

God's Instruction Book

LOWER ELEMENTARY LESSON PLAN

Theme: The Christian Life

Scripture: Psalms 119:105

Memory Verse: Your word is a lamp for my feet, a light on my path. - Psalms 119:105

The Children's Sermon

Every day we face situations in our life that we don't know how to handle. That is why God, our Maker, gave us an instruction book. No matter what we may face, the Bible has the answer. Many people never bother to look at the instruction book that God has given us. They just try to figure things out on their own, and they never enjoy life the way God intended.

Dear Lord, thank you for giving us an instruction book to help us know how to solve the problems that we face each day. May we remember to use it so that we can live life the way you meant for it to be lived. Amen.

Now, let's think about a time when you got a new toy, maybe one with lots of pieces or buttons. It looked so fun! But when you tried to play with it without reading the instructions, it didn't work right. You might have felt frustrated or sad. But then, when you or someone else read the instructions and showed you how to use it, suddenly, the toy became so much fun, just like it was supposed to be!

The Bible instruction works the same way. It's like the best guidebook ever for life. It teaches us how to be kind, how to forgive others, and how to be brave. It's full of

amazing stories about people who faced big problems, but with God's help, they found the way through. These stories can help us when we face our own problems.

But how can we use this Bible instruction in our daily lives? Well, it's simple. We can start by reading a little bit of the Bible every day. You can ask your parents, a teacher, or a friend from church to help you find a good place to start. There's also special versions of the Bible made just for kids, with pictures and easier words, so you can understand better.

When you read the Bible, think about the stories and what they teach us. You can talk to God about what you read, just like talking to a friend. You can ask Him to help you understand and to show you how to use what you learn in your own life.

Remember, using the Bible instruction doesn't mean we won't have problems. But it does mean we have a helper, God, who can guide us through those problems. Just like a flashlight can help us see in the dark, the Bible can light our way when we're not sure what to do.

If we don't use the Bible instruction God gave us, we might miss out on the best parts of life. We might feel lost or confused, like trying to play with a toy without knowing how it works. But when we take the time to read and understand the Bible, we can enjoy life the way God intended, full of love, joy, and peace.

So, let's make a promise together. Let's promise to try to read the Bible a little bit every day. And let's ask God to help us understand and to show us how to live the best way. With the Bible instruction and God's help, we can face anything that comes our way.

Dear Lord, help us to remember to read Your instruction book, the Bible. Help us to understand it and to use it in our lives every day. Thank you for loving us and guiding us. Amen.

And remember, if you ever have questions about what you read in the Bible or about how to use the Bible instruction in your life, you can always ask someone you trust. There are so many people who love you and want to help you learn about God's love and guidance. So, don't be shy. Ask questions, learn as much as you can, and grow in your faith. That's what the journey is all about.

Bible Memory Verse

Your word is a lamp for my feet, a light on my path. - Psalms

119:105

You Will Need:

- Flashlights (one for each child)
- Construction paper
- Scissors
- Markers or crayons
- Stickers (optional)

Get Ready:

- Cut out large footprint shapes from the construction paper ahead of time, one set for each child.
- Set up a dimly lit 'path' in your classroom using chairs or tape on the floor.

Do This:

1. Give each child a set of footprint shapes and ask them to write or draw something on each footprint that reminds them of how God's word guides us in life (e.g., love, kindness, obedience).
2. Once they have decorated their footprints, have the children place their footprints along the dimly lit path to create a trail.
3. Turn off the lights (ensure the room is safe and there's enough light to see by the flashlights) and give each child a flashlight. Let them walk the path they created, shining their flashlights on the footprints as they go, to illustrate how God's word lights our path in a dark world.

Snack Activity: Pathway to Light Cookies

You'll Need:

- Sugar cookie dough (store-bought or homemade)
- Yellow and black food coloring
- Star-shaped cookie cutter
- A rolling pin
- Parchment paper
- Baking sheets

Get Ready: Preheat your oven to the temperature specified on the cookie dough package (usually around 350°F). Divide your cookie dough into two equal parts. Color one part with yellow food coloring and the other part with a tiny bit of black food coloring to make it gray. This will represent the light (yellow) and the path (gray).

