

Guidance from the  
book of Ephesians.



**WALK  
HIS  
WAY**

**Walk in a manner worthy of the call.**

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## **WALK HIS WAY**

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## Letter to the leaders

When we truly understand who Jesus is and what He has done for us, it becomes so easy for us to trust, believe and love Him. And when we truly love Him, we want to live a life that pleases Him and shows others that we love and follow Him. But how do we live like that? How do we know what to do? Or what pleases God?

Isaiah 30:21 tell us...

<sup>21</sup> Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

Not only do we have the Holy Spirit leading and guiding us His way but we also have the perfect example of how to live – as seen in the life of Jesus. Our encouragement to the children is to do their best to **Walk His Way!** This is why many of our lessons will consider how Jesus approached situations and what He directly taught us. Take care to not let children feel like failures when they get it wrong, as we all of course do. Thankfully our God is so loving and forgiving.

The Bible, specifically the book of Ephesians, will also be our guide on how to **Walk His Way!** God inspired Paul to write a letter to the Ephesian people. Paul was in prison at the time for telling others about Jesus but still loved Him so much that he let nothing stop him from teaching others about Jesus. In his letter he begs the people to live a life worthy of their calling or plan God has for them.

Do you think Jesus wants us, and the children we teach, to live a life worthy of the plan God has for them? Of course He does. And the book of Ephesians is filled with warnings, advice, examples and ways on how to do this. Isn't God so wonderful that He doesn't just leave us to keep on making mistakes but instead tells us exactly the way to go.

Please take the time to read Ephesians and get an overview of what God is saying.

<https://youtu.be/Y71r-T98E2Q> *The Bible project: Overview of Ephesians* is worth watching too.

Over the page are some key verses from the book of Ephesians that we feel are important to consider in the lessons for this series.

Our prayer is that every one of us ends this series changed. We no longer walk our way but desire and choose to actually **WALK HIS WAY!**

Print out these footprints to help the children remember how to **WALK HIS WAY!**



Ephesians 1:12,14 <sup>12</sup> God's purpose was that we Jews who were the first to trust in Christ would **bring praise and glory to God.** <sup>13</sup> And now you Gentiles have also heard the truth, the Good News that God saves you. And when you believed in Christ, He identified you as His own by giving you the Holy Spirit, whom He promised long ago. <sup>14</sup> The Spirit is God's guarantee that He will give us the inheritance He promised and that He has purchased us to be **His own people.** He did this **so we would praise and glorify Him.**

Ephesians 2:8-9 says <sup>8</sup> God saved you by His grace when you believed. And you can't take credit for this; it is a **gift from God.** <sup>9</sup> Salvation is not a reward for the good things we have done, so none of us can boast about it.

Ephesians 2:10 <sup>10</sup> For we are **God's masterpiece.** He has created us anew in Christ Jesus, so we can do the good things **He planned** for us long ago.

Ephesians 3:12 <sup>12</sup> Because of Christ and our faith in Him, we can now **come boldly and confidently into God's presence.**

Ephesians 3:17-18 <sup>17</sup> "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. <sup>18</sup> And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep **His love is.**"

Ephesians 4:1-2 <sup>1</sup> Therefore, I, a prisoner for serving the Lord, beg you to **lead a life worthy of your calling,** for you have been **called by God.** <sup>2</sup> Always be humble and gentle. Be patient with each other, **making allowance for each other's faults** because of your love.

Ephesians 4:3 <sup>3</sup> Make every effort to keep yourselves **united in the Spirit,** binding yourselves together with **peace.**

Ephesians 4:24 <sup>24</sup> *Put on your **new nature, created to be like God—truly righteous and holy.***"

Ephesians 4:31-32 <sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behaviour. <sup>32</sup> Instead, be kind to each other, tenderhearted, **forgiving one another, just as God through Christ has forgiven you.**

Ephesians 5:1 <sup>1</sup> **Imitate God,** therefore, in everything you do, because you are **His dear children.**

Ephesians 5:2 <sup>2</sup> Live a life **filled with love,** following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.

Ephesians 5:10 <sup>10</sup> Carefully determine **what pleases the Lord.**

Ephesians 5:13 <sup>13</sup> But **everything exposed by the light** becomes visible—and everything that is illuminated becomes a light.

Ephesians 5:15-17 <sup>15</sup> So be careful how you live. Don't live like fools, but like those who are wise. <sup>16</sup> **Make the most of every opportunity** in these evil days. <sup>17</sup> Don't act thoughtlessly, but **understand what the Lord wants you to do.**

Ephesians 5:19 <sup>19</sup> singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. <sup>20</sup> And **give thanks for everything to God** the Father in the name of our Lord Jesus Christ.



# Lesson 1: Walk His way

## Main focus for the lesson:

- God wants us to Walk HIS Way, with Him.
- Sin separates us from God, and only our Saviour Jesus is the way to be with God again.

## 1) Memory Verse

- 1 John 2:6

***“The one who says he remains in Him should walk just as He walked.”***

## Idea to teach the memory verse.

*Set up a playing area with a finish line (Tape on the floor, a wall to tap, etc.)*

*Have the children get into small groups. They need to hold hands with their group members and they are not allowed to let go.*

We are going to walk to the finish line saying the verse all together, but you need to walk with your group members. You have to cross the finish line at the same time.

*Have the children walk in different ways: Each time they can collect a piece of the verse that they will use to make the Option 1 craft.*

- *Tip toe*
- *Slow motion*
- *Backwards*
- *Three-legged walk*
- *Like they are walking through sticky mud*
- *Running over hot sand*

*Shorten the verse that everyone repeats together to be, “Walk as He walked. 1 John 2:6”*

## 2) Hands On

Have you ever seen pictures of cakes that people expected to bake and then the cakes they actually baked? They're called "Bake Fails". Let's have a look at some of those. I'm going to show you some pictures like that of some cakes and I want you to tell me if you think the bakers followed the recipe and the plan EXACTLY.

*As you're showing the children the images ask them:*

- Do you think this person did the job right?
- Do you think they needed help?
- Do you think they maybe needed a professional baker to show them how to do it?
- Would you be happy with this cake at your party?



### 3) Bible Story + Lesson

The very first thing we read about in the Bible is how God made everything. He made the incredible big universe to the tiniest of insects and He made you. In Genesis 1:31 it says,

"Then God looked over all He had made, and He saw that it was very good!"

So we can see from this verse that God was pleased with everything He had made. He had made Adam and Eve and He had given them a home in the garden of Eden. The Bible tells us that God walked in the garden in the cool of the day. That means that Adam and Eve would have been able to spend time with God face to face. How amazing is that?

But something happened. Something bad that changed everything. You see, God had given Adam and Eve only one rule and that was not to eat the fruit of the tree growing in the middle of the garden, otherwise they would die. The serpent/enemy deceived them, and he led them to doubt what God had said. They chose to do things their own way. They chose rather to follow their own opinions and they ended up in a messy situation. Because of their disobedience, sin and brokenness entered the world. Because of that there was a separation between God and man. And there was nothing Adam and Eve could do on their own to fix that separation. They needed a Saviour!

*(Don't ask the children to raise their hands. We are not trying to embarrass or make them feel judged)* Think about your own life: have you ever done something wrong? Have you ever told a lie or taken something that wasn't yours? Have you ever not listened to and disobeyed instructions?

I know I have done things wrong and because of me doing things my own way I have sinned. Sin has caused a separation between me and God. The Bible tells us in Romans 3:23, "For everyone has sinned; we all fall short of God's glorious standard."

All of us have made mistakes. Whether we meant to or not, our sin separates us from God. There is only **one way** to fix that. We need a Saviour!

God knew that we would need a Saviour and **right after** Adam and Eve sinned God made a promise to send His son Jesus (Genesis 3:15). **Jesus would come and pay the price for our sins so that the separation between us and God would be removed, and we could be with God again.**

On the day Jesus was crucified, there were two men that were also being crucified. These men were criminals! I want to read the conversation between Jesus and these two men from Luke 23:39-43 *(Read straight from a Bible and have the children follow along in theirs too)*

(NLT) One of the criminals hanging beside Him scoffed (mocked), ("So you're the Messiah, are you? Prove it by saving Yourself—and us, too, while You're at it!" But the other criminal protested, "Don't you fear God even when you have been sentenced to die? We deserve to die for our crimes, but this man hasn't done anything wrong." Then he said, "Jesus, remember me when you come into your Kingdom.")

And Jesus replied, "I assure you, today you will be with Me in paradise."

Many people believe that by being good and following all the rules they will be able to fix the separation between them and God. But this moment on the cross shows us that simply recognising Jesus as God's son and believing in Him, is what saves us. It's not about anything we can do but all about what JESUS HAS ALREADY DONE.

The thief on the cross didn't get baptised. He didn't tell anyone about Jesus. He didn't read the Bible. Yet, Jesus says to him that he will be with Jesus in paradise, in Heaven.

All of those things are good things and God wants us to do those things. Once we recognise who Jesus is, that He is our Saviour, and we accept Him, we have a place/ a home in Heaven. We are now a part of God's family. Now if we are a part of God's family then that means we get to spend every day with God and learning more about Him: Praying and talking to Him, reading the Bible (God's word that He has given us), we get to meet with other members of our church family and celebrate and worship God together.

God's plan was and will always be for us to be close to Him and walk with Him. That's why He sent Jesus. When we live our lives our own way, following our own ideas and opinions, it's similar to the people who baked their cakes but didn't follow instructions or ask for help from the real bakers.

How amazing that we have the Bible full of God's word and instructions on how to walk His way. We also get to ask God at anytime and anywhere how to do things God's way and He will not only tell us but actually help us. He will walk His way with us.

In this series we are going to learn more about how we can live and walk God's way.

#### 4) Review Questions

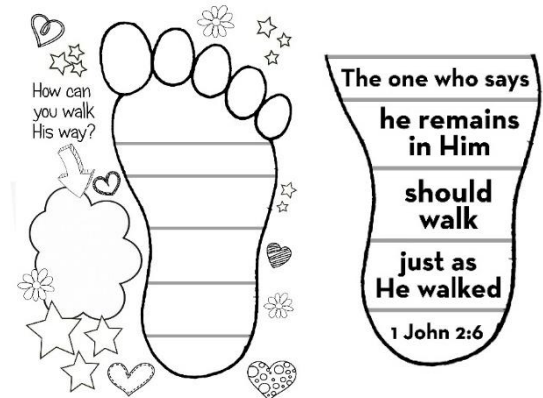
a) Will you choose to accept Jesus and walk His way?

*(Use this opportunity to pray with children and lead them in a Salvation prayer. If the children respond be sure to follow up with them. Ask them if they have any other questions. Inform their parents of the decision they have made. Encourage the children to go and tell 3 or more people (friends, family, neighbours) about the decision they have made to accept Jesus).*

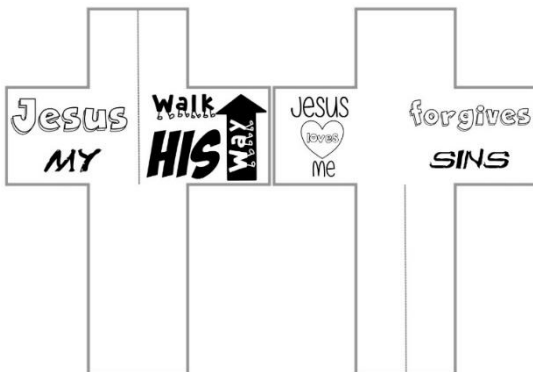
#### 5) Crafts

##### Option 1: Footprint Bible verse

Have the pieces cut out which the children then add to their footprint to rebuild the verse. See the memory verse game for fun ideas on how to collect each piece.



##### Option 2: Walk His Way Cross



Cut along the dotted line and slip the two crosses into one another so that the one side reads "Jesus forgives my sins".

