

# Oh Be Careful

## PRESCHOOL LESSON



**Theme:** Living a spirit-filled life will glorify God.

**Scripture:** Ephesians 5:15-20

**Memory Verse:** "Be very careful, then, how you live—not as unwise but as wise."

Ephesians 5:15

**Get Ready:** Click [here](#) to get your complete supply list for this lesson.

## The Children's Sermon

### You'll Need:

- The song, ["O Be Careful Little Eyes"](#)

### Do This:

**SAY:** There's an old, favorite song from Sunday school that lots of people like to sing. It's called "O Be Careful Little Eyes." If you don't know it, I'll teach it to you. It goes like this:

**O be careful little eyes** (make circles with fingers around eyes), **what you see,**

**O be careful little eyes** (make circles around eyes), **what you see,**

**For the Father up above is looking down in love,**

**So be careful little eyes** (make circles around eyes) **what you see.**

**There are several other verses, too:**

**O be careful little ears, what you hear.**

**O be careful little mouth, what you say.**

**O be careful little hands, what you do.**

**O be careful little feet, where you go.**

(Repeat, as time allows.)

**That song is a good reminder of a letter the apostle Paul wrote to the church in a city called Ephesus. Have you ever gotten a letter or card in the mail?**

**In his letter, Paul told the Ephesians to be careful how they live. He reminded them to make good and wise choices that they know are right. He told them to learn what God wants them to do and how to be filled with God's spirit by singing songs to Him. Paul also said to be thankful to God and Jesus.**

**That is good advice, isn't it? It's still good advice for us today.**

**PRAY:** God, we're thankful for Paul's letter to the Ephesians. Help us follow those teachings every day.. In Jesus' name, amen.

## **Bible Memory Verse**

**"Be very careful, then, how you live—not as unwise but as wise."**

**Ephesians 5:15**

### **You'll Need:**

- **A Bible**
- **"Bee" handout - one per child**

- **Crayons**
- **Tape**
- **Scissors**

**Get Ready:** Copy and cut out a bee for each child.

## **Do This:**

Lead kids in these steps:

- Open your Bible and read aloud Ephesians 5:15.
- Have kids repeat each word back to you as you read it a second time.
- Invite kids to color their memory verse bee and echo the verse as they color.
- When their bees are complete, put tape on the back and hang them on the door. Say the verse aloud with children as each bee is taped on the door.

**SAY:** You guys made amazing bees! Remember our memory verse tells us to BEEEEEEEEEE very careful how we live, not as unwise but wise.

## **Bible Interactive Experience**

### **You'll Need:**

- **A Bible**
- **Red and green construction paper**
- **Large craft sticks - two per child**
- **Glue**
- **Scissors**
- **Pens**

**Get Ready:** Before class, make a red answer stick and green answer stick for each preschooler by cutting a red and green circle for each child and glueing them onto craft sticks.

### **Do This:**

- Give each preschooler a red answer stick and a green answer stick.
- Explain that the green answer stick means “yes” and the red answer stick means “no.”
- Practice using the sticks by saying some silly, simple statements. (The sky is blue, the ocean is yellow, etc.)
- Read aloud Ephesians 5:15-20 to the preschoolers and tell them to listen very closely. (Make sure their answer sticks are sitting on the ground during this part.)
- After you have read the passage, explain that you are going to list some statements from today’s passage. If the kids think the action is a good choice, invite them to hold up the green stick. If the kids think the action is a bad choice, instruct them to hold up the red answer stick.
  - Be careful.
  - Make good choices.
  - Don’t make good choices.
  - Do not be foolish.
  - Follow God’s directions.
  - Listen for God.
  - Thank God for everything he does.
  - Tell God you love him.

**ASK:**

- **What did you learn from the Bible today?**
- **What good choice can you make this week?**

### Virtual Lesson Tip

*You can do this activity with the entire family.*

## Instructions, Instructions

### You'll Need:

- **["Instructions, Instructions"](#) video**
- **Something to play the video**

### Do This:

Show children the video.

