

# Jesus Chooses the Twelve



**Bible verses:**  
Luke 5:1-11



**Aim:**  
To discover how Jesus invited his first disciples to follow him and consider what it means for us to follow Jesus



**Today's fruit:**  
Faithfulness



## Memory verse

'Do not be interested only in your own life, but be interested in the lives of others. In your lives you must think and act like Christ Jesus.'

(Philippians 2:4-5 ICB)



## Start it

**Ask:**

Who would you choose to help you save the world? Why would you choose them? Did you know, Jesus chose 12 people to help him and learn from him. They weren't the most strong or clever or famous, but Jesus chose them and invited them to follow him.



## Share it

**Watch:**

*Jesus and His First Disciples (Bible Story)*  
by LifeKids (2:27)

**Ask:**

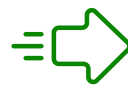
Do you know what a disciple is? What did Jesus say to the fishermen? Why do you think they left behind their boats and followed Jesus?



## Sing it

'You Do Amazing Things' (preschool worship song) by KidSpring Children's Ministry (1:57)

'Everywhere I Go' (preschool worship video) by KidSpring Children's Ministry (1:47)



## Action it

Games and activities to reinforce the Bible passage:

- **Make:** Using a piece of paper and pencil, draw around both feet. While you decorate the feet shapes, talk about what it meant for the disciples to follow Jesus. Talk about what it might look like for us to follow Jesus.
- **Play:** Follow the leader or Simon says.
- **Pray:** Sit in a circle. The leader says, 'Thank you, Jesus, for calling the first disciples, Simon, Andrew, James and John. Thank you also for calling ... (point to yourself and say your name, then point around the circle in order to encourage them to take it in turns to say their name out loud) and inviting us all to follow you. Amen.'
- **Try:** See 'Jesus Chose the Twelve' handout

You can use pictures of the 12 disciples (you can find some online at Free Bible Images): [freebibleimages.org/illustrations/12-disciples](https://freebibleimages.org/illustrations/12-disciples)

Alternatively, you may have small people models/toys which you could use as you sing the following words to the tune 'Jesus Loves Me':

Jesus called them one by one,  
Andrew followed, so did John.  
Simon Peter, Philip too,  
And the next: Bartholomew.

Yes, Jesus called them  
Yes, Jesus called them,  
Yes, Jesus called them,  
They chose to follow him.

James and Matthew called by name,  
Thaddeus as well as James,  
Judas, Simon, Thomas too.  
Jesus also has called you.

Yes, Jesus called them  
Yes, Jesus called them,  
Yes, Jesus called them,  
They chose to follow him.

# Jesus Teaches

**Bible verses:**

Matthew 5:1-12,43-48;  
7:24-29

**Aim:**

To discover how Jesus teaches

**Today's fruit:**

Gentleness



## Memory verse

**'Do not be interested only in your own life, but be interested in the lives of others. In your lives you must think and act like Christ Jesus.'**

(Philippians 2:4-5 *ICB*)



## Start it

Have a small collection of books (they don't need to be Bible books). Sit together and ask if anyone has a favourite story. Why do they like it? Does anyone like making stories? Jesus was a great storyteller. He used stories to help people understand what God was like.



## Share it

Jesus taught people about God using stories, called parables.

**Watch:**

***God's Story: Parable of the Two Builders***  
by Crossroads Kids' Club (4:10)

**Ask:**

What is a parable? [a story that teaches a lesson about God] Jesus said the most important things to do are to love God and –

who else? If we built houses on sand, what would happen? If houses are built on rock, what happens?

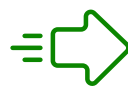
If we trust God, he is like a safe place to build on – we don't actually build our houses on God, but we can make him the one we trust and follow in our lives. God is like a safe place that we can trust and be safe on.