## Lesson 2: Walking with purpose

### Main focus for the lesson:

- God has chosen us to be part of His family.
- Our purpose as part of God's family is to give praise and glory to Him.

### 1) Memory Verse

- 1 Corinthians 10:31

***31 So whether you eat or drink, or whatever you do, do it all for the glory of God.***

### Idea to teach the memory verse.

Write out each word of the verse on a piece of paper/ paper plate. Hand these out to some children and ask these children to come to the front of the room.

The rest of the children remain seated, but they have to rearrange the children in the front to unscramble the verse. Go around the room allowing one child at a time to make one change. For example, "Sam needs to move up to the spot before Andy."

See how few moves will be required to organize the children in order. Once the verse has been unscrambled have everyone read the verse out loud a few times.

Scramble the children or the papers and repeat this game several times to allow all the children to participate.

### 2) Hands On

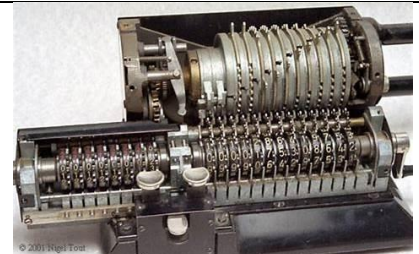
For fun have the pictures out on arrival and see if the children can guess what the purpose of the following items are.



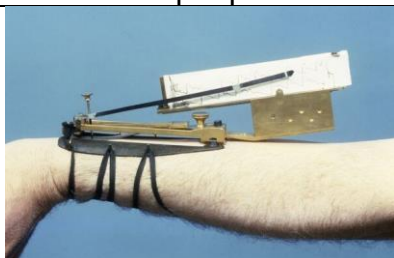
Old fashioned telephone used to call people.



A candle snuffer used to put out the flame of a candle.



Mechanical calculator



A sphygmograph which is an instrument that produces a line recording the strength and rate of a person's pulse.



These stiffy discs were used to store data for computers much like USBs are used today.



A walkman which was used to play music using tapes.





Chatelaines were worn around the waist of rich housewives and had all the things they would need.



Chamber pot was put next to your bed at night in case you needed the toilet.



An old fashioned video camera.

Before you start the lesson make sure that they children understand what the word “purpose” means. You can do this by bringing in a whole lot of items for them to name its purpose and then demonstrate it doing this.

Here are some examples.

A sharpener – the purpose of a sharpener is to make the pencil sharp (demonstrate).

A cup – the purpose of this cup is to hold our juice. (demonstrate and pour the juice into the cup)

What happens when we try and sharpen the pencil using the cup. Does it work? No, because that is not the purpose it was created for.

What if we try and use the sharpener to hold the juice? (*it's okay to make a mess just have a tray or cloth ready to clean it up!*) Did that work? No! Why? Because that is not the purpose it was created for!

Did you know that God has created you with a purpose? And when we don't do the things He has created us for it is as ridiculous as trying to use a sharpener to hold my juice.

Let's listen to today's story and find out more about our purpose!

### 3) Bible Story + Lesson

Did you know that God chose us to be part of His family? And as His family, He has a purpose for us? Hang on? But what is our purpose? How do I know what to do if I don't even know what my purpose is?

Let's take a look at Ephesians 1:12 and see if you can find out why we were chosen to be part of His family and what God wants us to do.

<sup>12</sup> God's purpose was that we Jews who were the first to trust in Christ would bring praise and glory to God.

And later in verse 14 it says it again that God made a way for everyone to be part of His family by believing in Jesus and “He did this so we would praise and glorify Him.”

So what is our purpose? To bring praise and glory to God. That means when people look at us they will see how great and amazing God is. And God even tells us that He wants His family to be scattered all over the world bringing praise and glory to Him.

So let's meet the Babylonians. They are also people that have been chosen by God to be part of His family and so what should they be doing? *Bringing praise and glory to God.*

*Walk with the children to another part of the venue where you have a tower already set up. It can be made of cups, boxes, chairs or whatever you can find.*

What have the Babylonians been doing? Let's read Genesis 11:4 and find out.

Then they said, "Come, let's build a great city for ourselves with a tower that reaches into the sky. This will make us famous and keep us from being scattered all over the world." (Genesis 11:4)

Hold on! They are trying to make themselves great and famous instead of God – is that their purpose? No, our purpose is to **bring praise and glory to God.**

And the Babylonians would have known that God wanted to them to be scattered all over the earth bringing praise and glory to God everywhere – but they chose to not follow God's purpose for them.

What do you think God should do?

Let's read Genesis 11:7 and see what God did next. He said, "Come, let's go down and confuse the people with different languages. Then they won't be able to understand each other." (Genesis 11:7)

Wow, that was very kind of God. He could have punished them but chose to make it so they couldn't understand each other and so it was impossible for them to keep on building the tower. Eventually the people all moved away and were scattered across the earth.

So let's take a look at some other people chosen by God. *Walk the children to another part of the venue where you have the different pictures spread out across the room. Get the children to form little groups around each picture.*

Each of these pictures are of churches. Some of these are in South Africa and some of these are across the world. Have a look and see what these churches are doing.



*Have the children look for the people doing these things in their picture. Wait for the children to find each action as you explain it. Remind them of today's memory verse and let them decide if the people are giving praise and glory to God.*

Are they...

- Spending time to really know what the Bible says?
- Spending time getting to know each other and be good friends?
- Breaking bread (having communion) to remember what Jesus did for them?
- Praying?
- Sharing what they have with people that need things?
- Worshipping and praising God together?
- Telling other people about Jesus and what He has done?

Are these people building these churches to make themselves famous? Do you think the things they are doing shows others that they love God and that He is important and great? Do you think they are following God's purpose for His family?

This term we are learning to “Walk His Way”. And you get to decide if you want to make yourself famous and great or make God famous and great. The choice is yours. Which way will you choose? *(Let the children decide if they will stand by the Babylonian tower or the church of believers)*

#### 4) Review Questions

- a) What is God’s purpose for His family? *(That we bring praise and glory to God)*
- b) What are some of the ways you can bring praise and glory to God? *(tell others, pray, share what we have, worship God, study the Bible, share communion etc.)*

#### 5) Crafts

##### Option 1: A Bookmark with a purpose



A bookmark has a purpose ... to save your place in your book. This bookmark has an extra purpose and that is to remind us of the purpose we were created for ... to bring praise and glory to God.

##### Option 2: Code Activity Page

God confused their languages when they built a tower to make themselves famous.

Use the code to work out what Ephesians 1:12 says our real purpose is.



Children use the pictures to work out the code. This will reveal to them our purpose as named in Ephesians 1:12 ... to bring praise and glory to God.

## Lesson 3: Walk in love

### Main focus for the lesson:

- Children leave knowing God loves them.
- Children learn how Jesus loved others.
- Children are equipped with practical ways to show love to others.

### 1) Memory Verse

- **Ephesians 5:1-2**

Follow God's example, therefore, as dearly loved children and **walk in the way of love, just as Christ loved us** and gave himself up for us as a fragrant offering and sacrifice to God.

### Idea to teach the memory verse.

Have the footprints out on the floor with a word on each. As the children step on each footprint, they repeat the words.

Variations: do it faster, slower, backwards so the children can't see the words, hopping on one leg, etc.

Once the children know the verse, turn over a worded footprint one at a time to reveal a blank footprint until they can say the verse without words.



### 2) Hands on

#### Hands On 1: How do we measure Gods love?

#### What you will need:

- A box with as many measuring items that you can find: E.g.
- Scale
- Thermometer
- Tape measure
- Measuring cups/Jug
- Cross



(As you unpack the box, ask the children if they know what each item is)

What do all these items have in common? Yes, they all measure something!

Could we use these items to measure GOD'S LOVE? **NOTHING** can measure how wide, or how long or how high or how deep God's Love is!

But I've got one more item that can remind us how much God loves us. (Take the cross out of the box) The cross reminds us how much God loves us by sending His son, Jesus, to die for our sins! Although we cannot measure God's love the Bible says it is good for us to trust God and know how much He loves us because when we do that, we will stay strong!

"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. <sup>18</sup> And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is." Ephesians 3:17-18



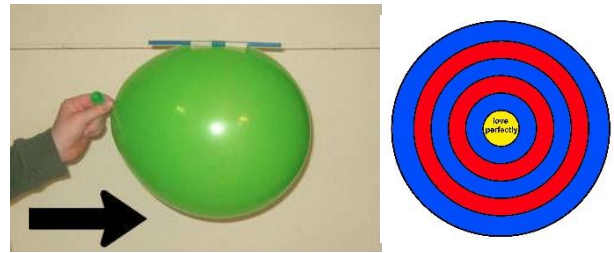
When we think of how much God loves us and what He has done for us it is so easy for us to obey the greatest commandments – to love God and to love others! (Matt 22:37-39)

## Hands on 2: Let love be your greatest aim

NOTE: Practicing this is essential to work out how to attach the balloon and how long to make the string.

### What you will need:

- A balloon
- A target labelled “love others perfectly”
- A straw with string threaded through it  
(Attach the one end of the string to the target)
- Tape to join the balloon to the straw



Our Bible verse tells us that we should love others just like Jesus loves us. Loving people when they are kind to us or when they love us back is easy. But loving others all the time is NOT so easy. The Bible also says in 1 Corinthians 14:1 “Let love be your greatest aim”.

That means we need to try our best to love others – just like Jesus tells us.

Let’s pretend the target over there is us loving others perfectly. And this balloon is us.

Sometimes we can hit the target and love someone like Jesus did but most times we mess up. (Demonstrate by blowing up the balloon and letting go. The balloon will zoom all over the place and probably not hit the target)

Did you know that Jesus has sent someone that can help us love others? When we believe in Jesus the Holy Spirit comes and lives inside of us and He helps us to love others like Jesus does.

Isn’t Jesus so wonderful? He tells us to love others but He also gives us all the help we need to do so and is the perfect example to follow. With Jesus and the Holy Spirit (Attach the balloon to the straw) we can truly love others. (Let go of the balloon and it will fly along the string and hit the target.) By loving others the way Jesus loves we can lead them to Jesus and they can be loved by Him as well.

### 3) Bible Story + Lesson

**Worship:** Here are a few songs you can have playing throughout the day or for worship

Love the Lord: <https://youtu.be/vdMlxCdIY-c>

Your love never fails: <https://youtu.be/3b5ytzW7yLw>

Love won’t let you down: <https://youtu.be/jzz0w-MX9j0>

Centre of my life: [https://youtu.be/zRUYOr\\_DoQU](https://youtu.be/zRUYOr_DoQU)

#### Lesson: Love like Jesus

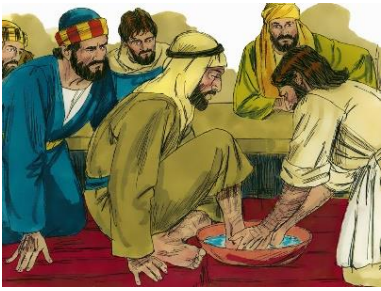
When Jesus was here on earth He was the perfect example of how to love. He showed love for God by doing everything that God asked Him to – that was to love everyone and to obey God even when it was really difficult.

Jesus showed us how to love others. He loved people by spending time with them when no one else would. He loved people by praying for them and healing them. He told people that He loved them and He showed people love by helping them and giving them what they needed. He even showed love by giving up His own life so that we could be forgiven.

Let’s look at some examples of how Jesus showed love so that we can love like Him too:

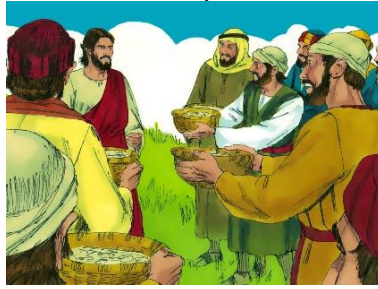
(see pictures in media pack)

Jesus **served** others



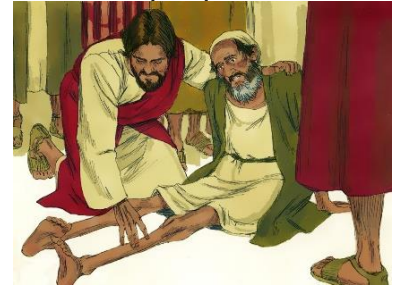
Jesus served by washing His disciples' feet because He loved them.

Jesus **gave** to those needing help.



Jesus did a miracle to feed 5000 hungry people, because He loved them.

Jesus **prayed** for and healed people.



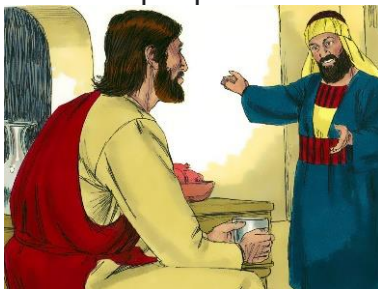
People who were lame, sick, blind were all healed by Jesus because He loved them.

Jesus **spoke** to outcasts.



Even His disciples were shocked that He spoke to the Samaritan woman at the well, because He loved her.

Jesus **spent time** with people.



Jesus had meals with people like Nicodemus and spent time teaching them God's word, because He loved them.

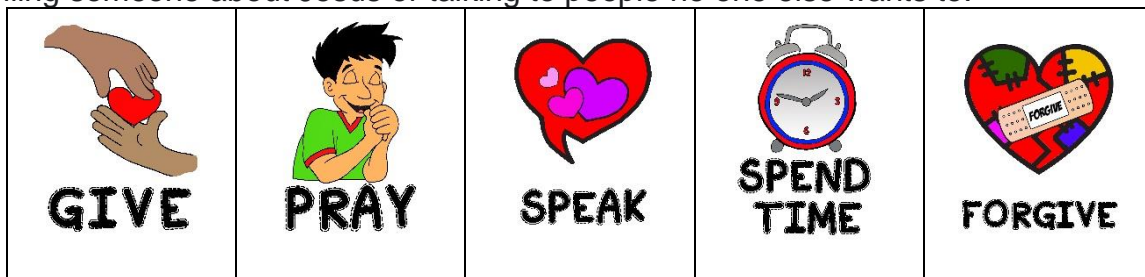
Jesus **forgave**



Jesus gave up His own life so that we could be forgiven because He loves us.

Let's play a **game**

- *Stick up posters of ways to love others around the venue. Just like Jesus, we can show love to others too! Briefly explain what each of them mean and let the children give you examples of how they can show love. E.g. We can show love by giving – such as food, a Bible verse, letter, serving people etc. We can show love by telling someone about Jesus or talking to people no one else wants to.*



- *Read the scenarios below of people who need love.*
- *Children choose which poster to run and stand by.*
- *Note: There is always more than one right answer which is fine. The aim is to prepare our children to be ready to love in all circumstances.*
- *Reaffirm the children's choices by giving practical examples such as "Yes, you could help a worried person by praying for them or writing out a Bible verse for them to hang in their room."*
- *You can also ask the children why they chose to stand there or ask them for an example of what they would do in that situation.*

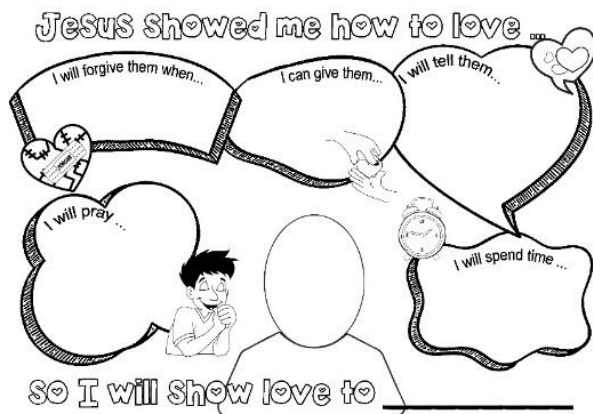
How will you show love...	Posters	Practical ideas
To someone feeling sad?	SPEND TIME PRAY GIVE SPEAK	Sitting with someone can help them feel better. Pray for them and ask God for comfort. Make them a card or give them a Bible verse. Encourage them.
To someone hungry?	GIVE	Make them a sandwich or share your food with them.
To someone feeling lonely?	SPEND TIME	Ask them to be your friend.
To someone who is sick?	GIVE PRAY	Make them some soup, or a get-well card. Pray for healing.
To people you do not know?	PRAY	If you don't know someone you can still pray for them. God knows who they are.
To someone everyone is mean to.	SPEND TIME	Be their friend.
To someone who was mean?	FORGIVE	Tell them that you forgive them, and then really do. Remember Jesus forgave us when we didn't deserve it!
To someone who doesn't know Jesus?	SPEAK GIVE	Introducing someone to Jesus is the best way to love them! Give them an invitation to church.
To someone who was naughty?	FORGIVE PRAY SPEAK	God wants us to forgive. Ask God to help them make good choices. Tell them the things they do well.
To someone who has lost something?	SPEND TIME GIVE	Help them find it. Let them use yours.
To your family?	ALL	You should show them love every day every way you can.
To someone new at church?	SPEND TIME SPEAK	Invite them to sit with you. Tell them why you love Jesus, welcome them and get to know them.

#### 4) Review Questions:

- Who should you love? (*Everyone!*)
- What three ways will you show love to someone this week?
- Pray and ask God to help you love others better.

## 5) Craft

### Option 1: Show love challenge



Children choose someone to show love to. They make the outline look like the person they have chosen and then set challenges to show that person love in the different ways Jesus showed love.

### Option 2: Voucher booklet



Children make vouchers to give to friends and family to show them love. Examples include give you a hug, help you carry something heavy, tidy up, make you some tea etc.

### Option 3: Baking activity

Ice two Marie biscuits. Remember that God wants us to love others as we love ourselves. So make one for yourself and one for someone else to show them that you love them too.

Make it extra special and attach a handwritten note or a picture to remind them that God loves them too!





## Lesson 4: Walk like Jesus.

### Main focus for the lesson:

- God wants us to imitate Him, that means live like He would.
- Jesus is the perfect example for us to follow.
- Just like Jesus we should love, stay close to God, speak up and put God first.

### 1) Memory Verse

- Ephesians 5:1

***“Imitate God, therefore, in everything that you do. Because you are His dear children.”***  
**(NLT)**

### Idea to teach the memory verse.

The word imitate means to copy. Have you ever seen a person Miming on TV? Often a mime will walk around copying the way a person acts or their facial expression.

I am going to do some actions and I want you all to imitate, that means copy, me.

- Pretending to eat an ice-cream.
- Jumping like a frog
- Waking up
- Feeling cold.
- Any other creative ideas

*(Have some children come forward and act out something that everyone else imitates)*

It was so much fun for us to copy each other, but the most important thing is that we imitate and copy what God does.

Say the verse together a few times using the following hand gestures that the children imitate.

Imitate God therefore	Point upwards
In everything that you do	Make a big circle with your arms
Because you	Point at the people around you
Are his beloved children	Hug yourself
Ephesians	Mimic a book with your hands
5:1	Indicate the numbers with your fingers



### 2) Hands On

#### What you will need:

A map or an app such as Google Maps.

Have you ever been in a car or in a taxi where the driver has to go somewhere new, somewhere that he has never been before? He knows that there is a destination or a place that he must get to, but very often he doesn't know how to get there. What does he have to do to find his way?

*(Allow the children to answer)*

Before the driver goes on the journey he has to look at Google Maps on his phone, or someone needs to explain to him which roads to follow and where to turn. *(Show the children the map or app showing directions and let them see the route how to get from one place to another)*

What if the driver makes a wrong turn? Is that it? The trip is over and he just gives up? No, when he loses his way he either checks the map again or stops and asks someone for help.

This map/app helps us understand what it is like when we live for Jesus or when we walk His way as we have been learning about this series.

Before we knew and loved God it was like we were heading in the complete wrong direction. Our lives were not like what God wanted them to be like. We kept sinning, messing up all the time and not doing all the good plans God has for us. If our lives were put into a GPS it would be saying “rerouting, do a U-turn, STOP! YOU ARE HEADING THE WRONG WAY!”

When we believe in Jesus and are saved our lives change! It’s like God shows us the right way now so we can live like He planned.

But what if we mess up now. Is that it? We can’t live for Jesus anymore? NO! We need to check the map! We need to read the Bible, spend time with God, follow the example of Jesus and let the Holy Spirit lead us. Then with their help we can choose the right route and live a life worthy of God’s call on our lives.

### **3) Bible Story + Lesson**

Our verse today tells us that because we are God’s children we need to “imitate God”. That means act in the same way God would. And not just act like Him once or twice or on Sundays but act like Him every single day all the time.

That seems really hard to do! And the truth is not one of us will get it right all the time. Fortunately, there was someone who did get it right all the time. Can you guess who it is? Yes, Jesus.

Let’s look at Jesus’ perfect example of how God wants us to live.

#### **JESUS LOVED**

Last week we learnt about Jesus’ perfect example of how to love. Can you remember how we can love like Jesus loved? (*Briefly recap the previous lesson on how Jesus showed love when He served, gave, prayed, spoke, spent time and forgave others.*)

Now let’s look at other things Jesus did where we should follow His example too.

#### **JESUS STAYED CLOSE TO GOD**

*Before the children arrive have a rope set up around the classroom, going through some obstacles along the way. Blindfold the children and let them hold onto the rope to get through the course. Every now and then make them let go and take one or two steps forward, making sure that they are always safe.*

*Pack away the blindfolds and ask them the following.*

How did you know which way to go? (*we held onto the rope and used it to guide us*) What was it like when you let go? (*little bit scary, worried going to go the wrong way or trip up, wanted to quickly grab it again*)

This little course shows us how important it is for us to stay close to God. When we stay close to Him we know what to do and are able to avoid messing up.

Jesus was the perfect example of staying close to God. Let’s read Matthew 14:23 and see if you can work out what was one of the things Jesus did to stay close to God.

<sup>23</sup> After Jesus said goodbye to the people, He went up into the hills by Himself to **pray**.

Yes, Jesus spoke to God. The Bible is filled with times when Jesus spoke to God. Just before Jesus was going to choose twelve men that would travel with Him and learn from His example, what do you think Jesus did? Yes, Jesus went and prayed to God. How long do you think Jesus spent speaking to God? Five minutes before supper? Ten minutes before bed? An hour? Let's read Luke 6:12 and see.

<sup>12</sup> A few days later, Jesus went out to a mountain to pray. He stayed there **all night praying** to God.

Jesus knew how important it is to stay close to God!

These twelve men watched Jesus spend time with God many times. Let's check and see if they learnt from His example.

I'm going to tell you what the disciples did. If you think they were following Jesus' example of staying close to God shout "YAY" and put your arms up. If they got it wrong say "OH NO!" and cover your face.

- Matthew 26:36-46. Jesus asked the disciples to stay awake and pray but when He came back they had all fallen asleep. (OH NO!)
- Acts 1:14. The disciples all met together and prayed constantly with the same purpose. (YAY)
- Acts 1:24. When it came time to choose a new disciple the disciples prayed and asked God to show them which one He had chosen. (YAY)

## JESUS SPOKE UP

Have a picture of a speech bubble and get the children to say "Jesus spoke up" each time you hold it up.



