# Love God, Love others



#### Bible verses:

Matthew 22:34-40
The most important command



#### Aim:

To explore Jesus' command to love God and love each other



#### Today's fruit:

Love



In our session today we explore how Jesus answered a question that was meant to be tricky.

The Pharisees desperately wanted to catch Jesus out, so they asked him to name the greatest commandment. We will discover how Jesus answered this question and think about how we can love God with all of our heart, soul and mind.

The whole Bible reflects the story of God's love for his people. Jesus reminds us that the most important thing we can do is to love God and love others.

#### Each child will need:

- Memory verse wristband
- Pens/pencils and paper
- Explore It ideas handout

#### You will need:

- Today's fruit sign: Love
- Matthew 22 optional



Start with a movie quiz, mostly Disney and Pixar. The answers provided below are for the first 20 questions; after this the questions get trickier especially as movies have different titles internationally, so we would recommend not going beyond this.



#### Video

Guess the Disney movie by the emoji by Quiz Blitz (10:44) Stop by 4:24.

Questions 1-10 (2:21) Questions 1-20 (4:24)

- 1. Ratatouille
- 2. *Up*
- 3. Encanto
- 4. Frozen
- 5. Pirates of the Caribbean
- 6. The Little Mermaid
- 7. Spiderman: Across the Spiderverse
- 8. Hercules
- 9. Kung Fu Panda (DreamWorks Animation)
- 10. Finding Nemo
- 11. The Princess and the Frog
- 12. Brave
- 13. Finding Dory
- 14. Luca
- 15. Sleeping Beauty
- 16. Beauty and the Beast
- 17. Zootopia (Zootropolis in the UK and Ireland)
- 18. Coco
- 19. Toy Story
- 20. Aladdin

Ask the children to discuss all the different examples of love shown in films, including in the quiz. You may also like to discuss the different kinds of loving relationships shown in these films.



#### Say:

Our memory verse for this month gives us examples of how we can love others.

Give each child a memory verse wristband and share the memory verse together.





#### Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)

#### Say

We're going to sing a song based on Ephesians 4:32 to help us learn our memory verse.

#### Song

'Be kind and compassionate' by Slugs and Bugs (3:05)



#### Ask:

In our session last week we talked about a phrase that we use in The Salvation Army. Can you remember what it is? If so, share it with the group.

#### Say:

We use the phrase 'Love God, love others' to remind us of the two greatest commandments ever given by Jesus. Watch the clip to find out exactly what Jesus said about these commandments.

#### Video

Daily Gospel reading video St Matthew 22:34-40 (English) by WOG (0:40)

#### Ask:

Which two groups of people had tried to question Jesus?

#### Say:

At the very beginning of the clip it mentions the Sadducees and the Pharisees. The Sadducees were a Jewish group who focused on the written laws found in the Torah, the Jewish holy book and the first five books of the Bible. They had tried to question Jesus to catch him out but had failed.

#### Say:

In our story today, the Pharisees wanted to take their turn to question Jesus. The Pharisees were another Jewish group of scholars and community leaders, who also cared deeply about following the rules of the Torah perfectly. Unlike the Sadducees, they had additional rules that had been passed down through the generations through one person telling another. Both groups really didn't like what Jesus had to say about Jewish Law.





#### Ask:

Why do you think the Sadducees and Pharisees were so unhappy with Jesus?

#### Say

Now that we understand more about the two groups questioning Jesus, let's read the start of our story again.

#### Read:

'The Pharisees learned that the Sadducees could not argue with Jesus' answers to them. So the Pharisees met together. One Pharisee was an expert in the law of Moses. That Pharisee asked Jesus a question to test him. The Pharisee asked, "Teacher, which command in the law is the most important?"'

(Matthew 22:34-36 ICB)

#### Ask:

Why do you think the Pharisees asked Jesus to name the most important commandment? What were they trying to do?

#### Say:

The Pharisees constantly tried and failed to catch Jesus out. When asked for the most important command in the law, this is how Jesus answered.

#### Read:

"Love the Lord your God with all your heart, soul and mind." This is the first and most important command. And the second command is like the first: "Love your neighbour as you love yourself." All the law and the writings of the prophets depend on these two commands.'

(Matthew 22:37-40 ICB)

Give the children a piece of paper and pens/pencils. Ask them to create two pictures / mind maps to help them remember the two greatest commandments. You may want to display the *Matthew 22* poster, which shows verses 37–39, for them to use as a reminder.

Once the children have completed their pictures, they can share them with the rest of the group.

#### Read:

"Love the Lord your God with all your heart, soul and mind." This is the first and most important command. And the second command is like the first: "Love your neighbour as you love yourself." All the law and the writings of the prophets depend on these two commands."

(Matthew 22:37-40 ICB)

#### Say:

When Jesus says that we must love God, it refers to something much deeper than a simple feeling. It demonstrates a love that impacts every part of our lives, from the decisions we make to how we act.



