<i>take a piece of the cut up plastic and almost put it into your mouth</i>) |
| Other leaders | Shout "NO don't do that, it's not real fruit!!!" (<i>Nominate one leader to shout this aloud</i>) |
| Chef | (<i>drop the fruit and look disgusted!</i>) What do you mean it isn't real fruit? It looks like real fruit? ask children... How do you know its not real fruit? (wait for answers... it's plastic, fake etc) (<i>Shake head and act coy</i>) Oh dear children, I am so silly. I was using the wrong fruit! (<i>Take out bowl with the real fruit</i>) This is more like it. |
| Chef | I don't know about you, children, but I would much rather eat a real fruit salad than a fake fruit salad. Today, in class, we will be learning about real, good fruit – not fruit that you can eat, but fruit that other people can see in your life. |

3) Bible Story + Lesson:

For this lesson, you can do the craft at the same time as it will work well for the lesson and to keep the children engaged.

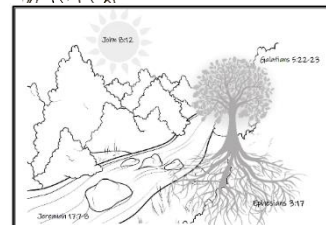
Each child should have a pack with the following:

- A piece of A4 white paper/board
- A tree picture
- A sun picture
- Glue and some pencils



Leaders note:

- **Prepare your picture beforehand so the children can see what the finished picture will look like.**
- **For older children, let them write out the scripture references for the different pictures and they can also look up the scriptures during the lesson.**
- **For young children, you can have the full picture printed and let them colour it in while you are teaching.**



Can you remember the memory verse? Let's all repeat it together...

Colossians 1:10

Then the way you live will always honour and please the Lord, and your lives will produce every kind of good fruit.... you will grow as you learn to know God better and better.

Today we are going to look at how we can grow REAL fruit in our lives and to help us learn about growing fruit in our lives, we are going to pretend that we are trees.

Can you show me what a tree looks like – act like a tree by using your arms as branches and waving them around, let the children show you how they act like a tree.

First, let's look at where is the best place for a tree to grow... which of these pictures do you think shows the best place for a tree to grow?



Yes, the river picture, why do think that? *(Let the children give answers... near water, can grow big, the desert is too hot, not enough water etc)*



What about us? Where is the best place for us to be planted in order to grow and bear fruit?

Let's take a look what it says in the Bible:

Jeremiah 17:7-8

"Blessed is the man who **trusts in the Lord**, whose trust is the Lord . **He is like a tree planted by water**, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit."

The first step to growing real fruit is to be planted in the right place, and for us that means we need to start with a relationship with Jesus. We need to invite Him to be the Lord of our lives and to accept Him as our Saviour and we need to follow Him and trust Him. Just like the verse we read says, then we will be like a tree planted by water and we will bear fruit.

Let's take out our piece of paper and draw a river and a place to plant the tree.

Now that we know where we need to be planted, let's look at some of the things we need to grow...

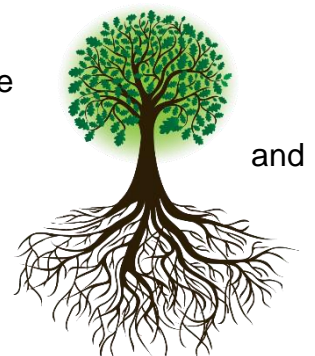
Take out your tree and stick it by the river that you have drawn.

What can you notice about this tree? Can you see how deep the roots of the tree go down?

Roots provide support for the parts above ground, holding the tree upright, keeping it from falling over in high wind.

Roots take in water, and nutrients, from the soil.

So for us as trees, what should we be rooted into?



Let's look in the Bible and see what it says:

Ephesians 3:17

'Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into **God's love** and keep you strong.'

Yes, we must be rooted into God's love.

Draw some hearts around the roots to represent God's love.

These hearts remind us that when we know Jesus and He lives in us, our roots will grow deep into God's love and that will keep us strong.

