

Riding A Bike

UPPER 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. There are lots of things 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.

PRAY: 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.

Bible Memory Verse

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

You Will Need:

- Construction paper
- Markers or crayons
- Stickers or glitter

Get Ready:

- Cut the construction paper into large heart shapes, one for each child.
- Write 'Romans 3:23' at the top of each heart.

Do This:

1. Give each child a heart and ask them to decorate around the edges with markers, crayons, stickers, or glitter, leaving the center blank.
2. Once they have decorated their hearts, have them write 'For all have sinned and fall short of the glory of God.' in the center of the heart.
3. Discuss what the verse means, emphasizing that everyone makes mistakes but God loves us anyway. Encourage the children to share times they've needed forgiveness and how this verse reminds us of God's love and forgiveness.

Bible Interactive Experience

You'll Need:

- A large poster board
- Markers or paint
- Sticky notes
- Pens or pencils
- A Bible or printed copies of Romans 3:23

Get Ready:

- Write Romans 3:23 in large letters on the poster board with markers or paint.
- Set up a table with the sticky notes, pens, and Bibles or printed scriptures.

Do this:

1. ****Introduction to Romans 3:23****: Start by reading Romans 3:23 together. Discuss what it means to fall short and how everyone makes mistakes.
2. ****Personal Reflection****: Give each child a sticky note and a pen. Ask them to quietly reflect on a time they made a mistake or felt they fell short but experienced forgiveness. They should write a word or draw a symbol on the sticky note representing this experience without sharing personal details.

3. ****Creating a Forgiveness Mural****: Have each child stick their note on the poster board around the scripture. As they place their note, encourage them to say, "I am forgiven." This visual representation will help them see that everyone makes mistakes, but forgiveness is available to all.

Snack Activity: Grace Cups

You'll Need:

- Mini marshmallows
- Chocolate syrup or melted chocolate
- Graham crackers
- Small clear plastic cups
- Spoons

Get Ready: Crush the graham crackers into fine crumbs and place them in a shallow dish. Melt the chocolate if using solid chocolate.

Do this:

1. Explain Romans 3:23, 'for all have sinned and fall short of the glory of God.' Discuss how everyone makes mistakes but God's grace and forgiveness are like a gift.
2. Have the children take a spoonful of graham cracker crumbs and put it at the bottom of their cup. Explain that the crumbs represent our sins and the mistakes we make.
3. Next, let them pour the chocolate syrup or melted chocolate over the crumbs. Tell them the chocolate represents God's grace covering our sins.
4. Finally, top with mini marshmallows, symbolizing the purity and forgiveness from God. As they eat their Grace Cups, remind them that just as the dessert covers the crumbs, God's forgiveness covers our sins.

Game Activity: Grace Hop

You'll Need:

- Sidewalk chalk
- A small stone or beanbag
- A Bible

Get Ready: Draw a large hopscotch grid on the pavement, but instead of numbers, write the letters to spell out 'FAITHFULNESS' in the squares. Make sure there's enough space for the kids to hop through. At the starting point, draw a cross, and at the end, draw a crown.

Do this:

1. Gather the children and explain that just like we sometimes stumble or miss a step, we all fall short and make mistakes, as Romans 3:23 teaches us. But God's grace and forgiveness are always there to pick us back up.
2. Each child takes a turn tossing the stone or beanbag onto the first letter 'F'. Before they start hopping, they must say, 'For all have sinned and fall short of the glory of God.' They hop through the letters to the crown, picking up their stone on the way back, but they can't step on the letter where their stone landed.
3. If a player steps on a line, misses a letter, or loses their balance, they start over, symbolizing the grace and forgiveness we receive. The game continues until everyone has reached the crown, symbolizing God's kingdom, where we are welcomed because of His forgiveness and grace.

Craft Activity: Grace and Forgiveness Puzzle

You'll Need:

- A blank puzzle (can be bought or made from cardboard)
- Markers or paint
- A printout of Romans 3:23

Get Ready: Write Romans 3:23 on the blank puzzle using a marker or paint. If you're using a pre-made puzzle, you can write directly on it. If you're making your own, cut a piece of cardboard into a puzzle shape first, then write the verse.

Do this:

1. Mix up the puzzle pieces and challenge the children to put the puzzle back together. As they work on it, explain that just like the puzzle, sometimes our lives feel mixed up or broken because of sin.
2. Once the puzzle is complete, discuss how Romans 3:23 teaches us that everyone has sinned and fallen short of God's glory, but through Jesus, we can be forgiven and made whole again.
3. Encourage the children to decorate the rest of the puzzle with drawings or words that remind them of God's grace and forgiveness. They can use markers or paint to add crosses, hearts, or other symbols of faith.

Prayer Activity: Journey to Grace: A Prayer Walk

You'll Need:

- A large roll of paper (enough to create a path)
- Markers or crayons
- Sticky notes

Get Ready: Lay the roll of paper out in a long path across the room, securing the ends to prevent slipping. Along the path, write out 'Romans 3:23' at the start, 'Faithfulness' in the middle, and 'Grace & Forgiveness' at the end.

Do this:

1. Start at the 'Romans 3:23' point and discuss what it means to 'fall short' and how everyone makes mistakes. Have each child write or draw a mistake or sin they struggle with on a sticky note and place it at the start of the path.
2. As they walk the path towards 'Faithfulness', encourage them to think about ways they can show faithfulness to God despite their imperfections. At the 'Faithfulness' marker, pause to pray together, asking for God's help to be faithful.
3. Continue to the 'Grace & Forgiveness' section. Here, discuss how God's grace and forgiveness cover our sins. Let each child pick up a sticky note (not necessarily their own) from the start of the path, symbolizing taking on each other's burdens and forgiving as God forgives. Conclude with a prayer of thanks for God's endless grace and forgiveness.