

Keep Trusting In Jesus

UPPER ELEMENTARY LESSON PLAN

Theme: We must continue to trust and obey our Savior and Lord

Scripture: Hebrews 3:14

Memory Verse: For we have come to share in Christ, if indeed we hold our original confidence firm to the end. - Hebrews 3:14

The Children's Sermon

Hey kids! Today, we're going to talk about something really cool from the Bible. Have you ever heard of Hebrews 3:14? It's a special verse that helps us understand how to stick with Jesus. But first, let's imagine something.

Imagine you're on a big, exciting adventure to find a hidden treasure. This treasure is super special because it's not just gold or jewels—it's the joy of being friends with Jesus forever! But, like any great adventure, there are challenges and puzzles you need to solve to get to the treasure. Sometimes, you might even feel like giving up. But here's where Hebrews 3:14 comes in. It says, "For we are all partners with Christ if we hold on to the end the confidence we had at the beginning." This means that if we keep believing in Jesus and don't give up, we get to share in something amazing with Him.

Now, let's dive a little deeper into what this means. Imagine you're building the biggest, coolest LEGO set ever. It's got thousands of pieces, and it's going to be so awesome when it's done. But what if it starts to get really hard? What if you can't find the right piece, or something doesn't fit the way you thought it would? You might feel frustrated or want to quit. But then, you remember that the finished LEGO set is going to be

amazing. So, you take a deep breath, find the piece you need, and keep going. That's kind of like what Hebrews 3:14 is talking about. Even when following Jesus feels tough, we remember how amazing it is to be His friend, and that helps us keep going.

But why is it important to stick with Jesus? Well, being friends with Jesus is the best treasure of all. He loves us so much, helps us when we're scared or sad, and teaches us how to be kind and brave. Plus, Jesus promises to be with us always, which is pretty awesome. So, when Hebrews 3:14 talks about holding on to our confidence, it's like saying, "Remember how much Jesus loves you and how great it is to be His friend. Don't let go of that, no matter what."

Sometimes, sticking with Jesus means doing the right thing, even when it's hard. Maybe there's a kid at school who's being left out, and you feel nervous about being the one to talk to them. Or maybe you know you should say sorry for something you did, but it feels really tough. When we choose to do these hard things because we love Jesus, it's like we're holding on tight to our friendship with Him.

And you know what? We don't have to do this alone. Just like when you're playing a team sport, and everyone works together to win the game, we can help each other stick with Jesus. We can encourage our friends, pray for them, and remind them how much Jesus loves them. It's like we're all on the same team, cheering each other on to keep going, even when it gets tough.

Now, I want you to think of one way you can stick with Jesus this week. Maybe it's being kind to someone who needs a friend, saying thank you to God for something good in your day, or asking for help when something feels too hard. Whatever it is, remember Hebrews 3:14 and know that sticking with Jesus is the best adventure of all.

So, kids, let's all decide to be adventure buddies with Jesus. Let's help each other, be kind, and never give up on being His friend. Because when we stick with Jesus, we get to be part of the most amazing treasure hunt ever, finding joy and love every day.

Remember, being friends with Jesus is the best choice we can make. And with His help, we can keep going, no matter what. Let's pray together and ask God to help us stick with Jesus and be great friends to Him and each other.

Bible Memory Verse

For we have come to share in Christ, if indeed we hold our original confidence firm to the end. - Hebrews 3:14

You Will Need:

- Construction paper
- Markers or crayons
- Stickers with Christian symbols

Get Ready:

- Cut the construction paper into strips long enough to make into a bracelet.
- Write 'Hebrews 3:14' on each strip with a marker.

Do This:

1. Give each child a strip of construction paper and access to the markers or crayons and stickers.

2. Ask the children to decorate their strip with the markers, crayons, and stickers, encouraging them to think about what it means to 'hold our original confidence firm to the end.'
3. Once they have finished decorating, help each child to tape their strip into a bracelet they can wear, reminding them of their commitment to share in Christ and hold firm to their faith.

Bible Interactive Experience

You'll Need:

- A large printout or projection of Hebrews 3:14
- Blank puzzle pieces (can be bought or made from cardstock)
- Markers or colored pencils
- Sticky notes
- A "Trust and Obey" obstacle course setup (using chairs, tables, cones, etc.)
- Bible verse cards (with Hebrews 3:14 written on them)

Get Ready:

- Write Hebrews 3:14 on a large piece of paper or prepare it for projection.
- Create or purchase blank puzzle pieces enough for each child to have one.
- Set up an obstacle course in a large open area.
- Prepare Bible verse cards with Hebrews 3:14 written on them, one for each child.

Do this:

1. ****Introduction to Hebrews 3:14****: Start by reading Hebrews 3:14 together as a class. Discuss what it means to "share in Christ" and how it requires us to hold firmly till the end the confidence we had at first. Ask the children why trust and obedience are important in their relationship with God.

