§ Explore it

Moses' faithfulness



Bible verses:

Exodus 12:1-14,21-28,31

Passover



Aim:

To discover the first Passover



Today's fruit:

Faithfulness



In today's session we will explore the story of the Israelites as God delivered them from slavery in Egypt.

The story may raise a lot of questions about how our loving God could be part of such a horrible event. Through all of our questions about this story from Exodus, we will still be able to see God's faithfulness in every step of the Israelites' journey. We will also be able to think about God's faithfulness in our own lives.

Each child will need:

- Resources to build a pyramid, eg wooden building blocks, paper/plastic cups, playing cards 2D or 3D, Lego, Duplo
- Resources for a seder plate activity see Action it
- Memory verse wristband
- Sticky notes and pens/pencils
- Explore It ideas handout

You will need:

- Today's fruit sign: Faithfulness
- Flip chart (optional)



Say

Our Bible story today is set in Ancient Egypt. Rather than a king, queen, president or prime



minister, the main leader of Egypt was called a Pharaoh. The Pharaohs often came up with weird and wonderful ideas to show how powerful they were. Let's watch the clip together and then we can have a go at creating one of the Pharaoh's bright ideas.

Video

Horrible Histories: Awful Egyptians: The First Pyramid uploaded by BritishSketchShowFan (2:13)

Challenge the children to build a pyramid with whatever available resources you have. Find out who can build their pyramid quickest.



Display the Faithfulness sign.

Say:

Our fruit for today is faithfulness.

Ask:

What do you think we mean when we say God is faithful?

Say:

Our song for today helps to understand what it means when we talk of God's faithfulness.

Song

'He is always faithful' hand motion music video by The Village Church (2:10)



Sau:

Today we are tackling another challenging story in the Bible. Rather than avoiding stories in the Bible where there is violence, we need to read them, think about them carefully and ask questions. I won't have all the answers to your questions about today's story, but that's OK – we are all learning together.

Sau:

Before we look at today's Bible passage, let's find out the story so far.

Video

Moses and the Exodus Stories of the Bible by Saddleback Kids (5:17)



Say:

The Pharaoh of Egypt refused to let the Israelites go, and so God sent a number of plagues on their land – that means some really bad events would happen.

Ask:

What plagues did you spot as you were watching the clip? (Turning water red / into blood; frogs; lice; flies; making cattle sick; boils; snow/hail; locusts; darkness; and a death in every home - the firstborn child)

Say:

The Lord sent many plagues on the land of Egypt, but it was the final one that convinced Pharaoh to let the people of Israel go. The clip mentioned how Pharaoh woke up one morning and heard the cries of the people of Egypt. The story of why the people were upset is a hard one to hear as it may make us wonder how a loving God could be part of such a horrible act.

Say:

God gave the Israelites specific instructions for the night when he would set them free, to keep them safe. We find this story in the book of Exodus in the Old Testament.

Read:

'The Lord spoke to Moses and Aaron in the land of Egypt: "This month will be the first month of the year for you. Both of you are to tell the whole community of Israel: On the tenth day of this month each man must get one lamb. It is for the people in his house. There may not be enough people in his house to eat a whole lamb. Then he must share it with his closest neighbour. There must be enough lamb for everyone to eat. The lamb must be a one-year-old male. It must have nothing wrong with it. This animal can be either a young sheep or a young goat. Keep the animal with you to take care of it until the fourteenth day of the month. On that day all the people of the community of Israel will kill these animals. They will do this as soon as the sun goes down. The people must take some of the blood. They must put it on the sides and tops of the doorframes. These are the doorframes of the houses where they eat the lambs. On this night they must roast the lamb over a fire. Then they must eat it with bitter herbs and bread made without yeast. Do not eat the lamb raw or boiled in water. Roast the whole lamb over a fire - with its head, legs and inner organs. You must not leave any of it until morning. But if any of it is left over until morning, you must burn it with fire.

"This is the way you must eat it: You must be fully dressed as if you were going on a trip. You must have your sandals on, and you must have your walking stick in your hand. You must eat it in a hurry. This is the Lord's Passover."

(Exodus 12:1-11 *ICB*)

Say:

The Lord asked the people of Israel to sacrifice a lamb and use the blood to mark their doorframes.



Ask:

- Why do you think God told the people of Israel to be dressed and ready to leave?
- The little lamb would have been part of the household for four whole days. How do you think the family felt about sacrificing it?

Say:

The lamb was part of the offering to God on a night when he set his people free. God told them what would happen next.

Read:

'That night I will go through the land of Egypt. I will kill all the firstborn of animals and people in the land of Egypt. I will punish all the gods of Egypt. I am the Lord. But the blood will be a sign on the houses where you are. When I see the blood, I will pass over you. Nothing terrible will hurt you when I punish the land of Egypt.'