#### Say:

The Sadducees focused on following every Jewish law that was written down. On top of that, the Pharisees followed extra laws that were passed down through each generation. Yet Jesus said that all these laws depended on two important commands that can be summed up in the phrase 'Love God, love others'.



Explain to the children they are going to be doing a reflective discussion. Using a clip from The Salvation Army in Australia, the children can watch and discuss key questions raised by Jesus' command to love God and love others. Use the timings below to watch each section of the clip, see how the children respond to the question, and discuss it with your group.

#### Video

Kids and the greatest commandment by Salvos Studios (3:47)

Watch 0:00-1:22 (... all you need to know to follow God and live a good life.)

#### Ask:

Why is this the most important verse?

Watch 1:22-1:49 (... but also part of my personality.)

#### Ask:

What is your soul?

Watch 1:49-2:31 (That's why we should love God every time.)

#### Ask:

What does it mean to love God with all of your heart?

Watch 2:31-2:58 (Homework is the first thing to be done, sadly.)

#### Ask:

What are some of the rules you follow?

Watch: 2:58-end.

#### Ask:

If you could make one rule for the world, what would it be?

#### Say:

Jesus said that the two greatest rules to live by were to love God and love others.

#### Ask:

- Are there people you know who love God with all their heart, soul and mind?
- How can you tell and what could you learn from them?





#### Say:

In The Salvation Army, on 4 May we celebrate Candidates Sunday. This Salvation Army event encourages people to think about how they can show their love for God by answering his call on their lives. Some people may decide to show they love God with all their heart, soul and mind, by becoming Salvation Army officers.



#### Δsk:

- When you think about loving God with all of your heart, all of your soul and all of your mind, what does it make you think about?
- What could you say to God about it?

#### Say:

We're going to take some time to pray to God and tell him how much we love him. As you pray, ask God to show you how you can love him with all of your heart, all of your soul and all of your mind.

You can organise this prayer time in whichever way suits your group the best. They may feel confident enough to pray out loud or may want to write their prayers down. Alternatively, you could have a time of quiet reflection or share the following song, 'I love you, Lord' with the group.

#### Listen

'I love you, Lord' (Yancy and Little Praise Party official kids worship music video) by YancynotNancy (3:20)

Display the Love sign.

#### Say:

Jesus said that the two greatest commandments were to love God and love others. Through the power of the Holy Spirit we can ask God to grow the fruit of love in our hearts every day. As you spend time with friends and family this week, ask God to help you show his love in everything you say and do.



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)



# Love God, Love others

Here are some ideas for you to explore at home.



Bible verses: Matthew 22:34-40



Aim:

To explore Jesus' command to love God and love each other



Today's fruit: Love

> Children & Youth



## **Think**

This month's memory verse invites us to be kind and compassionate to each other. List at least ten ways you could show others kindness and compassion this week. Choose a few actions on your list to try out with friends and family.



#### Watch

Watch the clip all about love with someone at home and discuss it together.

Watch: The Definition of Love (Fruit of the Spirit Devotional for Kids) - Bible Stories for Kids (2:52)



'Be kind and compassionate' by Slugs and Bugs  $\,$ 



#### Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

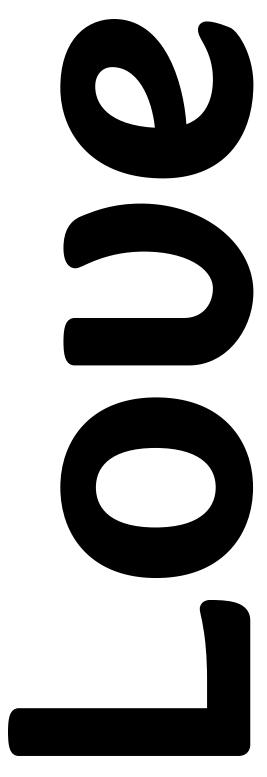
(Ephesians 4:32 NIV)



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

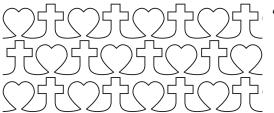
Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!





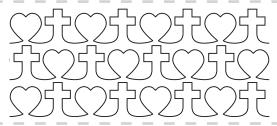
#### May: Memory Verse Wristband

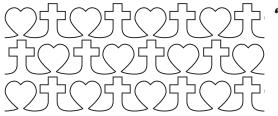
# **Explore** it



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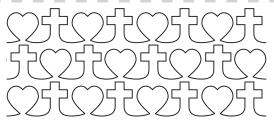
(Ephesians 4:32)

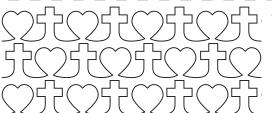




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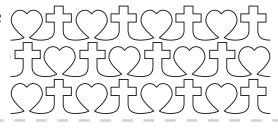
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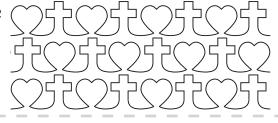
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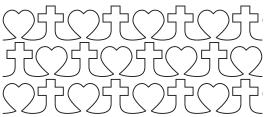




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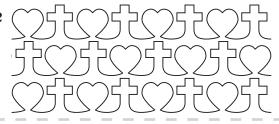
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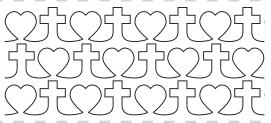




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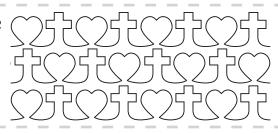
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'Jesus answered, "Love the Lord your God with all your heart, soul and mind."

