

Christian Training

PRESCHOOL LESSON PLAN

Theme: Train yourself to be Godly

Scripture: 1 Timothy 4:7

Memory Verse: Train yourself to be godly. - 1 Timothy 4:7

The Children's Sermon

Hey kids! Have you ever seen soldiers training? They do a lot of exercises to get strong and learn how to do their jobs well. But did you know that we need to do a special kind of training too? It's not like the training soldiers do, but it's super important. It's called Training for Godliness.

Training for Godliness means we learn to be more like God. In the Bible, in a book called 1 Timothy 4:7, it says, "Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly." That means we should focus on learning how to be like God instead of listening to stories that aren't true.

Being godly means doing the right thing, being kind, and loving others just like Jesus did. When we train for godliness, we learn to act, think, and feel like Jesus in any situation. It's like having a Jesus guidebook for life!

Training for Godliness also helps us become best friends with God. It's like if you wanted to be friends with someone, you'd spend time with them, right? Well, training for godliness is spending time with God, learning about Him, and doing things that make Him happy.

So, how do we start Training for Godliness? First, we need to read the Bible. The Bible is like a treasure map that shows us how to live a godly life. When we read it, we can ask God to help us understand and use what we learn in our everyday lives.

Imagine if you had a superhero manual that showed you how to be a superhero. The Bible is like that, but even better! It shows us how to be heroes for God by being kind, brave, and loving.

Another way to train for godliness is by talking to God. This is called praying. You can tell God anything - your secrets, your wishes, and even the things that make you sad. God is always listening, and talking to Him helps us feel close to Him.

Remember the "Be all that you can be" slogan from the army? Well, we can use that for Training for Godliness too. Let's be all that we can be for God by training every day to be more like Jesus.

Training for Godliness is like being on a special team for God. Just like soccer or basketball players practice to get better, we practice being kind, loving, and good. Every day, we can do something nice for someone, help out at home, or share our toys. These are all ways we're training.

Sometimes, Training for Godliness might seem hard. We might forget to read our Bible or pray. But that's okay! Just like when you're learning to ride a bike and you fall off, you get back on and try again. God loves us and is happy when we keep trying to be more like Jesus.

Let's make a Training for Godliness plan together! Maybe we can start by reading a Bible story every day or saying a prayer before bed. We can even help our friends and family learn about Jesus. It's like being on a mission for God!

And guess what? When we train for godliness, we become stronger on the inside. We learn to be brave when we're scared, kind when we're angry, and loving when it's hard. It's like having superpowers, but even better because it's from God!

Dear Lord, help us to remember that we need to train each day so we can become more like you. Help us to read our Bibles, talk to you in prayer, and do kind things for others. Thank you for loving us and helping us on our Training for Godliness journey. Amen.

So, kids, are you ready to start Training for Godliness? Let's do it together and be the best we can be for God! Remember, it's not about being perfect; it's about trying our best and growing closer to God every day. Let's go on this adventure with God and see how amazing it can be!

Bible Memory Verse

Train yourself to be godly. - 1 Timothy 4:7

You Will Need:

- Construction paper
- Markers or crayons
- Stickers with trains or other fun shapes

Get Ready:

- Cut the construction paper into large, train car shapes ahead of time.
- Write 'Train yourself to be godly. - 1 Timothy 4:7' on each train car with a marker.

Do This:

1. Give each child a train car shape and let them decorate it with markers, crayons, and stickers. Encourage creativity!
2. As they work, talk to them about what it means to 'train' in something (like learning to ride a bike) and how we can also train ourselves to be more like Jesus by being kind, sharing, and listening to God's word.
3. Once everyone is done, have the children show their decorated train cars and recite the memory verse together. You can even create a 'train' on the wall by lining up their artwork as a visual reminder to 'train' themselves in godliness.