(Exodus 12:12-13 ICB)

Say:

That night the Egyptians experienced a great deal of pain and suffering as their firstborn children and animals were killed. The Israelites were saved by the blood of the lamb on their doorframes. It's hard to think of our loving God involved in such a horrible story, even if it led to the freedom of his people.

Ask:

What questions would you ask God about this story?

Say:

We don't always find easy answers to the difficult questions we have about the Bible. Seeing the pain and suffering of his own people, Pharaoh let the Israelites go. This event, known as the Passover, is still celebrated and remembered today just as the Bible said it would be.

Read:

'You are always to remember this day. Celebrate it with a feast to the Lord. Your descendants are to honour the Lord with this feast from now on.'

(Exodus 12:14 ICB)

"You must keep this command. This law is for you and your descendants from now on. Do this when you go to the land the Lord has promised to give to you. When your children ask you, 'Why are we doing these things?' you will say, 'This is the Passover sacrifice to honour the Lord. When we were in Egypt, the Lord passed over the houses of Israel. The Lord killed the Egyptians, but he saved our homes.'" So now the people bowed down and worshipped the Lord. They did just as the Lord commanded Moses and Aaron.'

(Exodus 12:24-28 ICB)



=➪ Action it

The aim of this activity is to discover how Jewish people celebrate Passover today. Using the clip to provide context and resource links below, the children will create a seder plate and discuss what each item represents. Along with the content of the clip, the following information is provided to help with your discussions.

Video

What is Passover? Religious Studies - my life, my religion: Judaism by BBC Teach (stop at 4:12)

Seder plate

- Lamb bone: a symbol of the lamb that was offered as a Passover sacrifice
- Charoset/Haroset: a paste/condiment made of apples, nuts, sugar, cinnamon and wine,
 which represents the mortar or cement used by the Israelites to build the pyramids
- Bitter herbs: a reminder of the bitterness of slavery in Egypt
- Parsley: represents hope and renewal
- Horseradish: a reminder of the bitterness of slavery in Egypt
- Egg: represents lots of different things including the circle of life

Based on www.britannica.com/topic/seder-Passover-meal

Suggested seder plate craft

- **Colour, cut and glue your own seder plate** by darcymillerdesigns.com (emailed to you)
- Colour, cut and glue your own seder plate by Jewishmomsandcrafters.com (emailed to you)
- **Print and assemble a seder plate** by makeitjewish.com (needs cupcake cases)



Sau:

The Passover meal reminds Jewish people of God's faithfulness. As Christians we don't take part in this celebration, but there are still lots of ways that we can remember how God is faithful. At Christmas we celebrate the birth of Jesus, sent to us as a baby boy. At Easter we remember the sacrifice of Jesus on the cross and how he rose from the dead. We are reminded of God's faithfulness every day of our lives through his many blessings.



Ask:

What examples of God's faithfulness do you see in your life? Think about your home, school, community and church. How has God been faithful?

Give the children the opportunity to write on sticky notes the different ways that God has been faithful to them. A music suggestion is provided below to play as the children write. Ask the children to stick their ideas to a wall or flip chart. When the music stops, or you fade the music, read some of the examples and then pray with the group.

Listen

'Goodness of God' (official video) by Bethel Music & Jenn Johnson (7:32)

Say:

We have spent time thinking about all the ways God has been faithful. Our memory verse reminds us to keep all those things in mind when we look to the future. God has always been faithful in the past, and he will always be faithful in the future.

Share the memory verse with the group and distribute the wristbands. Remind the children to revisit this memory verse each day of the following week so that they can remember that God can be trusted.

Memory verse:

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

Next week

Next week the children will be making harps from small boxes, eg tissue or shoeboxes or from file boxes. See Session Two for details. You may wish to ask the children to bring in a box with them next week.



Remember to send home the *Explore It ideas* for children and families.



Explore It is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)



April: Session 1

Explore it

Here are some ideas for you to explore at home.

Samuel meets Saul



Bible verses:

Exodus 12:1-14,21-28,31 Passover



Aim:

To discover the first Passover



Today's fruit: **Faithfulness**



Reflect

Write this week's memory verse in the centre of a piece of paper. Think back to all the examples of God's faithfulness that you talked about in the Explore It session. Add these to your piece of paper. As the week goes on, keep adding examples of God's faithfulness.



Bake

As part of the Passover feast, the Jews had to follow God's instructions carefully. Ask someone at home to help you make some Matzoh, the unleavened bread eaten during Passover. Make sure you follow the instructions carefully!

Homemade Matzoh recipe by Tesco.com

https://realfood.tesco.com/recipes/ homemade-matzoh.html



Song for the week

'He is always faithful' hand motion music video by The Village Church



Memory verse

Children & Youth

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

Kids Alive! Online - salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



Moses' faithfulness



Bible verses: Exodus 14:21-28



Aim:
To learn that God is faithful



Today's fruit: Faithfulness



Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)



Start it

God is faithful - he does what he says - and Moses trusted him. Who do you trust?