This is the first and most important command.

And the second command is like the first: "Loue your neighbour as you love yourself."'

(Matthew 22:37-39)



# Loving God's family



#### Bible verses:

Ephesians 4:1-6,11-16 The unity of the body



#### Aim:

To explore the idea of unity and its importance in the world



#### Today's fruit:

Peace



#### This week we are introduced to Paul's letter to the Ephesians.

We will think about the importance of unity within the Church and how the Holy Spirit's peace joins us. The children will also have the opportunity to consider the gifts and talents God has given them and how they can contribute to the body of Christ.

The letters written to the early churches are often seen to give encouragement and instruction. We see the importance of peace for the new churches as they work together.

#### Each child will need:

- Pens/pencils and paper
- Explore It ideas handout

#### You will need:

- Today's fruit sign: Peace
- A large outline of a human body see Action it
- Coloured shapes of paper and glue (optional) see Action it





#### Say

Think about all the different people that you know. It might be a family member, friend, teacher or church leader. Choose a person who you think deserves a gift.

Ask the children to share the person they have chosen and why they think they deserve a gift. When each child has shared, give them some paper and pens/pencils and ask them to design



the perfect gift for that person. It doesn't have to be a gift that already exists; it can be their own creation. The children can share their idea with the rest of the group and may want to take it home to show the recipient.



#### Say:

Our session today is all about unity within God's Church. Our memory verse reminds us of how we can treat each other in a way that will keep us united. Let's share it together.

#### Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)

#### Say:

To help us remember the words of Ephesians 4:32, we're going to sing a song based on this verse.



#### Video

'Ephesians 4:32' (memory verse song for kids) by ACPA Music (1:15)



#### Ask:

- Have you ever written a card or letter to someone? Why did you write it?
- When might we send letters or cards to people?
- There is a whole section in the Bible full of letters. (They are all in the New Testament.)
   Which ones can you name? Romans, 1 Corinthians, 2 Corinthians, Galatians, Ephesians,
   Philippians, Colossians, 1 Thessalonians, 2 Thessalonians, 1 Timothy, 2 Timothy, Titus,
   Philemon, Hebrews, James, 1 Peter, 2 Peter, 1 John, 2 John, 3 John, and Jude.

#### Sau:

Paul wrote many letters to help the first churches as they began to figure out what being a Christian meant. In his letters he challenged them about the best way to follow Jesus and live as a united church community. Because his letters had lots of instructions and guidance, they are sometimes called epistles, from the Greek word meaning letter or message. We will be looking at Paul's letter to the Ephesians, so let's learn a little more about it.



#### Video

God's Story: Books of the Bible: Ephesians by Crossroads Kids' Club (3:45)

#### Ask:

- In which part of the Bible would you find Paul's letter to the Ephesians?
- What two kinds of people would you find in the church at Ephesus? How were they different?
- What did Paul say was the most important thing about each person?
- What does unity mean?
- What does every member of the Church have in common?
- In what way are our differences a gift from God?
- Why is unity so important to Jesus?

#### Say:

We learn more about the importance of unity in Ephesians 4:1-6.

#### Read:

'I am in prison because I belong to the Lord. God chose you to be his people. I tell you now to live the way God's people should live. Always be humble and gentle. Be patient and accept each other with love. You are joined together with peace through the Spirit. Do all you can to continue together in this way. Let peace hold you together. There is one body and one Spirit. And God called you to have one hope. There is one Lord, one faith, and one baptism. There is one God and Father of everything. He rules everything. He is everywhere and in everything.'

(Ephesians 4:1-6 ICB)

#### Ask:

What are some of the ways Paul suggests people within the Church should live?

#### Discuss

Discuss the terms 'humble', 'gentle', 'patient' and what it means to 'accept each other with love'. Why do the children think this is often difficult for people to do, even when they are Christians and love Jesus?

Display the Peace sign.

#### Say

Ephesians 4:3 reminds us how we can stay united. On our own, it can be difficult to be humble or gentle, and we can find it challenging to accept others with love. Verse three points out that we need the Holy Spirit's power to be at peace with one another. It is the Holy Spirit who grows the fruit of peace within each one of us.



# **=**□ Action it

Paul told the Ephesians that, within the Church, we are all joined together in peace. He then went on to describe the Church as a body.