Many people either didn't know God or were messing up all the time and not loving and following God like they should. Do you think Jesus just sat quietly and said nothing? No! (*hold up speech bubble*) "**Jesus spoke up!**"

When Jesus was a young boy His parents found Him with the leaders of the church. Jesus could have said He was too young but instead (*hold up speech bubble*) "**Jesus spoke up!**" Jesus asked the leaders questions and they were amazed at the answers He gave them and the understanding that He had. (Luke 2:46-47)

When there were huge crowds - (*hold up speech bubble*) "**Jesus spoke up!**" He would spend time reading the Bible to them and teaching them what it meant. (Luke 24:27)

When there was someone no one else wanted to talk to - (*hold up speech bubble*) "**Jesus spoke up!**" and told them God's message of love and forgiveness. (Luke 7:48)

When people told Jesus to keep quiet - (*hold up speech bubble*) "**Jesus spoke up!**" and told them that He is the only way to God the Father in Heaven. (John 14:6)

When people tried to convince Jesus to follow their rules - (*hold up speech bubble*) "**Jesus spoke up!**" and taught them the truth. (Mark 5:16-17)

When the people disrespected God and used the church as a place to make money - (*hold up speech bubble*) "**Jesus spoke up!**" (Matthew 21:12-13)

Even when people tried to arrest, hurt and kill Jesus - (*hold up speech bubble*) "**Jesus spoke up!**" and welcomed them to follow Him instead.

Jesus had been the perfect example to His disciples of how to speak up and in fact, the last instruction He gave to His disciples was for them to tell others this message too.

Do you think they got it right? Listen to what they did and shout “yay” if they did or “oh no” if they didn’t.

- John 18:25. Peter was afraid he would get arrested and so he would not tell them that he was a follower of Jesus. (OH NO)
- Acts 4:12. Peter and John healed a man in the name of Jesus and told everyone that Jesus is the only one that can save people from their sin. (YAY)
- Acts 4:19-20 The council men did not like this and told them and even threatened them to stop but <sup>19</sup> But Peter and John replied, “Do you think God wants us to obey you rather than him? <sup>20</sup> We cannot stop telling about everything we have seen and heard.” (YAY)
- Acts 2:14. When God sent the Holy Spirit as promised, Peter and the eleven other disciples read the Bible out loud to help the people understand. (YAY)

### JESUS PUT GOD FIRST

Jesus put God first all the time. He knew He had come to live on Earth for one main purpose and that was so that people could be with God once more. He did everything so that this could happen. He even allowed the people to kill Him. This was really tough for Jesus but He did it anyway because He loved God and He loves us.

Let’s see if the disciples followed Jesus’ example and put God first. Some of the disciples were fishermen, tax collectors, doctors and all sorts of jobs. When Jesus asked them to come and follow Him so they could learn how to help people love God. they left everything and followed Jesus! (YAY, they put God first!)

And when Jesus went back to Heaven the disciples travelled far away from their homes and families just to help more people love Jesus (YAY, they put God first!)

These are just some of the many things that we can learn from Jesus’s perfect example. Are you ready to follow Jesus’ example and **love, stay close to God, speak up** and **put God first**?

### 4) Review Questions

- a) How can you **love** others like Jesus loved others? (*give, pray, speak, spend time etc.*)
- b) How can you **stay close** to God and spend time with Him like Jesus did?  
(*Pray, read the Bible which is known as God’s message to us from Him, be with other believers at church, sit quietly, worship Him.*)
- c) How can you **speak up** like Jesus did?  
(*Be brave and tell others your testimony, tell others what you learnt this week, have a verse on your school bag for others to read, invite someone to church, read the Bible to someone.*)
- d) How can you **put God first**? (*Look at the things you spend most of your time doing and replace some of them with things God is asking you to do, love God more than anything else.*)



## 5) Crafts

### Option 1: Footprints

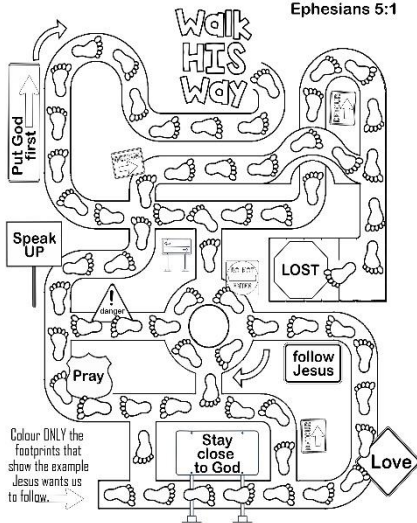


Children colour in the sandals and then string them together. Encourage them to hang them somewhere that will remind them of Jesus' example and how we should imitate Him.

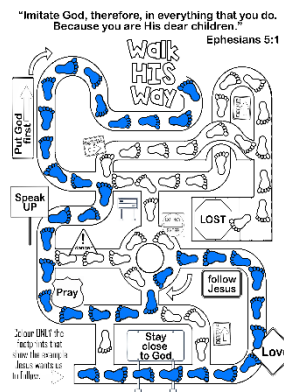


### Option 2: Walk His Way Maze

"Imitate God, therefore, in everything that you do. Because you are His dear children." Ephesians 5:1



Children use what they have learnt in today's lesson about following the example of Jesus to complete the maze.



Solution.

**Option 3: Bible Study** Challenge the older children to start a Bible study with their family. This is a simple method and worksheet they can follow.

Bible Passage or Title: \_\_\_\_\_

NOTES: \_\_\_\_\_

BIG IDEA: \_\_\_\_\_

WHAT THIS MEANS FOR ME: \_\_\_\_\_

QUESTIONS? \_\_\_\_\_

**S.O.A.P**  
Bible Study Journaling

**S. Scripture**  
Take your time, read and write about a scripture or passage that speaks to you today.

**O. Observation**  
What is God saying? Journal about it in your own words.

**A. Application**  
What does this mean to you? How does it apply to your life? Journal about it, meditate, or even say it aloud; do what works best for you.

**P. Prayer**  
Time to pray. Pray to God and ask for him to help you hear and understand his holy word. Write out your prayer for the day.

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# Lesson 5: Walk in Forgiveness

## Main focus for the lesson:

- Help children remember that Jesus has forgiven us and that is a big deal.
- Children realise Jesus wants us to forgive others just like He forgave us.

## 1) Memory Verse

- Colossians 3:13

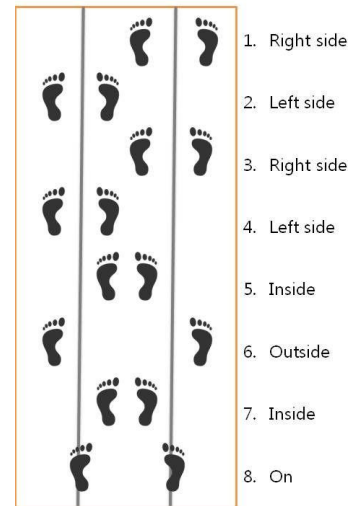
*“Make allowance for each other’s faults, and forgive anyone who offends you. **Remember, the Lord forgave you, so you must forgive others.**”*

## Idea to teach the memory verse.

Play a game of elastics.



Children jump over different parts of the elastics, and sometimes on, as they build on the verse.



First everyone has a turn to try the jump and say, “Remember the Lord” (*right side, left side*)

Second jump everyone now has a turn to try the last pattern as well as an added bit as they say, “Remember the Lord forgave you.” (*right side, left side, right side, left side*)

Continue adding jumps until they have all had a turn to say the whole verse.

“Remember the Lord forgave you, so you must forgive others.”

(*right side, left side, right side, left side, inside, outside, inside, on*)

Then increase the height of the elastic starting at the ankles, then to the knees, and then to the waist, and even higher!

## 2) Hands on

### What you will need:

- Have 3 items of the same size that can stand. E.g. three cups, boxes or wooden blocks.
- Box 1 – Draw a stickman (*which represents us or people*)  
 Box 2 – Label it “God”  
 Box 3 – Label it “Sin”

Leader 1	<p>God created us to be with Him forever. (<i>Put Box 1 next to Box 2</i>) but our sin separates us from God. (<i>Slide Box 3 in between the two boxes</i>)</p> <p>It doesn’t matter what sin it is, whether it is lying to someone, or saying something bad or even stealing a car. Sin separates us from God. We can’t be more or less separated. We are just separated from God.</p> <p>Thankfully, there is one person who can take away our sin. Do you know who it is? (<i>Allow the children to answer</i>)                  Yes, Jesus! When we believe in Him, He takes away our sin. And we are reunited with God again. (<i>Take away box 3 and put Box 1 and 2 side by side again</i>)</p>
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Leader 2	Ok so if someone robbed a bank, they'd be separated right?
Leader 1	Yes, sin is anything that goes against God, and He tells us to not steal. So they would be separated from God. <i>(Slide Box 3 in between the two boxes)</i>  But if they believe in Jesus and ask Him to forgive them they are reunited again. <i>(Take away box 3 and put Box 1 and 2 side by side again)</i>
Leader 2	And if I didn't do what my mom told me?
Leader 1	Well, God tells us to obey our parents so you if you didn't then you have sinned, and you were separated from God. <i>(Slide Box 3 in between the two boxes)</i>
Leader 2	Wait, wait, wait. You used the same box. Surely my sin was just a teeny weeny one. Don't you have a tiny little box.
Leader 1	The Bible says, "sin separates us from God." (Isaiah 59:2) You can't be more or less separated. We are all separated. <b>We all need Jesus!</b>  Sometimes we think that our sins are small and not really a big deal. But we need to remember that every sin is a big deal and we need Jesus just as much as the next guy.  Our memory verse tells us to <b>remember that we are forgiven</b> and when we do this will help us remember to forgive others!
Leader 2	Oh wow! I am really thankful that when I ask Jesus, He takes away my sin!

### 3) Bible Story + Lesson

#### What you will need:

- Heart with "sin" written all over it using black marker.
- Heart with "sin" written all over it using **lemon juice**. *(Allow it to dry so that you cannot see the words)*
- A candle
- A lighter/Matches
- Bible with the verse:



Luke 7: 36-50 (Jesus is anointed by a sinful woman)

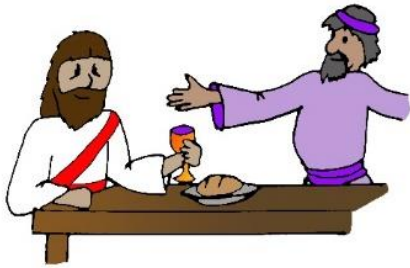
A Pharisee named Simon decided to invite Jesus and some other guests to his house for dinner. In those days, people welcomed visitors very differently than we do. *(Show the pictures of a traditional welcome from that time)*



When the person arrived you would give them a kiss on the head to show them that you loved them and that they are important to you. You would then anoint their head with oil and fragrant spices as a sign of respect.

Back then there were no tarred roads or cars and people wore sandals which meant their feet would get very dirty. They would sit on cushions around a low table which meant you would be very close to the other person's feet. Pew! So when the guest arrived you would either give them some water to wash their own feet or sometimes you would get your servant to wash your guest's feet.

Can you imagine Jesus coming to your house for dinner? I know I would make sure everything was perfect ... best plates, best food, best everything. What would you do if Jesus was coming to your house for dinner? *(Allow the children to answer)*



But when Jesus arrived Simon didn't do any of these things! He just invited Him to sit at the table.  
*(Put all 4 pictures together and compare what Simon was expected to do and what he did)*

The Bible tells us about a woman that heard that Jesus was at Simon's house and so she went to the house. The woman had done many things wrong in her life and people knew her as a sinful woman. Let's read from Luke 7:37-38 to see how the woman greeted Jesus.

<sup>37</sup> And behold, a woman of the city, who was a sinner, when she learned that He was reclining at table in the Pharisee's house, brought an alabaster flask of ointment, <sup>38</sup> and standing behind Him at His feet, weeping, she began to wet His feet with her tears and wiped them with the hair of her head and kissed His feet and anointed them with the ointment.



*(Show the picture of what the sinful woman did and compare it to what was expected and what the Simon did.)*

So why was Simon and the woman's actions toward Jesus so different?  
Let's look at these two hearts to help us understand.

Simon was a Pharisee. Pharisees were a group of people who thought rules were very important. They said they kept all the Old Testament Laws of God and even extra rules that they had made up. Pharisees thought of themselves as quite important. If you would have asked Simon if he had sin in his life, he would have said "no way!" *(Show the heart with lemon juice – children shouldn't be able to see the words sin)* But remember the Bible tells us that everyone has sinned.  
(Romans 3:23)

*(Hold up the heart with black marker sin written all over it)* The sinful woman on the other hand knew she had done a lot of wrong things. She knew she needed forgiving and she had faith that Jesus was God's son, the Promised One who would take away the sin of the world.

You see Simon didn't think the things he had done wrong were a big deal. He didn't believe how important Jesus is as the forgiver of our sins. He didn't see that the sin he had, also separated him from God, the same as the woman. *(Refer to hands on boxes)*  
But Jesus knows everything. He knew Simon had no forgiveness for this woman and was thinking to himself "If this man were a prophet, He would know what kind of woman is touching Him. She's a sinner!"



But Jesus knew the sins that Simon had done. The Bible talks about Jesus being the light of the world (*Light the candle*) and it says in Ephesians 5:13 <sup>13</sup>But everything exposed by the light becomes visible—and everything that is illuminated becomes a light.

This means that no matter how hard you try you cannot hide your sin from Jesus. He knows everything! And these sins separate us. (*Hold the heart above the flame so that it heats up but **does not** set alight. The lemon juice side should be away from the flame. The lemon juice will darken and you will now be able to read the words.*)

So although Simon acted like he was perfect and nothing like the sinful woman, he was just as separated from God as she was. Both of them needed Jesus to forgive them.

What can we learn from Simon? When we don't want to forgive someone or when we think we are better than someone else we need to remember that the things we have done wrong are also a big deal. We need to remember how Jesus forgives us! And then we need to show Jesus the love He deserves and obey Him as He tells us in Ephesians 4:31-32.

<sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behaviour. <sup>32</sup> Instead, be kind to each other, tenderhearted, **forgiving one another, just as God through Christ has forgiven you.**

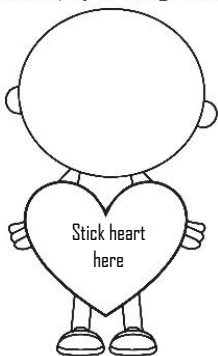
#### 4) Review Questions:

- How can you remind yourself to remember that you are forgiven? (*Jesus tells us to break bread (share communion) to remember what He did for us on the cross. We can make a poster to remind us. Read the Bible.*)
- Is there someone you need to forgive? (*Spend time praying with the children and asking Jesus to help them forgive*)

#### 5) Craft

##### Option 1:

Thank you Jesus



for forgiving me!



Children decorate the person to look like themselves. They then cut out the heart and stick it onto their heart so that they are able to flap it open to read the verse inside.

Encourage the children to hang this craft where it can remind them to always have forgiveness in their hearts as they remember that Jesus has forgiven them.

Forgive and forget forever for Jesus!

##### Option 2:

Cut out and decorate the "4s" to remember to forgive, forget, forever for Jesus!

These can be punched and made into a keyring, necklace or mobile.



# Lesson 6: Walk like God made you

## Main focus for the lesson:

- Children know in their hearts that God made them and sees them as a masterpiece.
- Children are confident that God will help them do the things He has planned for them long ago.

## 1) Memory Verse

- Ephesians 2:10

*<sup>10</sup> For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago.*

## Idea to teach the memory verse.

Use the song and actions to help teach children the verse. Having it on repeat during arrival, free play and craft activities can help this message from God truly sink in.

<https://youtu.be/-r-2jZWpPMQ> Music Video Let's Go! Ephesians 2 10

## 2) Hands on

### What you will need:

- A large clear bowl with water
- 1 can of SUGAR FREE cooldrink
- 1 can of SUGAR cooldrink (*Note, Grapetiser works well. The new cokes have less sugar and so DO NOT sink. Please test at home first!*)
- Clear tape
- Laminated (waterproof) Cards

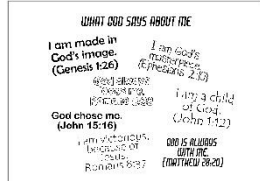


- Two sets of the "How the world makes me feel" laminated cards:

I am not good enough. I can't do anything right. I am not special. I am not loved. God is always mad at me.

- One set of "What God says about me" laminated card:

I am made in God's image (Genesis 1:26) God chose me (John 15:16). I am a child of God (John 1:12) I am God's masterpiece (Ephesians 2:10). God is always with me (Matthew 28:20). God always loves me (Romans 8:38). I am victorious, because of Jesus. (Romans 8:37)



How to prepare the cans before you start:

### SUGAR FREE cooldrink

- First wrap it in the "What God says about me" card with the clear tape.
- Cover this with the "How the world makes me feel card" and wrap with tape. NOTE that this layer will later be removed.

### SUGAR cooldrink

- Cover this with the "How the world makes me feel card" and wrap with tape. This layer will stay the same.

*Make sure you know which is which.*

*(Pick up the 2 cans of cooldrink) Let's imagine these cans of cooldrink are people like you and me. Sometimes people say negative or mean things about us (read the examples on the tins) or maybe we might even think these negative things about ourselves.*

What do you think will happen when we have to do things God has planned for us? Or when we have to go through tough times? Do you think we will stay afloat and achieve God's plan or sink and fail? *First let the children guess what will happen and then add both the cooldrinks to the water.*

Wow. One of the cooldrinks sunk and one of them stayed afloat. Which one do you think God wants us to be like? (*Yes, the one that can overcome and confidently do the plans God has chosen for us to do*) But both were told they were not good enough? So what makes this one different?

*Take the sugar free tin out and remove the "how the world makes me feel" card to reveal the "What God says about me" layer.*

You see this person knows who God says they are! When you read your Bible you will see what God says about you too. Let's look at what some of those verses say. (*Read the "What God says about me" card*)

God wants us to believe what He says about us, because He has a good plan for our lives. He wants us to hold onto the identity He gives us no matter what happens around us, what people say about us or even what we think is expected of us. Instead, He wants us to remember that He is always with us, loving us and taking care of us. The person who believes what God says about them will not be dragged down. (*add the tin back to the water*) When we remember who made us, who lives inside us and goes with us, then we can live every day like confident children of the King of all kings.

### 3) Bible Story + Lesson

*Practice beforehand that every time the children hear "in his heart" they respond by saying "God has made me just like this and will help me do His plan".*



David was the youngest of eight brothers. He was put in charge of the sheep and had to make sure that they were safe. When God protected him from bears and lions that came to eat the sheep, David knew in his heart **"God has made me just like this and will help me do His plan"**.

One day Samuel came to choose the next king. David's dad, Jesse, had his seven sons line up – he was sure one of them would be good enough to be king. Jesse didn't even call David. Imagine, your own dad thinking you're not good enough! I am sure that would make you feel very sad. But when God looked at David He saw that David knew in his heart **"God has made me just like this and will help me do His plan"**. And so God chose David to be king one day.



While David was looking after the sheep, his three oldest brothers went off to war against one of the toughest armies the people of Israel ever had to fight - the Philistines.





And as if the Philistine army wasn't scary enough they had a soldier named Goliath. Goliath had been a soldier since he was young, and so he was well-trained. He wore a bronze helmet on his head and bronze greaves on his legs. He carried both a javelin and a spear. The head of his spear weighed almost 7kg.

*(Use a visual representation for the children by taking a weight, medicine ball, bag of sugar, etc)*

His coat of armour weighed almost 42kg. That's as heavy as a baby cow. Goliath was a terrifying soldier, but worst of all, he was a GIANT! He was over 2.7m tall.

*(Use a tape measure/ piece of rope to visually show the children how tall he was)*

He was so strong, tall and scary that no one had ever been able to defeat him in a battle.



Every day, for 40 days, Goliath stood on the top of the hill and shouted at the Israelites, "I am the Philistine champion, but you are only the servants of Saul.

Choose one man to come down here and fight me! If he kills me, then we will be your slaves. But if I kill him, you will be our slaves! I defy the armies of Israel today! Send me a man who will fight

me!" (1 Samuel 17:8-10)

None of the Israelites, not even the king himself was brave enough to fight him. Not one of them knew in his heart **"God has made me just like this and will help me do His plan"**.

When David went to take food to his brothers on the battlefield he heard Goliath shouting and he saw the Israelites hiding and running away.



David was shocked. Why were they running away? Didn't they know and remember that they were the chosen people of God? Didn't they remember that God was with them? Didn't they remember the incredible power of God and all the things God had done for them already?

The Israelites were allowing Goliath to tell them that they weren't good enough and they were believing what he said about them, instead of remembering who God had made them to be and that God was with them to help them do His plan.

David was different though. David knew in his heart **"God has made me just like this and will help me do His plan"**.

He remembered who God is and what God had done for him while he was a shepherd boy. He remembered what God had said about him and he believed God would help him.



When David started asking about Goliath his brother told him to go back home and take care of the sheep and that he had no place on the battlefield. But David knew in his heart **"God has made me just like this and will help me do His plan"** and so when King Saul heard about David, he sent for him and David said, "I'll fight him for you!".



"Don't be ridiculous!" Saul replied. "There's no way you can fight this Philistine and possibly win! You're only a boy, and he's been a man of war since his youth." (1 Samuel 17:33)

David told Saul that when he looked after his sheep, he had to fight off bears and lions and God helped him protect his sheep. David knew that he wasn't strong enough to beat Goliath by himself, but he believed God would protect him and he told Saul, "The LORD who rescued me from the claws of the lion and the bear will rescue me from this Philistine!" (1 Samuel 17:37)



Finally, Saul agreed, "All right, go ahead, and may the LORD be with you!" (1 Samuel 17:37) Then Saul gave his armour to David, but it was too big and heavy for him. "I can't go in these," he protested to Saul. "I'm not used to them." So, David took them off again. (1 Samuel 17:39)

David didn't go into battle pretending or trying to be anyone else. He went just as he was because he knew in his heart **"God has made me just like this and will help me do His plan"**.



David went to a nearby stream and chose five stones to use in his slingshot and he went onto the battlefield to meet Goliath.

When Goliath saw how young and weak David looked, he was furious. He thought that he was going to be fighting the strongest warrior from the Israelite army!



Oh no, not again! His dad had said he wasn't good enough, his brothers had said he was not good enough, the king had said he was not good enough and now Goliath was telling him he was not good enough. Who should David believe? These people or what God had said and done? Yes, David should believe God and that is why David knew in his heart **"God has made me just like this and will help me do His plan"**.



David said to Goliath, "You come to me with sword, spear, and javelin, but I come to you in the name of the LORD of Heaven's Armies—the God of the armies of Israel, whom you have defied." (1 Samuel 17:45)

Then David took a stone, put it in his slingshot and slung it at Goliath. The stone hit Goliath on his forehead, and he fell straight to the ground. No one could believe it! Goliath was dead. God had given the Israelites victory and they chased after the scared Philistines. God's people were saved!



Wow isn't that amazing. God used a young boy that no one thought was good enough, to rescue his people.

David knew how big and strong Goliath was, but he knew God was more powerful and he knew God was with him. David knew in his heart **"God has made me just like this and will help me do His plan"**.

