

Explore It

FOR LEADERS



SPIRITUAL FOOD

 **Matthew 4:4; 1 Peter 2:1-2**

Our hearts and minds need the right spiritual food to nourish our faith. The Bible talks about the word of God, the Bible, as being healthy food for our souls. This session aims to explain how words of Scripture and regular reading of the Bible can feed our faith and help us grow strong and fit as followers of Jesus.

Each child will need:

→ Pens/pencils and paper

Start It

● **Say:** The word disciple means to be a 'learner' or 'student'. As Christians we want to learn more about Jesus so that we can grow to be strong, spiritually healthy Christians. Today we are thinking about how we can stay spiritually healthy. That might not mean much to you just yet, so let's start by having a look at what we need to stay physically healthy.

● **Say:** Watch and listen to the clip carefully and see if you can answer the questions.

Video

Screenshare: *BBC Learning – What do humans need to stay healthy* by Wonky Films (1 min 31 secs)

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

1. What colour yoga mat is the man stood on?
Pink
2. What are the children playing with on the grass?
Football or a kite (or both)
3. What colour hat is the gardener wearing?
Yellow
4. What kind of things can we do to keep healthy?
Eat fresh vegetables and fruits; drink water; exercise regularly; keep good hygiene (keep yourself clean and wash off germs)
5. What two important times does the clip suggest you should wash your hands?
Before you eat and after you've been to the toilet
6. How many stars were there in the bedroom window?
Three
7. What does your body do while you are sleeping?
Recovers and grows
8. What new thing did you learn from the clip about keeping healthy?

Sing It

Today's song talks about the way that God is part of every move we make and every breath we take. Sing along and see if you can learn the actions.

'Every move I make' – dance-a-long with lyrics by Hillsong Kids and CJ and Friends (3 mins 08 secs)

<https://www.youtube.com/watch?v=MPvnZILn6EY>

Tell It

🗨 **Say:** Earlier we looked at different ways that we can keep our bodies healthy physically. We also need to care for our mental health, so we can think clearly and take care of our emotions.

🗨 **Say:** As followers of Jesus it is also very important that we look after our spiritual health, and that's what our sessions are all about this month.

Ask: Think back to the clip earlier.

➔ What kinds of food are good for our bodies?

➔ What kinds of food are not good for us if we eat too much of them?

🗨 **Say:** As Christians we want our faith and trust in Jesus to grow. As well as eating healthily on things like apples or oranges, we also need to 'eat' spiritual food.

Ask: But what do we mean by spiritual food?

Video

Screenshare: *Spiritual Meat and Milk Bible Story* by LifeKids (2 mins 27 secs)

<https://www.youtube.com/watch?v=BxyQYzgBtq4>

Ask: The clip says that 'God's word is like food for our hearts'. What do you think that means?

🗨 **Say:** The Bible says that we need to keep feeding on God's word if we want to grow as Christians.

Screenshare:

'As newborn babies want milk, you should want the pure and simple teaching. By it you can mature in your salvation.'

— 1 Peter 2:2 (ICB)

Ask: In what ways do others help you to 'feed' on the Bible to grow strong as a Christian?

(Being part of Church; Explore It sessions; daily Bible readings; reading Bibles stories at home; Junior Soldiers classes ...)

🗨 **Say:** Sometimes we eat food that isn't very good for us. There are also things that aren't good for our spiritual life. Filling our minds with teaching about Jesus can make us strong Christians. Our Bible verse talked about babies drinking pure milk, to grow strong. But in the verse just before it, we find out the kind of junk food that is bad for our spiritual health.

Screenshare:

'So then, get rid of all evil and all lying. Do not be a hypocrite. Do not be jealous or speak evil of others. Put all these things out of your life.'

— 1 Peter 2:1 (ICB)

Ask: What spiritual 'junk food' does this Bible verse tell us to avoid?

Screenshare:

'Jesus answered, "It is written in the Scriptures, 'A person does not live only by eating bread. But a person lives by everything the Lord says.'"

— Matthew 4:4 (ICB)

🗨️ **Say:** Think about all we have discovered so far.

Ask:

- ➔ Why is it important to look after our spiritual health, and what kind of spiritual food do we need to eat?
- ➔ As well as reading our Bible, what other things can we do to look after our spiritual health? (You may wish to refer to the examples shown at the end of the *Spiritual Meat and Milk Bible Story* video.)

Action It

🗨️ **Say:** In the clip we're about to watch, we discover why animals eat and the importance of food for our growth. We have already talked about the different types of spiritual food that we can 'eat' to grow as disciples, and we're going to use what we have discovered to do a little thought experiment. Watch the clip and pay special attention to the investigation at the end as it will help you with the next activity.

Video

Screenshare: *Gotta Eat! - Crash Course 1.1* by Crash Course Kids (2 mins 55 secs)

<https://www.youtube.com/watch?v=z9TIIM96IT8>

🗨️ **Say:** At the end of the clip there was an experiment where one plant was given water and sunshine and the other plant was given extra plant food.

Ask: What happened to the plants after the four weeks? Which one grew the most?

🗨️ **Say:** Let's imagine this experiment again, but instead of using beans to grow in soil, imagine that it is two Christians. Each Christian has the love of Jesus planted in their hearts, but one is given basic spiritual food and the other is given extra spiritual food.

Ask: Think back to earlier in the session; what kind of spiritual food helps us to grow as followers of Jesus? (*Reading the Bible, prayer, worship, sharing the good news about Jesus, serving, gathering together ...*)

Thought Experiment

Ask the children to fold a piece of paper in two. At the top they can write their science name, eg Dr ... and the title 'Investigation Results'. On each half draw a large science jar (like a large flat-bottomed U) but don't fill up the page with it. Label the left side as 'Control' and the right side 'Extra Food'.

Ask the children to draw the outline of a person in the science jar on the left. Remember to give them the love of Jesus in their heart (for example draw a heart and label it as 'love for Jesus'.)

Decide as a group what the control conditions are for this Christian. Perhaps they go to church on Sundays and read the Bible once a week. Ask the children to agree and to draw this next to their 'Control Christian'.

Explain that they are now going to draw a person in the jar on the right. This 'Extra Food Christian' has exactly the same as the 'Control Christian', but also gets extra spiritual food.

Challenge the children to think about:

- ➔ what the extra food will be, and
- ➔ what effects this will have on the Christian.

Don't forget to add in 'love for Jesus' in their heart.

Give the children time to draw the extra spiritual food and their results.

Ask the children to share their Investigation Results and discuss the following questions.

Ask: In the plant experiment, it is clear to see how the plant is growing.

- ➔ How would we know if the Christian had grown?
- ➔ How would their actions change?

- How would their thinking change?
- In what ways could you add extra spiritual food to your life to help you grow?

Pray It

Think of all that we have discovered today about growing as disciples.

Ask: What one thing could you do regularly to grow as a Christian?

Share a prayer with the group.

Dear God,

We want to get to know you more and grow as your disciples. Help us to spend our time wisely, learning more about you and becoming more like you.

AMEN.

Explore It

Remember to send home the Explore It (For Me) and Explore It (Together) ideas for children and families.