

Clean or Unclean?

PRESCHOOL LESSON



Theme: Our relationship with God is a matter of the heart.

Scripture: Mark 7:1-8, 14-15, 21-23

Memory Verse: "Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them." Mark 7:15

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

The Children's Sermon

You'll Need:

- Antibacterial wipes
- Hand sanitizer

Do This:

SAY: People today are very concerned about having clean hands. Many people carry packages of wipes (show wipes) or hand sanitizer (show hand sanitizer).

Keeping your hands clean is a good thing, right? (Invite kids to quickly clean their hands using one of the products.)

The Bible tells about some Pharisees who came to Jesus. They were very bossy about the rules. "We've noticed that some of your disciples are eating without washing their hands," they told Jesus. "Why don't they follow our tradition of washing their hands before they eat?"

But Jesus said back to them, "You're a bunch of fakes!" He said that they pretended to have clean hearts, but inside they were mean and unloving.

Then Jesus called the people to gather around. "All of you listen. It's not what goes into your body that makes you unclean, it is the unloving things that come out of your mouth. Out of your hearts come evil thoughts, greed, cheating, and envy. This is what makes you unclean."

The Pharisees were more worried about having clean hands than having a clean heart. Today we're going to think about how we can have clean hearts.

PRAY: God, create in us clean hearts to honor You. In Jesus' name, amen.

Bible Memory Verse

"Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them."

Mark 7:15

You'll Need:

- **A Bible**
- **Non-latex disposable gloves - one pair per child**

Do This:

Lead kids in these steps:

- Invite kids to open their Bibles to Mark 7:15.
- Give each preschooler a pair of gloves.

- Explain that “defile” means to make something unclean. What Jesus is saying is that what we say and do shows if our hearts are clean.
- Invite children to go around the room and wipe their hands on things to see if they can collect dirt or dust that makes their gloves dirty.
- Walk kids through the following hand motions as you say today’s memory verse together.
 - **Nothing** (wave index finger).
 - **outside a person** (motion the space around the outside of your body).
 - **can defile them** (show dirty gloves and make a yucky face).
 - **by going into them.** (pretend to eat).
 - **Rather, it is what comes out** (use both hands, palms up at chest to make an overflowing motion).
 - **of a person that defiles them.”** (hands over heart, then open toward others).
 - **Mark 7:15**
- Let preschoolers repeat the verse while their white gloves glow in blacklight.

SAY: Great job using your “hands” to help you say the memory verse today. Now we are going to learn that the Pharisees were all concerned with dirty hands, but Jesus had a big lesson for them about their hearts. Jesus teaches the disciples that our relationship with God is a matter of the heart.

Bible Interactive Experience

You’ll Need:

- A Bible
- Pink construction paper - one per child
- Markers

Get Ready: Before class, cut a large heart out of the pink construction paper for each child.

Do This:

- Give each child a heart and a marker.
- Have them scribble on one side of the heart to make it appear unclean.
- Explain to kids that you're going to read the passage and they'll listen carefully for things that sound like a clean heart and others that sound like an unclean heart.
- When they hear something that sounds like a dirty heart, they'll hold the dirty side of their hearts in the air.
- When they hear something that sounds like a clean heart, they'll hold the clean side of their hearts up in the air.
- Give an example and help kids practice. (Talking behind someone's back, inviting someone to play, etc.)
- Slowly read aloud Mark 7:1-8, 14-15, 21-23, pausing for kids to hold up their hearts throughout the passage.
- Each time kids hold up their hearts, invite one child to explain why he or she did so.

ASK:

- **How can you tell if something is dirty or clean?**
- **Tell about a time you saw someone do something that wasn't very nice.**
- **What's one nice thing you've done for someone else?**

Virtual Lesson Tip

You can do this activity with the entire family.

Deep Clean

You'll Need:

- ["Deep Clean"](#) video
- Something to play the video

Do This:

Show them the video.

ASK:

- What did you learn from Garrett and his dad?
- What can you do this week to have a clean heart?

