



9. WHAT AM I DOING?

Props Needed:

- No props needed

What To Do:

- Leader will act out 3 characteristics of a baby and 3 of an adult, and the children will guess if it is an action of a baby or an adult.

GAME ACTIVITY

What You Say:

I am going to act out some things, and I want you to guess if what I am acting out are actions of an adult or a baby.

What You Do:

- Act out the following characteristics: Crawling, crying, sucking thumb, shaving, driving a car, brushing teeth.
- Have the children guess what you are doing.

What You Say:

That was fun and you were all very smart.

Who crawls, cries and sucks their thumbs? Right. Babies do those things. So if babies do that, then who shaves and brushes their teeth and drives a car? Right - your mom and dad.

Did you know that one day you will drive a car? Yes, you will.

That happens when you grow up. We all grow up, and when we do there are things that we stop doing and then there are things that we start doing.

What is something that we stop doing when we grow up? (Allow for response.) Crawling, sucking our thumb and crying.

Well, we stop crawling because we know how to walk. We stop sucking our thumb because we have teeth and would end up biting our fingers off. We stop crying all the time because we can tell our moms when we are hungry or when our finger hurts. Babies can't do that.

SAY BOTTOM LINE - God wants me to grow.

Motions: God (*point to God*) **Wants Me** (*point to self*) **Grow** (*muscles arms*)

GOD'S WORD SAYS - I Peter 2:2, "God's word helps me grow."

Motions: God's Word (*hands hold Bible*) **helps me grow** (*muscle arms*)



10. GROW STRONG

What You Need:

- Bible
- Apple
- Bag of chips

What You Do:

- Place all items on a table in front of the class.

OBJECT LESSON

What You Say:

If you want your body to grow strong then you need to eat the right food.

(Hold up the bag of chips, open it and start eating it.)

If all you eat is junk food like these chips, you will not grow strong.

You need to eat food that God made for us to grow strong. (Take the apple and start eating.)

Wow. I feel strong already. When you eat the right food, your body will grow strong and you will be strong.

Just like when we eat an apple our body grows strong, we need to grow strong in God. Our spirit man needs to grow strong. How can we help our spirit man to grow strong? (Allow for response.)

Well God has given us a very valuable tool to help us grow strong in Him. (Hold Bible in your hand.)

Does anyone know what God has given us? (Allow for response.)

Right! God's Word! God's Word is very special because it is God speaking to us.

When you listen to God's Word, you become strong in God. You may not be able to read the Bible just yet, but you can have your mom and dad read the Bible to you. When you do, you grow strong on the inside. You get really big spiritual muscles on the inside.

SAY BOTTOM LINE - God wants me to grow.

Motions: God (point to God) Wants Me (point to self) Grow (muscles arms)

GOD'S WORD SAYS - I Peter 2:2, "God's word helps me grow."

Motions: God's Word (hands hold Bible) helps me grow (muscle arms)



10. JUMPING JACKS FOR JESUS

What You Need:

- No props needed

What You Do:

- You will teach and lead the children in jumping jacks.

PHYSICAL INTER-ACTIVE OBJECT LESSON

What You Say:

Okay, boys and girls, we are going to have some jumping jack fun today. Who knows how to do a jumping jack? Okay, you can help me. Come up here.

This is how you do a jumping jack. Now, everyone stand up and stick your arms straight out to the side. Make sure you don't hit your neighbor.

Now, put your hands to your side. You jump up and spread your legs out and, at the same time, clap your hands over your head.

Let's do it all together (everyone do it, if there is one child having trouble, help them understand how to do a jumping jack.)

Okay, now who can do the most jumping jacks? Let's count.

(Begin slowly and count and doing them as a group.)

Whew! You guys are good. Let's take a rest for a moment. Everyone sit down.

Did you know that jumping jacks are exercise? When we exercise, our body grows strong. Remember Samson? He was strong without doing exercise. God made him strong on the outside.

But Samson was not strong on the inside. He was weak. God wants us to be strong inside. We grow strong in God when we listen to God's Word.

SAY BOTTOM LINE - God wants me to grow.

Motions: God (*point to God*) **Wants Me** (*point to self*) **Grow** (*muscles arms*)

GOD'S WORD SAYS - I Peter 2:2, "God's word helps me grow."

Motions: God's Word (*hands hold Bible*) **helps me grow** (*muscle arms*)



12. GOD'S WORD IS SPECIAL

What You Need:

- 1 storybook
- 1 Bible
- Small loaf of french bread

What You Do:

- You will begin by reading a few pages of the story book.
- Then you will read the memory verse from the Bible.
- As you read the memory verse, you will break off a piece of bread.

OBJECT LESSON

What To Say:

Boys and girls, I have up here a nice storybook. (Show the children and begin to read a few pages and then stop.)

Okay, this was a nice story and probably a book your mom and dad has read to you. But that is what this is - a nice storybook.

(Put the storybook down and pick up God's Word.)

Boys and girls, I want to show you a very special book. God's Word. This book is very, very special. It is God's Word.

- God's Word is true.
- God's Word helps us grow.
- God's Word will change our life.

(Pick up the storybook and hold the Bible.)

This storybook will not help us at all. This storybook won't change our life. But God's Word will.

(Set the storybook down and pick up the bread.)

When we hear God's Word, we grow. When we hear God's Word, it is like eating a piece of bread. (Eat a piece of bread.)

When we eat bread, we grow. Our body grows strong. Remember that God made Samson strong as long as he didn't cut his hair. When we hear God's Word, we grow strong. It is just like when we eat bread. We grow.

SAY BOTTOM LINE - God wants me to grow.

Motions: God (point to God) Wants Me (point to self) Grow (muscles arms)

GOD'S WORD SAYS - I Peter 2:2, "God's word helps me grow."

Motions: God's Word (hands hold Bible) helps me grow (muscle arms)



13. JAMES AND JAMES' HOUSE

What You Need:

- James and James' house included with this lesson.

What You Do:

- You will use TJames and James' house to teach your class the difference between our flesh and blood and our spirit man.
- Put James and James' House on a table.

SPIRITUAL LEARNING CENTER

Boys and girls, today we have been talking about growing and that God wants us to grow. We saw that our bodies grow from a baby to an adult by eating food and exercising.

I want to show you something today.

(Hold up James) How many of you can see the real James? (Allow for response.)

No, you only see James' house. (Pull out yellow James) This is the real James. This is James' spirit or the man on the inside. James' spirit talks with God.

(Call up a child.) How man of you can see the real Suzie? (Allow for response.)

No, you only see Suzie's house. The real Suzie or Suzie's spirit is on the inside. You can't see the real Suzie.

Your SPIRIT MAN or the REAL YOU is the part of you that God sees, and that is the part that God wants to grow. We don't want to be a baby Christian. We want to grow strong in God.

SAY BOTTOM LINE - God wants me to grow.

Motions: God (point to God) Wants Me (point to self) Grow (muscles arms)

GOD'S WORD SAYS - I Peter 2:2, "God's word helps me grow."

Motions: God's Word (hands hold Bible) helps me grow (muscle arms)

NOTE TO TEACHER:

This has been the best way and the most effective way to teach children about their spirit man. You will teach this same lesson with a different angle many times.