#### Read:

'And Christ gave gifts to men - he made some to be apostles, some to be prophets, some to go and tell the Good News, and some to have the work of caring for and teaching God's people. Christ gave those gifts to prepare God's holy people for the work of serving. He gave those gifts to make the body of Christ stronger. This work must continue until we are all joined together in the same faith and in the same knowledge about the Son of God. We must become like a mature person - we must grow until we become like Christ and have all his perfection.

'Then we will no longer be babies. We will not be tossed about like a ship that the waves carry one way and then another. We will not be influenced by every new teaching we hear from men who are trying to fool us. Those men make plans and try any kind of trick to fool people into following the wrong path. No! We will speak the truth with love. We will grow up in every way to be like Christ, who is the head. The whole body depends on Christ. And all the parts of the body are joined and held together. Each part of the body does its own work. And this makes the whole body grow and be strong with love.'

(Ephesians 4:11-16 *ICB*)

#### Ask:

What kinds of gifts did Paul say God gives to his people?

#### Say:

When you think about a human body, every part is important in making sure the person is healthy and working well. Paul describes the Church as a body with each part playing an important role. God gives each one of us gifts and talents that we can use to support the Church. If we do not use them then the Church suffers.

Explain that the children are going to take time to think about the gifts and talents God has given them. You will need an outline of a human body drawn on a large sheet of paper, eg draw round a child on the back of some wallpaper.

Ask each child to write their name on the body and list the gifts, talents and personality traits that they bring to help the body of Christ. Depending on the size of the group, you may be able to let all of the children write within the outline of the body; or you may want to supply coloured shapes to write and stick on the body.

Take the opportunity for the children to encourage each other as they add gifts and talents that have been missed to the names of other group members. Challenge the children to think about how they are using their gifts and talents to keep the body of Christ strong and healthy.



#### Say:

As you can see, we are all different and bring our own gifts and talents to serve Jesus. Sometimes those differences can make it difficult for us to understand each other. That is why Paul's message of unity is so important. As you serve in church, remember that we are all joined together in peace.



#### Say

Our Bible reading today says that we are 'joined together with peace through the Spirit' and guides us to let peace hold us together as a church (Ephesians 4:3-4 *ICB*). We have already thought about peace in our church community, but what about peace in our wider world?

Ask the children to think of places in the world, including our country, where we need God's peace. What situations have they seen on the news or have people discussed at school? Share their concerns together as a group and remind them that we can ask for God's peace in these situations. Sing 'The peace song' together and then use the song's prayer to close the session.

#### Song

'The peace song' by Cheeky Pandas TV (3:10)

#### Say:

Dear God,

We pray for your peace on earth from Heaven to our hearts.

We pray your peace on earth that never will depart.

So quiet our souls, our Saviour is near, he'll cast away our fears.

God's peace is with us here.

Amen.



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)



May: Session 2

# Loving God's family

Here are some ideas for you to explore at home.



Bible verses:

Ephesians 4:1-6,11-16



Aim:

To explore the idea of unity and its importance in the world



Today's fruit:

Children & Youth

Peace



#### Serve

In this week's session you took time to think about the gifts and talents God has given you. How could you use those gifts to serve others in your family, church or community?



# Discover

Watch the clip with someone at home. What do you discover about the body of Christ in this clip? How can we be healthy members of God's family?

**Ephesians 4:1-16 kids spot** by Christ Church Anglican Lavender Bay



'Ephesians 4:32' (memory verse song for kids) by ACPA Music (1:15)



# Memory verse

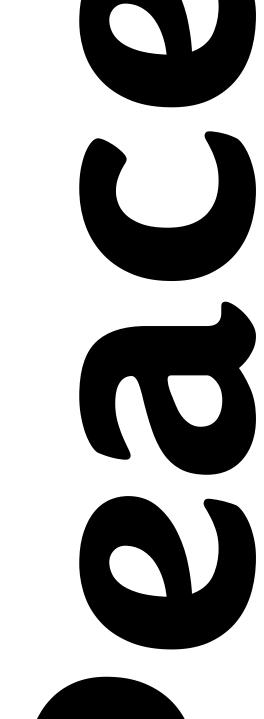
'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)



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!





# Living for God



Bible verses:

Ephesians 6:10-18
Wear the full armour of God



Aim:

To explore Paul's picture of the armour of God



Today's fruit:

Self-control



In this session we will be looking at ways that Paul taught the Ephesians to protect themselves as Christians.

Paul wrote his letter to the Ephesians to help Christians learn how to follow Jesus and live as a united Church. In his letter he described the armour of God in detail and told the Christians to wear it every day for protection. The children will discover what each piece of armour means and then have a go at making their own.

Further along in the book of Ephesians we see more encouragement and instruction, but the emphasis is on the individual. It requires self-control and decision-making about how to live life according to God's will.

