

Stain Removers & Scotch Guards

LOWER ELEMENTARY 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 glitter

Get Ready:

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

Do This:

1. Give each child a heart-shaped piece of construction paper and ask them to think about the things mentioned in Philippians 4:8 as they decorate their heart.
2. Encourage them to write or draw examples of things that are true, noble, right, pure, lovely, and admirable on their heart.
3. Once everyone is done, have a sharing circle where each child can show their heart and explain one thing they chose to represent on their heart. This helps them understand how Jesus cleanses our hearts and wants us to fill them with good thoughts and actions.

Bible Interactive Experience

You'll Need:

- A clear jar filled with water
- A small bottle of food coloring
- A bottle of bleach

- Paper hearts (one for each child)
- Markers
- A large bowl

Get Ready:

- Prepare the clear jar filled with water, representing our hearts.
- Place the food coloring, bleach, paper hearts, and markers on a table accessible to the children.
- Write Philippians 4:7-8 on a large poster board or whiteboard where all the children can see.

Do this:

1. Begin by explaining that our hearts are like this clear water, clean and pure when Jesus cleanses us from our sins. But sometimes, we make bad choices or think unhappy thoughts, which can make our hearts not so clean. Squirt a little food coloring into the jar of water to show how sin can change our heart, making the water change color.
2. Hand out a paper heart and markers to each child. Ask them to write or draw something on the heart that they think might make their heart unhappy or not pure (e.g., being unkind, lying, not obeying parents). Explain that just like the water, our hearts can be stained by these actions or thoughts.
3. Now, explain that Jesus loves us so much that He wants to cleanse our hearts from all these sins, making them pure and clean again. Carefully add a few drops of bleach into the jar of water (make sure to do this step yourself to ensure safety), and watch as the water becomes clear again. This represents how Jesus cleanses us from our sins. Then, have the children dip their paper hearts into the large bowl of clean water,

washing away the marks they made, showing that Jesus also cleanses our hearts when we ask for forgiveness.

4. Conclude by reading Philippians 4:7-8 together, emphasizing that Jesus wants us to think about whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. Encourage the children to guard their hearts by focusing on these things, just as Jesus cleanses and protects our hearts from sin.

Snack Activity: Heart-Cleansing Fruit Cups

You'll Need:

- Clear plastic cups
- A variety of fruits (e.g., grapes, strawberries, blueberries, and bananas)
- A small heart-shaped cookie cutter
- Yogurt (to represent the cleansing)

Get Ready: Wash all the fruits and have them ready in separate bowls. Adults should slice larger fruits like strawberries and bananas ahead of time to make them easier to handle for the children.

Do this:

1. Discuss Philippians 4:7-8, explaining how Jesus cleanses our hearts from sin and wants us to think about things that are true, noble, right, pure, lovely, and admirable. Compare the cleansing to how we clean fruits before eating.
2. Let the children use the heart-shaped cookie cutter to cut heart shapes out of slices of bananas or strawberries, representing how Jesus cleanses and shapes our hearts.
3. Have the children layer their fruits into the clear cups, topping it off with a dollop of yogurt. Explain that just as the yogurt covers the fruit, Jesus' love and forgiveness

cover us. Encourage them to guard their hearts by filling their minds with good things, just like filling their cups with good fruits.

Game Activity: Heart Guard Tag

You'll Need:

- Soft balls or bean bags
- Safe, open play area
- 'Heart Guard' badges (can be made from paper and safety pins)

Get Ready: Before the game, create a safe play area and designate boundaries. Make 'Heart Guard' badges for each child. Explain that the soft balls or bean bags represent things that can harm our hearts, like unkind words or actions, and the 'Heart Guard' badges represent Jesus' protection over our hearts.

Do this:

1. Choose one child to be 'It'. They hold the soft ball or bean bag. Explain that 'It' represents things that can make our hearts dirty, like sin or unkindness.
2. The rest of the children are given 'Heart Guard' badges to wear, symbolizing Jesus' cleansing and protection.
3. When 'It' tags someone by gently tossing the ball or bean bag at them, they must freeze and say a verse from Philippians 4:7-8. The frozen player can be 'unfrozen' when another player comes to 'cleanse' them by reciting, 'Jesus cleanses us from all sin.' This reminds us that Jesus helps guard our hearts and cleanse us.
4. The game continues, encouraging children to help each other remember to guard their hearts and rely on Jesus' cleansing power.

Craft Activity: Heart Shield Bookmark

You'll Need:

- Red and white construction paper
- Scissors
- Glue stick
- Markers or crayons
- A piece of yarn or ribbon

Get Ready: Cut the red construction paper into heart shapes, about the size of a palm. Cut smaller heart shapes from the white construction paper. Cut yarn or ribbon into 6-inch lengths.

Do this:

1. On the red heart, write 'Jesus cleanses our hearts' with markers or crayons. On the white heart, write Philippians 4:7-8.
2. Glue the white heart on top of the red heart, aligning them at the center.
3. Punch a hole at the top of the heart and thread the yarn or ribbon through it, tying a knot to create a bookmark.
4. Explain to the children that just like the bookmark can keep our place in a book, Jesus helps keep our hearts clean and guides us to think about things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy.