

# In The Palm Of His Hand

## UPPER 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:

- Construction paper (various colors)
- Scissors
- Glue sticks

- Markers or crayons
- Stickers (optional)

#### Get Ready:

- Cut construction paper into hand shapes, large enough for children to write the memory verse on.
- Set up a table with all materials spread out for easy access.

#### Do This:

1. Have each child select a piece of construction paper and cut out a hand shape. This represents Jesus' hand from the verse.
2. Encourage the children to write the memory verse on the palm of their hand cutout using markers or crayons. They can decorate around the edges with stickers or draw designs.
3. Once everyone has finished, gather the children in a circle. Let them share their hand cutouts, reading the verse aloud. Discuss how Jesus' promise of eternal life makes them feel secure and loved.

## Bible Interactive Experience

#### You'll Need:

- A large poster of a hand (big enough for several sticky notes to be placed on)
- Sticky notes
- Pens or markers
- A copy of John 10:28 printed out
- String or yarn
- Scissors
- Tape

Get Ready:

- Print out or write John 10:28 on a large piece of paper or board to display.
- Cut the string or yarn into pieces, enough for each child to have one.
- Set up a station with the poster of the hand, sticky notes, pens/markers, and tape.

Do this:

1. Start by reading John 10:28 aloud to the group. Discuss what it means to be in Jesus' hand and how nothing can snatch us away from Him.
2. Give each child a piece of string or yarn, explaining that it represents their connection to Jesus. Have them tie one end to their wrist.
3. Ask the children to think of times they felt close to Jesus or times they need to remember that they are secure in His hand. They will write these on sticky notes.
4. Each child will then come up to the poster and stick their note onto the hand, symbolizing that their thoughts, feelings, and lives are secure with Jesus.
5. Conclude with a group prayer, thanking Jesus for His protection and everlasting love, asking for the faith to remember that we are always in His hand.

## Snack Activity: Eternal Safety Sheep Snacks

You'll Need:

- Pretzel sticks
- Mini marshmallows
- White frosting
- Chocolate chips
- Small paper plates
- Plastic knives

Get Ready: Read John 10:28 together and talk about what it means to be in Jesus' hand forever. Discuss how nothing can snatch us away from Him, just like nothing can easily take away the snack once it's made.

Do this:

1. Use the pretzel sticks as the 'fence' by arranging them around the edge of the paper plate to create a sheep pen. This represents the safety and protection we have in Jesus.
2. Spread white frosting on the inside of the pretzel stick pen to act as the 'grass' the sheep are standing on. This is to remind us of the green pastures He leads us to.
3. Place mini marshmallows on the frosting to represent the sheep, safe within the pen. Use chocolate chips to give your sheep eyes. Each marshmallow sheep represents us, safely held in Jesus' care, reminding us of the promise in John 10:28 that no one can snatch us out of His hand.

## Game Activity: Shepherd's Path

You'll Need:

- A large open space (preferably outdoors)
- Chalk or tape to mark the ground
- Small objects to serve as 'sheep' (could be anything from bean bags to small toys)

Get Ready: Use the chalk or tape to create a large, winding path on the ground. This path should have several 'safe zones' marked along it, each large enough for all the children to stand in. Scatter the 'sheep' objects along the path, but not in the safe zones.

Do this:

1. Divide the children into two teams: one team will be the 'sheep,' and the other team will be 'wolves.' The sheep's objective is to pick up as many small objects as they can and bring them to the safe zones without being tagged by the wolves. The wolves' objective is to tag the sheep. Once tagged, the sheep must drop any objects they are carrying and go back to the start before trying again.
2. After a set time, or when all objects are collected, the roles switch, giving each child a chance to be both sheep and wolf.
3. Emphasize John 10:28 by explaining that just as the sheep are safe when they reach the safe zones, we are eternally safe in Jesus' hands. Nothing can snatch us away from Him. Use this time to discuss the importance of staying 'within Jesus' path' and trusting in His protection and guidance.

## Craft Activity: Safe in Jesus' Hands

You'll Need:

- Construction paper (various colors)
- Scissors
- Glue sticks
- Markers or crayons
- String or yarn
- Hole punch

Get Ready: Before the activity, cut out hand shapes from the construction paper. Each student will need two hand shapes. Write the verse John 10:28 on a board or large piece of paper where all the children can see it.

Do this:

1. Give each child two hand shapes and ask them to decorate one hand with markers or crayons, illustrating things they love or enjoy. On the other hand, they should write their name and the verse John 10:28.
2. Once they've finished decorating, have them use the glue stick to attach the string or yarn to the bottom of one hand. Then, glue the second hand on top, sandwiching the string in between, so it looks like the two hands are holding the string.
3. Explain that the string represents their life, and the hands represent Jesus' hands. Just as the hands are securely holding the string, Jesus securely holds us in His hands, and nothing can take us away from His love and protection, as promised in John 10:28.