## Sing it

**'You Do Amazing Things' (preschool worship song)** by KidSpring Children's Ministry (1:57)

**'Everywhere I Go' (preschool worship video)** by KidSpring Children's Ministry (1:47)



## Action it

Games and activities to reinforce the Bible passage:

- **Make:** Give each child a small rock and some pens or paints. They can decorate them, and once they're dry someone can write with a permanent marker on the bottom 'Build your life on the rock'. They can then be hidden (with permission) around your building or taken home.

- **Play:** Have some sand to play with or building blocks (maybe both!)
- **Pray:** Sit in a circle and place your hands palm down on the floor. Thank God that when we trust and follow him, we can feel safe and stable, because we know he's a good and safe foundation – just like the floor beneath your hands.
- **Try:** Using recycled materials, invite the group to work together to build a model tower which doesn't fall over. You could split into teams and make it a competition.

# Jesus Calms



**Bible verses:**  
Mark 4:35–41



**Aim:**  
To keep our eyes on Jesus



**Today's fruit:**  
Peace



## Memory verse

**'Do not be interested only in your own life, but be interested in the lives of others. In your lives you must think and act like Christ Jesus.'**

(Philippians 2:4–5 *ICB*)



## Start it

Create the sound of a storm. You can do this using instruments if you have them, or by making noises with your hands and mouths, like this:

**Rainstorm (Body Percussion)** by Primary Teacher Paul (1:13)



## Share it

Tell the group you're going to use your imaginations. Lead by example, pretending to climb into a boat, encouraging the others to climb in too. As you sit down, gently sway side to side, say that the story is set on a boat. As you read the story from the Bible (Mark 4:35–41), keep gently swaying and encourage the children to move too.

### Ask:

Has anyone ever seen a big thunderstorm? What might it be like to be on a boat in the middle of a storm? Why might Jesus' followers be afraid? Why was it important for the followers to keep focusing on Jesus? Should we focus on Jesus?



## Sing it

**'You Do Amazing Things'** (preschool worship song) by KidSpring Children's Ministry (1:57)

**'Everywhere I Go'** (preschool worship video) by KidSpring Children's Ministry (1:47)



## Action it

Games and activities to reinforce the Bible passage:

- **Make:** A storm in a bottle/jar: See **Jesus Calms the Storm Object Lesson (Storm in a Bottle Bible Science Experiment for Kids)** by Kids Ministry Toolbox (2:11)
- **Play:** Have some water in a tray or bowl, alongside different objects. See which ones float and which ones sink.

- **Pray:** Pretend to get back into your imaginary boat. Remind the group of the story. Say that sometimes we can be frightened too, just like the disciples, but that Jesus never leaves us, and as well as talking to our trusted grown-ups, we can talk to Jesus too. Pray that we would all know that we can trust and keep our eyes on Jesus, especially when we are worried.
- **Try:** If your group enjoys watching the story, you can use this:  
**Jesus Calms the Storm** by Saddleback Kids (2:00)

# Jesus sits



**Bible verses:**  
Luke 10:38-42



**Aim:**  
To understand how different people respond to Jesus and what he teaches us about what really matters



**Today's fruit:**  
Patience



## Memory verse

**'Do not be interested only in your own life, but be interested in the lives of others. In your lives you must think and act like Christ Jesus.'**

(Philippians 2:4-5 *ICB*)



## Start it

Play a game together. When the leader says 'Sit!' the children must come and sit near their feet. When the leader says 'Work!' the children must get up and walk around pretending to do chores, eg cleaning/ cooking. Say that today we are exploring a story about two sisters, one who was very busy working, and the other who sat and listened.



## Share it

Re-enact the story together. Ask for three volunteers: Jesus, Mary and Martha. One leader reads the story from the Bible, stopping after each verse to allow for the acting, and another leader can help instruct the children on what to do if they need help.

### Ask:

If Jesus came to your house, what might you do? Why might Martha have been upset? Why do you think Mary wanted to sit and listen to Jesus?