Clean It Up Trail Mix

You'll Need:

- Paper plates - one per child
- Napkins - one per child
- Antibacterial wipes
- Resealable sandwich bags - one per child
- Goldfish crackers
- Tiny pretzels
- M&M candies
- Mini-marshmallows
- Bowls - one per ingredient
- Disposable spoons - one per ingredient

Do This:

Follow these steps for the “Clean It Up Trail Mix” snack:

- Give each child a wipe to wipe down the snack area.
- Next, give each preschooler a resealable glove and explain that they’re going to help “clean up” the snack supplies. and .
- Help kids put a spoon full of: Goldfish crackers, M&Ms candies, pretzels, and mini-marshmallows in their bags.
- Show kids how to seal the bag and shake up the snack.
- Enjoy.

SAY: We can have clean hands, but what matters most to God is our hearts. Our relationship with God is what’s important. Think about that as you eat your yummy trail mix snack.

Hunting Hearts

You’ll Need:

- **Foam paper - four pieces**
- **Scissors**
- **Markers**

Get Ready: Before class, cut hearts out of the foam paper. On each heart, write an action that shows a clean heart:

- Loving others
- Saying you’re sorry

- Praying for your enemies
- Being kind to everyone

Do This:

To play the "Hunting Hearts" game, follow these steps:

- Beforehand, hide the hearts around the room.
- Lead the preschoolers as a group on a heart hunt.
- When they find each heart, read it aloud for them, and talk about how that action helps them have a clean heart.

ASK:

- **Tell about someone you know who has a clean heart.**
- **What are some things that person does to show he or she has a clean heart?**

SAY: Jesus said, "Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them." It's important for us to really look at what is coming out of us and whether or not it helps people see Jesus.

Marble Balloons

You'll Need:

- **White or clear non-latex balloons - one per child**
- **Marbles - one per child**
- **Paint in various colors**

Do This:

Follow these steps to make the “Marble Balloons” craft:

- Give each child a white balloon.
- Invite them to pick a color of paint. Squirt a bit of paint into the balloon.
- Put a marble inside of the balloon, then inflate it and tie it off for each child.
- Invite the kids to move their balloons around to get the marble to spread the paint inside of the balloon.
- Once they’re finished, ask the kids to set the balloon aside to dry.

ASK:

- **Explain whether your balloon is clean on the outside. What about on the inside?**

SAY: Take your balloon home to remind you that something can appear clean on the outside but not be clean on the inside. God wants us to have clean hearts.

Virtual Lesson Tip

Invite kids to hold up their marble balloons and share the final result with the class.

Bubble Prayers

You’ll Need:

- **Bubble solution and wand**

Do This:

- Explain to the kids that you are going to blow bubbles.

- When they pop one, instruct them to say, “God help me have a clean heart.”
- Even though this is an active way to pray, remind kids that when we talk to God, He wants us to be respectful.

PRAY: Dear God, help us have clean hearts. In Jesus’ name, amen.

Virtual Lesson Tip

You can do this activity with the entire family.

Time to Praise God

You’ll Need:

- Song: “Cleanse Me”
[Words and Music](#)
[Accompaniment Track](#)
- Song: “Into My Heart”
[Words and Music](#)
[Accompaniment Track](#)

SAY: Today we learned that a clean heart is important to God. Let’s sing and ask God to help us have clean hearts.

Lead children in singing “Cleanse Me” and “Into 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:

- [Antibacterial wipes](#)
- [Hand sanitizer](#)
- A Bible
- [Non-latex disposable gloves](#) - one pair per child
- Pink construction paper - one per child
- Markers
- "Deep Clean" video
- Something to play the video
- [Paper plates](#) - one per child
- [Napkins](#) - one per child
- Antibacterial wipes
- Resealable sandwich bags - one per child
- Goldfish crackers
- Tiny pretzels
- M&M candies
- Mini-marshmallows
- Bowls - one per ingredient
- Disposable spoons - one per ingredient
- [Foam paper](#) - four pieces
- Scissors

- White or clear non-latex balloons - one per child
- Marbles - one per child
- [Paint in various colors](#)
- [Bubble solution and wand](#)

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Clean or Unclean?

AT HOME LESSON

Theme: Our relationship with God is a matter of the heart.

Scripture: Mark 7:1-8, 14-15, 21-23

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The Children's Sermon

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Do This:

SAY: People today are very concerned about having clean hands. Many people carry packages of wipes (show wipes) or hand sanitizer (show hand sanitizer).

