

As Sweet As Sugar

LOWER ELEMENTARY LESSON PLAN

Theme: Living the Christian life.

Scripture: Philippians 4:8

Memory Verse: 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. - Philippians 4:8

The Children's Sermon

Today, we're going to talk about something really sweet and special. We're going to learn about living a sweet and pure life for Jesus. Now, what do you think of when you hear the word "sweet"? Maybe candy, ice cream, or your favorite dessert? That's right! But today, we're not just talking about food that tastes sweet. We're talking about being sweet in our hearts and actions.

First, let's think about being sweet. Being sweet means being kind and nice to everyone around us. It means sharing your toys, helping a friend who is sad, and saying kind words. Just like a delicious candy makes you smile, your sweet actions can make others smile too. That's part of living a sweet and pure life.

Now, just like sugar makes food taste good, we can make life good for others by how we live. Imagine if you were a cookie. Would you want to be a cookie that tastes good or bad? Of course, you'd want to be a delicious cookie! In the same way, we want our lives to leave a good taste in people's mouths. When we are honest, kind, and helpful,

people feel happy and loved around us. That's another part of living a sweet and pure life.

Lastly, let's talk about being pure. Sugar is pure and white. To be pure means to be clean inside our hearts. How do we do that? By asking Jesus to help us do the right things. When we make mistakes or do something wrong, we can pray and ask Jesus to forgive us. He helps us to be better and keeps our hearts clean and pure.

Now, let's dive a bit deeper. Living a sweet and pure life means we also need to be patient. Have you ever waited for a cookie to bake? It takes time, right? Being patient with others, waiting your turn, and not getting upset when things don't happen right away is also being sweet.

What about sharing? Sharing is a big part of living a sweet and pure life. When you share your toys, your snacks, or even your time with someone who is lonely, you're spreading sweetness around like sprinkles on a cupcake. Jesus loves it when we share because it shows we care about others more than ourselves.

Forgiveness is another important ingredient in living a sweet and pure life. Sometimes, friends might say something that hurts our feelings, or maybe we get into a fight over a toy. Forgiving them, even if they don't say sorry, is like wiping the slate clean. It's not always easy, but it's what Jesus teaches us to do.

Being thankful is also part of living a sweet and pure life. When we say thank you for our food, our friends, our family, and all the good things we have, it's like adding sugar to our life. It makes everything feel sweeter because we're focusing on the good things, not the bad.

Now, let's think about how we can help others live a sweet and pure life too. Maybe you have a friend who doesn't know how to be kind or share. You can show them how! By being a good example, you can help them learn to be sweet and pure in their actions and heart.

Remember, living a sweet and pure life doesn't mean we're perfect. We all make mistakes. But the good news is, every day is a new day to try again. Jesus is always there to help us get back up, dust the cookie crumbs off, and keep trying to live a life that's sweet and pure.

So, let's all try to be like sugar in the way we live. Let's be sweet to others, make life good for those around us, and keep our hearts pure with Jesus' help. And just like a batch of cookies spreads a yummy smell through the house, our sweet and pure lives can spread happiness and love everywhere we go.

In conclusion, living a sweet and pure life is really special. It's about being kind, patient, sharing, forgiving, and thankful. It's about making the world a better place, one sweet action at a time. And remember, when we live a sweet and pure life, we're showing everyone what Jesus' love looks like. So let's go out there and be the sweetest, purest cookies we can be!

Bible Memory Verse

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. - Philippians 4:8

You Will Need:

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

Get Ready:

- Cut the construction paper into large heart shapes, one for each child.
- Write the memory verse on a large poster board and display it where all the children can see.

Do This:

1. Give each child a heart-shaped piece of construction paper and ask them to decorate it using markers, crayons, and stickers. Encourage them to think about the things that are true, noble, right, pure, lovely, and admirable as they decorate.
2. Once they have finished decorating, help the children write the memory verse on the back of their heart. They can either write it themselves or you can write it for them to trace, depending on their age and ability.
3. Have a sharing circle where each child gets to show their heart and share one thing they think is true, noble, right, pure, lovely, or admirable. This helps reinforce the memory verse and encourages them to apply it in their daily lives.

Bible Interactive Experience

You'll Need:

- A large poster board
- Markers or crayons
- Sticky notes
- Bible or printed verse of Philippians 4:8

Get Ready:

- Write Philippians 4:8 at the top of the poster board in large, colorful letters.
- Draw eight large, empty cloud shapes on the poster board, each labeled with one of the following words: True, Noble, Right, Pure, Lovely, Admirable, Excellent, Praiseworthy.
- Cut sticky notes into smaller pieces for kids to write on.

