

# The Present Is A Gift From God

## LOWER ELEMENTARY LESSON PLAN

**Theme:** Worship

**Scripture:** Ephesians 1:18-19

**Memory Verse:** I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you. - Ephesians 1:18

## The Children's Sermon

Today, let's talk about a very special gift we all get, but sometimes we forget how special it is. This gift is called "today." You know, we often think about yesterday, which is all the days that have already happened. And we think about tomorrow, which are the days that haven't happened yet. But today, the day we are living right now, is a very special gift from God.

Yesterday is like a history book. It's full of stories that have already been told.

Tomorrow is like a mystery book. We don't know what the stories are going to be. But today, today is like opening a present from God. That's why we call it the "present." It's a gift!

Dear Lord, we want to thank you for today. Thank you for the sunshine, for letting us pray here in church, and for being with our family and friends. We know today is a special blessing from you.

Now, let's talk about something really cool in the Bible. In Ephesians 1:18-19, it talks about "Hope and Power." These are two amazing things that God gives us. Hope is like

when you really want something good to happen, and you believe it can happen. Power is the strength to do things, even when they're hard.

God's hope and power are special. They help us do good things today. When we wake up, we can say, "God, please give me hope and power for today." And guess what? He will! Because God loves giving us what we need to make today awesome.

Sometimes, we might feel sad or worried about yesterday or tomorrow. But Ephesians 1:18-19, "Hope and Power," reminds us that God is with us today. He gives us hope to feel happy about today and power to do our best.

Let's think of today like a big, beautiful playground. God gives us this playground to explore, learn, and have fun in. But, just like in a playground, we need to be kind, share, and help each other. That's how we make today even better, not just for us, but for everyone around us.

Remember, every morning when you wake up, God has already wrapped up a brand new day for you. It's like getting a present every single day! And inside this present are more gifts - hope and power. These gifts help us to do amazing things, like being kind to a friend, helping our family, or learning something new.

So, let's make a promise to each other. Let's promise to open today with a big smile, ready to use God's gifts of hope and power. Let's promise to make today the best day we can, filled with love, kindness, and fun. And let's remember to say "thank you" to God for this wonderful gift of today.

And at the end of the day, before we go to bed, let's think about all the fun things we did, the new things we learned, and the ways we were kind. Let's thank God for giving us the strength and hope to make today great. And let's ask Him to help us do it all over again tomorrow.

## Bible Memory Verse

**I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you. -**

### **Ephesians 1:18**

You Will Need:

- Colored construction paper
- Scissors
- Glue
- Markers or crayons

Get Ready:

- Cut out large heart shapes from the construction paper ahead of time.
- Set up a table with the heart cutouts, scissors, glue, and markers or crayons.

Do This:

1. Give each child a heart cutout and ask them to think about what hope means to them. Encourage them to think about the hope God gives us.
2. Have them draw or write inside the heart about their hopes or dreams, and how they think God can help them achieve these.

3. Once they are done, let them share their hearts with the class if they are comfortable. Explain that just like they filled their paper hearts with hopes and dreams, God wants to fill our hearts with hope through His love and promises.

## Bible Interactive Experience

You'll Need:

- A small flashlight for each child
- Colored cellophane sheets (various colors)
- Rubber bands
- Paper and crayons
- A large world map or globe
- Bible

Get Ready:

- Cut the colored cellophane into squares large enough to cover the flashlight lenses.
- Prepare a dimly lit room or area where the flashlight beams will be visible.

Do this:

1. Begin by reading Ephesians 1:18-19 to the children, explaining that God wants us to see the wonderful things He has for us and to understand how powerful His love is.
2. Give each child a flashlight and let them pick a color of cellophane to cover the lens, securing it with a rubber band. Explain that the different colors represent the different ways we can see God's love in the world and in our lives.
3. Turn off the lights and ask the children to shine their flashlights on the world map or globe. Discuss how God's love and power can reach every part of the world and every part of our lives.

