

God's Instruction Book

UPPER 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 per child)
- Obstacle course materials (chairs, cones, soft toys, etc.)
- Printed 'path' verses (other encouraging Bible verses printed on paper and placed along the course)

Get Ready:

- Set up an indoor obstacle course using chairs, cones, and soft toys as obstacles.
- Place the printed 'path' verses at various points along the course, ensuring they are visible and easily readable.

Do This:

1. Gather the children and explain that just as a flashlight helps us see where we're going in the dark, God's word lights up our path in life, helping us to avoid obstacles and stay on the right track.
2. Give each child a flashlight and have them line up at the start of the obstacle course. Explain that as they navigate the course, they should shine their flashlights on the 'path' verses, read them aloud, and then continue to the next obstacle.
3. After all the children have completed the course, gather them to discuss the experience. Ask them how the flashlight and the 'path' verses helped them navigate the course and how God's word can help us navigate life. Encourage them to share any thoughts or feelings they had while reading the verses.

Bible Interactive Experience

You'll Need:

- Small flashlights for each child
- A darkened room or area
- Printed "path" pieces made of paper or cardboard, with individual words from Psalms 119:105 written on them
- Tape to secure the path pieces to the floor
- A large printout or screen display of Psalms 119:105

Get Ready:

1. Darken a room or area where the activity will take place, ensuring it's safe and free of trip hazards.
2. Use the tape to lay out a path on the floor with the printed path pieces, mixing up the words from the verse.
3. Place the flashlights at the start of the path.

4. Display Psalms 119:105 prominently at the end of the path or have it ready to show on a screen.

Do this:

1. Give each child a flashlight and explain that the room represents the world, which can sometimes be a dark place. However, God's Word (the Bible) is like a light that guides us through the darkness.

2. Ask the children to turn on their flashlights and find the start of the path. Explain that their task is to walk the path by the light of their flashlight, trying to put the words in order to correctly form Psalms 119:105.

3. As the children move along the path, they should shine their lights on the path pieces and work together to arrange the words in the correct order. They can move the pieces around until the verse is correctly assembled.

4. Once the verse is correctly laid out, have the children recite Psalms 119:105 together, using their flashlights to highlight each word as they say it.

5. Discuss how the flashlight represented God's guidance through His Word, and how important it is to use the Bible as a light in our lives.

Snack Activity: Pathway to Light Snack Mix

You'll Need:

- Pretzel sticks
- Goldfish crackers
- Mini marshmallows
- Chocolate chips
- Small paper cups or snack bags
- A large mixing bowl

Get Ready: Gather all your ingredients and have the children wash their hands before starting.

Do this:

1. Explain that Psalms 119:105 says, 'Your word is a lamp for my feet, a light on my path.' Discuss how God's Word helps guide us through life, just like a light helps us see where we're going in the dark.
2. Have each child take a handful of pretzel sticks and place them in their cup or bag. Explain that these represent the 'path' we walk on, guided by God's Word.
3. Next, add a scoop of goldfish crackers to symbolize the followers of Christ walking the path of righteousness. Discuss how we are not alone on our journey; we have fellow believers and the guidance of the Bible.
4. Then, sprinkle in some mini marshmallows to represent the 'light' of God's Word illuminating our path. Highlight that even in dark times, God's Word provides comfort and direction.
5. Finally, add a few chocolate chips as 'obstacles' we might encounter along the way. Emphasize the importance of using the Bible to navigate through challenges.
6. Encourage the children to mix their snack and enjoy it while reflecting on how they can use God's Word as a light in their lives.

Craft Activity: Light of My Path Lanterns

You'll Need:

- Clear mason jars
- Tissue paper (various colors)
- Mod Podge or white glue
- Paintbrushes
- LED tea lights

- Black construction paper
- Scissors
- Pencils
- Bibles or printed copies of Psalms 119:105

Get Ready: Cut the tissue paper into small squares or shapes. Print or write out Psalms 119:105 on a piece of paper for reference.

Do this:

1. Read Psalms 119:105 together and discuss what it means to use God's word as a lamp unto our feet and a light unto our path. Encourage the children to share times when they felt God's word guiding them.
2. Use the paintbrush to apply a thin layer of Mod Podge or white glue on the outside of the mason jar. Stick the tissue paper pieces onto the jar, overlapping them slightly to create a stained glass effect. Apply another layer of Mod Podge or glue over the tissue paper to seal it.
3. While the jars are drying, have the children trace and cut out the shape of a small lamp or flame from the black construction paper. On it, they should write 'Psalms 119:105' or a short phrase from the scripture like 'Your word is a lamp'. Stick this cutout onto the jar once it's dry. Place an LED tea light inside the jar to illuminate it, symbolizing how God's word lights our path.

Prayer Activity: Light of the Word Lanterns

You'll Need:

- Clear jars or plastic bottles
- Tissue paper (various colors)
- Mod Podge or clear glue

- Paintbrushes
- Battery-operated tea lights
- Printed copies of Psalms 119:105

Get Ready: Cut the tissue paper into small squares or shapes. Print out Psalms 119:105 on paper that can be cut and glued onto the jars.

Do this:

1. Discuss Psalms 119:105 ('Your word is a lamp for my feet, a light on my path.') with the children. Ask them how they think God's word lights up our path in life.
2. Have each child select a jar or bottle. Using the paintbrush, they should apply Mod Podge or glue on a section of the jar, then stick tissue paper pieces on it, overlaying them slightly for a stained glass effect. Continue until the jar is covered.
3. Once the jars are covered in tissue and the glue has dried, help the children glue the printed scripture onto their lantern. This can be done by applying a thin layer of Mod Podge or glue over the paper to seal it.
4. When everything is dry, place a battery-operated tea light inside each jar. Turn off the lights and discuss how even a small light can illuminate darkness, just as God's word lights our path in life. Encourage the children to keep their lanterns as a reminder of the scripture and to pray whenever they turn their lanterns on, asking God to light their path.