Do this:

1. **Introduction to Philippians 4:8:** Start by reading Philippians 4:8 together. Explain that these are things God wants us to think about because they help us live a Christian life that pleases Him.
2. **Interactive Poster Activity:** Give each child a few pieces of sticky notes. Ask them to think of things in their lives that fit into each category (True, Noble, Right, Pure, Lovely, Admirable, Excellent, Praiseworthy). For example, for "True," they might write "honest words," or for "Lovely," they might write "flowers" or "helping a friend." They then stick their notes in the corresponding cloud on the poster board.
3. **Discussion and Prayer:** Once everyone has added their sticky notes to the poster, have a short discussion. Ask the children why it's important to think about these things (it keeps our thoughts positive and focused on God). Conclude by praying

together, asking God to help everyone focus their thoughts on these eight qualities in their daily lives.

Snack Activity: Philippians 4:8 Fruit Pizza

You'll Need:

- 1 large sugar cookie dough (pre-made or homemade)
- 1 cup of cream cheese frosting
- Various fruits (strawberries, blueberries, kiwi, grapes)
- A large baking sheet
- A rolling pin
- Parchment paper
- A knife (to be used by an adult or with adult supervision)

Get Ready: Preheat your oven to the temperature specified for the sugar cookie dough. Roll out your dough on a piece of parchment paper into a large circle or rectangle about 1/4 inch thick. Transfer the dough with the parchment paper onto the baking sheet.

Do this:

1. Bake the sugar cookie dough according to package instructions until it's lightly golden. Let it cool completely. This will be your pizza base.
2. Spread the cream cheese frosting evenly over the cooled cookie. This represents the purity and goodness we should fill our lives with, according to Philippians 4:8.
3. Wash and prepare the fruits. Cut them into small pieces if necessary. Arrange the fruits on top of the frosted cookie to create a colorful fruit pizza. Each fruit can represent the different virtues mentioned in Philippians 4:8 - whatever is true, noble,

right, pure, lovely, admirable, excellent, or praiseworthy. As you place each fruit, talk about what each virtue means and how we can live it out in our daily lives.

4. Once your fruit pizza is decorated, share it together. As you enjoy your snack, remember that living a Christian life is about filling our minds and actions with good things, just like our pizza is filled with good fruits.

Game Activity: Philippians Pathway

You'll Need:

- Sidewalk chalk
- A list of words from Philippians 4:8 (true, noble, right, pure, lovely, admirable, excellent, praiseworthy)
- A clear outdoor space (like a driveway or sidewalk)

Get Ready: Write each word from Philippians 4:8 in large squares on the ground with the sidewalk chalk, making a path. Each square should be big enough for a child to stand in. Make sure there's a start and finish line.

Do this:

1. Divide the children into two teams. Each team lines up at the start line.
2. The first player from each team hops on one foot from square to square, saying something that is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy about living the Christian life as they land in each corresponding square.
3. When they reach the end of the pathway, they hop back, tagging the next player in line.
4. The game continues until all players from one team have completed the pathway. The first team to finish wins, but remind the children that in God's eyes, everyone who tries their best is a winner because they are thinking about good things.

Craft Activity: Philippians 4:8 Thought Garden

You'll Need:

- A small flower pot for each child
- Potting soil
- Seeds (flowers or herbs)
- Popsicle sticks
- Markers
- Stickers with words from Philippians 4:8 (true, noble, right, pure, lovely, admirable, excellent, praiseworthy)

Get Ready: Write each word from Philippians 4:8 on a sticker, and prepare a small station for potting plants with soil and seeds ready.

Do this:

1. Start by reading Philippians 4:8 together and discuss what each word means (true, noble, right, pure, lovely, admirable, excellent, praiseworthy). Explain how these words can help us think about good things and live a Christian life.
2. Have each child fill their pot with soil and plant some seeds. As they work, encourage them to think about things in their lives that match the words from Philippians 4:8.
3. Once the seeds are planted, let the children decorate their pots with the stickers and write or draw something on a popsicle stick that represents a good thought or action. They can then place the stick in the pot. Explain that as they care for their plant and watch it grow, it can remind them to fill their minds with good things and live out the Christian life.

Prayer Activity: Puzzle Prayers: Philippians 4:8

You'll Need:

- A large piece of poster board
- Markers or crayons
- Scissors

Get Ready: Before the class, write Philippians 4:8 on the poster board. Then, draw puzzle piece shapes around the words, making sure each word or phrase from the verse is in its own puzzle piece. Cut out the puzzle pieces.

Do this:

1. Start by reading Philippians 4:8 together as a class. Talk about what each part of the verse means. For example, ask the children what it means to think about things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy.
2. Mix up the puzzle pieces and give each child one or two pieces. Ask them to think about something in their life that matches the description on their puzzle piece (for example, a pet might be 'lovely', a friend can be 'admirable').
3. Have each child share what they thought of with the class and then find where their puzzle piece fits on the board. As they place their piece, lead them in a short prayer thanking God for that good thing in their life and asking for help to think about these kinds of things every day.