What else do trees need to grow? Trees need sunlight!

Stick the sun onto your picture. The sunlight helps the tree to produce food for itself. It is very important that the tree has sunlight for it to live.



And what about us? Let's read in the Bible what light we need...

John 8:12

'Jesus spoke to the people once more and said, "**I am the light of the world.** If you follow me, you won't have to walk in darkness, because you will have the light that leads to life.'"

When we follow Jesus we will walk in the light and we will have life. Just like a tree needs the light to grow, we need to be in Jesus' light to have life. Did you know that some plants like sunflowers actually move and follow the sun as it rises and sets? We should be like those sunflowers and always keep our eyes on Jesus.

There is just one thing missing from our pictures... do you know what it is?

Let's recap, our tree is planted right by the river, it has deep roots and is in the sun; that means that it is ready to grow and bear fruit – let's draw some fruit on our tree.

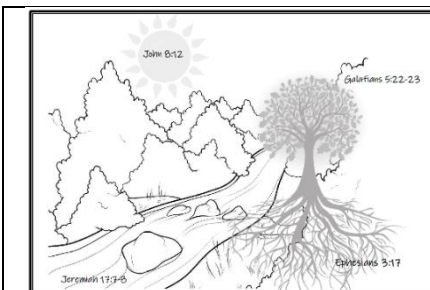
Fruit takes time to grow, it doesn't appear over night. And the fruit in our lives is also like that, we need to continuously be following Jesus, reading the Bible, praying and spending time with Jesus so that we will be like a tree that doesn't stop bearing fruit.

Next week we will be learning even more about real fruit... we will learn about the type of fruit that we can grow in our lives.

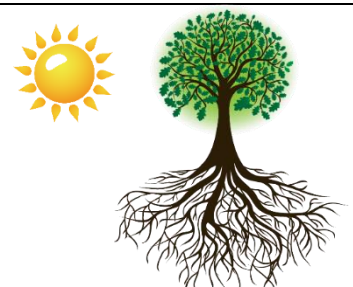
4) Review Questions

- a) How do we grow real fruit in our lives? *(We need to start with a relationship with Jesus, be rooted in God's love and follow Jesus as He is the light)*

5) Craft



Option 1: Colouring Page or drawing and sticking activity done during the lesson.



Lesson 9: Showing Real Fruit

Main focus for the lesson:

- What fruit do we grow?
- Are we showing others the good fruit in our lives?
- The fruit of the Spirit.

1) Memory Verse

- Galatians 5:22-23

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!”

Teach the memory verse using the actions from the video and getting the children to try and say it by just following your actions.

<https://www.youtube.com/watch?v=fwWO4qhntt4>

| | |
|------------------------------------|--|
| But the Holy Spirit | Hold both arms up |
| produces this kind of fruit | Point both arms forward |
| in our lives | Point both thumbs at yourself |
| Love | Make a heart with your fingers over your chest |
| Joy | Use your fingers to make a smile on your face |
| Peace | Put your hands together like praying hands |
| Patience | Keep hands together and fold fingers over each other |
| kindness | Hug yourself |
| Goodness | Two thumbs up |
| Faithfulness | Hold your hands together over your heart |
| Gentleness | Stroke your one hand with the other |
| And self control | Use both hands to indicate “stop” |

Or you can use the giant bunch of grapes from the Hands-on game and have the children read the different fruits to you.

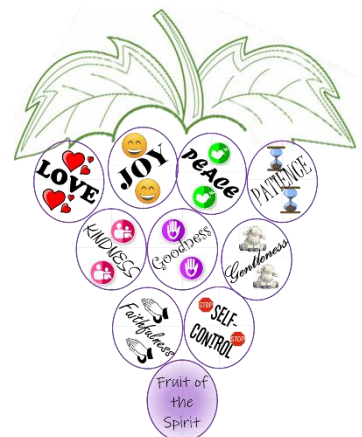
2) Hands on

Before going inside, play this game/puzzle building.