Do this:

1. Roll out the gray dough on a surface lightly dusted with flour to about 1/4 inch thickness. Use the star-shaped cutter to cut out 'path markers.' These gray stars represent the path we walk as Christians, guided by the light of God's Word.
2. Next, roll out the yellow dough and cut out the same number of stars. These yellow stars symbolize the light of God's Word, as mentioned in Psalms 119:105, guiding us on our path.
3. Place the stars alternately on a parchment-lined baking sheet, creating a path pattern with the yellow stars leading the way, surrounded by gray stars. This represents how God's Word lights our path in life, guiding us through the darkness.
4. Bake according to the cookie dough instructions or until the edges are slightly golden. Allow them to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

As the cookies bake and cool, discuss with the children how Psalms 119:105 ('Your word is a lamp for my feet, a light on my path.') helps us understand that following God's Word helps us navigate through life, avoiding the darkness of sin and leading us towards goodness and light.

Game Activity: Light Path Adventure

You'll Need:

- A roll of yellow construction paper
- Scissors
- A flashlight for each child

Get Ready: Cut the yellow construction paper into large footprints. Arrange these footprints in a winding path across a room or outdoor area, creating a 'path of light'. Make sure the path ends at a designated 'treasure' spot.

Do this:

1. Explain Psalms 119:105 to the children: 'Your word is a lamp for my feet, a light on my path.' Discuss how following God's word can guide us through life, just like the footprints will guide them to the treasure.
2. Give each child a flashlight. Turn off the lights (if indoors) or wait until dusk (if outdoors). The children will use their flashlights to follow the 'path of light' made by the footprints.
3. Once everyone has reached the end of the path, celebrate their success in finding the 'treasure'—this can be a Bible, a basket of fruit symbolizing the fruits of the Spirit, or a simple prize. Conclude by reinforcing the lesson that following God's word brings us to valuable discoveries in our lives.

Craft Activity: Light of My Path Lanterns

You'll Need:

- Clear plastic jars (one per child)
- Tissue paper (various colors)
- Mod Podge or similar adhesive
- Paintbrushes
- Battery-operated tea lights
- Permanent markers
- Psalms 119:105 printed on paper

Get Ready: Cut the tissue paper into small, manageable pieces for the children to glue onto their jars. Print out Psalms 119:105 on paper that can be cut out and glued to the lantern.

Do this:

1. Begin by discussing Psalms 119:105 with the children: 'Your word is a lamp for my feet, a light on my path.' Explain how God's Word helps us see where to go and what to do, just like a light helps us see in the dark.
2. Have the children use the paintbrushes to apply Mod Podge on a section of their jar, then stick pieces of tissue paper onto the glue. They can overlap different colors to create a stained glass effect. Continue until the jar is covered.
3. Once the jars are dry, help the children glue the printed verse onto their lantern. They can also use permanent markers to decorate or write their names. Finally, place a battery-operated tea light inside the jar to illuminate it. Remind the children that just like their lanterns light up, God's Word lights up our life and guides us.

Prayer Activity: Light of the Word Lanterns

You'll Need:

- Clear jars or plastic cups
- Tea light candles (battery-operated for safety)
- Permanent markers or stickers
- Psalms 119:105 printed on paper

Get Ready: Cut out the verse Psalms 119:105 from the paper into small strips that can be attached to the jars or cups.

Do this:

1. Give each child a jar or plastic cup and a strip of paper with Psalms 119:105 on it. Explain that this verse tells us God's Word is like a lamp that guides us in life.

2. Have the children decorate their jars or cups with markers or stickers, expressing what the Christian life means to them. They can draw symbols like hearts, crosses, or anything that reminds them of God's guidance.

3. Once they're done decorating, help them attach the verse to their jar or cup. Then, place a battery-operated tea light inside to represent the light of God's Word.

Encourage them to turn on their light every night as a reminder that God's Word guides their path.