Bible Interactive Experience

You'll Need:

- Toy trains and tracks
- Bible verse cards (1 Timothy 4:7) with simple words or pictures
- A large poster board with a drawn path representing the "Godliness Track"

Get Ready:

- Set up the toy train tracks in a loop.
- Place the Bible verse cards at various "stations" along the track.
- Draw or print a large, simple map of a train track on the poster board, marking the start and end points with a picture of a heart and a cross, respectively.

Do this:

1. Gather the children and explain that just like trains follow tracks, we can follow God's path to be more like Him. Show them the poster board track and explain it's the "Godliness Track."
2. Let each child pick a toy train. Before they start their train on the track, they must pick a Bible verse card. Read the verse to them (simplify the words for younger children), explaining that this is like fuel for their train to help it run on the track to Godliness.
3. As the children play with the trains on the track, encourage them to stop at each "station" (Bible verse card) along the way. Each time they stop, discuss how the verse helps us to be more like Jesus (e.g., sharing, praying, being kind). Encourage them to "fuel up" their train with these good behaviors to continue on the Godliness Track.

Snack Activity: Godly Fruit Train

You'll Need:

- A variety of sliced fruits (apples, bananas, grapes, oranges)
- Toothpicks or small pretzel sticks
- A plate or tray

Get Ready: Wash and prepare the fruits by slicing them into shapes that can be easily stacked or lined up to form train cars.

Do this:

1. Explain to the children that just like trains need fuel to go, our bodies and spirits need good things to grow strong and godly. Fruits are good for our bodies, and learning about God is good for our spirits.

2. Help the children use the toothpicks or pretzel sticks to connect the fruit slices on the plate, forming a long train. Each type of fruit can be a different 'car' in the train.
3. As you build, discuss simple ways to 'train' to be more like Jesus, such as being kind, sharing, and praying. Enjoy eating the fruit train together as a reminder that feeding our body with good things and our spirit with God's word helps us grow strong and godly.

Game Activity: Godly Train Adventure

You'll Need:

- Colorful tape or chalk
- Pictures of virtues (love, kindness, patience, etc.)
- Music player for songs

Get Ready: Use the tape or chalk to create a train track on the floor, making several stations along the way. At each station, place a picture of a virtue.

Do this:

1. Start the game by explaining that we are on a journey to train ourselves to be godly, just like 1 Timothy 4:7 says. Each station on our train track represents a virtue we want to grow in.
2. Play music and have the children walk or hop along the train track. When the music stops, everyone must freeze at the nearest station.
3. Discuss the virtue at that station and a simple way to practice it (e.g., showing kindness by sharing toys). After the discussion, resume the music for the children to continue their journey. Repeat until all virtues have been covered.

Craft Activity: Godly Train Tracks

You'll Need:

- Black construction paper
- White paint & paintbrush
- Glue
- Cotton balls

Get Ready: Cut the black construction paper into long, thin rectangles to represent train tracks. Prepare a small amount of white paint on a plate or palette.

Do this:

1. Help the children dip their paintbrush in the white paint and make small white lines across the black paper to resemble train tracks. Explain that just like trains follow tracks, we can follow God's path by being godly.
2. Once the paint is dry, encourage the children to glue cotton balls along the bottom of their train tracks to represent clouds or steam, reminding them that God's presence is always with us, guiding us on our path.
3. Display their Godly Train Tracks around the room or send them home with the children as a reminder to 'Train themselves to be Godly' as 1 Timothy 4:7 teaches.

Prayer Activity: Godly Train Adventure

You'll Need:

- Toy train or picture of a train
- Colorful construction paper
- Markers or crayons

Get Ready: Cut out train car shapes from the construction paper ahead of time.

Do this:

1. Explain to the children that just like a train needs to follow its tracks to reach its destination, we need to follow God's path to grow in godliness. Share a simplified version of 1 Timothy 4:7, 'Training to be godly is good.'
2. Give each child a cut-out train car and ask them to draw or write a simple prayer or a way they can be more like Jesus on their train car with the markers or crayons.
3. Collect all the train cars and connect them in a line to form a 'Godly Train.' Discuss how each car (prayer or action) adds to our journey in becoming more like Jesus and how we can help each other stay on track.