From the Media pack, cut out the different large “grapes” into 4 pieces each, and hide all the puzzle pieces in the garden or hall for the children to find (*There will be 40 pieces altogether*)

Stick the big grape stalk on the wall and as each grape puzzle is finished stick it onto the bunch – keep the fruit in the same order as the Bible verse.

You can use this to help you teach the memory verse.



3) Bible Story + Lesson: Showing real fruit

Note to leaders: For the lesson, you will need to have a bunch of real grapes and a bunch of fake grapes.

Last week we learnt all about how to grow real fruit in our lives, this week we will look at what type of fruit should be growing and showing in our lives.

Ask the children to repeat the memory verse.

Galatians 5:22-23 ""But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!""

That is quite a long list! Do you think you could remember them all? The interesting thing is that while this is a list of different things, they are bunched together, just like a bunch of grapes. You can eat one grape at a time (*have one grape ready to pop into your mouth*), but don't you prefer having a whole bunch (*you can show them the whole bunch*) – I'm sure that's why God created them that way. God wants to help us, through the Holy Spirit, to have all these characteristics in our lives so that others will want to know Him too.

In the Bible verse, it tells us that the HOLY SPIRIT produces this fruit in our lives. This is not fruit we can grow on our own. Let's take LOVE for example, we can try as hard as possible to really love everybody, but it is impossible to do it by ourselves. And what about being PATIENT? It isn't easy to be patient all the time. The fruit we try to produce on our own is like this bunch of fake grapes; it may look like the real thing, but it isn't.

Just like you could easily see which fruit was real and which fruit was fake, people will quickly see if the fruit in your life is real or if it isn't.

Note to leaders:

- *For older children, get them to look up some of the verses.*
- *For the younger children, perhaps pick one or two of the fruit to talk about.*
- *You will notice a lot of repetition of the statement after the verse, this is to really help the children remember that it is not our own doing, it is the Holy Spirit in our lives that produces the fruit, not in our own strength.*
- *Ask the children to share times where the Holy Spirit has helped them in these areas and share some testimonies of when you have experienced the Holy Spirit helping you.*

Let's take a closer look at each of these grapes and see what the Bible says about them:



The first grape is LOVE:

John 15:12 "This is my commandment: Love each other in the same way I have loved you."

1 Corinthians 13:4-7 'Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every

circumstance.'

We can love others because God first loved us. Remember, we don't have to try and love others by ourselves, the Holy Spirit helps us and produces this love in our lives.

The next grape is JOY. Joy is a God given cheerfulness that doesn't change if good or bad things happen. Joy comes from being with God and even during tough times, we can remain joyful.



John 15:11 "I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! "

Nehemiah 8:10b "the joy of the Lord is your strength."

Remember, just like Jesus told us in John 15:11, we are filled with His joy; His joy fills us, so we can have gladness all the time and His joy gives us strength to get through tough times.

The next grape is PEACE. We have true peace by trusting in God. His peace helps us to not be frightened or anxious about anything.



Isaiah 26:3 'You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!'

Philippians 4:7 'Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.'

This peace gives us freedom from being scared or nervous because we know that God is in control. That means that people will look at us and wonder how we can have such peace even when things are going wrong, and that is when we can tell them that we have peace from God because He is producing it in our lives.

Then comes PATIENCE. How many of you find it difficult to be patient?



Ephesians 4:2 'Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. '

Patience is giving grace to others (even people that we find difficult to get along with) and loving them even when they make mistakes. God is the perfect example of patience, He loves us and shows us grace even when we mess up over and over again. Just like the other grapes we have spoken about, the Holy Spirit produces this patience in our lives – we don't have to struggle on our own.

Our next grape is KINDNESS.



Philippians 2:3-4 "In whatever you do, don't let selfishness or pride be your guide. Be humble, and honor others more than yourselves. Don't be interested only in your own life, but care about the lives of others too."

Kindness is valuing others above myself by being welcoming, loving, considerate, and understanding. When we show kindness to others they will see Jesus shining through us. The Holy Spirit will also help us to be kind even when it is not easy to be kind to someone.

