

Things I Don't Understand

UPPER ELEMENTARY LESSON PLAN

Theme: Faith

Scripture: Hebrews 11:1

Memory Verse: Now faith is confidence in what we hope for and assurance about what we do not see. - Hebrews 11:1

The Children's Sermon

Today, I want to talk to you about something very special: Faith in God's Control. It's like knowing that even when we don't understand how things work, we can trust that God is taking care of everything. Let's think about some things we use every day but might not fully understand.

CALCULATORS: When we use a calculator, we press buttons to solve math problems. It's amazing how it gives us the right answer every time, even though we might not understand how it works. Just like a calculator, we might not understand how God has all the answers to the problems in our life, but we can have faith in God's control, knowing He always does.

FLASHLIGHTS: Have you ever used a flashlight in the dark? It's pretty simple, right? You click it on, and suddenly, the light shines, making everything visible. Even if we don't get how the light comes on, we see that it works. In the same way, during our darkest times, God is like that flashlight. We might not understand how, but with faith in God's control, He lights up our path and guides us through.

REMOTE CONTROLS: It's fun to sit on the couch and use a remote control to change the TV channels, right? We don't have to get up; we just press buttons, and the TV does what we want. It's kind of a mystery how it works from across the room. This is like how God can be in heaven but still control everything on earth. We don't have to understand it completely, but we can have faith in God's control over our lives.

Now, let's add some more examples to help us understand faith in God's control even better.

SEEDS: Think about when you plant a seed in the ground. We water it and wait. After some time, a tiny plant starts to grow. We can't see what's happening under the soil, but we know if we take care of it, something beautiful will grow. That's faith in God's control. We might not see what God is doing in our lives right away, but if we trust Him and follow His ways, beautiful things will happen.

CLOUDS AND RAIN: Have you ever looked up at the sky and seen the clouds? Sometimes, they're fluffy and white, and other times, they're dark. Then, out of nowhere, it starts to rain. We might not understand how the clouds know when to release the rain, but they do, and it helps plants grow and gives us water to drink. This shows us that God controls nature in ways we can't always understand, but we can have faith in God's control to provide what we need.

BIRDS FLYING: Have you watched birds fly? They can soar high in the sky or swoop down low, all without falling. We might not understand how they do it so effortlessly, but it's part of how they were created. Just like birds trust their wings, we can have faith in God's control, knowing He created us and gives us everything we need to navigate our lives.

Now, let's remember something very important. Having faith in God's control doesn't mean we'll always understand everything or that life will always be easy. But it does mean that we believe God is with us, helping us, loving us, and guiding us every step of the way.

So, whenever you use a calculator, turn on a flashlight, or use a remote control, remember how these things work without us fully understanding them. Let them remind you of the even greater truth: that we can have faith in God's control over everything in our lives.

Let's pray together: "Dear God, thank you for always being in control, even when we don't understand how things work. Help us to trust You more and have faith in Your control every day. Amen."

Remember, kids, faith in God's control is like a big, warm hug that keeps us safe and loved, even when things around us don't make sense. And just like we learn to use calculators, flashlights, and remote controls, we can learn to trust God more and more each day.

Bible Memory Verse

Now faith is confidence in what we hope for and assurance about what we do not see. - Hebrews 11:1

You Will Need:

- Blank paper
- Colored pencils or markers

-A box or container

Get Ready:

-Gather all materials and set up a work area for each child.

-Write the memory verse on a large piece of paper and display it where all the children can see.

Do This:

1. Ask each child to draw or write what they hope for or dream about on the blank paper using the colored pencils or markers. Encourage creativity and reassure them there are no wrong answers.

2. Once everyone has finished their drawing or writing, have them fold their paper and place it in the box or container. Explain that this box represents things we hope for and have faith in, even though we can't see them right now.

3. Close the activity by discussing how faith in God is like what they just did - believing and hoping in God's promises, even when we can't see them. Encourage them to memorize Hebrews 11:1 to remind them of the power and importance of faith.

Bible Interactive Experience

You'll Need:

- A Bible or printed copies of Hebrews 11:1
- Blindfolds (1 per child)
- Simple obstacle course setup (chairs, tables, cones, etc.)
- Small prizes or treats
- Paper and pencils

Get Ready:

- Set up a simple obstacle course in a safe area.
- Write or print Hebrews 11:1 on paper for each child.

