

Born Again

PRESCHOOL LESSON



Theme: New life in Jesus

Scripture: John 3:1-7

Memory Verse: "Jesus replied, 'I tell you the truth, unless you are born again, you cannot see the Kingdom of God.'" (John 3:3)

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

The Children's Sermon:

You'll Need:

- *The Very Hungry Caterpillar* by Eric Carle (optional)

SAY: Today, we are learning from the Bible about a man named Nicodemus who came to Jesus late one night, because he was hungry.

ASK: When you are really hungry, what do you usually want? Share a couple of your favorite foods first, then allow preschoolers to respond.

SAY: We usually want food when we are hungry, but Nicodemus wasn't looking for a snack. Food is good for our bodies but Nicodemus was hungry for—or wanted—something good for his spirit. He was hungry for the truth about the kingdom of God. He came to Jesus because he had questions and he knew that Jesus, God's Son, would have the answers. I bet you know what it's like to have a lot of questions.

ASK: What are some things you wonder about God?

SAY: Like Nicodemus, we have questions about God too. Here is another fun thing about Nicodemus—he reminds me of the very hungry caterpillar. Maybe you have heard the story before. (Read this part of the book if you have it. If not, you can summarize.) In Eric Carle’s book "The Very Hungry Caterpillar," the story begins with a tiny egg on a leaf in the light of the moon. On a Sunday morning, the warm sun came up and—pop!—out of the egg came a very small and very hungry caterpillar. He began to eat and eat and eat, but he was still hungry. Finally, he had eaten so much that he had a stomach ache! The next day was Sunday again. The caterpillar ate through a nice green leaf, and his stomach felt much better.

He built a small house called a cocoon around himself and stayed in there for more than two weeks.

Then he nibbled a hole in the cocoon and pushed his way out. Guess what? He wasn't a caterpillar anymore; he was now a beautiful butterfly.

Isn't that a wonderful story? The very hungry caterpillar reminds me of what Jesus said to Nicodemus and I think the very hungry caterpillar could help Nicodemus, and us, understand what Jesus said. Nicodemus said to Jesus, "Teacher, we all know that God has sent You to teach us. No one could perform the miracles that You are doing if God were not with Him."

And then Jesus said something so amazing and confusing for Nicodemus. Jesus answered, "I tell you the truth, unless you are born again, you cannot see the

Kingdom of God." Make a confused face and then invite preschoolers to make their own confused faces back at you.

**"What do you mean?" asked Nicodemus. "How can a man be born again?"
Nicodemus had a good question! We all have just one birthday, right?**

ASK: If you know your birthday, call it out.

SAY: We celebrate our birthday each year to remember the one special day we were born. So, if we all have just one birthday we can understand why Nicodemus was confused by what Jesus said. What did Jesus mean about being born again? Well, Jesus explained to Nicodemus that a person is "born again" when the Spirit of God enters into a person's heart. It's a special change that only God can make in the hearts of people who love God. And that's what it means to be born again.

Let's think about the story of "The Very Hungry Caterpillar." When he came out of his cocoon, he was a totally new creation. He changed from a caterpillar to a butterfly! That's the way it is when we let God come into our heart and are born again. He makes us a new creation!

PRAY: Dear God, we thank You that because of Your Son, Jesus, we can be a new creation; the old has gone, the new has come! In Jesus name, amen.

Bible Memory Verse

"Jesus replied, 'I tell you the truth, unless you are born again, you cannot see the Kingdom of God.'" (John 3:3)

Do This:

Lead preschoolers in the following actions to learn the Bible memory verse.

- **Jesus replied, I tell you the truth** (*Place one hand over heart.*)
- **Unless you are born again** (*Hold hands together at thumbs and flutter hands like butterfly wings.*)
- **You cannot see** (*Cover eyes.*)
- **The Kingdom of God** (*Bow as if bowing to a king.*)
- **John 3:3** (*Hold hands open like a Bible.*)

Guide preschoolers in saying the entire Bible memory verse along with the motions several times. Encourage preschoolers to share their memory verse and actions with their families at home.

Bible Interactive Experience

You'll Need:

- **Large, clear plastic cup of water**
- **¼ cup baking soda**
- **Food coloring**
- **Spoon**
- **Vinegar**
- **Shallow basin or rimmed baking sheet**

Do This:

Gather preschoolers where they can easily see you and the supplies for a surprising object lesson.

