

# In The Palm Of His Hand

## LOWER ELEMENTARY LESSON PLAN

**Theme:** Nothing can take us out of the Jesus' hand

**Scripture:** John 10:28

**Memory Verse:** I give them eternal life, and they shall never perish; no one will snatch them out of my hand. - John 10:28

## The Children's Sermon

For my final trick, I will do "Around the World." This one is a little bit more difficult and sometimes I mess up. Ready? Here goes! Oh wow! I really messed up on that one, didn't I? Well, no problem. I'll just pick up my yo-yo, rewind it, and then I'll be ready to go again. Did you notice that every one of my tricks started and ended exactly the same way? Each trick began and ended with the yo-yo in the palm of my hand. Jesus said, "I give them eternal life, and they shall never perish; no one can snatch them out of my hand." When we give our heart to Jesus and place our life in his hands, we know that we are safe and that nothing can snatch us from his hand. Oh, we may have our "ups and downs." We may even stray away at times, but just a little tug will pull us right back into His hand. Even when we really mess up, like I did on the "around the world" trick, he picks us up and dusts us off and there we are, right back in the palm of his hand.

Isn't it great to have the assurance that Jesus has put us in the palm of his hand and that nothing can harm us or take us from his hand! Dear Jesus, we thank you for holding us in your hand and for giving us the promise that nothing can take us from your hands.

Now, let's talk more about this wonderful promise of Eternal Life in Jesus' Hand. Imagine you have a very special toy that you love very much. You would want to keep it safe, right? That's how Jesus feels about us. He loves us so much that He wants to keep us safe forever. That's what Eternal Life in Jesus' Hand means. It's like being in the safest, most loving hands ever.

Sometimes, we might feel scared or alone, like when we're trying something new or when we're not sure what's going to happen next. But remember, just like the yo-yo comes back to my hand, we can always come back to Jesus. No matter what happens, we're never too far from His love and care. That's the beauty of Eternal Life in Jesus' Hand.

You know, sometimes we might do things that aren't so good, like not sharing with our friends or saying unkind words. It's like when I messed up the "Around the World" trick. But guess what? Jesus doesn't get mad and walk away. Instead, He's always ready to forgive us, help us do better, and remind us that we're still safe in His hand. This is another part of Eternal Life in Jesus' Hand - knowing we're loved and forgiven, no matter what.

Let's think about how we can stay close to Jesus, just like the yo-yo stays close to my hand. We can talk to Him every day through prayer, telling Him about our joys, our worries, and even saying sorry when we need to. We can read stories about Him in the Bible to learn how much He loves us and how we can love others. And we can show His love to everyone around us by being kind, sharing, and helping others. These are all ways to feel the warmth of Eternal Life in Jesus' Hand.

Now, imagine if you had a friend who didn't know about this amazing promise of Eternal Life in Jesus' Hand. You could share this good news with them, just like I'm sharing with you. You could tell them how Jesus loves us so much that He wants us to be with Him forever, safe in His hand. And you know what? Sharing this good news makes Jesus really happy, and it can make our hearts feel full and happy too.

So, let's remember, no matter what tricks life throws at us, we have something amazing - Eternal Life in Jesus' Hand. We're safe, loved, and cared for, today, tomorrow, and forever. And that, my friends, is the best promise of all.

Dear Jesus, thank you for your love and for the gift of Eternal Life in Jesus' Hand. Help us to always remember how much you care for us and to share your love with everyone we meet. Amen.

Isn't it wonderful to know that we're always in Jesus' hands, no matter what? Let's keep this promise close to our hearts and live every day knowing we're loved and protected by Him. Remember, Eternal Life in Jesus' Hand is the best gift we could ever have, and it's ours forever.

## Bible Memory Verse

**I give them eternal life, and they shall never perish; no one will snatch them out of my hand. - John 10:28**

You Will Need:

- Colored construction paper
- Scissors
- Markers or crayons

Get Ready:

- Cut the construction paper into large hand shapes, one for each child.
- Write 'John 10:28' on the palm of each hand shape.

Do This:

1. Give each child a hand shape and markers or crayons. Ask them to decorate around the verse with things they love or feel safe with (like family, pets, or favorite toys).
2. While they work, talk to them about how just like they hold their favorite things safely in their hands, Jesus holds us safely in His hand, and nothing can take us away from Him.
3. Encourage the children to share their decorated hand with the group, explaining what they drew and how it makes them feel safe, relating it back to how Jesus' hand is the safest place to be.

## Bible Interactive Experience

You'll Need:

- A large printout or drawing of a hand (representing Jesus' hand)
- Cutouts of sheep (one per child)
- Velcro strips (both hook and loop sides)
- Markers or crayons
- A small box or container labeled "Troubles"
- Pieces of paper and pens

Get Ready:

1. Attach one side of the Velcro strips to the back of each sheep cutout and the other side in various spots on the hand printout.