4. Encourage the children to draw a picture of something they love about God or how they can show God's love to others, using crayons. While they draw, play soft worship music in the background to enhance the atmosphere of worship.

5. Conclude by gathering the children and asking them to share their drawings.

Highlight how each drawing reflects a unique aspect of God's love and power, just like the different colors of their flashlights. Close with a short prayer, thanking God for His love and asking for help to see and share His love every day.

## Snack Activity: Heavenly Light Cups

You'll Need:

- Clear plastic cups
- A variety of fruit (grapes, blueberries, strawberries, etc.)
- Toothpicks
- Small paper umbrellas or flags
- Permanent markers

Get Ready: Wash all the fruit and let it dry. Parents or guardians can help with cutting any larger fruit into smaller pieces if needed. Write Ephesians 1:18-19 on each umbrella or flag with the markers.

Do this:

1. Let each child pick their fruits and fill their clear cup with them, creating layers of colorful fruit. Explain that just like each layer of fruit makes the cup more beautiful, each of us adds beauty to the world when we worship God with our unique selves.
2. Once the cups are filled, help the children insert a toothpick into each piece of fruit at the top to make it easy to eat. Then, place the decorated umbrella or flag with the

scripture into the cup. Remind the children that the umbrella or flag represents the 'eyes of your heart' being enlightened, as mentioned in Ephesians 1:18-19.

3. Encourage the children to enjoy their Heavenly Light Cups while you discuss what it means to worship God and how we can see His mighty power in our lives, just like we can see the beautiful layers in our cups. Explain that worship isn't just singing; it's living a life that shows how much we love God.

## Game Activity: Heart Hopscotch of Worship

You'll Need:

- Sidewalk chalk
- A small stone or beanbag
- A Bible or printed verses from Ephesians 1:18-19

Get Ready: Use the sidewalk chalk to draw a hopscotch grid on the ground, but instead of numbers, write attributes of God (like 'Love', 'Power', 'Wisdom') in each square. At the start, write 'Eph 1:18-19'.

Do this:

1. Before starting, gather the children and read Ephesians 1:18-19 together. Explain that we're going to play a game that helps us remember how amazing God is and why we worship Him. Tell them that each attribute on the hopscotch is a reason we worship God.
2. Have each child take turns tossing the stone or beanbag onto the hopscotch grid. Before they hop through the squares, they must say, 'I worship God because He is [attribute the stone landed on].' If the stone lands on 'Love', they say, 'I worship God because He is Love.' They then hop through the grid, skipping the square with their stone or beanbag, and pick it up on their way back.

3. After everyone has had a turn, gather the children and ask them to share one thing they learned about God from the game. Finish by praying together, thanking God for His love, power, and wisdom, and asking Him to open the eyes of our hearts, as Ephesians 1:18-19 says.

## Prayer Activity: Eyes of the Heart

You'll Need:

- A large poster of a heart
- Colorful markers or crayons
- Sticky notes

Get Ready: Before the class, draw a large heart on the poster and write 'Ephesians 1:18-19' at the top. Hang the poster on a wall where all the children can reach.

Do this:

1. Read Ephesians 1:18-19 together as a class. Explain that 'the eyes of your heart' means understanding God's love and power in our lives. Discuss what it means to worship God by recognizing His greatness.
2. Ask each child to think of one way they can see God's power or love in their lives or in the world around them. It could be something like a beautiful sunset, a time they felt loved, or a story of God's power.
3. Give each child a sticky note and a marker. Have them write or draw their example on the sticky note. Then, one by one, let them come up to the poster and stick their note inside the heart. As they do, encourage them to say a short prayer thanking God for that example of His love or power.

4. Once everyone has placed their sticky note, gather the children around the heart poster. Lead them in a prayer, asking God to always open the 'eyes of our hearts' so we can see His love and power in our lives and worship Him.