1

d Tell it

Share a child-friendly version of Exodus 14:21-28, when the Israelites were freed from slavery and crossed the Red Sea.

Sit in a circle and ask the group to share together:

- What would it be like to swim in the sea?
- I wonder what it looked like when Moses and the people walked through the sea?
 Could they see fish or whales without getting wet?
- God helped Moses by opening up the sea.
 Which people help you and how do they show it?
- Being faithful is like keeping a promise.
 Think of a promise you might make.

What do you think that God has promised you?



Sing It

'If I were a butterfly' (lyrics and music) 'The butterfly song' by Brian Howard, uploaded by Unreached Corners (3:09)

'Wonderful Lord' (official video) by Doug Horley (3:13)



Games and activities to reinforce the Bible passage:

- Separate a pile of cushions/blankets and move through the middle
- Games involving taking something out of water while wearing a blindfold
- Make a kind promise and go and tell an adult
- Pretend some swimming actions by following the leader





April Session 1: Memory Verse Wristband

Explore it

TRUST PROMISE HOPE TRUST TRUST	PROMISE PROMISE PROMISE HOPE HOPE	'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.' (Hebrews 10:23)	TRUST PROMISE & OF TRUST PROMISE HOPE STORY HOPE
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April Session 1: Memory Verse Wristband



'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23)

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23)

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23)

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

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'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23)

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23)



§ Explore it

David's goodness



Bible verses:

1 Samuel 16:1-23 Samuel goes to Bethlehem



Aim:

To learn that God sees within a person



Today's fruit:

Goodness



In today's musical session we will discover how a young shepherd boy was chosen to become a mighty king.

God saw past the outer appearance and saw that David's heart was filled with goodness. We'll see David using his musical talent to bring peace to an angry King Saul and get the opportunity to make our own music.

Each child will need:

- Materials to make a harp a box (ideally on the small size like a tissue box, cardboard magazine file or a shoebox) or file folder, elastic bands (ideally different sizes) - the children may need to bring a box to the session
- Resources to decorate their harp on the theme of goodness, eg pens/pencils/paint, covering with paper, stickers ...
- Explore It ideas handout

You will need:

- To watch *Make your own: shoebox harp* by Atlanta Symphony Orchestra
- Today's fruit sign: Goodness



Say:

Music plays a big part in our Bible story for today, so we're going to start by testing your musical knowledge. Listen to each musical instrument and see if you can guess what it is. They start off easy and get trickier as the quiz goes along.



Video

Guess the musical instrument! sound quiz for kids - easy to hard by Alphabet Valley (2:09)



Say:

In our story today Samuel, the prophet, needed to trust in God and do what he asked. Let's share our memory verse together as it reminds us that God can be trusted.

Memory verse:

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

Say:

Our song for today is all about trusting God.

Song

'I will trust you, God' sing-along Christian kids song by Allstars Kids Club (2:32)



Say:

Last month we met Saul, chosen by God to be the first king of the Israelites. At first, he was reluctant to be the king, hiding in the luggage and struggling with his new role. In our story today we find a very different King Saul.

Say:

King Saul repeatedly disobeyed God; so God, seeing Saul's poor behaviour, rejected him. Although Saul was still officially the king, God started the search for his successor – the person to take over from him. We join the story with God's faithful servant Samuel, waiting for his instruction.

Read:

'The Lord said to Samuel, "How long will you continue to feel sorry for Saul? I have rejected him as king of Israel. Fill your container with olive oil and go. I am sending you to Jesse who lives in Bethlehem. I have chosen one of his sons to be king."

'But Samuel said, "If I go, Saul will hear the news. And he will try to kill me."



'The Lord said, "Take a young calf with you. Say, 'I have come to offer a sacrifice to the Lord.' Invite Jesse to the sacrifice. Then I will show you what to do. You must appoint the one I show you."

'Samuel did what the Lord told him to do. When he arrived at Bethlehem, the elders of Bethlehem shook with fear. They met him and asked, "Are you coming in peace?"

'Samuel answered, "Yes, I come in peace. I have come to make a sacrifice to the Lord. Make yourselves holy for the Lord and come to the sacrifice with me." Then he made Jesse and his sons holy for the Lord. And he invited them to come to the sacrifice.'

(1 Samuel 16:1-5 ICB)

Ask:

- What kind of ruler was King Saul?
- What clues from the Bible did you use to work out your answer?

Say:

Both Samuel and the elders of Bethlehem were afraid of what might happen to them if Saul found out what they were up to. Saul was no longer running the kingdom in God's way and was behaving exactly as Samuel had warned the Israelites that a king would. God had had enough. It was time to find a new king.

Video

David was anointed by I Share

Watch: 0:00 to 1:25 'The Spirit of the Lord was with David and Samuel went back home'

Ask:

- Which brother did Samuel think would be chosen by God?
- Why did he think that?