2. Place the hand printout on a wall or table where all children can reach.
3. Prepare the "Troubles" box by cutting a slot on the top for paper to be inserted.

Do this:

1. Start by reading John 10:28 to the children: "I give them eternal life, and they shall never perish; no one will snatch them out of my hand."
2. Give each child a sheep cutout and markers or crayons. Have them write their name on the sheep and decorate it.
3. Explain that the sheep represents them, and the big hand represents Jesus' hand. Discuss how we can sometimes have worries or troubles but nothing can take us away from Jesus' love and protection.
4. Ask the children to think of a trouble or worry they have and write it on a piece of paper. One at a time, have them fold the paper, put it in the "Troubles" box, and then place their sheep on the hand printout, pressing firmly so the Velcro sticks.
5. Once all the sheep are on the hand, remind the children that just like their sheep are safe on the hand, they are safe in Jesus' hand, no matter what troubles they put in the box. Pray with the children, asking Jesus to help them remember that they are always safe with Him.

This activity combines a tactile experience with a visual reminder of Jesus' promise, making the lesson both engaging and memorable for young children.

## Snack Activity: Safe in Jesus' Hand Cookies

You'll Need:

- Sugar cookie dough (store-bought or homemade)
- Hand-shaped cookie cutter
- Edible markers or icing

Get Ready: Preheat your oven according to the cookie dough package instructions. Roll out your cookie dough on a flat, floured surface.

Do this:

1. Use the hand-shaped cookie cutter to cut out hand shapes from the rolled-out dough. These represent Jesus' hands, strong and protective.
2. Bake the cookies according to the package or recipe instructions. Let them cool after baking.
3. Once cooled, invite the kids to decorate the hand cookies with edible markers or icing. Encourage them to write their names or draw something that represents themselves on the cookie. Explain that just like their name or drawing is safe on the cookie, we are safe in Jesus' hands. Share John 10:28, explaining that nothing can snatch us away from Jesus' love and protection.

## Game Activity: Jesus' Safe Hands Hop

You'll Need:

- Chalk
- Open space (like a driveway or sidewalk)
- Small stones or bean bags

Get Ready: Use the chalk to draw a large hand on the ground, with each finger representing a different challenge or action related to the theme. Label each finger with challenges like 'Say a prayer', 'Name a blessing', 'Recite John 10:28', 'Jump with joy', and 'Sing a praise'. In the palm, write 'Safe in Jesus' Hands'.

Do this:

1. Each child takes a turn tossing their stone or bean bag onto one of the hand's fingers.
2. Wherever it lands, they must perform the action or challenge written on that finger. If they miss the hand, they say, 'Jesus loves me!' before trying again.
3. After completing the action, they hop on one foot to the palm of the hand to symbolize being safe in Jesus' hands, saying 'Nothing can take me out of Jesus' hand' as they land. The game continues until all children have had multiple turns and have learned that just like in the game, no matter where we land in life, we are always safe in Jesus' hands.

## Craft Activity: Safe in Jesus' Hands

You'll Need:

- Construction paper (various colors)
- Scissors
- Glue
- Markers or crayons
- A printout of John 10:28

Get Ready: Cut out hand shapes from the construction paper. These will represent Jesus' hands. Make sure you have enough for each child to have one.

Do this:

1. Give each child a hand shape and the printout of John 10:28. Ask them to color the hand shape and decorate it with markers or crayons.
2. Have them cut out the verse from the printout or help them if needed. Then, instruct them to glue the verse onto the palm of the hand shape. This symbolizes that the words of Jesus are always with them, keeping them safe.

3. Encourage the children to share their craft with the class and talk about what the verse means to them. Explain that just like nothing can take them out of the hand shape they decorated, nothing can take them out of Jesus' hand either. This craft helps remind them that they are always safe and loved by Jesus.

## Prayer Activity: Safe in Jesus' Hands

You'll Need:

- A large piece of paper
- Markers or crayons
- A Bible

Get Ready: Before the activity, draw a large outline of a hand on the paper. This represents Jesus' hand. Write John 10:28 inside the hand outline.

Do this:

1. Read John 10:28 together: 'I give them eternal life, and they shall never perish; no one will snatch them out of my hand.' Explain that this means once we believe in Jesus, we are safe with Him forever, just like being held in a strong, loving hand.
2. Ask the children to think of things that make them feel scared or worried. Let them share their thoughts.
3. For each fear or worry mentioned, invite a child to draw a small hand around it on the paper, symbolizing that in all our fears and worries, we are held safely in Jesus' hand. Remind them that no matter what, we are never taken out of Jesus' loving care.