

# Stain Removers & Scotch Guards

## PRESCHOOL LESSON PLAN

**Theme:** Jesus cleanses us from sin and wants us to guard our hearts

**Scripture:** Phillipians 4:7-8

**Memory Verse:** Phillipians 4:8 - Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

## The Children's Sermon

Hey kids! Today we're going to talk about something really important called Guarding Your Heart. Imagine your heart is like a garden. If you've ever seen a garden, you know it's a place where beautiful flowers or yummy vegetables can grow. But, what happens if we don't take care of the garden? Weeds start to grow, and they can choke out the flowers and veggies. Guarding Your Heart is a lot like taking care of a garden. It means keeping the bad stuff out, so only the good stuff can grow.

Now, let's think about getting dirty. Have you ever played outside and gotten really muddy? It's kind of fun, right? But then, you have to go inside and get cleaned up. Jesus is like the soap and water that cleans us up when we get dirty from sin. Sin is when we do things that God doesn't like, like lying, being mean, or not listening to our parents.

But, guess what? Jesus doesn't want us to keep getting dirty. He wants us to try to not get dirty, to try to not sin. He wants us to guard our hearts, so that the dirt can't get in and we can stay clean. When we guard our hearts, we are protecting them from sin.

Can you think of ways that we can guard our hearts, so that dirt can't get it? We could stay away from violent TV shows or music with bad lyrics. We can choose to not read books that might be scary. We could avoid friends who make bad choices. When those things get into our heads, they can be REALLY hard to get out, just like dirt stains on a shirt. That's why the Bible tells us that we should guard our hearts and our minds in Christ Jesus and that we should think about things that are right and pure and lovely.

When sin gets into our heads, it can be really hard to get out. Jesus cleanses us of that sin, but He also wants us to guard our hearts and minds against it.

So, how do we start Guarding Your Heart? It's like building a fence around your garden. The fence keeps the rabbits and deer from getting in and eating all the plants. We can build a fence around our hearts by doing a few important things:

1. **Pray every day:** Just like talking to your best friend, talk to Jesus. Tell Him about your day, ask Him to help you make good choices, and thank Him for loving you.
2. **Read the Bible:** The Bible is like a map that shows us the right path to take. It's full of stories and lessons that teach us how to live in a way that makes God happy.
3. **Be careful what you watch and listen to:** If you're watching shows or listening to music that talks about bad things, it's like planting weeds in your garden. Instead, choose things that are happy, kind, and good.
4. **Choose your friends wisely:** Friends are like the water and sunshine for your garden. Good friends help you grow into a better person, but bad friends can lead you down the wrong path.

5. **\*\*Be kind and loving:\*\*** When you're kind and loving to others, it's like planting beautiful flowers in your heart. The more kindness and love you spread, the more beautiful your heart garden becomes.

Remember, Guarding Your Heart is a daily job. Just like a garden needs water and sunlight every day, our hearts need attention every day to keep them safe from sin. But don't worry, you're not alone in this job. Jesus is always with you, helping you to guard your heart. He's like the best gardener ever, and with His help, your heart can be a beautiful garden full of love, kindness, and goodness.

Prayer: Dear Jesus, we thank you that you died so that our sins could be forgiven and we ask that you would help us to guard our minds and to fill them with things that are of you. Help us to choose good friends, to watch and listen to things that are pleasing to you, and to be kind and loving to everyone we meet. Thank you for being our helper and for loving us no matter what. Amen.

Guarding Your Heart is not always easy, but it's so important. Just like a garden, your heart is a special place that needs care and attention. With Jesus' help, you can keep it safe and let only the good things grow. So, let's all try our best to guard our hearts every day.

## Bible Memory Verse

**Philippians 4:8 - Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever**

## **is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.**

You Will Need:

- Construction paper
- Markers or crayons
- Stickers or stamps with hearts and other positive symbols

Get Ready:

- Cut the construction paper into heart shapes, one for each child.
- Set up a table with markers, crayons, and stickers for easy access.