Keeping your hands clean is good, right? (Invite kids to quickly clean their hands using one of the products.)

The Bible tells about some Pharisees who came to Jesus. They were very bossy about the rules. "We've noticed that some of your disciples are eating without washing their hands," they told Jesus. "Why don't they follow our tradition of washing their hands before they eat?"

"You bunch of phonies!" Jesus responded. "Isaiah must have been talking about you when he said, 'These people honor me with their lips, but their hearts are far from me.'"

Then Jesus called the people to gather around. "All of you listen. It's not what goes into your body that makes you unclean, it is the bad words that come out of your mouth. Out of your hearts come evil thoughts, greed, cheating, and envy. This is what makes you unclean."

The Pharisees were more worried about having clean hands than they were about having a clean heart. Are we any different? We work hard to keep our hands clean, but do we guard our hearts against evil thoughts? What kinds of books do we read? What kinds of TV shows and movies do we watch? What kind of language comes out of our mouth?

Clean hands or a clean heart, which is more important?

PRAY: God, forgive us for our unclean thoughts. Create in us clean hearts to honor You. In Jesus' name, amen.

Deep Clean

You'll Need:

- ["Deep Clean"](#) video

- **Something to play the video**

Do This:

Show them the video.

ASK:

- **What stood out to you about what Garrett and his dad talked about?**
- **What might you do this week to keep your heart clean?**

Heart Cookies

You'll Need:

- **Antibacterial wipes**
- **Paper plates - one per child**
- **Napkins - one per child**
- **Heart-shaped cookies - one per child**
- **Frosting**
- **Plastic knives - one per child**
- **Non-latex disposable gloves - one pair per child**
- **Sprinkles**

Do This:

Follow these steps for the "Heart Cookies" snack:

- Have kids disinfect their hands with an antibacterial wipe.
- Give each child a pair of gloves to put on.
- Give each child a paper plate, a napkin, a plastic knife, and a heart cookie.

- Invite kids to use the frosting and sprinkles to decorate their heart cookie for someone else.
- When they've finished decorating, instruct kids to deliver the cookie to another person. Ensure every child gets a cookie to eat.
- Enjoy.

SAY: Our relationship with God is a matter of the heart. We can have clean hands, but what matters most to God is our hearts.

Clean Jars

You'll Need:

- [Clean or Unclean? How-to video](#)
- Glass jars - one per child
- Colorful tissue paper
- Mod Podge
- Foam brushes - one per child
- Battery-powered tealight candles - one per child
- Pens - one per child

Get Ready: Beforehand, tear up the colorful tissue paper into 1-2-inch scraps, and pile them in the center of the table.

Do This:

Follow these steps to make the "Clean Jars" craft:

- Give each child a pen, and invite them to write words that represent a clean heart on the scraps of tissue paper, such as: honest, patient, kind, caring, courteous, gentle, etc.
- Invite kids to use their foam paint brushes to apply Mod Podge to the outside of their glass jars.
- Have kids place their tissue paper scraps on the glass jar.
- Add additional tissue paper to cover any gaps, and finish with another layer of Mod Podge on top of the tissue paper.
- Allow to dry.
- Turn on the tealight candles and place them in the jars.
- Turn off the overhead lights so kids can view their clean candles and notice how the words they wrote are illuminated.

ASK:

- **Tell about someone in your life who is a great example of a clean heart.**
- **If you think about your life as the jar, what kinds of things do you think shine through for others to see?**

SAY: The light in your jar really shines through and shows what is most important for a clean heart and life.

Complete Supply List:

- [Antibacterial wipes](#)
- [Hand sanitizer](#)
- "Deep Clean" video
- Something to play the video

- [Paper plates](#) - one per child
- [Napkins](#) - one per child
- Heart-shaped cookies - one per child
- Frosting
- Plastic knives - one per child
- [Non-latex disposable gloves](#) - one pair per child
- Sprinkles
- Glass jars - one per child
- Colorful tissue paper
- [Mod Podge](#)
- [Foam brushes](#) - one per child
- [Battery-powered tealight candles](#) - one per child
- Pens - one per child

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