Place the cup of water in the center of the basin or baking sheet. Stir the ¼ cup of baking soda into the water. Then add and stir drops of food coloring into the water until it is a strong color.

SAY: Let's pretend this cup of water is us before we're born again. It has a unique color and we're all unique—we're all different. Pause for a moment for everyone to study one another and notice how each person is unique—even if there are identical twins in the room you most likely will be able to identify some difference. **Nicodemus, the man we're learning about in the Bible, was a unique person too and he learned something very important when he visited Jesus late one night.**

Nicodemus learned that we can be born again and that it is how we will see God's kingdom in heaven. Being born again means God's spirit enters a person's heart—it is a special change inside that makes us a new creation. Pour some vinegar into the cup and exclaim with joy and excitement with preschoolers as the vinegar reacts with the baking soda in the water and bubbles over the rim of the cup like a colorful volcano.

SAY: A change happened inside the cup and it made an amazing change that the cup could not hold—it bubbled over! When we ask for God's Spirit to come into our hearts so we are born again, an amazing change happens inside of us too. We can "bubble over" with God's love. That means other people might notice something about us has changed because God's Spirit helps us to be more kind and loving.

ASK:

- What do you think about God's Spirit?
- Why do you think the changes God's Spirit makes in us are good?

(If you are comfortable with it, this may be a good time to share about changes for the better you have noticed in yourself since you were born again. Remember to keep it simple and preschooler friendly, such as “I used to not get along with other people very well, but God’s Spirit changed me and has helped me love others. Now I get along with people much better.”)

Born Again Butterfly Video Lesson

You’ll Need:

- [“Born Again Butterfly” video lesson](#)
- Something to play the video

Do This: Show the video.

ASK:

- What did you learn about butterflies from this video?
- What questions do you have about being born again?

SAY: The change that happens when a caterpillar turns into a butterfly is very easy to see—it is a change on the inside and outside of the caterpillar. When we are born again, it might not be as easy to see because it’s a change that happens inside of us but we are still a new creation when God’s Spirit comes into our hearts.

Transforming Treats

You’ll Need:

- **8 green grape halves per child (whole grapes are a choking hazard for preschoolers so it's important to cut them in half)**
- **Round crackers—4 per child**
- **Pretzel sticks—2 per child**
- **Small disposable plates**
- **Napkins**

Do This

Help preschoolers follow these steps to make their “Transforming Treats.”

- Give preschoolers a plate and the grape halves.
- Show preschoolers how to lay the grape halves side by side in a line on their paper plate and ask what it reminds them of. (It looks a lot like the green caterpillar from the Eric Carle story “The Very Hungry Caterpillar.”)
- Guide preschoolers in transforming their caterpillar snack into a butterfly snack by laying two crackers on either side of the length of the caterpillar body. The crackers should be close to each other as well so they look something like the sections of the wings of a butterfly.
- Have preschoolers lay two pretzel sticks near the grape at one end of the butterfly to be the antennae.
- Enjoy!

SAY: Your snack is a new creation—from caterpillar to butterfly. Now let's eat our tasty Transforming Treat!

Something New Game

Do This

Play this version of London Bridge for a fun way to affirm each child personally that he or she can be a new creation when born again.

Form trios and have two people in each trio join hands standing across from each other with arms outstretched. Then, with hands still joined, have those partners raise their hands above their heads as high as they can while remaining connected.

The third person in each trio is the first “Caterpillar” and will slowly inch toward the partners like a slow-moving caterpillar. Once the Caterpillar is between the two partners holding hands, they will drop their arms so the Caterpillar is now caught in a “cocoon.” Then the connected partners will sing the following to the tune of London Bridge:

“God can make you something new,

Something new, something new.

God can make you something new, my dear (then say the name of the child pretending to be the caterpillar).”

After the song, the Caterpillar can then pretend to fly out of the cocoon like a butterfly. Allow partners to rotate roles so everyone has a chance to be the Caterpillar and receive the affirmation.

Born Again Butterfly Craft

You'll Need:

- **[“Born Again Dot to Dot”](#) handouts—one for each child**
- **Card stock**

- Crayons
- Sequins
- Glue stick

Do This

Give each preschooler a “Born Again Dot to Dot” handout and help them follow these steps:

- Use a crayon to connect the dots.
- Decorate the butterfly with sequins.