Sau:

God doesn't see things the way we see them. Eliab may have been the tallest and most handsome brother, but he wasn't the best person to be king. God took the opportunity to teach Samuel to look past a person's outer appearance and focus on their heart.

Read:

'But the Lord said to Samuel, "Don't look at how handsome Eliab is. Don't look at how tall he is. I have not chosen him. God does not see the same way people see. People look at the outside of a person, but the Lord looks at the heart."'

(1 Samuel 16:7 ICB)

Ask:

In what ways do we focus on the outside of a person, rather than their heart?



Say:

God looked into David's heart and knew that he would be the best person to be king. David was only a young boy and would have to wait a long time, but Samuel anointed him with oil as a sign that he was chosen by God. Let's find out what happened next.

Read:

'But the Lord's Spirit had gone out of Saul. And an evil spirit from the Lord troubled him.

'Saul's servants said to him, "See, an evil spirit from God is troubling you. Give us the command. We will look for someone who can play the harp. When the evil spirit from the Lord enters you, he will play. Then the evil spirit will leave you alone. And you will feel better."

'So Saul said to his servants, "Find someone. If he plays well, bring him to me."

'One of the servants said, "Jesse of Bethlehem has a son who plays the harp. I have seen him play it. He is a brave man and fights well. He is a good speaker and handsome. And the Lord is with him."

'Then Saul sent messengers to Jesse. The message said, "Send me your son David, who is with the sheep." So Jesse loaded a donkey with bread and a leather bag full of wine. He also took a young goat. He sent them all with his son David to Saul.

'When David came to Saul, he began to serve him. Saul loved David very much. And David became the officer who carried Saul's armour. Saul sent a message to Jesse. He said, "Let David stay and serve me. I like him."

'When the evil spirit from God entered Saul, David would take his harp and play. Then the evil spirit would go out of him, and Saul would feel relief. He would feel better again.'

(1 Samuel 16:14-23 ICB)

Say:

David became a member of King Saul's royal court. Whenever Saul became angry, David would play the harp to calm him down.

Display the Goodness sign.

Say:

Our fruit for today is goodness.

Ask:

Think about today's Bible story. What examples of goodness can you find in the story?

Say:

Samuel listened to God's commands and looked for the goodness in David's heart rather than focusing on his big brother's good looks. David took the time to show his goodness by playing the harp for Saul to calm him down.



=□ Action it

Explain to the children that they are going to make a harp, with decorations inspired by the theme of 'goodness'. You can adjust this activity depending on the materials you have.

Video

Make your own: shoebox harp by Atlanta Symphony Orchestra (3:10)

Watch the following clip to help the children think about how they could decorate their harp, eg with the word 'goodness', and add illustrations that fit with the theme.

Video

God's story: fruit of the Spirit: Goodness by Crossroads Kids' Club (2:39)

After the children have decorated their harps, support them with attaching the elastic bands – be careful of any that may snap. When the children have finished their harps, they can play them together.



Say:

David used music to keep King Saul calm. To bring our session to a close, we are going to have a time of peace and quiet. The music of the harp is going to help us relax.

Encourage the children to find a comfortable place to rest and relax. Then encourage them to spend time with God as the music plays. Fade out the music when you feel your group is becoming restless and bring the session to a close in prayer.

Listen

10,000 reasons' (on two Harps) by Matt Redman performed by Harp for the Lord (3:34)



Remember to send home the *Explore It ideas* for children and families.



Explore It is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)



April: Session 2

Explore it

David's goodness

Here are some ideas for you to explore at home.



Bible verses:

1 Samuel 16:1-23 Samuel goes to Bethlehem



Aim:

To learn that God sees within a person



Today's fruit: Goodness



Discover

David played an ancient Hebrew harp known as a kinnor. The harps that musicians play today are very different, but still create the beautiful, dreamy sound that helped Saul to fall asleep. Watch the clip to discover more about this amazing instrument.

Meet the harp by ASO Education



Create

Create a calming musical playlist with the people at home. Share the list with friends and family so that they can listen to the calm music and feel peaceful.



Song for the week

'I will trust you, God' sing-along Christian kids song by Allstars Kids Club



Memory verse

Children & Youth

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)



 $\textit{Kids Alive!} \ \textbf{Online - salvationarmy.org.uk/kidsalive}$

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



David's goodness



Bible verses: 1 Samuel 16:14-22



Aim: To know that David was a



Today's fruit: Goodness



Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)



Start it

Mime playing some instruments (including a harp) and see if the children can guess what they are. You may wish to have images of the instruments to hand.



1

d Tell it

Share a child-friendly version of 1 Samuel 16:14-22.