Do This:

1. Explain the memory verse to the children in simple terms, focusing on the idea of keeping our thoughts on good and pure things, just like Jesus wants us to.
2. Ask the children to think of things that are true, noble, right, pure, lovely, and admirable. Help them come up with ideas if they're stuck.
3. Have each child decorate their paper heart with markers, crayons, and stickers to represent the good things they want to keep in their hearts, inspired by the verse. Encourage them to share what they're drawing and why it's important to think about such things.

## **Bible Interactive Experience**

You'll Need:

- A clear jar filled with water
- A small amount of dirt
- Food coloring (preferably red to symbolize sin)

- A small cross or picture of Jesus
- Heart stickers

Get Ready:

- Prepare a small table or space where all the children can see the jar.
- Place the dirt, food coloring, and cross or picture of Jesus on the table.
- Have heart stickers ready to give to each child at the end of the activity.

Do this:

1. Begin by showing the children the clear jar of water and explain that it represents our hearts, clean and pure when we are with Jesus.
2. Slowly add a bit of dirt and a few drops of food coloring into the water, explaining that when we make bad choices or sin, it's like adding dirt to our hearts, making them not so clean.
3. Finally, place the cross or picture of Jesus next to the jar and explain that Jesus loves us so much He can make our hearts clean again, just like the clear water was before. We don't have the means to remove the dirt and color from the water now, but Jesus can cleanse our hearts from sin.
4. Conclude by giving each child a heart sticker, reminding them that Jesus wants to keep our hearts clean and we should guard our hearts by making good choices, just like Philippians 4:7-8 teaches us.

## Snack Activity: Heart-Cleansing Fruit Snacks

You'll Need:

- A variety of fruit (e.g., strawberries, grapes, blueberries)
- Cookie cutters in heart shapes
- Small plates

- Napkins

Get Ready: Wash all the fruit and have it ready on a large plate or tray.

Do this:

1. Talk to the children about how Jesus loves us and wants to help clean our hearts from sin, just like we clean our hands before we eat. Explain that just as we pick healthy foods to keep our bodies strong, Jesus helps us choose good things to keep our hearts pure, based on Philippians 4:7-8.
2. Let each child use the heart-shaped cookie cutters to cut out heart shapes from slices of soft fruit like strawberries or watermelon. If the children are too young to use cookie cutters safely, prepare the heart-shaped fruits in advance and let them choose their pieces.
3. As they enjoy their fruit snacks, remind them that eating these heart-shaped fruits can remind us of Jesus' love and how He cleanses our hearts and helps us to guard our hearts from bad things.

## Game Activity: Heart Guard Tag

You'll Need:

- Soft plush hearts or red bean bags (one per child)
- An open play area
- Music player (optional)

Get Ready: Before the game, explain to the children that just like we keep the plush hearts safe, Jesus wants us to guard our hearts from sin and fill it with good things like kindness, love, and joy, based on Philippians 4:7-8. Spread the plush hearts or bean bags at one end of the play area.

Do this:

1. Have the children start at the opposite end of the play area from where the hearts are.
2. When you say 'Go', children will hop, skip, or walk to the other end and pick up a heart.
3. Once they have their heart, they must hold it close and make their way back without dropping it. If they drop it, they must say, 'Jesus, help me guard my heart', pick it up, and continue.
4. To add a fun twist, play music while they move back and forth. When the music stops, they freeze. If anyone moves or drops their heart, they go back to the start.

## Craft Activity: Heart Cleaning with Jesus

You'll Need:

- White paper plates
- Washable markers
- Baby wipes

Get Ready: Write 'Jesus Cleanses Our Hearts' on the top of each paper plate before class.

Do this:

1. Let each child use markers to draw or scribble 'sins' (like being unkind, not sharing, etc.) on their plate. Explain that when we make bad choices, it's like making our hearts dirty.
2. Talk about how Jesus loves us and wants to clean our hearts from all the bad things. Then, give each child a baby wipe to clean their plate.

3. As they wipe their plates clean, explain that just like the plate becomes clean, Jesus cleanses our hearts when we ask for forgiveness. Encourage them to guard their hearts by making good choices, just like Philippians 4:7-8 teaches us.