#### Each child will need:

- Junk material, scissors, glue, sticky tape, and decorating resources, eg paint, pens, paper
- Pens/pencils and paper
- Explore It ideas handout

#### You will need:

- Today's fruit sign: Self-control
- To display an enlarged image of the armour of God, eg
  - > Colouring sheet by biblestudyprintables.com
  - > Colouring sheet by sermon4kids.com







Ask the children if they can guess the job. There are three difficulty levels, and you can stop after whichever level you prefer. After the clue is given, there is a short delay before the answer is revealed.

#### Video

**ESL Quiz: Can you guess the job?** By ESLexpress (4:O1)

#### Ask:

- Out of all the jobs in the quiz, which would you most like to do? Explain why.
- Which jobs needed special clothing or a uniform? Why was it needed?
- Which jobs need special clothing that protects the person from harm? Would you like to do a
  job like that? Explain why.

#### Say:

Lots of different jobs require protective clothing to keep the person safe. This may surprise you, but in his letter to the Ephesians, Paul talks about special clothing that Christians should wear every day. We'll find out more about it later in today's session.



#### Say:

This week we are continuing our journey through Paul's letter to the Ephesians. Our last session focused on the unity within the Church. Today we see more encouragement and instruction, but the emphasis is on the individual. Our memory verse reminds us how God wants each of us to live our lives. Let's share it together.

#### Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)

Display the Self-control sign.

Discuss how the Holy Spirit can help us to be kind and compassionate to others. Share the song together based on our memory verse for this month.

#### Song

**'Ephesians 4:32 Be kind and compassionate' (official lyric videos)** by JumpStart3 (stop at 2:10)





#### Say:

Paul wrote his letter to the Ephesians to help them learn how to follow Jesus and live as a united church. Today we will be looking at ways that Paul taught the Ephesians to protect themselves as Christians.

#### Read:

'Finally, be strong in the Lord and in his great power. Wear the full armour of God. Wear God's armour so that you can fight against the devil's evil tricks. Our fight is not against people on earth. We are fighting against the rulers and authorities and the powers of this world's darkness. We are fighting against the spiritual powers of evil in the heavenly world. That is why you need to put on God's full armour. Then on the day of evil you will be able to stand strong. And when you have finished the whole fight, you will still be standing. So stand strong, with the belt of truth tied around your waist. And on your chest wear the protection of right living. And on your feet wear the Good News of peace to help you stand strong. And also use the shield of faith. With that you can stop all the burning arrows of the Evil One. Accept God's salvation to be your helmet. And take the sword of the Spirit – that sword is the teaching of God. Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all God's people.'

(Ephesians 6:10-18 ICB)

#### Say:

Understanding what Paul means when he says we should put on the armour of God can be challenging. We're going to watch and discuss a clip that will help us to understand what it all means.

#### Video

The armour of God (a Sunday school lesson for kids) by Douglas Talks (4:16)

#### Ask:

- Why did Roman soldiers wear armour? What was it like?
- What kind of battle are we in as Christians, and what kind of armour do we need?
- How many of the items of the armour of God can you name?

List and discuss each item of the armour of God based on Douglas's description.

#### The belt of truth

We wear the belt of truth by choosing to tell the truth and to stand up for what is true.



#### The breastplate of righteousness (on your chest)

If we follow God's commands and live by his ways, then this provides strong body armour to protect us.

#### The shoes of the gospel of peace (the Good News)

Wearing the shoes of the gospel of peace reminds us to always be ready to share Jesus' message with others.

#### The shield of faith

When we are clear about what we believe and why we believe it, our faith acts as a shield of protection.

#### The helmet of saluation

This is the most important piece of armour, as it protects our minds through the assurance that we are saved by Jesus Christ.

#### The sword of the Spirit

Our Bible, the word of God, acts as a sword against lies and deception. We can always trust God's word to tell us the truth.



Explain that the children can create their own version of a piece of the armour of God, making it clear what it is for, and personalise it. This is an opportunity to get creative. Provide junk material and decorating resources for the children to get creative with. When everyone has finished their creation, they can show it to the rest of the group.



#### Say

Although Paul doesn't specifically mention prayer as one of the pieces of the armour of God, it is obvious that prayer is extremely important for Christians. After describing each part of the armour, Paul says this:

#### Read:

'Pray in the Spirit at all times. Pray with all kinds of prayers, and ask for everything you need. To do this you must always be ready. Never give up. Always pray for all God's people.' (Ephesians 6:18 *ICB*)

#### Sau:

We are going to follow Paul's advice and spend time in prayer to God.



Give each child a piece of paper. Ask them to divide the page down the middle and write 'Everything I need' at the top of one column and 'All God's people' at the top of the other column. The children can write or draw their prayer requests underneath each heading. A piece of music is provided if you would like to use it during the prayer time.

#### Listen

'By his name' (Hidden in my heart volume iii) by Scripture Lullabies (6:56)

Bring the session to a close in prayer.



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)



May: Session 3

# Explore it

Here are some ideas for you to explore at home.