Sit in a circle and ask the group to share together:

- I wonder if you know what a shepherd does? David looked after sheep.
- Does anyone play any instruments? David played a harp.
- David's harp relaxed an angry king called Saul. What music do you like?
- How do you like to relax?
- What would it be like to spend all day outside looking after animals?



shepherd boy who played a harp

Sing It

'The wise man built his house upon the rock' by Tiny Tree Tunes uploaded by Lithos Kids. Just the first two verses (1:35)

'All through history' Nicky & Becky Drake by Worship For Everyone (3:36)



Games and activities to reinforce the Bible passage:

- Make noises and pretend to be sheep choose one person to be David, who calms everyone down.
- Make basic instruments from boxes or tins, perhaps a basic shoebox harp using elastic bands (see Action it section of 7-11s material).
- Mime being King Saul and David (changing when the leader says either name).



4020

Explore it

Explore it

David's self-control



Bible verses:

1 Samuel 19:1-18 Saul plans to kill David



Aim:

To see the danger of jealousy



Today's fruit:

Self-control



In today's session we see the damage that jealousy can do.

Despite serving King Saul loyally and defeating his enemies, David found himself in a dangerous position. Saul was filled with jealousy and wanted David killed. As we learn more about our fruit for today, self-control, we can get rid of destructive jealousy and rely on God to help us make positive choices.

Each child will need:

- Sunflower seeds, soil, water, containers or small plant pots and a sticker/label to decorate
- A large yellow paper sunflower petal for each child, pens/pencils and Blu-tak
- Explore It ideas handout

You will need:

- Today's fruit sign: Self-control
- To know how to plant sunflowers: gardenersworld.com
- To create a large paper sunflower display just the centre and stalk and have the words 'self-control' in the centre of the flower



There are lots of sunflower-based activities in today's session, so we shall start with a sunflower quiz. Ask the children to watch the clip carefully and see if they can answer the questions.

Video

5 facts about sunflowers by IVY TV for Kids (2:22)



Ask:

- What is unusual about the name sunflower?
 It is one of the few plants with the word 'flower' in the name.
- 2. What is the centre of a sunflower made of? Lots of smaller flowers.
- 3. What part of the sunflower can we eat? *The seeds.*
- 4. Which country has the sunflower as its national flower? *Ukraine.*
- 5. Name one of the things that the sunflower symbolises. *Faith, happiness, long life and good luck.*

Ask:

There was one fascinating fact about sunflowers that the clip did not mention. What do you think it might be?

Say:

Sunflowers start the day facing east and then follow the sun through the sky to the west. During the night they return to their starting position so that they can follow the sun again the next day. As we think about our fruit of the Spirit for today, self-control, it might help if we imagine the sunflower keeping its focus on the sun, just like we need to keep our focus on God.



Sau:

Our song for today reminds us that God keeps his promises.

Song

'Promises worship video' by Crossroads Kids (2:52)

Sau:

Let's share our memory verse together.

Memory verse:

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)







Say:

Last week we saw God choose David as the next King of Israel. David became part of the royal court and was brilliant at calming King Saul when he was in a depression or having a temper tantrum.

Ask:

When Saul was angry, what did David do to calm him down?

Say:

Saul's good relationship with David didn't last very long. Let's watch the clip to catch up on the story so far.

Video

David serves Saul (1 Samuel 24) by Saddleback Kids

Watch: 0:00 to 1:05. 'Saul hated David because he thought he would try to kill him and take the throne from his family.'

Ask:

- Why was Saul so jealous of David?
- What did the crowds do that made his jealousy worse?

Say:

Saul became more and more jealous and ordered his son Jonathan and all his servants to kill David. But Jonathan and David were close friends, so Jonathan tried to find a way to put a stop to his dad's jealous behaviour.

Read:

'Saul told his son Jonathan and all his servants to kill David. But Jonathan cared very much for David. So he warned David, "My father Saul is looking for a chance to kill you. Watch out in the morning. Hide in a secret place. I will go out and stand with my father in the field where you are hiding. I'll talk to him about you. Then I'll let you know what I find out."

'Jonathan talked to Saul his father. He said good things about David. Jonathan said, "You are the king. Don't do wrong to your servant David. He did nothing wrong to you. What he did has helped you greatly. David risked his life when he killed Goliath the Philistine. The Lord won a great victory for all Israel. You saw it, and you were happy. Why would you do wrong against David? He's innocent. There's no reason to kill him!"

'Saul listened to Jonathan. Then he made this promise: "As surely as the Lord lives, David won't be put to death."



'So Jonathan called to David. He told David everything that had been said. And he brought David to Saul. So David was with Saul as before.

'When war broke out again, David went out to fight the Philistines. He defeated them, and they ran away from him.'

(1 Samuel 19:1-7 ICB)

Say:

Jealousy can sometimes play tricks on our mind. People who were our friends suddenly become our enemies simply because we want what they have.

Ask:

How did Jonathan deal with Saul's jealousy?

Say:

Jonathan told Saul the truth about David. He pointed out all the good things about David and how he had always been loyal to Saul. Sometimes when we feel jealous of someone else, it can help to take a step back and think about whether our thoughts match the truth.