### ASK:

- **Tell about a time you needed instructions.**
- **How can you follow God's instruction to love him and others?**

## Follow Instructions Snack

### You'll Need:

- **Paper plates - one per child**
- **Napkins - one per child**
- **Rice Cakes - one per child**
- **Marshmallow cream**

- **Cheerios cereal**
- **Plastic knives - one per child**

## **Do This:**

Follow these steps for the "Follow Instructions Snacks":

- Give each child a paper plate, a rice cake, and a napkin.
- Explain that you are going to give instructions to make a yummy snack, so they must listen very closely.
  - 1 - Spread the marshmallow cream onto your rice cake using your knife.
  - 2 - Using the Cheerios, make a cross shape on your snack.
  - 3 - Enjoy.

**SAY:** You listened so well! Great job. Making good choices with God's help will help you show others how wonderful God is. Jesus lived that way, and we can always look at His example.

## **Simon Says**

### **Do This:**

To play "Simon Says," have kids follow these steps:

- Invite the preschoolers to spread out around the room.
- The leader will be Simon and remind kids to only follow the instructions that come after "Simon says."
- If a child does something that Simon does not say, he or she sits down.
- Play until there is a winner. If the winner wants to, he or she can be Simon.
- Play several rounds as time allows.

**ASK:**

- Explain how well you did following instructions in the game.
- What makes it easy or hard to follow instructions?

**SAY:** We have to focus to follow instructions. To follow God's instructions, we need to get to know Him and His commands. The Bible is a great place to get to know God, and the example of Jesus points right to God.

**Virtual Lesson Tip**

*You can do this activity with the entire family.*

## Instructions Collage

**You'll Need:**

- Construction paper in various bright colors
- Cardstock - one per child
- Glue sticks - one per child
- Markers

**Get Ready:** Before class, cut or tear different colors of construction paper into small 1-inch pieces. Pile all of the colored scraps in the center of the table.

**Do This:**

Follow these steps to make the "Instructions Collage":

- Give each child a piece of white cardstock, a glue stick, and a marker.

- Tell kids you're going to give them instructions to create a beautiful collage, but they have to listen closely.
- Read kids the following instructions, allowing enough time in between for them to complete each task:
  - Step 1: Glue a blue piece of construction paper in the center of the page.
  - Step 2: Use your marker to draw a circle around the blue construction paper.
  - Step 3: Glue a different color of construction paper in all four corners of the page.
  - Step 4: Glue a yellow piece of construction paper to the bottom of your circle.
  - Step 5: Glue a red piece of construction paper to the bottom of your circle.
- Have kids compare their collages and continue decorating as time allows.

### **ASK:**

- **Why is it important for us to follow God's instructions?**

**SAY:** You did a great job following instructions to create your collages! Following God's instructions for life helps us to be filled with God's Spirit, and it brings glory to God.

## Instruction Prayers

### **Do This:**

- Explain that you are going to guide kids to pray silently.
- When you name a certain area of the body, preschoolers can gently put their hand there.



- EYES - God, help us to only look at things that help us know You better.
- EARS - God, give us ears to hear You and courage to walk away from things we hear that will not please You.
- HEART - Lord, protect our hearts from evil. Give us hearts that love to live wisely.
- MIND - God, we think about so many things. Some are good things and some are bad things. We need Your help to keep our minds on You!

**PRAY:** Dear God, we want to glorify You with our lives, but You know that we need Your help to make good choices. Please help us reach out to You for help in being careful, being wise, and living Spirit-filled lives.

## Time to Praise God

### You'll Need:

- Song: "O Be Careful Little Eyes"  
[Words and Music](#)  
[Accompaniment Track](#)
- Song: "I've Got the Holy Spirit in My Heart"  
[Words and Music](#)  
[Accompaniment Track](#)

**SAY:** Aren't you glad God helps us make good choices and live in the best way? As we sing, let's ask God's help to guard our eyes and hearts.

Lead children in singing “O Be Careful Little Eyes” and “I’ve Got the Holy Spirit in My Heart.”

### If You Have Extra Time...

Use these activity sheets to fill in any time and keep kids learning.