# Living for God



Bible verses: Ephesians 6:10-18



Aim: To explore Paul's picture of the armour of God



Today's fruit: Self-control

> Children & Youth



# 66 Explore

In today's session Douglas taught us all about God's armour. If you follow the link or do a web search, you will find options to choose other Douglas Talks clips describing each part of the armour of God. Choose one of the items and explore what it means.

The Armour of God for Kids by Douglas **Talks** 



# Teach

In this week's session, you learned an important lesson all about the armour of God. Create a mini-lesson to teach someone at home. Set a challenge to see if they have remembered everything you have taught them.



'Ephesians 4:32 Be kind and compassionate' (official lyric videos) by JumpStart3 (stop at 2:10)



# Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)



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# Self



# Being fruitful



Bible verses:

Galatians 5:13-18,22-26 The Spirit and human nature



Aim:

To explore the fruit of Spirit



Today's fruit:

All fruit



In our session today Paul writes to another church community which is finding it difficult to get along.

This week the church was in a place called Galatia. They were finding it hard to put away the old rules they used to follow before they decided to follow Jesus. This caused a lot of problems. Using fruit as an illustration, Paul reminded them of all the good qualities the Holy Spirit could grow within them if they asked for help.

Each fruit of the fruit of the Spirit is important and can help transform the way we live our lives.

#### Each child will need:

- Nine A5 strips of card orange and yellow a piece of green card, a hole puncher, scissors, a
  pen and two split pins
- Pens/pencils and paper
- Explore It ideas handout

#### You will need:

- Fruit of the Spirit list
- To watch *The Fruit of the Spirit* (Sunday school crafts) by Kelly Hahn (1:31)
- You may need to prep the children's craft resources in advance



Start with a game of *Fruit salad*. Ask the children to sit in a circle, ensuring there is enough space to run around the outside. Choose four fruits and go around the circle, giving each child



one of the four fruit names. When you call out a fruit, the children need to run around the outside of the circle and return to a different space from the one they were originally in. You can also shout 'Fruit salad!', so all children run outside the circle and return to a different place.



#### Say:

Every week we focus on a different fruit of the Spirit. This week, we will discover where we find the fruit of the Spirit in the Bible. Our song for today helps us to remember every fruit.

#### Song

'Fruit of the Spirit' (great music for kids) by Go Fish Kids Music (3:10)



#### Say:

For the last few weeks, we have been looking at Paul's letter to the Ephesians. Today, we are focusing on a different letter. Let's watch the clip to find out more about Paul's letter to the Galatians.

#### Video

God's Story: Galatians by Crossroads' Kids Club (4:14)

#### Ask:

What did you learn about Paul's letter to the Galatians from the clip?

#### Say:

The church in Galatia was having unity problems, just like the church in Ephesus. Some believers were adding rules they used to follow before they believed in Jesus. Paul wanted to let them know that this was not OK.

#### Read:

'My brothers, God called you to be free. But do not use your freedom as an excuse to do the things that please your sinful self. Serve each other with love. The whole law is made complete in this one command: "Love your neighbour as you love yourself." If you go on hurting each other and tearing each other apart, be careful! You will completely destroy each other.'

(Galatians 5:13-15 ICB)



#### Ask:

- What message did Paul have for the Galatians?
- What could we learn from this message as Christians today?

#### Say:

Paul recognised that it wasn't always easy for people to get along. He knew that sometimes we look out for ourselves rather than looking out for each other. Paul wanted the people at Galatia to know that they had a helper, the Holy Spirit.

#### Say:

On 29 May we celebrate Ascension Day, when Jesus was taken up to Heaven after his death and resurrection. Before Jesus left, he assured his disciples that the Holy Spirit would support them. In this letter, Paul reminds the church in Galatia that they can ask the Holy Spirit for help.

#### Read:

'So I tell you: live by following the Spirit. Then you will not do what your sinful selves want. Our sinful selves want what is against the Spirit. The Spirit wants what is against our sinful selves. The two are against each other. So you must not do just what you please. But if you let the Spirit lead you, you are not under the law.'

(Galatians 5:16-18 ICB)

#### Say:

Paul shared the good news that, if we live by the Spirit, then our lives will be filled with wonderful things. We have the choice to decide how we will live and can ask the Holy Spirit to lead us.

#### Ask:

- Have you ever seen a tree that is growing fruit? What does the tree look like?
- Have you ever eaten fruit straight from the tree? How would you describe it?

#### Say:

Each week we think about different fruits of the Spirit, and this is the part of the Bible they come from.

#### Read:

'But the Spirit gives love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. There is no law that says these things are wrong. Those who belong to Christ Jesus have crucified their own sinful selves. They have given up their old selfish feelings and the evil things they wanted to do. We get our new life from the Spirit. So we should follow the Spirit. We must not be proud. We must not make trouble with each other. And we must not be jealous of each other.'