Ask:

- What happened right at the end of the Bible reading we just listened to?
- Do you think David's victory over the Philistines made Saul feel more or less jealous?

Say:

That's right! Saul let jealousy take hold of him again. The Bible tells us what happened next.

Read:

'But once again an evil spirit from the Lord entered Saul. He was sitting in his house, and he had his spear in his hand. David was playing the harp. Saul tried to pin David to the wall with his spear. But David moved away from him. So Saul's spear went into the wall. And David ran away that night.

'Saul sent men to David's house. They watched it, wanting to kill him in the morning. But Michal, David's wife, warned him. She said, "Tonight you must run away to save your own life. If you don't, you will be killed tomorrow morning." Then she let David down out of a window. So he ran away and escaped. Then Michal took an idol and laid it on the bed. She covered it with clothes and put goats' hair at its head.

'Saul sent messengers to take David prisoner. But Michal said, "He is sick."

'The men went and told Saul, but he sent them back to see David. He told them, "Bring him to me on his bed so I can kill him."

'But when the messengers entered David's house, they found it was just an idol on the bed. Its hair was goats' hair.

'Saul said to Michal, "Why did you trick me this way? You let my enemy go. He has run away!"



'Michal answered Saul, "David told me if I did not help him escape, he would kill me."

'After David had escaped from Saul, he went to Samuel at Ramah. He told Samuel everything Saul had done to him. Then David and Samuel went to Naioth and stayed there.'

(1 Samuel 19:9-18 ICB)

Say:

When we are facing challenging circumstances like David's, it is important that we have someone that we can turn to who we can trust.

Ask:

Who would you turn to if you found yourself in a bad situation? Who can you trust?

Say:

Saul's story reminds us of the dangers of jealousy and how it can change our thinking in such a negative way. Our fruit for today is 'self-control'.

Ask:

How would you describe self-control?

Say:

Self-control is when we are able to control our thoughts and actions. Instead of rushing to act on our feelings, we are able to stop, understand our emotions and think carefully before we act.

Display the *Self-control* sign.

Ask:

- Try and retell today's Bible story, but this time imagine that Saul kept a handle on his jealousy and showed self-control.
- How is the story different?



Video

Fruit of the Spirit: Self-control (God's Story) by Crossroads Kids' Club (3:23)

Ask:

What does it mean to show self-control as a Christian?

Say:

The clip reminded us that self-control doesn't develop overnight. It takes time as we keep asking the Holy Spirit to help us make the right choices. Today we are going to start growing a 'Self-control sunflower' that will remind us to keep asking God to help us grow our self-control.



Sunflowers

The following link provides information about how to plant sunflowers: gardenersworld.com

Show the children how to plant sunflower seeds in a small pot. They can decorate the container with a label '(insert name's) self-control sunflower'.

Discuss with the children what the seed will need to grow, and each time they look after their plant, encourage them to ask God for the gift of self-control. Encourage them to keep the group updated as their sunflowers grow.



Display your large sunflower, just the centre with the words 'self-control' in the middle, and the stalk. Give each child a large yellow sunflower petal to write a prayer on.

Discuss with the children the areas where they find it difficult to show self-control. You can refer back to Saul's inability to control his jealousy. Discuss how God can help us to grow self-control in many different areas of our lives. As the music plays, encourage the children to write prayers asking God for self-control and then stick them to the sunflower. Share the prayers together when the music finishes.

Listen

'Give me self-control' by Sovereign Grace Music (3:00)



Remember to send home the Explore It ideas for children and families.



Explore It is produced by the Children and Youth Department in collaboration with Kay Moorby (soulwithaview)



Explore it

April: Session 3

David's self-control

Here are some ideas for you to explore at home.



Bible verses:

1 Samuel 19:1-18 Saul plans to kill David



Aim:

To see the danger of jealousy



Today's fruit: Self-control



In our prayer time this week we listened to a song all about self-control. Listen carefully to the words and use them to help think of times in your life where you need to show more self-control. Each time you check on your 'Self-control sunflower' spend time asking God to help you in that area of your life. Ask Jesus to make you more like him.

'Give me self-control' by Sovereign Grace Music



Create

Try and create these amazing paper sunflowers. They are quite tricky, so ask someone at home to help you. As you make the sunflowers, share what you discovered in your Explore It session and why you have planted a 'self-control sunflower'.

Beautiful paper sunflower making tutorial by Tapu's Craft (10:27)



'Promises worship video' by Crossroads Kids (2:52)



Memory verse

Children & Youth

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

Kids Alive! Online - salvationarmy.org.uk/kidsalive

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!



David's self-control



Bible verses: 1 Samuel 19:9-18



Aim:

To understand that David showed self-control, even when King Saul was jealous of him



Today's fruit: Self-control



Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)



Start it

God wants us to control what we say and do, instead of rushing without understanding. Do you ever do that?



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Tell it

Share a child-friendly version of 1 Samuel 19:9-18.