Encourage children to take their butterflies home and share with their families what it means to be born again and have new life in Jesus.

Caterpillar Prayer

You’ll Need:

- 3-inch lengths of green chenille wires—one per child

Do This

Give each preschooler a piece of green chenille wire to hold on an open palm.

SAY: Today we’ve learned a lot about butterflies and a lot about God. Nicodemus knew he could go to Jesus with his questions about God.

We can talk with Jesus in prayer when we have questions about God, too. We can ask about being born again. Let’s hold our pretend fuzzy caterpillars now while we pray. Follow my hands and motions.

Lead preschoolers in gently cupping hands around the chenille wire "caterpillar."

PRAY: Thank You, Jesus, for helping us understand that when we ask God to put His Spirit in our hearts, we are made into something new—like a caterpillar...(open hands and place the chenille wire on the floor) **becoming a beautiful butterfly.** (Hold hands over heart, with hands joined at the thumbs, and flutter hands like the wings of a butterfly.)

Time to Praise God

You'll Need:

- **Song: "Ye Must Be Born Again"**

[Song Sheet & Piano Accompaniment \(PDF & MP3\)](#)

SAY: Jesus wants us to be born again. Let's sing and remember that Jesus makes us a new creation.

Lead children in singing "Ye Must Be Born Again."

If You Have Extra Time...

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

- [Coloring Page](#)
- [Maze](#)

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[Back to the top](#)

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Scripture: John 3:1-7

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The Children's Sermon:

You'll Need:

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SAY: In the Bible today, we learn about a man named Nicodemus who came to Jesus late one night, because he was hungry. No, he wasn't looking for a late night snack; he was hungry for spiritual food. He was hungry for the truth about the kingdom of God. He came to Jesus because he had questions and he knew that Jesus would have the answers.

Nicodemus reminds me of the very hungry caterpillar. (Read this part of the book if you have it. If not, you can summarize.) **In Eric Carle's book "The Very Hungry Caterpillar," the story begins with a tiny egg on a leaf in the light of the moon. On a Sunday morning, the warm sun came up and—pop!—out of the egg came a very small and very hungry caterpillar. He began to eat and eat and eat, but he was still hungry. Finally, he had eaten so much that he had a stomach ache! The next day was Sunday again. The caterpillar ate through a nice green leaf, and his stomach felt much better.**

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Isn't that a wonderful story? The very hungry caterpillar reminds me of what Jesus said to Nicodemus. I think the very hungry caterpillar could help Nicodemus understand what Jesus said. Nicodemus said to Jesus, "Teacher, we all know that God has sent you to teach us. No one could perform the miracles that you are doing if God were not with him."

And then Jesus said something so amazing and confusing for Nicodemus. Jesus answered, "I tell you the truth, unless you are born again, you cannot see the Kingdom of God."

"What do you mean?" exclaimed Nicodemus. "How can a man be born again?" Jesus went on to explain to Nicodemus that a person is "born again" when the Spirit of God enters into his heart. Humans can reproduce human life, but the Holy Spirit gives birth to spiritual life. And that's what it means to be born again.

Let's think about the story of "The Very Hungry Caterpillar." When he came out of his cocoon, he was a totally new creation. A butterfly! That's the way it is when we are born again and let Jesus come into our heart. He makes us a new creation!

PRAY: Dear God, we praise you that in Jesus we are a new creation; the old has gone, the new has come! In Jesus name we pray, amen.

Born Again Butterfly Video Lesson

You'll Need:

- ["Born Again Butterfly"](#) video lesson
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Do This: Show the video.

ASK:

- What did you learn about butterflies from this video?
- What questions do you have about being born again?

Tissue Paper Butterfly

You'll Need:

- ["New Life in Jesus"](#) handout
- Tissue paper
- Glue sticks

Get Ready: Give each child a "New Life in Jesus" handout. Have children follow these steps to make their tissue paper butterfly.

- Tear off a small piece of tissue paper.
- Wad it into a ball.
- Glue it inside the outline.

- Continue until the butterfly outline is full.

Encourage children to take their butterflies home and share with their families what it means to be born again and have new life in Jesus.

Complete Supply List:

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- "Born Again Butterfly" video lesson
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[Back to the top](#)