

# Riding A Bike

## LOWER ELEMENTARY LESSON PLAN

**Theme:** Faithfulness, grace and forgiveness.

**Scripture:** Romans 3:23

**Memory Verse:** For all have sinned and fall short of the glory of God. - Romans 3:23

## The Children's Sermon

I brought my bicycle this morning. How many of you boys and girls like to ride a bicycle? Can all of you ride a bike? I just love to ride my bike. The trail out at Veterans Lake is a great place to ride. There are lots to look at, and fresh air to breathe.

Riding a bike is fun, but it also teaches us something very important. Sometimes, when we ride, we might fall off. It could be because we hit a rock, or maybe we lose our balance. It's like in life; sometimes we make mistakes. We might do something wrong, like not sharing, telling a lie, or not listening to our parents. When we do something wrong, it's called a sin. There's a verse in the Bible, Romans 3:23, that says, "for all have sinned and fall short of the glory of God." This means that everyone makes mistakes, not just you or me.

But here's the good news: just like when we fall off our bike, we can get back up again. God gives us a way to say sorry for our sins and to get back up. When we tell God we're sorry and ask Him to help us not do it again, He forgives us. That's because God loves us so much. He doesn't want us to stay down. He wants to help us get back on our bike and keep riding.

Now, imagine if you had a friend who was learning to ride a bike, and they kept falling off. Would you laugh at them or would you help them up? I hope you would help them, just like God helps us. We can be thankful that God is always there to pick us up when we fall, because of our sins. Remember, Romans 3:23 tells us we all sin, but that's not the end of the story.

Let's think about how we can avoid those "rocks" that make us fall. One way is by reading the Bible and praying. It's like putting on our helmet and knee pads when we ride our bike. It helps protect us. And when we do fall, because we all will at some time, we remember Romans 3:23 and know that it's okay to ask for forgiveness. God is always ready to forgive us.

Now, let's talk about helping others. Just like you would help your friend who fell off their bike, God wants us to help others who might be struggling with sin. We can be kind, we can share, and we can tell them about how God forgives us when we ask. It's a way to show God's love to everyone around us.

And remember, riding a bike takes practice. Living a life that pleases God takes practice too. We won't be perfect, but we can get better at it every day. We can learn more about God, try to do what He says is right, and when we mess up, we remember Romans 3:23, say we're sorry, and try again.

So, boys and girls, next time you're riding your bike and having a great time, remember what it teaches us about life. We all make mistakes, but God's forgiveness is always there for us. We just need to ask. And just like you wouldn't give up learning to ride your bike after falling, don't give up on trying to do what's right. God is always there to help you get back up.

Let's be thankful for our bicycles and the fun they bring, but let's also be thankful for God's love and forgiveness. It's the best gift we could ever receive. And let's share that gift with others, by being kind, forgiving, and helping those around us. Remember, Romans 3:23 sin doesn't have to keep us down. With God's help, we can get back up and keep riding through life, enjoying every moment of it.

So, let's pray together. Dear God, thank you for loving us, even when we make mistakes. Help us to always remember that You are there to forgive us when we ask. Help us to be kind and to help others, just like You help us. Thank you for the fun of riding bikes and for the lessons we learn from it. Amen.

And that's our lesson for today, boys and girls. Keep riding, keep learning, and keep remembering how much God loves you, no matter what. Remember, Romans 3:23 sin is something we all face, but with God, we can overcome anything. Have a wonderful day, and don't forget to wear your helmet!

## Bible Memory Verse

**For all have sinned and fall short of the glory of God. - Romans**

**3:23**

You Will Need:

- Colored paper
- Markers or crayons
- Stickers

Get Ready:

- Cut the colored paper into heart shapes, one for each child.
- Write 'Romans 3:23' on each heart with a marker.

Do This:

1. Give each child a heart and some markers or crayons. Explain that the heart represents each of us, and it's beautiful, but not perfect.
2. Ask the children to decorate their hearts with markers and stickers. While they do, talk about what it means to make mistakes and how everyone does it, just like the verse says.
3. After they finish decorating, gather the hearts and display them. Share that even though we all make mistakes and are not perfect, God loves us and forgives us through His grace. This is why we need Jesus. End with a prayer thanking God for His forgiveness and grace.

## Bible Interactive Experience

You'll Need:

- A large clear jar or container
- A bag of small stones or pebbles
- A bag of colorful, large beads
- Water
- A spoon or small scoop
- Sticky notes and pens

Get Ready:

- Write "Sins" on the small stones with a waterproof marker and "Grace" on the colorful beads.
- Fill the jar about halfway with water to represent the world.

- Set the stones, beads, and spoon on a table where children can easily reach them.