Next is GOODNESS.



Philippians 2:13 'for it is God who works in you, both to will and to work for his good pleasure. '

Goodness copies Jesus' actions. Jesus showed love, forgiveness, honesty, kindness and honour towards others. Goodness is only possible with the Holy Spirit at work in our hearts.

The next grape we will stick on the bunch in FAITHFULNESS. Faithfulness is being trustworthy and loyal in my relationships – with God and with others.



Psalms 33:4 'The Lord's word is true, and he is faithful in everything he does. '

God is faithful, He never breaks His promises. We have His example to follow in our relationships with others and because we have the Holy Spirit helping us, we can show faithfulness too.

The second last grape is GENTLENESS.



Proverbs 15:1 "A gentle answer makes anger disappear, but a rough answer makes it grow. "

Gentleness is being loving, caring, and peaceful in everything you say and do. When we are gentle with people, they will feel God's love for them through us.

And just like the other grapes, the Holy Spirit works in our hearts to produce gentleness.

The last grape is SELF-CONTROL.



2 Timothy 1:7 "for God gave us a spirit not of fear but of power and love and self-control."

What is self-control? It is when we say no to things that are not good for us. It is listening to the Holy Spirit prompting us to do the right thing and not react in the wrong way. Self-control is when we can run away from temptation and keep focusing on Jesus and living the way He has called us to live.

Ask the children: "Do you have to try and do this all on your own?" (No, we don't.)

Ask the children: "Who helps us and produces this fruit in our lives?" (The Holy Spirit.)

When we have a relationship with Jesus, the Holy Spirit lives in us and He is always helping us. The fruit that He produces in our lives will show others how wonderful and amazing God is, and then they will want to know Him too.

4) Review Questions

- What fruit does the Holy Spirit produce/make in our lives? (*love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control*)
- Do we have to try and do all of this on our own? (*no it is the Holy Spirit who helps us and He produces this fruit in our lives.*)

5) Craft

Option 1: Grape bunch

The children can build their own bunch of grapes (they can even do this while you are teaching)



Option 2: Crossword



For free Bible resources and Teacher Packs including coloring pages, worksheets, quizzes and more visit our website "biblepathwayadventures.com"

Option 3: 3D Grape bunch

Get creative and make a bunch of grapes with tissue paper or cardboard. Let the children write the memory verse next to the bunch of grapes.



Lesson 10: Get real with God's Truth

Main focus for the lesson:

- God's word is Truth.
- Jesus is the Way, the Truth and the Life.
- The Bible helps us recognise the truth from lies.
- We need to know God's Truth and allow it to guide our actions and decisions.

1) Memory Verse

- John 8:31 – 32

“Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.”

Idea to teach the memory verse.

For the older children, use the Hands on section game - Option 1.

For younger children, play stuck in the mud. To free someone, the child needs to repeat, “John 8:32 And you will know the truth and the truth will set you free”.

2) Hands on

Game Option 1: Ready, Set, Get Real with Truth (Stuck in the mud)

John 8:31 - 32

Jesus said to the people who believed in him, “You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.”

Requirements for the game

- Bibles
- Truth & Lies stepping stone cards (See media pack)



Set up

- Divide the children into teams. Each team needs to choose one person to go through the Truth and Lies Stepping stone path. The rest of the team will look up the scriptures.
- For each team, Set up a path with 2 rows of cards - make sure for each step, there is 1 Truth and 1 Lie.

Playing the game

- One person from each team will start by moving through the path. by choosing a card. If they choose the lie, the player gets “Stuck” until their teammates read the scripture to help him/her get unstuck. They can then move onto the next choice.
- The first team to complete the path wins.

Game Option 2: Choose Truth

Leader: ‘Today we are going to play a game. I am going to tell you three things and you need to tell me which one is a lie.’

Give your examples and have the children vote on which one doesn't fit. Play for a few rounds.

Give some examples from the Bible.