When people say you are not good enough what will you know in your heart? **"God has made me just like this and will help me do His plan"**



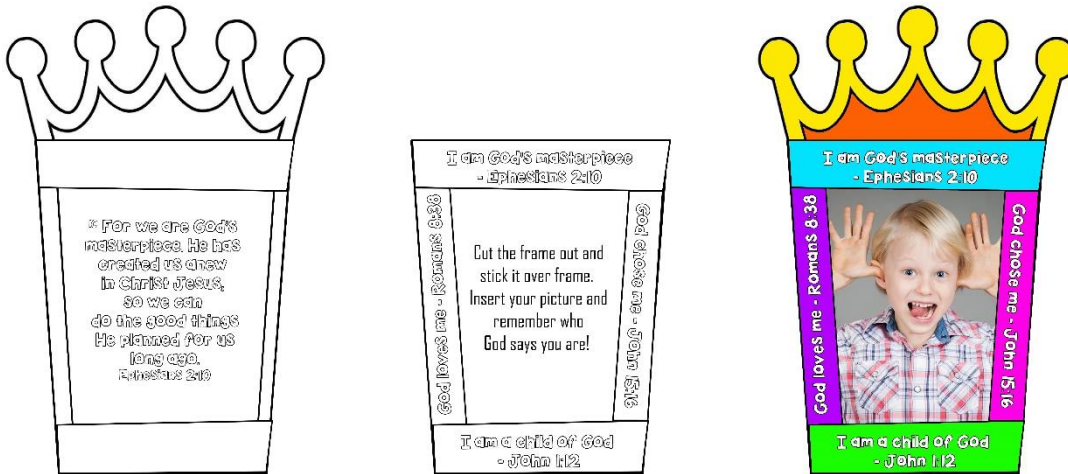
**4) Review Questions:**

- a) We know that God is the King of all Kings. We also know that when we believe in Jesus the Bible tells us we are now God’s children. What is the child of a king called? (*Prince, princess*)
- b) Do you know you are a prince/princess of the King of all kings? Do you live every day like someone important, loved and protected by God?
- c) What does God say about you? (*I am made in God’s image (Genesis 1:26) God chose me (John 15:16). I am a child of God (John 1:12) I am God’s masterpiece (Ephesians 2:10). God is always with me (Matthew 28:20). God always loves me (Romans 8:38). I am victorious, because of Jesus (Romans 8:37))*)
- d) What can you remind yourself when people try and say you are not important or not good enough? (**“God has made me just like this and will help me do His plan”**)

**5) Craft**

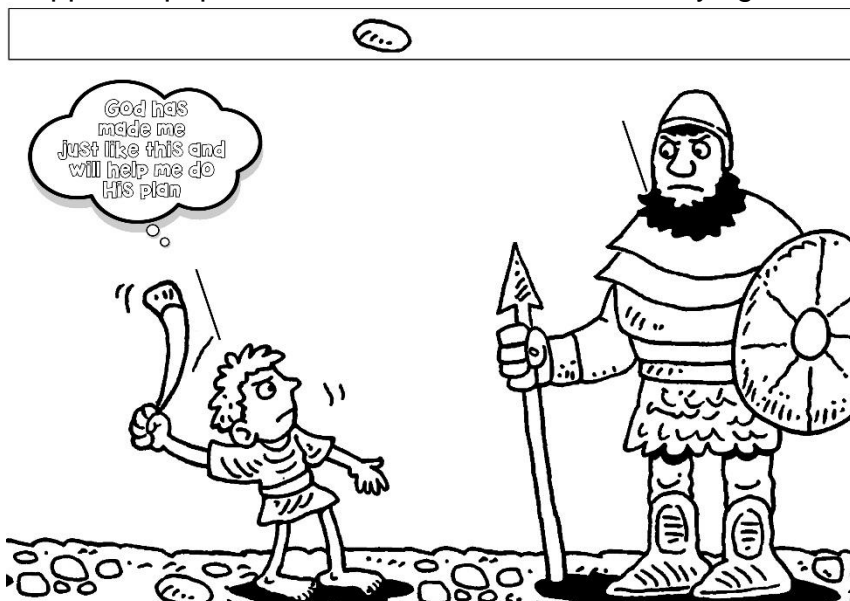
**Option 1: Crown Photo frame**

Children make a crown shaped photo frame to remind them who God says they are!



**Option 2:**

- 1) Cut slits in the main picture along the two short black lines.
- 2) Cut the top rectangle and slide it into the slits.
- 3) Moving the slipped in paper makes the stone look like it is flying toward the giant.



## Lesson 7: Walk in Unity (One Sunday)

### Main focus for the lesson:

- Children understand unity in the body.
- To emphasise that we need to build each other up and work together.
- Children learn that we are stronger together – God has called us to work together;

Divide the children into three groups that will rotate between the 3 stations.

Allow each group to come up with a team name.

Each station needs about 10 minutes.

Teach the children the following verse and give them a few minutes to turn it into a war cry to repeat between stations:

'How good and pleasant it is when God's people live together in unity!' Psalms 133:1

### STATION 1 (LIVE IN PEACE)

#### What you will need:

- Balloons – already blown up (they should be nice and big) at least 20 per team.
- Bible verse printed on A3 paper: 'Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.' Ephesians 4:3
- Boxes for the obstacle course with the images of bad actions that do not produce peace. The boxes should be placed all around the area. If you have a big area add in extra boxes to make the obstacle course more challenging.

Read the verse from the Bible and get them to them to repeat it to you.

'Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.' Ephesians 4:3

*Take a balloon and stand with another leader.*

The Bible verse is saying that we need to be united or joint together. What did the verse say we must bind ourselves together with? PEACE. God's way is that we should live in peace with each other. *Ask the children what they think that means?*

*Answers should include things like helping each other, being kind to each other, loving each other, praying for each other, sharing Bible verses with each other etc.*

Let's pretend that this balloon is peace.

*Place the balloon between the two leaders. Sometimes this is not easy. (demonstrate trying to walk around an obstacle but the leaders go in opposite directions and the balloon falls.) Should we just give up? What did the verse say? "Make every effort!". That means we need to try really hard to keep together and not let things get between us.*

*We have some obstacles set out of things that can get in between us like fighting with each other, boasting, gossiping, not sharing, teasing, shouting at instead of talking kindly, being mean etc.*



Divide the children into smaller groups. In their groups they will need to navigate and avoid the boxes that have pictures that cause division. The aim is to work together to get to the other side. It is **NOT** a race between the groups but rather to see if all the groups can get to the other side. The groups can encourage each other. They must take care to not bump into each other. Remind them that they need to be bound together with peace which is represented by the balloon.

The teams must line up and put a balloon between each person. They are not allowed to touch the balloon with their hands so they can put their hands on their heads as shown in the picture. Together, they need to go through the obstacle course without dropping the balloons. If they lose their peace they need to start over.

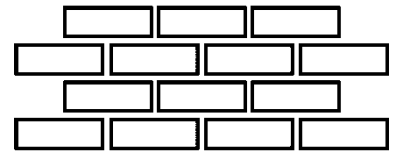


**Before they go to the next station: remind them that God's way is to live at peace with each other in unity.**

## STATION 2 (WORK TOGETHER)

### What you will need:

- Brick template cut-out. (At least one per child and more for those finished early)
- Pencils, crayons, kokis etc
- Bible
- An area where you are able to stick up the bricks so that it can look like a wall.



### **Bible Story:** Nehemiah (Nehemiah chapters 1 to 6)

In the Bible we can find a book called Nehemiah. In chapters 1 to 6 it tells us a story showing us how important it is for us to work together. Back then people used to build walls around the city. Can you imagine if we had a wall around our city? It would be huge!

But why did they build a wall? *(Allow the children to answer)*

Walls were very important because they protected the people in the city from their enemies. It was considered disgraceful and most importantly dangerous if a city didn't have walls.

In the Bible we read about how the people who were chosen by God (the Israelites) decided to disobey God instead of following Him. Oh dear, they went their own way instead of God's way. Do you think that ended well? No! They were taken captive by the Babylonian nation and the temple where they worshiped God was destroyed, the city walls were smashed down and even the gates were burnt down. For over 100 years this is what the city of Jerusalem looked like, but then God did something amazing.

God used a man named Nehemiah to go back and rebuild the wall. God gave Nehemiah favour and all the resources Nehemiah could need were given to him by the king of Susa. King of Susa is the ruler of one of the nations that was holding them captive. Only God can make someone's heart change like that!

Imagine you are building a house and you have all the bricks, cement, tools, etc. What is missing? People. You need people to use the tools and put all the resources together to actually build what you have planned. And the bigger the project the more people you need.

Do you think Nehemiah needed a lot of people to help him? Yes, he did! The amazing thing is that it wasn't only the qualified builders that helped rebuild the wall. There were priests, officers, traders, daughters, sons, goldsmiths, warriors and even perfume makers. Everyone had a job to do. Together they installed beams, poles, bolts and bars. Some even had to stand guard and make sure no one came to attack them or try and stop them from building the wall. Everyone was needed and everyone did their bit. They worked day and night to rebuild the wall.

Do you think they did it? Yes, the wall was rebuilt in only 52 days! When the surrounding nations heard this they were frightened, because they realised the work had been done with the help of God.

God calls us to work together as well. Sometimes you might think or feel like you are not good enough, because you can't do what someone else can do. But this story teaches us that everyone can and should get involved. The more people we have working together the quicker we will get the job done and the better it will be. We are all different and we have different strengths, but God can use all of those things together.

Let us all now work together and build a wall.

*Children decorate their brick with their name or a picture or a word about working together. For the children who finish one brick quickly, let them do another brick.*

*Let the children then stick their bricks up. Make sure that you follow the pattern of a brick wall. Show the children that if the bricks are not put together properly the wall will have holes and gaps and won't be able to stand properly. We need to work together to build a strong wall.*

Some questions to ask the children while they are busy decorating their bricks.

- Nehemiah was called by God to rebuild the walls of Jerusalem. Did he rebuild the wall alone? *NO! They worked together.*
- Do you think all the people had the same skills or strengths? *No, they were all different.*
- How long did it take for them to rebuild the huge wall? *52 days.*
- How did they manage to do it so quickly? *The people of Israel all worked together in unity and God was with them!*
- Do you think God has called you to work together with others? *Yes, God calls us to work together too. We are all different and have different strengths but God can use all of those things together.*
- Do you think God wants you to build a wall? *No, God wants us to build His church. That means He wants us to help others to know and love Him like we do.*
- Will it always be easy doing something for God? *No. Some people tried to stop them from building the wall but the people kept on going. They knew together with God's help they could achieve God's plan.*
- Our way is we think we can do it by ourselves. What is God's way? *God's way is working together with Him.*

**Before they go to the next station: remind them that God's way is to work with each other in unity.**

### **STATION 3 (STRONGER TOGETHER)**

#### **i) Cups object lesson**

**NB: TEST THE OBJECT LESSON BEFORE YOU DO IT IN FRONT OF THE CHILDREN!!**

(Watch the following video to see how it works: <https://www.youtube.com/watch?v=7G28ee3kAFo>  
Lesson 49 - Unity / Teamwork / Working Together)



**What you will need:**

- Bible verse printed out (Ecclesiastes 4: 9-12)
- Plastic cups (at least 30)
- Board or tray (see video for example)

I am going to read it to you and I want you to decide if God says it is better for us to do things on our own or if God wants us to work together.

Two are better than one, because they have a good return for their labour:

<sup>10</sup> If either of them falls down, one can help the other up.

But pity anyone who falls and has no one to help them up.

<sup>11</sup> Also, if two lie down together, they will keep warm. But how can one keep warm alone? <sup>12</sup> Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

Yes. God wants us to work together. In fact, this verse even tells us that when we work together we are stronger! Let's use this cup to explain.

*Put one of the cups on the floor upside down and get a volunteer to stand on it. It will crumple up and break. That cup was not very strong on its own was it? Let's see if a whole lot of cups together will be stronger.*



*Now line up 12 plastic cups as per the picture.*

*Put a board or tray on the cups.*



*Now stand on the board.*

Wow! Can you see the difference? Which is stronger? Us on our own? Or us working together? *Definitely us working together.*



**ii) Wool demonstration**

- Wool – big ball
- Bible verse printout

We can see that it is just like the verse said. We are stronger together. Let's read the last part of that verse.

'Three are even better, for a triple-braided cord is not easily broken.' Ecclesiastes 4:9-12

I have with me a ball of wool. If I cut a piece of string look how easy it is to break it. *(give it to a child to demonstrate if they will be able to break it easily, otherwise break it yourself)*

But what happens if I take three pieces of wool and braid them together like the verse says? *Now cut three strands of wool and twist them together. Ask a volunteer to break the wool now.* It is just like the verse said. It is not easily broken. God put this verse in the Bible to teach us something very very important. He is firstly teaching us that we need each other and that



together we will be strong. But He is teaching us something even more important and that is when we have each other AND HIM we will be super strong and will be able to achieve a lot more!