Sit in a circle and ask the group to share together:

- What type of things do we have to wait for and how does waiting feel?
- How do you show it when you feel angry?
 How do you get calm again?
- What kind action have you done for somebody else?
- How does a plant grow? What helps our bodies to grow?
- When might we feel jealous of somebody else?



Sing It

'Great big God!' Vineyard Kids, Vineyard Worship UK and Ireland (2:51)

'Jesus song' by Saddleback Kids (2:45) This song tells us about the amazing things Jesus did.



Games and activities to reinforce the Bible passage:

- Growing in self-control might take time pretend you are a slowly-growing plant starting as a seed and ending as a tree
- David escaped from King Saul choose a 'King Saul' that everyone has to run from, becoming statues if they are tagged
- Mime being angry, then try and show how you would calm down again (perhaps count down from five together and breathe deeply

Self



Explore it

David's gentleness



Bible verses:

1 Samuel 24:1-22 David shames Saul



Aim:

To reflect upon the power of gentleness



Today's fruit:

Gentleness



In today's story David finally got his chance to stop Saul, but instead he showed gentleness and spared his life.

King Saul continued to feel jealousy toward David. Rather than talking to David, he listened to the whispers and gossip of others within his kingdom and grew more and more angry.

Each child will need:

- Pens/pencils and paper
- Explore It ideas handout

You will need:

- Today's fruit sign: Gentleness



Play the whisper game (*Chinese Whispers*) with the children. Give one child a phrase to whisper to the next child and then pass it around the group. Ask the final child to reveal the message.

For the final round, place one of the adults in the middle of the chain. This adult needs to change the meaning of the message completely. Discuss with the children how messages can often be changed when we don't hear from the original source.

Say:

In our Bible story today King Saul made himself very angry by listening to the whispers of others instead of talking directly to David. We'll hear more about it later.





Display the Gentleness sign.

Say:

Our fruit for today is gentleness. In our Bible story David has the choice between anger or gentleness. We'll find out later what choice he makes, but for now let's sing a song that talks about gentleness.

Song

'The gentleness song' by Cheeky Pandas (2:48)



Say:

Last week we discovered how jealousy changed Saul's personality and made him want to kill David. Let's watch the clip to catch up on the story and see what happened next.

Video

David serves Saul (1 Samuel 24) by Saddleback Kids (4:16)

Say:

Saul chased David and his men out of the city forcing them to go into hiding. Saul was determined to find David and kill him, so he sent his soldiers – 3,000 of them – to search the land for David.

Ask:

Why do you think Saul was so determined to catch David?

Say

As he was searching for David, Saul spotted a cave and decided to use it to go to the loo. In the story, it says that Saul went 'to relieve himself', which is a polite way of saying the same thing. He thought it was a quiet, safe place to be, but David and his men were hiding in the back of the cave. David's men were excited at the opportunity to finally kill their enemy.

Read:

'The men said to David, "Today is the day the Lord talked about! The Lord told you, 'I will give your enemy to you. You can do anything you want with him.'"'

(1 Samuel 24:4 ICB)



Ask:

- What did David do instead of killing Saul?
- Why do you think he felt bad about it later?
- Have you ever done something to get someone back and regretted it later? You don't have to share what it was, but how did it make you feel?

Read:

'Later David felt guilty because he had cut off a corner of Saul's robe. He said to his men, "May the Lord keep me from doing such a thing to my master! Saul is the Lord's appointed king. I should not do anything against him, because he is the Lord's appointed king!" David used these words to stop his men. He did not let them attack Saul. Then Saul left the cave and went his way.'

(1 Samuel 24:5-7 ICB)

Sau:

David rushed out of the cave and asked Saul an important question: 'Why do you listen when people say, "David plans to harm you"?' (1 Samuel 24:9 *ICB*). David had never done or said anything directly to Saul that would suggest he wanted to harm him. Saul had created this idea in his own head and listened to the lies of others who wanted to cause trouble.

Ask:

- Have you ever been in a situation where someone has told you a horrible thing that has been said about you?
- Did you believe them straight away? If so, why?
- How did you know for sure that the person said this horrible thing?

Say:

Sometimes we need to be careful when people pass on messages about what others have said about us. Saul was convinced that David wanted to do him harm, but one conversation outside a cave changed all that.

Read:

"You have seen something with your own eyes today. You have seen how the Lord put you in my power in the cave. But I refused to kill you. I was merciful to you. I said, 'I won't harm my master, because he is the Lord's appointed king.' My father, look at this piece of your robe in my hand! I cut off the corner of your robe, but I didn't kill you. Now understand and know I am not planning any evil against you. I did nothing wrong to you, but you are hunting me to kill me. May the Lord judge between us. And may he punish you for the wrong you have done to me! But I won't fight you. There is an old saying: 'Evil things come from evil people.' So I won't hurt you. Whom is the king of Israel coming out against? Whom are you chasing? You're not chasing someone who will hurt you! It's as if you are chasing a dead dog or a flea. May the Lord be our judge and decide between you and me. May the Lord support me and show that I am right. May he save me from you!"'