Jesus was born in Bethlehem. (True)

Genesis is the first book in the Bible. (True)

Moses built the ark. (False - Noah built the ark)

Discussion:

Ask the children if all the lies were easy to spot. Ask them why.

(some reasons might be that they heard the lies before, or they thought that the lie was in the Bible, or the lie sounded like the Truth)

Ask the children how they can be certain of the truth? (By reading and know God's word, the Bible)

Isn't it wonderful that we can know God's word? Our memory verse says that if we remain faithful to Jesus' teachings, we will know the truth! And that truth will set us free.

3) Bible Story + Lesson:

Sometimes people can have a hard time telling the difference between the truth and a lie, and sometimes that makes it difficult for us to do what is right.

Jesus faced choices just like we do. We can choose whether to do what is right or what is wrong. Jesus always chose to do what is right.

Psalm 119:105

'Your word is a lamp to my feet and a light for my path.'

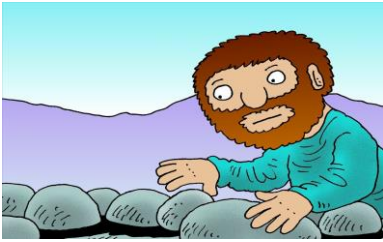
This means that the Bible can show us the way to go when all seems dark. When we are faced with tough choices, the Bible can give us the wisdom we need to make the right choice. Let's look at a story from the gospel of Matthew where Jesus used God's word to light his own path.

Today's Bible story comes from Matthew 4:1 - 11.



After Jesus was baptised, the Holy Spirit led Jesus into the wilderness for forty days and forty nights so that He could be prepared for what was to come. Jesus was about to choose His disciples and travel all over preaching the good news of salvation. He knew how important this was, so He wanted to make sure there weren't any distractions. Just Jesus and God talking to each other. No food. No drink. No friends. No distractions.

Can you imagine that? 40 days of talking to God with no distractions. But it also meant 40 days with no food. Jesus was VERY hungry.



During that time the devil came and said to Him, "If you are the Son of God, tell these stones to become loaves of bread." He told Jesus to use God's power to turn some stones into bread.



But Jesus said, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" This means that a person's life is more than just eating food. Real strength and satisfaction comes from obeying God's Word.



The devil tried to tempt Jesus again. 'Throw yourself off a high place because God has said that the angels will catch you.' Again, Jesus did not do what the devil told Him. Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple, and said, "If you are the Son of God, jump off! For the Scriptures say, 'He will order his angels to protect you.

And they will hold you up with their hands so you won't even hurt your foot on a stone.'



Jesus said, 'It is written, don't test the Lord your God.' The devil knew what God's Word said and he tried to trick Jesus, but Jesus knew God's word too. He knew the truth. Jesus chose to do what was right. A God you trust does not need to be tested.



Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. "I will give it all to you," he said, "if you will kneel down and worship me."

Then the devil showed Jesus the power and wealth of all the kingdoms in the world. 'The power of these kingdoms is mine to give if you will bow down and worship me,' he said.



'Get away from me Satan,' Jesus commanded. 'God is the only one you must worship.' Jesus resisted temptation and made right choices. Then He began to teach and heal people.

Jesus had a choice to believe the lies of the devil, or God's truth. When He was tempted in the wilderness. He used God's word to combat the lies of satan, even when satan tried to twist the scriptures into a lie.

Jesus had God's word hidden inside His heart so that He did not sin against God. (Psalm 119:11, 'I have hidden your word in my heart, that I might not sin against you.')

Jesus was ready for the devil. He was ready because He knew God's message, Bible. Jesus wasn't just firing back with random words. Jesus answered every word the devil spoke with words from the Old Testament. The Bible gave Him an answer for the devil and the wisdom to make the right choice.

The Bible helps us recognise the lies that the devil wants us to believe, about ourselves, our friends, God's promises, and even God. If we take the time to memorize God's Word, we will be able to give an answer to our tempter and to the people who try to get us to do wrong. God gave us the Bible to light our path in every situation, but it's up to us to fill our minds with God's Word so we can make those wise choices.