2. **Puzzle Activity**: Give each child a puzzle piece and markers. Have them write or draw something on the puzzle piece that represents trust or obedience to God (e.g., praying, reading the Bible, helping others). Once everyone is done, work together as a class to assemble the puzzle. Explain that just like each piece is needed to complete the puzzle, each of us is needed in the body of Christ, and we must all continue to trust and obey God.

3. **"Trust and Obey" Obstacle Course**: Before class, set up an obstacle course. Divide the class into teams. Each team must complete the course by following specific instructions given at each station (e.g., "Recite Hebrews 3:14 before jumping over the hurdle," "Name a way you can show trust in God before crawling under the table"). This illustrates the importance of obeying God's commands and trusting Him through challenges.

4. **Reflection and Application**: After completing the obstacle course, gather the children and hand out the Bible verse cards. Ask them to reflect on the activity and how it might relate to their daily lives. Encourage them to keep the card in a place where they will see it daily as a reminder to trust and obey God.

5. **Closing Prayer**: End with a prayer, asking God to help each child to continue to trust and obey Him in all circumstances, just like Hebrews 3:14 encourages us to do.

Snack Activity: Faithful Fruit Boats

You'll Need:

- A variety of fruits (apples, bananas, grapes, berries)
- Toothpicks

- Small paper sails (can be made from paper and markers)
- Peanut butter or yogurt (for dipping)

Get Ready: Prepare a clean workspace and wash all the fruits. Write Hebrews 3:14 on the sails with markers.

Do this:

1. Cut the apples and bananas into slices that can serve as 'boats'. Kids can help with supervision.
2. Use the toothpicks to attach the sails to the fruit slices. On each sail, have the kids write 'We must hold firmly' to remind them of the scripture Hebrews 3:14.
3. Arrange the 'fruit boats' on a platter around a bowl of peanut butter or yogurt for dipping. As they enjoy their snack, discuss what it means to 'hold firmly' to our faith in Jesus, just like how the boats hold their sails.

Game Activity: Faithful Pathways

You'll Need:

- Sidewalk chalk
- Beanbags or small stones
- Cards with written daily faith challenges (e.g., share a kind word, help a family member without being asked)

Get Ready: Use the sidewalk chalk to draw a large spiral on the ground, with each section of the spiral large enough for a child to stand in. Write the verse Hebrews 3:14 at the start of the spiral. In random sections of the spiral, write simple actions or challenges that reflect trust and obedience to God (use the prepared cards for inspiration).

Do this:

1. Each child starts at the beginning of the spiral. Taking turns, they toss a beanbag or stone to land in one of the sections of the spiral.
2. The child must then hop or walk along the spiral (depending on space and safety) to where their beanbag landed, without stepping on the lines.
3. Upon reaching their beanbag, they read aloud the action or challenge in that section. If the section is blank, they share a way they can show trust in God in their daily life. Then, they hop back.
4. The game continues until every child has had multiple turns. The focus is on discussing how each action or challenge relates to continuing to trust and obey Jesus as our Savior and Lord, as highlighted in Hebrews 3:14.

Craft Activity: Faithful Journey Map

You'll Need:

- A large piece of poster board or construction paper
- Markers, crayons, or colored pencils
- Stickers or stamps with Christian symbols (crosses, fish, hearts, etc.)
- A Bible

Get Ready: Read Hebrews 3:14 together and discuss what it means to share in Christ if we hold firmly till the end the confidence we had at first.

Do this:

1. On the poster board, draw a winding path leading from one side to the other. Label the start with 'Today' and the end with 'Eternity with Jesus'.

2. Along the path, mark several spots with significant milestones in a believer's life (e.g., Baptism, First Bible, Serving Others, etc.). At each milestone, write a brief description of the event and how it helps us to continue trusting and obeying Jesus.
3. Decorate the map with the stickers or stamps to symbolize God's presence and guidance on our journey. Encourage the children to personalize their maps with drawings or symbols that represent their own faith journey.
4. Share the maps within the group, allowing each child to explain their journey and how they plan to continue trusting and obeying Jesus.

Prayer Activity: Trust and Obey Bridge Building

You'll Need:

- A Bible
- Craft sticks
- Glue or tape
- Paper and markers

Get Ready: Read Hebrews 3:14 together and discuss what it means to share in Christ if we hold firmly till the end the confidence we had at first.

Do this:

1. Ask each child to write or draw on a piece of paper what trusting and obeying Jesus looks like in their life. Examples can include listening to parents, being kind to others, or praying.
2. Using the craft sticks, glue, and tape, guide the children to build a bridge. Each craft stick can represent a step of trust or an act of obedience to Jesus.
3. As they build, encourage them to share the actions they wrote or drew, discussing how each action strengthens their 'bridge' of faith. Conclude by reminding them that

just like a bridge needs each piece to stay strong, our faith needs continuous trust and obedience to Jesus.