(1 Samuel 24:10-15 ICB)



Ask:

What does David ask God to do?

Say

David recognised that he could not control or change how Saul acted. He could only control his own actions. He asked God to support him and chose to be gentle with Saul rather than being angry and resentful. We can learn a lot from the way David responded to Saul's terrible behaviour. Saul did see the mistakes he had made and tried to put things right with David.

Read:

'He said, "You are right, and I am wrong. You have been good to me. But I have done wrong to you. You told me what good things you did. The Lord brought me to you, but you did not kill me. If a man finds his enemy, he won't send him away with goodness, will he? May the Lord reward you because you were good to me today. I know you will surely be king. You will rule the kingdom of Israel. Now make a promise to me. Promise in the name of the Lord that you will not kill my descendants. Promise me that you won't wipe out my name from my father's family."

(1 Samuel 24:17-21 ICB)

Say:

We leave the story of David and Saul in a happy place. If you want to know if the story kept its happy ending, you could read the rest of 1 Samuel when you get home.



Say:

David eventually became one of the greatest kings of Israel. God kept his promises and proved he could be trusted. Let's share our memory verse together.

Memory verse:

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)

After you have shared the verse together, check that everyone understands the phrase 'the hope that we have confessed'. When we tell people we believe in Jesus, this isn't something we just say; it's something we truly believe. Our hope is in Jesus because he can be trusted.

Give the children paper and colour pencils/felt-tips to create their own version of the memory verse to display at home. Discuss with them what kind of images they link with the words of the memory verse. Encourage them to be creative as they draw their picture. This can be a reminder of the hope of Jesus Christ and the promise that God is trustworthy.



🃸 Pray it

Use the *Examples of gentleness* clip to help the children think about how they can be gentle with others. The clip shares a scenario that the children can discuss. The key questions are listed below with timings to pause the clip. There is also an opportunity to pause the clip for prayer.

Video

Examples of gentleness (Fruit of the Spirit) 5 Minute Family Devotional by Minno - Bible Stories for Kids

Watch: 0:00-1:48. 'Ha, ha, very funny.'

Discuss with the children what they thought of the story.

Watch: 1:49-1:58.

Talk: How did Armin show gentleness toward Gabe?

Watch: 1:59-2:16.

Live: Do you think it's hard to be gentle toward other people?

What is one way you can show gentleness?

Watch: 2:17-2:34.

Pray: Let's ask God to show us opportunities to be gentle toward other people and to grow a spirit of gentleness in us.

Bring the session to a close in prayer.

66 Explore it

Remember to send home the Explore It ideas for children and families.



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Explore it

April: Session 4

David's gentleness

Here are some ideas for you to explore at home.



Bible verses:

1 Samuel 24:1-22 David shames Saul



Aim:

To reflect upon the power of gentleness



Today's fruit: Gentleness



Create

Think back over the story of David and Saul. What was your favourite moment?

Create a picture that shows your favourite part of the story.



Watch

Snuggle up with someone at home and watch the Cheeky Pandas as they tell you a story about gentleness.

The beach: a story about gentleness by Cheeky Pandas



'The gentleness song' by Cheeky Pandas



Memory verse

Children & Youth

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)



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David's gentleness



Bible verses: 1 Samuel 24:4-7



Aim: To learn about David's gentleness



Today's fruit: Gentleness



Memory verse

'Let us hold firmly to the hope that we have confessed. We can trust God to do what he promised.'

(Hebrews 10:23 ICB)



Start it

King Saul became angry because he listened to whispers that said untrue things when he should have spoken to David instead. What could we do when we hear unkind things being said about someone?



1

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Share a child-friendly version of 1 Samuel 24:4-7. David spared Saul's life from inside a dark cave, instead only cutting off a corner of his robe. By doing this, David showed gentleness.

Sit in a circle and ask the group to share together:

- I wonder what would we see or hear inside a cave?
- I wonder how we feel when we want to get revenge?
- Describe a time when you treated an animal or person gently.

- Imagine what King Saul's robe would feel or look like.
- How would you feel if you were Saul, and realised that David had shown gentleness to him in the cave?



Sing It

'Shine! (from the inside out)' by Nick Jackson uploaded by Tangy Crayfish (2:20)

'Holy Spirit' for children by Ayi and her friends. Sing only the chorus (0:44-1:15)

=□ Action it

Games and activities to reinforce the Bible passage:

- Whisper a simple message around the group seeing if you can get it back to the start.
- Make yourself as small as possible as if you are hiding within a cave.
- Play What's the time Mr Wolf? but use a piece of robe on the floor as the prize you are aiming to capture.
- Play Follow the leader as 'Saul' or 'David'
 pretend you are King Saul marching around or a gentle David following and cutting the robe.



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Explore it