(Galatians 5:22-26 ICB)



#### Say:

Often it's the healthy trees that make fruit that tastes delicious. When we stay connected to God and ask the Holy Spirit for help, then we grow these fruits in our lives.



Display the Fruit of the Spirit list.

Explain to the children that they are going to make their own 'fruit of the Spirit' apple. Depending on your group, you may need to prepare resources for this activity in advance. The clip provided explains how the fruit of the Spirit apple is created.

#### Video

The fruit of the Spirit (Sunday school crafts) by Kelly Hahn (1:31)

Children can take their apples home, which links with one of the Explore It Ideas activities.



#### Say:

In his letters to both the Ephesians and the Galatians, Paul reminds the people how they should treat one another. Our memory verse throughout this month sums up Paul's message. Let's share it together.

#### Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)

#### Ask:

Sometimes it can be difficult to show kindness and compassion to others. Who can we ask for help?

#### Say:

Think of someone who you are struggling to treat in the way God wants us to treat others. You don't need to say their name; just picture them in your mind. As the music plays, look at the fruit of the Spirit apple you have created. Spend time asking God to help you to grow the fruit you need just now. Maybe you need to show more patience, or maybe you need to be gentler when you spend time with this person. As the music plays, ask for the Holy Spirit's help.



#### Listen

'Holy Spirit' by Francesca Battistelli (5:02)

When the music finishes, bring the session to a close in prayer.



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May: Session 4

# Being fruitful

Here are some ideas for you to explore at home.



Bible verses: Galatians 5:13-18,22-26



Aim:
To explore the fruit of Spirit



Today's fruit: All fruit

> Children & Youth



# Discover

Watch the clip to find out more about the fruit of the Spirit.

God's Story: Fruit of the Spirit by Crossroads' Kids Club (4:22)



#### Share

In this week's session you made a fruit of the Spirit apple. Show someone at home and discuss what each fruit of the Spirit might look like in your everyday life.



# Song for the week

**'Fruit of the Spirit' (great music for kids)** by Go Fish Kids Music



# Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)



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Love Joy Peace Patience Kindness Goodness Faithfulness Gentleness Self-control



# Special songs



Bible verses:

Psalms; Psalm 23



Aim:

To explore the book of Psalms and Psalm 23 'The Lord is my shepherd'



Today's fruit:

Love



In our session today we'll explore how people communicated with God through psalms.

Within the book of Psalms we see that people were able to express many different emotions and share words of praise and thanksgiving. The children will have the opportunity to discover the power of God's love found in the words of Psalm 23. Psalm 23 will remain the focus for the next month.

The love expressed between people and God is expressed beautifully through words in Psalm 23.

#### Each child will need:

- A sheet of A4 white paper, extra white paper, pale pink paper, optional other pale paper colours, eg yellow, glue, scissors, black pen, eye stickers – optional
- Pens/pencils and paper
- Explore It ideas handout

#### You will need:

- To create or find a playlist full of high-energy praise music
- Today's fruit sign: Love
- To prepare part of the craft activity for some children optional
- Psalm 23 poster



To start off the session today the children are going to play musical statues using praise music.



Create or find a playlist full of high-energy praise music. Encourage the children to dance while the music plays and freeze when the music stops. Each time select a new worship song. You can decide if any shaky statues are removed from the game, or you can play for fun.

#### Say:

In today's session we will hear about a whole book in the Bible filled with songs of worship.



Display the Love sign.

#### **Say:**

Our Scripture reading today is Psalm 23. It's a beautiful song found in the Old Testament that describes how God cares for us and shows us just how much God loves us.

#### Say:

Our song for today is based on Psalm 23. It reminds us that God is our shepherd, protecting us and looking after us as the sheep of his flock.

#### Song

'Psalm 23' by Kids on the Move (2:26)

#### Say:

God asks us to share his love with others. Our memory verse for this month reminds us how we can share God's love. Let's share it together.

#### Memory verse

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

(Ephesians 4:32 NIV)



# Share it

#### **Say:**

Today we are going to begin learning about a beautiful book in the Bible full of songs and poetry.



God's story: books of the Bible: Psalms by Crossroad Kids' Club (4:08)





#### Ask:

- Where would you find the book of Psalms in the Bible? In the Old Testament, between Job and Proverbs. If you open up a paper Bible, then it is more or less right in the middle.
- How many songs and poems are there in the Book of Psalms? 150
- What is the shortest Psalm? Psalm 117
- What is the longest Psalm? Psalm 119
- Who wrote many of the Psalms? King David
- What different emotions are found in the Book of Psalms? Joy, worship, sadness and anger.
- How do you think the Psalms can help us today?
- Why do you think King David wrote Psalm 23?

#### Say:

The word psalm means a special song. When we look at the Psalms in the Bible, we understand them as songs or poems that were written to praise God.

#### Ask:

Are there any special songs that you like singing or listening to as you worship God?

