

Christian Training

LOWER ELEMENTARY 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:

- Colored construction paper
- Scissors
- Markers or crayons
- Stickers (optional)
- Glue

Get Ready:

- Cut the construction paper into large, train-shaped cutouts beforehand, one for each child.
- Set up a table with markers, crayons, scissors, glue, and stickers for decoration.

Do This:

1. Give each child a train cutout and explain that just like trains need to be built and taken care of, we need to train ourselves to be godly.
2. Ask the children to decorate their trains with markers, crayons, and stickers. While they work, encourage them to think about ways they can train themselves to be more like Jesus, such as being kind, telling the truth, and praying.
3. Once everyone is done decorating, have each child share one way they will train themselves to be godly this week. Glue their trains onto a larger piece of paper to create a 'Train to Godliness' display for the classroom.

Bible Interactive Experience

You'll Need:

- A small toy train set or pictures of trains
- Paper and crayons/markers
- Bible verse cards with 1 Timothy 4:7 written on them
- A simple obstacle course setup (could be made with pillows, chairs, cones, etc.)

Get Ready:

- Set up the toy train set or display pictures of trains around your teaching area to create a fun, engaging environment.

- Write 1 Timothy 4:7 on cards and have enough for each child. The verse says, "Train yourself to be godly."
- Prepare a simple obstacle course in your teaching area that the kids can safely navigate.

Do this:

1. **Introduction to the Theme**: Show the children the toy train or pictures and ask them what they know about trains. Explain that just like a train follows its tracks to reach its destination, we can follow God's Word to grow closer to Him and become more godly. Share the verse 1 Timothy 4:7 with them.
2. **Verse Memory Activity**: Give each child a Bible verse card and spend a few minutes helping them memorize 1 Timothy 4:7. You can make it fun by adding motions or creating a short song to go along with the verse.
3. **Obstacle Course Challenge**: Explain to the children that just like training to be godly, sometimes we have to navigate through challenges. Let them go through the obstacle course one at a time, encouraging them to say the verse, "Train yourself to be godly," as they complete the course. After everyone has had a turn, gather the children and discuss how practicing good choices and following Jesus helps us navigate life's obstacles.
4. **Creative Reflection**: Have the children sit down with paper and crayons/markers. Ask them to draw a picture of themselves training to be godly. This could include reading the Bible, praying, helping others, or any godly activity they can think of. Allow them to share their drawings with the group if they're comfortable.

5. **Closing**: Wrap up by emphasizing that training to be godly is something we do every day by making choices that please God, praying, and learning more about Him through the Bible. Pray with the children, asking God to help them train to be more like Him.

Snack Activity: Godly Fruit Train Snack

You'll Need:

- A variety of fruits (grapes, apples, bananas, oranges)
- Toothpicks
- Small paper plates or napkins

Get Ready: Wash all the fruits and cut them into bite-sized pieces, if necessary. Make sure to have a clean workspace.

Do this:

1. Explain to the children that just like trains need the right fuel to run smoothly, our bodies and spirits need good food and godly practices to grow strong. 1 Timothy 4:7 tells us to 'Train yourself to be godly.'
2. Let each child pick their favorite fruits and use the toothpicks to connect the pieces together, creating their own 'fruit train.' Encourage them to use different fruits to make the train colorful and nutritious.
3. As they enjoy their snack, discuss how training to be godly might include praying, reading the Bible, helping others, and being kind. Just like choosing healthy fruits for their snack, choosing good actions helps us grow closer to God.

Game Activity: Godly Training Hopscotch

You'll Need:

- Sidewalk chalk
- A small stone or beanbag
- A list of godly virtues (like kindness, patience, love, joy, peace, self-control)

Get Ready: Use the sidewalk chalk to draw a traditional hopscotch grid on the pavement. Number each square from 1 to 10. Next to each number, write one of the godly virtues from your list.

Do this:

1. Each player takes a turn tossing their stone or beanbag onto the hopscotch grid, aiming for square number 1. Before hopping, the player must say, 'I will train myself to be godly by showing [name of the virtue in the square where the stone landed].' For example, if the stone lands on the square marked 'kindness,' the player will say, 'I will train myself to be godly by showing kindness.'
2. The player then hops through the grid, skipping the square with their stone or beanbag. If they complete the course without stepping on a line or losing balance, they pick up their stone on the way back and pass it to the next player.
3. The game continues with each player aiming for the next number in sequence during their turn. The first player to successfully hop through all numbered squares, declaring each virtue, wins the game. Remind the children that winning isn't the most important part; training ourselves to be godly in our everyday actions is what truly counts.

Prayer Activity: Godly Training Camp

You'll Need:

- Colorful markers or crayons
- Large poster paper

- Stickers with positive words (like 'love', 'patience', 'kindness')

Get Ready: Write 'Train yourself to be Godly - 1 Timothy 4:7' at the top of the poster paper in big, bold letters.

Do this:

1. Explain to the children that just like athletes train for a sport, we need to train ourselves to be more like Jesus every day. This means learning to be kind, patient, loving, and good.
2. Ask each child to think of one way they can 'train' to be more godly this week. It could be helping a friend, listening to their parents, or saying a kind word to someone.
3. Have them draw or write that action on the poster paper with the markers or crayons. Then, they can decorate their promise with the stickers.
4. Once everyone has added their promise to the poster, gather in a circle around it. Lead them in a prayer, asking God to help each of them keep their promises and train to be more like Him every day.