

# What Do You Have There?

## PRESCHOOL LESSON PLAN

**Theme:** We need help.

**Scripture:** Ephesians 1:15-23

**Memory Verse:** I pray that the eyes of your heart may be enlightened. - Ephesians 1:18

## The Children's Sermon

"Do you know what I have here?" I'm holding something very special. It's a book, but not just any book. This is the Bible, and it's like a love letter from God to us. It tells us how much He loves us and cares for us. It's also like an instruction manual. You know how when you get a new toy, it comes with a book that tells you how to use it? Well, the Bible is like that, but it's for our lives. It shows us the best way to live and be happy. Some people say it's our B-I-B-L-E, which stands for Basic Instructions Before Leaving Earth. Isn't that cool?

Today, we're going to talk about a special part of the Bible. It's called Ephesians 1:15-23. This is a letter that Paul wrote to his friends in Ephesus. Paul was a man who loved Jesus very much, and he wanted to share that love with everyone. In this letter, Paul is saying a big "thank you" to God for his friends and for all the wonderful things God has done. He's also asking God to help his friends understand how much God loves them and how powerful that love is.

Paul talks about how Jesus is super special because He is sitting right next to God in heaven. That means Jesus is very important and powerful. And guess what? The same power that raised Jesus from the dead and put Him next to God is available to us too!

Paul wants us to know that we can have that power in our lives when we believe in Jesus. It's like having a superhero power that helps us do good things and love others.

Now, let's imagine something. Think about your best friend. You share your toys with them, play together, and help them when they're sad, right? That's kind of what Paul is doing in his letter. He's sharing the good news about Jesus with his friends because he cares about them. He wants them to know how awesome it is to have Jesus in their lives.

Paul also talks about how we are part of something big and wonderful. When we believe in Jesus, we become part of God's family. It's like being on the best team ever! And on this team, everyone is important and has a special part to play. We all help each other and work together to show God's love to the world.

Now, you might wonder, "How can I be part of God's team?" It's simple! All you have to do is believe in Jesus, talk to Him in prayer, and try to follow what the Bible says. It's like signing up to be on the best adventure of your life. And just like any adventure, there will be fun times and hard times. But remember, with Jesus and God's power, we can get through anything.

Let's think about something else. Have you ever been afraid of the dark or worried about something? Well, the Bible tells us that God's power is stronger than anything we might be afraid of. So, whenever you're scared or worried, you can talk to God about it. He's always listening and ready to help because He loves you so much.

Paul's letter, this Ephesians 1:15-23 Sermon, is like a big hug from God. It tells us that we are loved, we have a powerful friend in Jesus, and we're part of an amazing family.

And just like when you get a hug and feel safe and happy, this message from Paul can make us feel that way too.

So, let's remember to be like Paul and share the good news about Jesus with our friends. We can tell them about the Bible, our special book that's like a love letter and instruction manual. We can tell them about how Jesus loves them and wants to be their friend too.

And don't forget, whenever you're feeling alone, scared, or just not sure about things, you can talk to God. He's always there, ready to listen and help. You're never alone because you're part of God's big, loving family.

In conclusion, Ephesians 1:15-23 Sermon teaches us about God's love, Jesus' power, and how we're all part of something wonderful. Let's take that superhero power of love and kindness and use it every day. Let's be kind to our friends, help those in need, and always remember how much God loves us. And just like Paul shared this good news, we can too. Because when we share love and kindness, we make the world a better place.

Thank you for listening, and remember, you are loved, you are powerful, and you are part of God's amazing family. Let's go out and live like it, sharing God's love every day!

## Bible Memory Verse

**I pray that the eyes of your heart may be enlightened. -**

**Ephesians 1:18**

You Will Need:

-Construction paper (various colors)

- Glue sticks
- Scissors
- Markers or crayons
- Stickers (optional)

Get Ready:

- Cut out large heart shapes from the construction paper ahead of time.
- Set up a table with all the materials spread out for easy access.