For fun let's play a game of tug of war. Let's see if one of you can pull the leaders over. Let's see if two of you can pull the leaders over. Now let's see if all of you working together can pull the leaders over. Yes! We are stronger when we work together.

**iii) Draft horse explanation: (for older children)**

- Pictures of a draft horse



Show the picture of the draft horse and ask the children if they know how much weight (in kilograms) a draft horse can pull. Let them guess...

A draft horse alone can pull about 3600kg!

Ask the children how much they think two draft horses can pull together?

Let them guess... Those who are good at maths with probably say 7200kg – double

the amount of one horse.

After they have guessed, tell them that 2 draft horses can actually pull 10 500kg! When they work together they have much more power. This is a good reminder that together we are stronger.

**Before they go to the next station: remind them God's way is that when we are united we are stronger and can accomplish more.**

# Lesson 8: Walk in Thankfulness

## Main focus for the lesson:

- We need to give thanks to God for everything and everyone in our lives because He is the one who gives us everything

## 1) Memory Verse

- Ephesians 5:20

**“And give thanks for everything to God the Father (in the name of our Lord Jesus Christ)” (NLT)**

## Idea to teach the memory verse. (This may be better done in smaller classes.)

Using a big beach ball, let the children stand in a big circle with a leader in the middle holding the ball. The leader throws the ball to one of the children and as they catch it, they must shout out something they are thankful for.

Then the whole group says the verse together. Then the leader throws the ball to someone new.



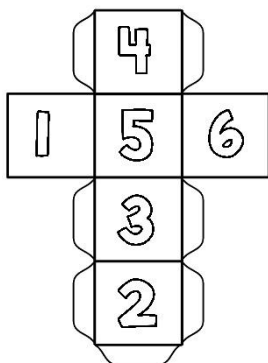
## 2) Hands on: Play this game before telling the story



### What you will need:

- 1 dice for each group (use the template to make one if needed)
- 1 Thankful Game print out (from media pack) for each group

Divide the children up into small groups



Allow the children to roll the dice and then say the thing/person they are most thankful for from the number they rolled on the dice. Make sure everyone has a few turns to say what they are thankful for.

## THE THANKFUL GAME

- 1 Name a family member you are thankful for.
- 2 Name a food you are thankful for.
- 3 Name a teacher you are thankful for.
- 4 Name something in nature you are thankful for.
- 5 Name a friend you are thankful for.
- 6 Name a place you are thankful for.

## 3) Bible Story + Lesson

Today has been so much fun shouting out the things and people we are thankful for, hasn't it? If you really think about it, and I hope you do, we have a lot to be thankful for, don't we? And yes, while we must always say "thank you" to our parents and carers who look after us and give us everything we need, we also need to thank God every day for everything we have because the Bible tells us in James 1:17 "Whatever is good and perfect comes to us from God".

What are some of the ways we can say thank you to God? *(Allow the children to answer - Praying, singing praise and worship songs, spending quiet time with God, drawing or painting a picture, anything else the children may come up with.)*

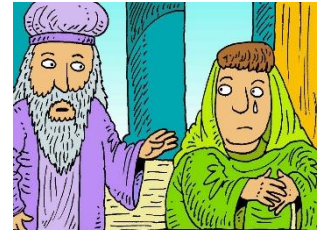
Now I want everyone to close their eyes and think of one thing or person you are very thankful for – don't say what you are thinking of. Have you all got that thing or person in your mind? Now I want you to imagine you had to give up that thing or person! Do you think that would be super difficult to do?

Well, the lady in the story I am about to tell you did exactly that, out of her own free will, not because she was forced but because she was so thankful! This is the story of Hannah, and it comes from 1 Samuel 1.

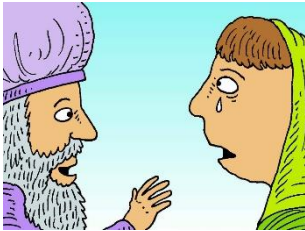


Hannah was sad because although she had a husband, Elkanah, she had no children. She was even teased because of it. That made her even more sad that she couldn't even eat.

One day she went to the temple to pray to God. She prayed and cried so passionately that the head priest, Eli, thought she was drunk!! But she explained that she was not drunk but rather that she was praying and begging God for a child.



Hannah made this promise to God as she prayed: "O Lord of Heaven's Armies, if you will look upon my sorrow and answer my prayer and give me a son, then I will give him back to You. He will be Yours for his entire lifetime, and as a sign that he has been dedicated to the Lord, his hair will never be cut."



The priest, Eli, felt sorry for her when he heard this. He said, "Go in peace and may the God of Israel grant (give) you what you have prayed for" and sent her on her way.

This made her feel happy, and she went away and began to live her life again with joy. She even ate her meals again!



Pretty soon God answered her prayers and Hannah had a beautiful baby boy!! She named him Samuel which means "I asked God for him".

Have any of you ever prayed for something and then God gave it to you? *(Allow some time for children to give their testimonies. If any leaders have an appropriate testimony, they could share it with the children.)*

When God gave you the thing you prayed for, did you remember to thank God for it? It's very important for us to thank God for all the things He blesses us with!



Ok, let's continue with the story... Although Hannah loved her baby boy as much as any mom had ever loved their baby, she did not forget the promise she made to the Lord about giving him back to God. And so, when he was old enough to eat his food on his own, she took him back to the temple where she had prayed for her baby. There she again met Eli the priest and reminded him about the day when she had prayed in that very temple and asked God for a baby. She reminded Eli about the promise she had made to the Lord. "I'm here to give him back to the Lord so that he can spend his whole life serving the Lord here in this temple."

That must have been very difficult for her to do but Hannah knew how important it was to keep her promise to God. And keeping her promise and trusting that God would look after her son

really showed how thankful she was for what God had done for her. Hannah then praised God with a beautiful song of thanks and praise.

Samuel grew up learning all the things that Eli taught him, and his mom and dad still visited him. God blessed them with another five children after Samuel, but they must have been very proud of Samuel because he was learning all the ways to serve the Lord. His mom Hannah had kept the promise she made to God and was always thankful for the beautiful boy the Lord had blessed her with.

#### 4) Review Questions:

- What did Hannah want more than anything in the world? (*A baby*) What did she promise God when she prayed? (*That she would give the baby back to God*)
- How did Hannah show God that she was thankful? (*By keeping her promise*)
- How can you thank God for the things you have, or He has done for you? (*Praying, singing praise and worship songs, spending quiet time with God, drawing or painting a picture*)

#### 5) Craft

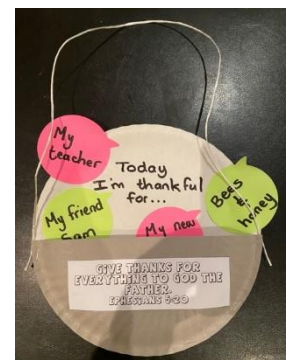
##### Option 1: Paper plate praying Hannah

- Fold the edges of a paper plate inward to make a point.
- Cut the point off.
- Tape the head where the point was.
- Draw Hannah's arms on the outside in a praying position.
- Open the plate and stick the baby on the inside. Draw Hannah's arms holding the baby. Stick the verse on.



##### Option 2: Thankful pouch

- Give each child one and a half paper plates.
- Stick the two together to make a "pouch".
- Write the words "I am thankful to God for..."
- Give the children pieces of paper that they can write/draw things they are thankful for and put them into their pouch.
- Add string/ribbon to the pouch so that it can be hung up at home.
- Stick the verse on the front of the pouch. Encourage the children to add something new every day.





# Lesson 9: Walk in His Wisdom

## Main focus for the lesson:

- Wisdom is knowing how **and** actually living in a way that pleases God.
- In every situation God gives us wisdom when we ask.

## 1) Memory Verse

- James 1:5

**“If you need wisdom, ask our generous God, and He will give it to you.”**

### Idea to teach the memory verse.

*Note: It will be better to start with the hands on section so that children understand what wisdom is.*

Read out the scenarios that the children can relate to and each time the leader asks “If you need wisdom...” then the children reply, **“Ask our generous God, and He will give it to you. James 1:5”**

Scenarios	Children reply
When you are reading the Bible and you don't understand it, remember if you need wisdom...	<b>Ask our generous God and He will give it to you. James 1: 5</b>
You're trying to decide if you should do what your mom has told you to do, remember if you need wisdom...	
When you want to tell someone about Jesus, but you don't know what to say, remember if you need wisdom...	
When you have to make a big choice, remember if you need wisdom...	
Someone comes to you for advice, remember if you need wisdom...	
You love Jesus and want to please Him, remember if you need wisdom...	
No matter what... if you need wisdom...	

## 2) Hands on

Leader 1	<p>What does it mean to be wise? Someone that is very clever knows a lot of information. But being clever is <b>NOT</b> the same as being wise. Being wise means we know something and then make the right choice using that information.</p> <p>I can know that bees sting. But if I poke a beehive with a stick, am I being wise? <i>(Allow the children to answer) No!</i> So knowing information doesn't make us wise. When we know what is right and we then <b>do</b> what is right then we are being wise.</p>
Leader 2	<p><i>(Come in holding an egg)</i></p> <p>I have an egg with me. Do you know what will happen if I crack this egg on my head? <i>(Allow the children to answer - It will break and make a big mess)</i></p> <p>But don't worry I know that! And I also know that if I boiled the egg first then it won't make a mess. In fact, I will be able to peel it and eat it all up. Yum. <i>(About to crack the egg, but leader 1 interrupts)</i></p>

Leader 1	Are you sure you boiled it?
Leader 2	Yes of course I boiled it, well I think I boiled it. I know I should have boiled it. That's good enough. Knowing what I should have done is just as good as doing it surely. <i>(Crack the egg on your head or shoulder, it isn't boiled and makes a mess. Leave the room. You can wear a hat if you prefer to protect your hair.)</i>
Leader 1	Um, I think Leader 2 just showed us that being wise is not only knowing the right information, but also <b>doing</b> the right thing. Because if you don't, things can get really messy!  The Bible talks about wisdom a lot! It even tells us that wisdom is more precious than jewels or gold. (Proverbs 8:11; Proverbs 16:16)  The Bible explains that when we have wisdom then we live in a way that shows we love God, and we make choices that please Him.  So if wisdom is so important where can we get it from? Listen to this verse and see if you can work it out. <i>(Older children can look up the verse and work it out together)</i>  James 1:5 5 If you need wisdom, ask our generous God, and <b>He will give it to you</b> . He will not rebuke you for asking.

*Go on to teach the memory verse*

### 3) Bible Story + Lesson

*(Read Ephesians 5:15-17 out loud and get the children to repeat it back to you line by line. Use an actual Bible.)*

<sup>15</sup> So be careful how you live. Don't live like fools, but like those who are wise. <sup>16</sup> Make the most of every opportunity in these evil days. <sup>17</sup> Don't act thoughtlessly, but understand what the Lord wants you to do.

Does this verse say we must be wise or a fool? - *(Wise)*

Do wise people make the most of every opportunity? - *(Yes!)*

What must we understand if we are going to live like we are wise? - *(Understand what the Lord wants us to do – and then do it!)*

In every choice that you have to make if you understand what Jesus wants you to do then you will be able to make the right choice. You will be wise.

This is a man named Paul. *(Cut and stick the flaps over the words)*

Before Paul understood what Jesus wanted him to do he lived like a fool. He hurt people and he taught people a whole lot of nonsense rather than the truth about Jesus. Paul didn't understand what Jesus wanted him to do and so he did his own thing – and it was not good.