Do this:

1. **\*\*Introduction to Romans 3:23\*\***: Start by explaining that everyone makes mistakes or sins, but God's love and forgiveness are always there for us. Share Romans 3:23, "for all have sinned and fall short of the glory of God," to help them understand that everyone needs forgiveness.
2. **\*\*Demonstrating Sin and Forgiveness\*\***: Invite each child to come up and pick a stone. Have them say a common mistake or sin (like lying, stealing, being mean, etc.) as they drop the stone into the water, watching it sink. This shows how sin weighs us down.
3. **\*\*Introducing Grace\*\***: Now, hand out the colorful beads marked "Grace." Explain that grace is a gift from God that forgives us and lifts us up, even when we make mistakes. Let each child scoop a bead and drop it into the water, but unlike the stones, the beads will float (if using materials that allow this visual; if not, simply have them add the beads to the jar). This demonstrates how God's grace and forgiveness can lift the weight of our sins.
4. **\*\*Closing with Faithfulness and Forgiveness\*\***: Conclude by discussing how God is faithful to forgive us every time we ask for forgiveness, showing us grace. Have each child write or draw a prayer on a sticky note, asking God for forgiveness for a specific sin and thanking Him for His grace. Stick these around the jar as a reminder of God's endless forgiveness and grace.

5. **Reflection**: End with a short prayer, thanking God for His faithfulness, grace, and forgiveness. Encourage the children to remember that like the water in the jar, God's love and forgiveness are always there, surrounding us.

## Snack Activity: Grace and Forgiveness Fruit Boats

You'll Need:

- A variety of fruits (apples, bananas, oranges, etc.)
- Toothpicks
- Small paper squares to make sails
- Markers

Get Ready: Wash all the fruits and set them on a table. Prepare small paper squares and markers for decorations.

Do this:

1. Explain Romans 3:23 to the children, simplifying it to: 'Everyone makes mistakes, but God loves us and forgives us.' Discuss how faithfulness, grace, and forgiveness are like a journey.
2. Have each child pick a fruit to make their boat. They can cut the fruits in half (with help for safety) to create the base of their boat.
3. Let them use the toothpicks and paper to make sails. On the sails, they can write or draw symbols of faithfulness, grace, and forgiveness. Share how just like the boat needs a sail to move forward, we need God's grace and forgiveness to move forward in life.

## Game Activity: Grace Pathway

You'll Need:

- Sidewalk chalk
- Bean bags
- A small bell

Get Ready: Draw a large path on the ground with the sidewalk chalk. Divide the path into squares and write challenges or questions related to faithfulness, grace, and forgiveness inside each square. Some squares should have a bell symbol drawn on them.

Do this:

1. Players take turns tossing a bean bag onto the pathway. They must hop or walk to the square where their bean bag lands, avoiding the lines. If a player steps on a line, they go back to start and talk about a time they needed forgiveness.
2. When a player lands on a square, they must answer the question or complete the challenge written on it. If they land on a square with a bell symbol, they ring a small bell and share a story or example of grace in their lives.
3. The goal is to reach the end of the pathway. Once everyone has reached the end, gather the children and discuss Romans 3:23, explaining how everyone makes mistakes but through grace and forgiveness, we can continue on our path with God.

## Craft Activity: Grace and Forgiveness Flower Pot

You'll Need:

- Small terracotta pots (one per child)
- Acrylic paint & brushes
- Permanent markers
- Potting soil

- Flower seeds (easy-to-grow varieties like marigolds or sunflowers)
- Romans 3:23 printed on small cards

Get Ready: Prepare a work area with newspaper or a plastic tablecloth to protect surfaces. Pre-write Romans 3:23 on the cards or have it ready to display.

Do this:

1. Start by discussing Romans 3:23, explaining that everyone makes mistakes, but God's forgiveness and grace are like seeds that can grow into beautiful things in our lives.
2. Have each child paint their terracotta pot with acrylic paint. They can decorate it with symbols of faith, grace, and forgiveness such as crosses, hearts, or doves. Allow the pots to dry.
3. While the pots are drying, talk about how faithfulness in watering and caring for their plant will help it grow, just like how being faithful in our lives and asking for forgiveness helps us grow closer to God.
4. Once the pots are dry, use permanent markers to write Romans 3:23 on the rim or side of the pot. Then, fill the pots with potting soil and plant the flower seeds according to the packet's instructions.
5. Finish by giving each child a Romans 3:23 card to take home along with their flower pot. Encourage them to place the card somewhere they will see it daily as a reminder of God's grace and forgiveness.

## Prayer Activity: Grace and Forgiveness Flower Garden

You'll Need:



- Colorful construction paper
- Scissors
- Markers or crayons

Get Ready: Before the activity, cut out flower shapes from the colorful construction paper. Each child will need one flower.

Do this:

1. Start by explaining Romans 3:23 to the children in simple terms: 'Everyone makes mistakes, but God loves us and forgives us.'
2. Give each child a paper flower and ask them to think of a time they needed forgiveness or showed forgiveness to someone else. Have them draw or write about it on one side of the flower.
3. On the other side of the flower, write 'God's Love and Forgiveness' and decorate it. Explain that just like we take care of flowers, God takes care of us with His love, grace, and forgiveness.
4. Create a 'Garden of Grace' on a wall or bulletin board by attaching all the flowers. Conclude with a prayer thanking God for His forgiveness and asking for help to forgive others as He forgives us.