#### Say

King David was an ancestor of Jesus, and he wrote many of the Psalms as a way of connecting to and worshipping God.

#### Ask:

- How do you like to connect with God?
- Do you enjoy music, or dancing, or thinking?

#### Say:

Today we are focusing on one of the most well-known psalms in the whole book, Psalm 23.

#### Read:

'The Lord is my shepherd.

I have everything I need.

He gives me rest in green pastures.

He leads me to calm water.

He gives me new strength.

For the good of his name,

he leads me on paths that are right.

Even if I walk

through the dark valley of death,

I will not be afraid

because you are with me.





Your rod and your [shepherd's] staff comfort me.

You prepare a meal for me

in front of my enemies.

You pour oil [of blessing] on my head.

You give me more than I can hold.

Surely your goodness and love will be with me all my life.

And I will live in the house of the Lord for ever.'

(Psalm 23 *ICB*)





- How do you think King David was feeling when he wrote this psalm?
- What do you think he was trying to say to God?

#### Say:

The Psalms are examples of different feelings and thoughts people wanted to share with God. They praise and pray to God because they love him. They also celebrate the love that God has for them.

#### Ask:

If you were to write a psalm to God, what would you want him to know?

#### Say:

One of your Explore it Ideas activities gives you the chance to write your own psalm to God. We can share our words of praise and thanksqiving, or emotions of sadness and anger, with God, just like the writers of the Psalms did thousands of years ago.



Explain that the children are going to make their own lamb chop puppet to remind them of Psalm 23. Depending on your group you may want to make some sections of the puppet in advance.

#### Video

**How to make a lamb chop puppet** by Easy Paper Crafts – (2:43)



Display Psalm 23 (ICB). Using their puppets, ask the children to read Psalm 23 as a prayer together.





'The Lord is my shepherd.

I have everything I need.

He gives me rest in green pastures.

He leads me to calm water.

He gives me new strength.

For the good of his name,

he leads me on paths that are right.

Even if I walk

through the dark valley of death,

I will not be afraid

because you are with me.

Your rod and your [shepherd's] staff comfort me.

You prepare a meal for me

in front of my enemies.

You pour oil [of blessing] on my head.

You give me more than I can hold.

Surely your goodness and love will be with me all my life.

And I will live in the house of the Lord forever.'

(Psalm 23 *ICB*)



#### Ask:

Which line is the most important to you as you go into a new week? Why have you chosen this one?

#### Say:

If there is ever a moment when you are feeling worried or afraid, then turn to Psalm 23 and read it aloud.

If you have time, then share the Sing It song again and encourage the children to get their lamb chop puppets to sing along.

#### Song

'Psalm 23' by Kids on the Move (2:26)

# 😚 Explore it

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

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May: Session 5

**Explore** it

# Special songs

Here are some ideas for you to explore at home.



#### Bible verses:

Psalms; Psalm 23



#### Aim:

To explore the book of Psalms and Psalm 23 'The Lord is my shepherd'



Today's fruit:

Love



# Create

This week we discovered that psalms - special songs and poems - can communicate many different emotions. How are you feeling right now? What would you like to share with God?

Write your own psalm to share your emotions with a God who loves you.



#### Bake

Ask someone at home to help you make some lamb-themed biscuits to remind you of Psalm 23.

**Easter lamb cookies recipe** by Tesco Real Food

https://realfood.tesco.com/recipes/easter-lamb-cookies.html



# Song for the week

'Psalm 23' by Kids on the Move



# Memory verse

Children & Youth

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

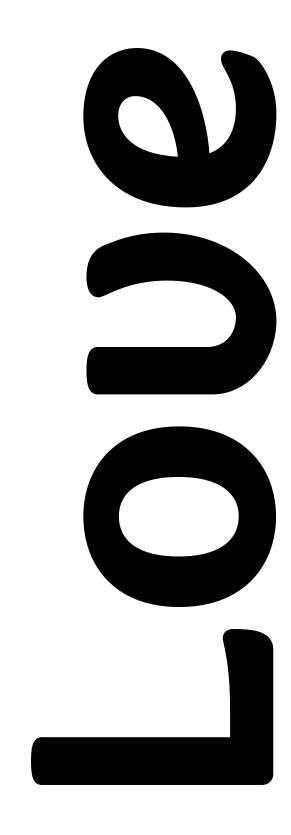
(Ephesians 4:32 NIV)



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## Psalm 23

A song of David

The Lord is my shepherd.

I have everything I need.

He gives me rest in green pastures.

He leads me to calm water.

He gives me new strength.

For the good of his name, he leads me on paths that are right.

Even if I walk through a very dark valley, I will not be afraid because you are with me. Your rod and your [shepherd's] staff comfort me.

You prepare a meal for me in front of my enemies.

You pour oil [of blessing] on my head. You give me more than I can hold.

Surely your goodness and love will be with me all my life.

And I will live in the house of the Lord forever.

(Psalm 23 *ICB*)