Once Paul realised that Jesus is God's son and that He is the only way to be forgiven and be with God, Paul's heart changed. *(Lift the shirt flap and read what Paul's heart says "I know, love and trust Jesus")*



Paul now understood what Jesus wanted him to do – Jesus wanted Paul to tell everyone this Good News. God had given Paul wisdom. Paul didn't let anything stop him from doing what Jesus wanted him to do. Many people tried to stop Paul.

Some people beat him with a wooden rod, others threw stones at him, some whipped him over and over again. Can you imagine how sore that must have been!

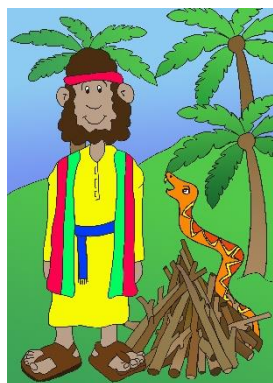


Do think Paul's heart changed? (*No, lift shirt flap and read "I know, love and trust Jesus."*) Do you think Paul stopped telling others the Good News? No, Paul didn't stop because he (*lift flap and read*) **understood what Jesus wanted him to do** and so Paul kept on telling others the good news that Jesus is the only way to Heaven.



One time when Paul was thrown in prison, God sent an earthquake that made the walls fall down but Paul did not run away like most of us would. This was because of what was in Paul's heart ... (*Lift flap and read "I know, love and trust Jesus."*) and Paul was wise and **understood what Jesus wanted him to do!** Paul used this opportunity to stay and tell the prison guard all about Jesus and the guard and his family were saved.

Another time Paul was arrested, put on a ship and sent to Rome. This was a very long trip and Paul tried to warn them not to sail in the winter months, but they did not listen. A huge storm came and for days the boat was battered about. God told Paul what He wanted them to do and so Paul gathered the men and told them God's plan. If we stay on the boat God will protect every single one of us. Do you think Paul will be wise and listen to God? (*Yes – Lift flap and read again*) And God kept them all safe! They stayed on the boat right until it fell apart and then swam to safety to an island nearby.



On the island Paul was bitten by a poisonous snake! Most of us would say, "Ok that's enough I am out of here" and we wouldn't have blamed Paul if he had said that, But God kept Paul safe and he wasn't even affected by the snake bite. God gave him wisdom to pray and even heal the sick on the island. Seeing all this helped them believe in Jesus too. What did Paul's heart say? What did he understand? (*Lift flap and read again*)

My favourite story where we can see Paul has wisdom from God is when he is in prison once again. He is not sad or moaning. Instead, he is writing a letter to encourage everyone and tell them that everything that has happened to him has helped him do God's plan – to spread the good news.

Paul explains that the prison guards are saying, "This man is in prison because He says Jesus is **God's son and the way to Heaven.**" Without realising it the prison guards are sharing the **good news.**



The religious leaders who are cross with Paul are saying, "This man must be punished because he believes **Jesus is God's son and the way to Heaven.**" Without realising it the religious leaders are sharing the **good news.**

Some of the believers (Christians) are telling others that Paul is in trouble because he is telling others **Jesus is God's son and the way to Heaven.** Other believers are saying if Paul can do it, I will also tell others that **Jesus is God's son and the way to Heaven.** The believers are sharing the **good news.**

Paul's life shows us that God gives us wisdom to make the most of every opportunity, even the tough ones, and to understand what Jesus wants us to do. (Refer back to Ephesians 5:15-17)

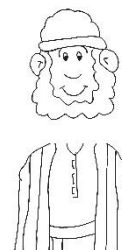
#### 4) Review Questions:

- Why did Paul keep on telling others about Jesus? (Because he knew, loved and trusted Jesus and he knew what Jesus wanted him to do.)
- What did Jesus want Paul to do? (Tell others the Good News)
- Do you think Jesus wants you to do this too? (Yes.)
- What do we have to do to get wisdom from God? (Ask and He is generous to give)

#### 5) Craft

##### Option 1: Paul activity Page

Children cut and stick the flaps to create an activity page that they can use to retell the story.



##### Option 2: Wordsearch (Ephesians 5:15-17)

The words in the verse that are bold are hidden.  
Can you find them in the wordsearch?

<sup>15</sup> So be **careful** how you live. Don't live like fools, but like those who are **wise**.  
<sup>16</sup> Make the most of every opportunity in these evil days.  
<sup>17</sup> Don't **act thoughtlessly**, but **understand** what the Lord wants you to do.

Ephesians 5:15-17

Y	U	L	E	O	E	E	A	C	T	L	R	T	Y
D	N	U	Y	M	O	S	T	M	D	T	U	N	F
I	E	F	T	C	S	T	D	N	T	O	N	E	H
T	V	E	I	E	O	E	I	N	D	F	A	E	Y
U	E	R	N	L	S	N	E	D	N	O	L	O	T
A	R	A	U	R	F	L	E	T	A	O	Y	S	O
O	Y	C	T	R	L	D	D	U	T	L	U	N	U
C	O	A	R	E	O	S	E	T	S	S	V	E	P
N	S	S	O	S	R	Y	O	S	R	O	Y	N	W
V	T	S	P	I	D	S	U	I	E	A	O	E	I
Y	D	P	L	E	L	T	U	D	D	Y	D	S	
A	M	T	O	M	P	V	O	A	N	W	U	E	E
V	T	L	R	T	R	I	E	U	F	T	T	O	
T	T	H	O	U	G	H	T	L	E	S	S	L	Y

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# Lesson 10: Walk in a manner worthy of the call

## Main focus for the lesson:

- When we realise the love God has for us and the gift He has given us, we change and live lives that please Him.

## 1) Memory Verse

- Ephesians 4:24

***“<sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy.”***

## Idea to teach the memory verse.

### What you will need:

- A poster with an outline of a person
- A cut-out of the “does not please God” T-shirt
- A cut-out of the “pleases God” T-shirt

Leader reads the first part of the verse

<sup>21</sup> Since you have heard about Jesus and have learned the truth that comes from Him, <sup>22</sup> throw off your old sinful nature...

Children then throw off the “does not please God” T-shirt and replaces it with the “pleases God” shirt while saying Ephesians 4:24 ***“<sup>24</sup> Put on your new nature, created to be like God—truly righteous and holy.”***

## 2) Hands on

### What you will need:

- Chocolate milk (Steri-Stumpi)
- Red Bull
- Clear glass



Imagine this glass of chocolate milk is me and you.

The Red Bull represents God: Who He is, what He has done and the things He even says about us. We can read the Bible and learn and know all these things. We can learn that God sent His son Jesus to die for us and forgive our sins. We can learn that He loves us. We can learn about how He wants us to live.

But just knowing all of that is like keeping the Red Bull in the can. If I choose to accept and believe all of these things, look what happens to my life. *(Add the Red Bull to the milk. You will immediately start to see a chemical reaction and after a while three layers will form.)*

When I accept and believe the truth of God, my life, my heart and my mind start to change. Why? Because I will be choosing to live my life God’s way/ Following His instructions and not my own. I won’t want to sin anymore because I have the truth of Jesus in me. I won’t want to be disobedient to God. Does this mean I’m never going to make any mistakes ever again? NO! But the difference is when I realise that I have made a mistake or I have done things my own way, I will know that I can ask God for forgiveness.

The change will be obvious and people around me will see that the way I act and speak is different. And I will want to live my life to show others the truth of Jesus as well. I will want to give glory to God in everything that I do. I will be a reflection of God.

### 3) Bible Story + Lesson

You will need:

- A beautifully wrapped gift labelled “forgiveness and life with God.”
- 2 large similar looking T-shirts (or coats, jackets) that you can easily slip over what you are wearing.
- A label saying “Pleases God”
- A label saying “Does not please God”
- Tags with the different options that the children will use to help you decide which to attach to each shirt. *Note: As you read each of them either give some examples or try and act out an action. This makes the words more relatable and easier to understand.*

<b>Pleases God</b>	<b>Does not please God</b>
His way	My way
Love always	Love sometimes
Love everyone	Love only good people
Forgive	Get revenge
Be thankful	Grumble
Be wise	Be foolish
Live His way	Live our way
Put God first	Put me first
Work together	Won't work with others
Speak the truth	Lie
Live in Peace	Fight with others
Be generous	Steal
Encourage	Gossip
Obey	Disobey
	Selfish
	Greed

The book of Ephesians tells us that when we live as people who belong to God and love Him then there is a certain way we act. We don't act this way so that God will love us. We act this way **because we love God and He deserves the very best!**

We have two T-shirts here. This term we have learnt all about how to do things God's way instead of doing things our way. Do you think you can help me separate which of these things please God?

*Continue until all the tags are separated and attached to the appropriate shirt.*

*Put on the “does not please God” T-shirt and explain.*

Do you know that Jesus has given you the greatest gift ever? *Pick up the gift.*

And when God gave us this gift our lives looked pretty much like this shirt: Not a life that is very pleasing to God is it? So we can see if we looked like this when God gave us this gift, we definitely didn't earn this gift. In fact, we didn't even deserve this gift.

Ephesians 2:8-9 says <sup>8</sup> God saved you by His grace when you believed. And you can't take credit for this; it is a **gift from God**. <sup>9</sup> Salvation is not a reward for the good things we have done, so none of us can boast about it.

Do you know what this gift is? Yes, this gift is the gift of forgiveness and life with God forever!

For us this gift of forgiveness and being with God was free. But for Jesus it cost Him His life. He had to die and be separated from God, His Father, so that we can have this gift. Wow, that shows us how much He loves us. I mean to do all that for me while my life looks like this. (*point to "does not please God" T-shirt that you are wearing*)

In Ephesians 3:14-19 Paul prays to God and asks Him, "please please God can these people just understand and experience how much you love them".

And the reason Paul is praying this is because when we understand how much God loves us and realise how valuable and special this gift He has given us is, then we won't want to look like this anymore.

Do you think God deserves my life to look like this when He has shown me so much love and has done so much for me? No way! I want my life to be pleasing to Him. I want my life to show others that I love God and I am His child. (*Take off the "does not please God" T-shirt and put on the "pleases God shirt"*) Yes, this is more like it! This is more what God deserves.

And do you know that there are even more things that we can do that pleases God? Ephesians 5:10 says we need to find out what pleases God! How can we do that? *Learn from the Bible, rely on the Holy Spirit to show us, look at how Jesus lived, pray and ask God to tell us.*

#### 4) Review Questions:

- a) What gift has God given us? *Gift of forgiveness from our sins so that we can have life with God forever.*
- b) Did you do anything to earn this gift? *No.*
- c) Can you do anything to make God take this gift away? *No, remember He gave it to you while you were a sinner to start with.*
- d) What helps us remember to live a life that pleases God? (*Experiencing and understanding the love that God has for us and what He did for us because He loves us. This helps remind us how much He deserves children that love Him back and live lives that please Him.*)

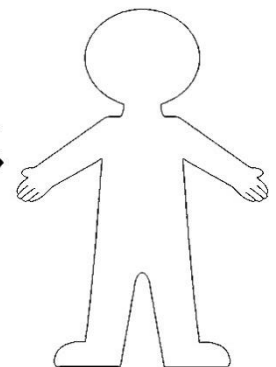
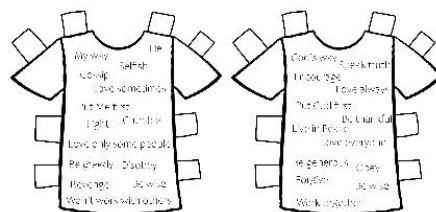
#### 5) Craft

**Option 1:** Children cut out the paper doll and two shirts. They then decide which shirt they want to be clothed in. Encourage them to use their paper doll and shirts to reteach what they have learnt this series.

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Thank you Jesus for the gift of forgiveness!



**Option 2: Gift of forgiveness**  
Let the children decorate the gift as nice as they can. Then remind them that even the nicest thing we have ever been given will never compare to the most precious gift Jesus gave us when He forgave us!