Do This:

1. Give each child a large heart shape and explain that this represents their heart.
2. Ask the children to decorate their heart with markers, crayons, and stickers. While they work, talk to them about how our hearts can 'see' things differently when we know Jesus loves us.
3. Once everyone is done decorating, gather the children and have them hold up their hearts. Lead them in saying the memory verse together, emphasizing that just like their decorated hearts are unique and beautiful, God wants to make the 'eyes of our hearts' bright and full of His light.

## Bible Interactive Experience

You'll Need:

- A small flashlight
- Simple picture cards of people helping others (e.g., sharing toys, helping someone up, giving a hug)
- A box or container to hide the flashlight

Get Ready:

- Hide the flashlight in the box or container before the children arrive.
- Lay out the picture cards face up where all the children can see them.

Do this:

1. Gather the children around and tell them we're going on a treasure hunt to find something special that helps us see in the dark. Explain that just like we sometimes need help to see, we also need help to be kind and loving to others.
2. Lead the children in a fun search around the room to find the hidden flashlight. Celebrate when it's found.
3. Sit down with the flashlight and the picture cards. Turn on the flashlight and shine it on the picture cards one by one. As you highlight each card, briefly explain how the image shows people helping each other (e.g., "This card shows a friend helping another friend pick up toys. Helping is a way we can show love.").
4. Conclude by saying that just like the flashlight helps us see in the dark, asking for help from God, our families, and friends can help us be kind and loving to everyone. Encourage the children to think of one way they can help someone this week.

## Snack Activity: Helping Hands Fruit Salad

You'll Need:

- Various fruits (e.g., bananas, apples, grapes, berries)
- Plastic knives
- Large bowl

Get Ready: Wash all the fruits and place them on a large tray.

Do this:

1. Talk to the children about how we can help others and how God helps us, relating it to Ephesians 1:15-23, explaining that God's power is so great and He is always there to help us.
2. Show the children how to safely use the plastic knives to cut the fruits with the help of an adult. Explain that just like we are cutting the fruits to share, we can also share God's love and help with others.
3. Mix all the cut fruits in a large bowl and share the fruit salad among the children, reminding them that when we help each other, life is sweeter, just like the fruit salad.

## Game Activity: Helping Hands Hop

You'll Need:

- A large open space
- Colorful tape or chalk
- Pictures of hands (can be drawn or printed)

Get Ready: Use the tape or chalk to create a simple hopscotch grid on the floor or ground. At the start of each box in the hopscotch grid, place a picture of a hand.

Do this:

1. Explain to the children that just like in Ephesians 1:15-23, we learn about the power of helping and being there for one another. Tell them that each hand in the game represents helping someone.
2. Have the children line up at the start of the hopscotch grid. One at a time, they hop on one foot or walk from one box to the next, touching the hand pictures as they go, saying 'I can help!' with each touch.
3. At the end of the hopscotch grid, celebrate each child's willingness to help others by clapping or cheering. Discuss simple ways they can be helpful at home or with friends.

## Craft Activity: Helping Hands Prayer Craft

You'll Need:

- Construction paper (various colors)
- Markers or crayons
- Safety scissors

Get Ready: Trace each child's hand on a piece of construction paper and cut out the hand shapes ahead of time.

Do this:

1. Give each child a hand cutout and ask them to think of someone they want to pray for or someone who needs help.
2. Have them draw or write the name of the person on the hand cutout with markers or crayons.
3. Lead the children in a simple prayer, asking God to help the people they've thought of. Encourage them to place their hand cutout somewhere they will see it daily as a reminder to pray for that person.

## Prayer Activity: Helping Hands Prayer

You'll Need:

- Construction paper
- Child-safe scissors
- Markers or crayons

Get Ready: Before the activity, cut out hand shapes from the construction paper, enough for each child to have one.

Do this:

1. Give each child a paper hand and markers or crayons. Explain that the hand represents our own hands asking God for help and helping others.
2. Read a simplified version of Ephesians 1:15-23, focusing on how God's power is great and He can help us with anything. Explain that we can pray to God when we need help or when we want to help others.
3. Ask the children to think of one way they need help or can help someone else. Have them draw or write it on the paper hand. Then, gather the children in a circle, and let them share their prayer if they wish. Finish by saying a simple prayer together, asking God to help us and to use our hands to help others.