Explain that Jesus didn't respond by telling Martha off. He spoke to her gently and helped her see what really mattered. Serving Jesus in our church and community is very important, but we must remember that the most important thing is loving and spending time with him.



## Sing it

**'You Do Amazing Things' (preschool worship song)** by KidSpring Children's Ministry (1:57)

**'Everywhere I Go' (preschool worship video)** by KidSpring Children's Ministry (1:47)



## Action it

Games and activities to reinforce the Bible passage:

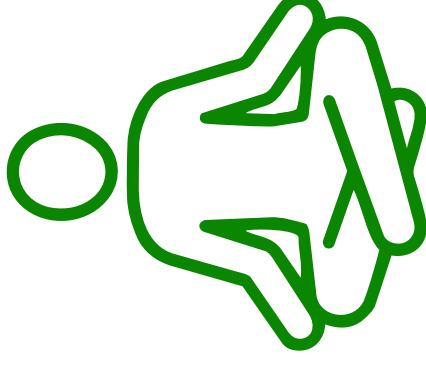
- **Make:** See the 'Spending Time with Jesus' handout which can be printed, decorated and taken home.

- **Play:** Put the group into groups of three and see if they can re-tell the story. You could provide props such as a cushion for Jesus to sit on, or a duster for Martha to use.
- **Pray:** Pray an active action prayer, eg 'Thank you, God, for being close when we're moving (move around). Thank you, God, for being close when we sit quietly (sit quietly)' etc
- **Try:** Talk together about different ways you can spend time with Jesus, and allow time to talk about the different ways and times the group might want to try spending time with Jesus this week. If you make the 'Spending Time with Jesus' handout, the children could write their ideas in their booklet ready for the week ahead\*  
\*If possible, talk to their grown-up about helping facilitate their children at home.

**Friday**

# Explore it Light

## Spending Time with Jesus



Fold here

**Saturday**

A space for me to write or draw as I  
spend time with Jesus this week

Luke 10:38-42

August 2026



Children  
& Youth

**Monday**

**Wednesday**

**Tuesday**

**Thursday**

Fold here

# Jesus prays

**Bible verses:**

Matthew 6:5-13

**Today's fruit:**

Love



## Memory verse

'Do not be interested only in your own life, but be interested in the lives of others. In your lives you must think and act like Christ Jesus.'

(Philippians 2:4-5 *ICB*)



## Start it

Lead a parachute game or another type of inclusive circle game that will work for your group. You could also give some time to allow each member of your group to share about their week or perform a talent.



## Share it

**Watch:**

**Jesus Teaches on Prayer (Preschool Bible Story)** by KidSpring Children's Ministry (2:50)

**Ask:**

What might it mean to keep God's name holy? What do you think God's Kingdom is like? Why did Jesus teach us to ask for forgiveness in the prayer? What can we ask God for?



## Sing it

'You Do Amazing Things' (preschool worship song) by KidSpring Children's Ministry (1:57)

'Everywhere I Go' (preschool worship video) by KidSpring Children's Ministry (1:47)



## Action it

Games and activities to reinforce the Bible passage:

- **Make:** A prayer tool. Each child will need a pipe cleaner and beads suitable to thread (make sure to let their adult know that they have this as they leave, for the sake of safety). Thread the beads on to the pipe cleaner, ensuring the two ends are secured together. If the end is sharp, add a small strip of tape over the join. Explain that they can use this to help them concentrate as they pray: as they move a bead from one end to the other, they can talk to God about something, for example saying thank you, sorry, please, others etc. As they move the beads back again, they can spend time being quiet and listening to what God might want to say to them.

- **Play:** Use building blocks or something similar, and build something together as a group.
- **Pray:** Encourage a time of quiet – you may wish to use calming background music. Explain that we are all going to talk to God on our own, using our new prayer tool to help us. Before you start, remind children how it works, and assure them they can ask a leader if they need any help.
- **Try:** Creating a quiet prayer space. Explain that this is a special place to go and be quiet and sit with God.