- [Coloring Page](#)

## Complete Supply List:

- The song, [“O Be Careful Little Eyes”](#)
- A Bible
- “Bee” handout - one per child
- Crayons
- Tape
- Scissors
- A Bible
- Red and green construction paper
- [Large craft sticks](#) - two per child
- Glue
- Pens
- “Instructions, Instructions” video
- Something to play the video
- [Paper plates](#) - one per child
- [Napkins](#) - one per child
- Rice Cakes - one per child
- [Marshmallow cream](#)

- Cheerios cereal
- [Plastic knives](#)- one per child
- [Construction paper in various bright colors](#)
- [Cardstock](#) - one per child
- Glue sticks - one per child
- Markers

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# Oh Be Careful

## AT HOME LESSON

**Theme:** Living a spirit-filled life will glorify God.

**Scripture:** Ephesians 5:15-20

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## The Children's Sermon

### You'll Need:

- The song, ["O Be Careful Little Eyes"](#)

### Do This:

**SAY:** There's an old favorite Sunday school song that lots of people like to sing.. It was called "O Be Careful Little Eyes." If you don't know it, I'll teach it to you. It goes like this:

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**There are several other verses too:**

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**O be careful little hands, what you do.**

**O be careful little feet, where you go.**

(Repeat, as time allows.)

**That song is a good reminder of a letter the apostle Paul wrote to the church in a city called Ephesus. In his letter, Paul wrote, "So be careful how you live. Don't live like fools, but like those who are wise. Understand what the Lord wants you to do. Be filled with the Spirit, singing Psalms and spiritual songs, and making music to the Lord in your hearts. Give thanks for everything to God the Father in the name of our Lord Jesus Christ."**

**That is good advice, isn't it? It was good advice to the Ephesians almost 2,000 years ago, and it is still good advice for us today.**

**PRAY:** God, we're thankful for Paul's letter to the Ephesians. Help us live out those teachings to our daily life. In Jesus' name, amen.

## Instructions, Instructions

## You'll Need:

- ["Instructions, Instructions"](#) video
- Something to play the video

## Do This:

Show kids the video.

## ASK:

- Tell about a time you needed instructions.
- What might you do in your daily life to live out that instruction?

## Wise Owls

### You'll Need:

- Paper plates - one per child
- Napkins - one per child
- Rice Cakes - one per child
- Bananas - two slices per child
- Marshmallow cream
- Apples - two slices
- Blueberries - two per child
- Carrots - one triangle per child
- Cheerios cereal - one handful per child
- Plastic knives - one per child

**Get Ready:** Before the lesson, cut the bananas into thin slices. Slice apples into very thin wedges. Slice and cut carrots into small triangles.

## **Do This:**

Follow these steps for the “Wise Owls” snack:

- Give each child a paper plate, a rice cake, and a napkin.
- Explain that you’ll give them step-by-step instructions to create today’s “Wise Owls” snack. Challenge them to listen and look closely so their snack will turn out correctly.
- First, instruct kids to spread marshmallow cream on their rice cakes.
- Put two banana slices at the upper part of the rice cake. This will serve as the owl’s eyes.
- Put a small amount of marshmallow cream in the middle of the banana slice and then place a blueberry in the middle of each banana slice.
- Place 2 apple slices on the edge of the left and right sides of each rice cake, with the peel on the outside. This will give the owl wings.
- Place a carrot triangle in the center below the eyes to serve as a nose.
- Add some Cheerios between the apple slices (wings) for feathers.
- Enjoy.

**SAY:** Look at your wise owls. Our passage today tells us to live wise, not unwise, lives. Living in the wise ways of God will help you live a Spirit-filled life that glorifies God.

## **Complete Supply List:**

- The song, "O Be Careful Little Eyes"
- "Instructions, Instructions" video
- Something to play the video
- [Paper plates](#) - one per child
- [Napkins](#) - one per child
- Rice Cakes - one per child
- Bananas - two slices per child
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- Apples - two slices
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- Carrots - one triangle per child
- Cheerios cereal - one handful per child
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