

Christian Training

UPPER ELEMENTARY LESSON PLAN

Theme: Train yourself to be Godly

Scripture: 1 Timothy 4:7

Memory Verse: 'Have nothing to do with godless myths and old wives' tales; rather, 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

'Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly.' - 1 Timothy 4:7

You Will Need:

-Index cards

- Markers
- A timer
- A small trophy or prize

Get Ready:

- Write down several 'myths' or common sayings that don't align with biblical truth on half of the index cards.
- On the other half, write down truths from the Bible that contradict the myths.
- Mix up the cards and place them face down in a pile.

Do This:

1. Divide the children into two teams and explain that they will play a game called 'Myth or Truth.'
2. One player from the first team will draw a card and read it aloud. The team must decide if it is a 'myth' or a 'truth.' If they guess correctly, they earn a point.
3. Then, it's the second team's turn. Continue back and forth until all cards have been drawn.
4. The team with the most points at the end wins the small trophy or prize.
5. Wrap up by discussing how important it is to know God's truth so we can discern it from myths, just like 1 Timothy 4:7 teaches us.

Bible Interactive Experience

You'll Need:

- A Bible or printed copies of 1 Timothy 4:7
- A "Godly Training Obstacle Course" setup (using items like cones, ropes for a tug-of-war, a balance beam made of tape on the floor, and a quiet corner with pillows for prayer)

- Note cards and pens
- A stopwatch or timer
- A small prize for each participant (like stickers or bookmarks)

Get Ready:

- Set up the "Godly Training Obstacle Course" in a spacious area. Each station of the course should represent a different aspect of godly training (e.g., prayer, understanding the Bible, showing kindness, and sharing faith).
- Write brief instructions for each station and what it represents in godly training.
- Have the Bible verse, 1 Timothy 4:7, displayed prominently at the start of the course.

Do this:

1. Start by gathering the children and reading 1 Timothy 4:7 together. Discuss what it means to "train yourself to be godly." Explain that just like athletes train for a sport, we can train ourselves in godliness.
2. Divide the children into small groups or pairs and have them start at different stations of the "Godly Training Obstacle Course." At each station, they must complete a task that symbolizes an aspect of godly training. For example, at the prayer corner, they might spend a few minutes praying silently; at the Bible station, they could quickly find a verse about kindness; the tug-of-war could represent the struggle against temptation, and walking the balance beam might symbolize living a balanced life of faith.
3. After completing the course, gather the children and ask them to write on a note card one way they can train themselves to be more godly in their daily lives. Encourage them to share their commitment with the group if they feel comfortable.

4. Conclude by reminding them that training in godliness is a daily effort and encourage them to keep their note cards as a reminder of their commitment. Hand out the small prizes as a reward for completing the "Godly Training Obstacle Course."

Snack Activity: Godly Fruit Train Snack

You'll Need:

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

Get Ready: Read 1 Timothy 4:7 together and discuss what it means to 'train yourself to be godly.' Talk about how just like athletes train their bodies, we need to train our spirit by reading the Bible, praying, and doing what it says.

Do this:

1. Start by washing all the fruits and preparing them on a large plate. Cut apples and bananas into slices, peel oranges and separate them into segments, and keep grapes as they are.
2. Encourage the children to build their own 'Godly Fruit Train' on their plates using the fruits. They can use grapes for the wheels, banana slices for the train cars, apple slices for windows, and orange segments for the train's headlight.
3. As they build their fruit train, remind them that just like they are carefully constructing their train, they should also be mindful of building their character to be more like Jesus. Each piece of fruit can represent a different aspect of godliness such as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

4. Once everyone has finished their fruit train, have a short discussion about what steps they can take daily to 'train themselves to be godly.' This can include reading the Bible, praying, helping others, etc. End the activity with a prayer, asking God to help each child grow in godliness.

Game Activity: Godly Training Grounds

You'll Need:

- Chalk or tape for marking the ground
- A set of task cards with godly virtues written on them (e.g., kindness, patience, love)
- A bell or whistle

Get Ready: Create a large hopscotch-like grid on the ground with chalk or tape. Each square should be large enough for a child to stand in comfortably. Write or place a task card in each square, ensuring the virtues are spread out evenly. At the start line, explain 1 Timothy 4:7, emphasizing 'Train yourself to be godly.'

Do this:

1. Players line up at the start of the 'Godly Training Grounds.' The first player rolls a dice or spins a bottle to determine the number of squares to move. They hop to the square, read the virtue aloud, and share one way they can practice that virtue in their daily life.
2. After sharing, the player rings the bell or the teacher blows the whistle to signal the next player's turn. If a player lands on a square already occupied, they must share a different way to practice the virtue or pick a new square nearby.
3. The game continues until all players have had multiple turns and all virtues have been discussed. Conclude with a group discussion on how practicing these virtues can help us 'train ourselves to be godly,' linking back to 1 Timothy 4:7.

Craft Activity: Godly Training Camp

You'll Need:

- A Bible
- Construction paper (various colors)
- Markers or crayons
- Scissors
- Glue sticks
- String or yarn
- Hole punch

Get Ready: Read 1 Timothy 4:7 together and discuss what it means to 'train yourself to be godly.' Talk about different ways we can train ourselves in godliness, such as praying, reading the Bible, helping others, etc.

Do this:

1. Have each child choose one way they can train themselves to be godlier. They can draw or write this activity on a piece of construction paper.
2. Once they have their activity drawn or written, help them cut the paper into a shape that represents their chosen activity. For example, a Bible shape for reading the Bible, a heart for showing love to others, etc.
3. Punch a hole at the top of each shape and thread string or yarn through it to create a 'Godly Training Medal.' Encourage the children to hang their medals somewhere they will see them every day as a reminder to train themselves in godliness.

Prayer Activity: Godly Training Camp

You'll Need:

- A Bible or printed copy of 1 Timothy 4:7
- Notebook for each child
- Pens or pencils

Get Ready: Before the class, create a 'training camp' area in your classroom. This could involve setting up stations for different activities, each related to the theme of godliness and training. Make sure you have enough notebooks and pens/pencils for each child.

Do this:

1. Start by gathering the children and reading 1 Timothy 4:7 together. Explain that just like athletes train for their sports, we need to train ourselves to be godly.
2. Hand out notebooks and pens/pencils. Ask each child to write down one way they can 'train' themselves in godliness this week. This could be anything from being kind to a sibling, spending time in prayer each morning, or reading a Bible story every day.
3. After they've written down their commitment, have a 'training session' where kids can practice their godly training. This could include a prayer walk, writing encouraging notes to each other, or memorizing a Bible verse together. Conclude with a group prayer, asking God to help each child with their commitment to godly training.