Do this:

1. Start by gathering the children and reading Hebrews 11:1 together: "Now faith is confidence in what we hope for and assurance about what we do not see."
2. Discuss briefly what faith means (believing in what we cannot see) and how it relates to everyday life.
3. Explain the "Faith Walk" activity: Children will take turns being blindfolded and navigating the obstacle course with the verbal guidance of their peers, relying on their instructions and trust to complete the course.
4. Before starting the Faith Walk, have each child write or draw on paper what faith means to them or a situation where they had to trust without seeing.
5. Conduct the Faith Walk. Each child takes a turn being blindfolded and guided by the voices of their friends through the obstacle course. The rest of the group is responsible for safely guiding their blindfolded friend by giving clear and encouraging instructions.
6. After everyone has had a turn, gather the children and discuss the experience. Ask how it felt to trust their friends' guidance and relate this to having faith in God even when we can't see Him.
7. Conclude by handing out small prizes or treats as a reward for completing the Faith Walk and for their thoughtful participation in the discussion.

Snack Activity: Faithful Fruit Skewers

You'll Need:

- Various fruits (grapes, strawberries, blueberries, and bananas)
- Wooden skewers

- Small cookie cutters (star and heart shapes)
- A Bible or a printout of Hebrews 11:1

Get Ready: Wash all the fruits and lay them out on a clean surface. Read Hebrews 11:1 together: 'Now faith is confidence in what we hope for and assurance about what we do not see.' Discuss what faith means and how it can be like unseen fruits that grow from our belief and actions.

Do this:

1. Use the cookie cutters to cut shapes out of larger fruits like bananas or strawberries to symbolize different aspects of faith (stars for hope, hearts for love).
2. Thread the fruits onto the skewers, alternating types and shapes, while discussing how each fruit could represent different fruits of faith (love, joy, peace, patience, etc.).
3. As you create your Faithful Fruit Skewers, talk about how, just like we are preparing and combining these fruits, faith involves preparing our hearts and combining different virtues to show our belief in God's promises, even when we can't see the outcome yet.

Game Activity: Faith Walk

You'll Need:

- Blindfolds
- Obstacle course items (chairs, cones, soft objects)
- Bible

Get Ready: Set up an obstacle course in a safe, open area. Use chairs, cones, and soft objects to create a path with various obstacles. The course should be challenging but safe. Have the Bible open to Hebrews 11:1.

Do this:

1. Divide the children into pairs. One child will be blindfolded, and the other will guide their partner through the obstacle course using only their voice.
2. Before starting, read Hebrews 11:1 aloud to the group. Discuss briefly how faith is believing in what we can't see, similar to trusting our partner in the game.
3. The guiding child must lead their blindfolded partner through the course without touching them, only giving verbal instructions. The goal is to trust the guide's voice, symbolizing faith in what we cannot see.
4. After each pair completes the course, switch roles and repeat. Discuss the experience of trusting and guiding, relating it back to the concept of faith.

Craft Activity: Faith Glasses: Seeing the Unseen

You'll Need:

- Construction paper
- Scissors
- Markers or crayons
- Clear plastic (like from a recycled packaging)
- Glue or tape

Get Ready: Cut out two glasses shapes from the construction paper, including the frames and arms. Cut out two pieces of clear plastic to fit as the 'lenses' in the glasses frames.

Do this:

1. On one lens, write 'FAITH' using a marker or crayon. On the other lens, write 'Hebrews 11:1'.

2. Glue or tape the clear plastic lenses onto the inside of the glasses frames.
3. Decorate the frames with markers or crayons, drawing symbols or pictures that represent faith to you (like a cross, a dove, a rainbow, etc.).
4. Share with the class what faith means to you and how your 'Faith Glasses' help you 'see' things that are unseen but hoped for, as described in Hebrews 11:1.

Prayer Activity: Faith Walk

You'll Need:

- A blindfold for each child
- Obstacle course materials (chairs, cones, soft toys, etc.)
- Bible

Get Ready: Create a simple obstacle course in your classroom or outdoor area. Make sure the path is challenging but safe. Familiarize yourself with Hebrews 11:1 to explain the concept of faith to the children.

Do this:

1. Gather the children and read Hebrews 11:1 together: 'Now faith is confidence in what we hope for and assurance about what we do not see.' Discuss what faith means and how it applies to trusting in God even when we can't see Him.
2. Explain the activity: Children will take turns being blindfolded and navigating the obstacle course with the guidance of their peers' directions. This simulates walking by faith, not by sight.
3. Before starting, remind children that just as they are trusting their friends to guide them safely, we must trust God to guide us through life's obstacles. After each child has a turn, discuss how it felt to trust others and relate this to trusting in God.