Jesus says, "I am the way, the truth, and the life. No one comes to the Father except through me." (John 14:6)

When we know Jesus, we know the way, we know Truth and He gives us life.

4) Review Questions

- What are some of the truths that help you remember that God loves you. (e.g. God will never stop loving me. God's love is everlasting. Jesus died for me while I was still a sinner. God made me for a purpose)
- How can you get to know more truths? (*reading the Bible*)

5) Craft

Option 1: What's True?

WHAT'S TRUE?

Colour in the sentences that are true. Scribble out the lies.

I am loved. I am not important.
God speaks to me. I am a child
of God.
I am wonderfully made. I should
be afraid.
I was made by God. I am a friend
of God. I am too small to talk to
God. Jesus died for me. I can
worship Jesus anytime of the
day. God always hears me when I
pray. Jesus died to forgive me.
Nobody loves me. Jesus is
always with me.

Option 2: God's Word colour page

GOD'S WORD IS THE TRUTH



Lesson 11: Get real

Main focus for the lesson:

- Re-cap what we have learnt this term.
- Encourage children to let what they have learnt this term, change their hearts.

1) Memory Verse

- Proverbs 8:17

"I love those who love me, and those who seek me find me."

Idea to teach the memory verse.

Write the memory verse onto some hearts and hide them around the venue. When they find one, they all repeat the memory verse.

2) Hands on

Prepare a real/fake pot plant beforehand.

For the soil make up chocolate pudding mix and cover it in crushed Oreos. Place a real flower and a fake flower into the "soil". Cover the stems with foil so you don't ruin the pudding.

This term we have learnt about having a real relationship with God. Hopefully by now you are able to spot what is real and what is fake. *Go through some of the items used during this series.*



Can you spot anything that is fake in this pot plant? *Yes, it was easy to spot the fake flowers.* The real flower looks more beautiful and even gives off a beautiful fragrance.

Which do you think God wants your relationship to be like? Fake? Or real, living, that gives off this sweet fragrance? *Real!*

But now I want to show you something else that you all missed. *Take a spoon and eat a spoonful of the soil.*

You didn't even notice that the soil was fake too! Those are the things in our lives that we think are ok, but we are missing out on the so much more that God has for us.

I think my worship is fine, but God is saying you are just singing songs you are not praising me. I say my prayers before every meal and at night before bed, but God is saying I am speaking to you all the time and you are not listening.

I love God, but God is saying please love me first before everything else.

So how can we spot what is real and what is fake?

Come and look a little closer at the pot plant. Now can you see that it is fake?

If we want to truly know what God is asking of us and what He wants from us, then we need to get a little closer. We have to actually look for God.

And like our memory verse says today ... those who seek God **will** find Him.

3) Bible Story + Lesson:

The Parable of the Farmer and the Seeds – Saddle Back kids:

https://www.youtube.com/watch?v=IZEO_Ls2ERs

Watch the clip together so the children get an understanding of the parable.

Explain that this term we have learnt a whole of truths, not just from your leaders, but from the Bible. That is God's word telling you how to have a real relationship with Him. NOT a fake one. All these people in the parable heard the same truth from God but not all grew closer to God and kept a real relationship with Him. You see the soil represents our hearts.

3 of them had hearts filled with sin or loved other things more. These 3 did not let God's word change their heart. Only one had a heart that listened, understood and then let God's word change their heart.

Are you ready to let God's word change your heart?

Make the flower craft with them to remind them of how to have a real relationship with God.

4) Review Questions

- a) What have you learnt this term?
- b) How has it changed your heart?

5) Craft

Option 1: Baking activity

Let the children make flowers using cut up marshmallows and biscuits. Put some of your "dirt cake" on the bottom as the soil.



Option 2: Folding FLOWERS

Give each child a flower template. Lay out all the craft, object, story pictures and other media that you used this term.

Let them work in pairs or small groups to try and fill each petal with something that they learnt this term.

Remind them to let what they have learnt change their hearts!

