



Jesus Teaches About Commitment

Mark 8:31-38

Young children understand Follow the Leader and love to play it. They've learned how to follow one- or two-step directions and have fun while doing it. They like the sense of accomplishment they feel when they can do what the leader does. So it's only natural that they would want to follow Jesus once they know about him. Use this lesson to help children know how much Jesus loves them and wants them to follow him.



► Bible Point

Follow Jesus.

Key Verse

"I am not ashamed of the gospel" (Romans 1:16).

Weaving Faith Into Life

Children will follow Jesus.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
1 Getting Started <i>about 5 min.</i>	Welcome and Celebrate Welcome each other, and praise God through music.	CD player Teacher Pack: CD	
2 Key Verse Activity <i>about 10 min.</i>	I Am Not Ashamed Pop up and tell partners they're not ashamed.	Bibles	
3 Bible Exploration <i>about 15 min.</i>	Puppy Pointers Find out what a world globe has to do with what happened in the Bible.	CD player, Theo puppet, tape Teacher Pack: CD, inflatable globe	Inflate the globe, and tape it to Theo's paw.
	Bible Time: Follow, Follow, Follow Try to follow a person while looking at pictures of things.	Bible, tape, scissors Teacher Pack: "Preschool Wants" page, "People Follow Jesus" poster (from the Big Bible Poster Pack) 	Cut apart the "Preschool Wants" page.

Bold text within the lesson is spoken text.



LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP	
<p style="text-align: center;">4</p> <p style="text-align: center;">Weaving Faith Into Life <i>about 20 min.</i> <i>(Choose 2 centers.)</i></p>	<p>Center 1: Jesus Makes Me Proud Draw and color pictures of why they are proud to follow Jesus.</p>	My Bible Hugs, crayons, pencils	Remove the Lesson 1 pages from each My Bible Hugs student book, and write children's names on them.	
	<p>Center 2: My Cross Snack Cut out crosses from bread and cheese.</p>	bread, cheese slices, plates, antibacterial gel (optional) Teacher Pack: cross cookie cutter		
	<p>Center 3: Following Jesus Jump along a path of pictures.</p>	masking tape, "Preschool Wants" pictures from the "Bible Time" activity Teacher Pack: "Jesus" poster		Create a "road" on the floor with masking tape. Tape the "Jesus" poster to the end of the road.
	<p>Center 4: Proud Magnet Make refrigerator magnets.</p>	card stock, one 2-inch magnet strip per child, scissors, "Magnets" page (at the end of the lesson), crayons Teacher Pack: "Jesus" stickers		Make copies on card stock of the "Magnets" page; cut out 1 circle per child.
<p style="text-align: center;">5</p> <p style="text-align: center;">Lasting Impressions <i>about 10 min.</i></p>	<p>Daily Challenges Choose a Daily Challenge to apply God's Word.</p>	My Bible Hugs		
	<p>Action Prayer Tell Jesus that they want to follow him.</p>			
	<p>Weaving Faith at Home Talk about how to share what they learned with their families.</p>	My Bible Hugs	Tear out the letter to parents in the back of each My Bible Hugs book to give to parents when they pick up their children.	

***Bold text** within the lesson is spoken text.*



Welcome and Celebrate Supplies

CD player

Teacher Pack

CD: "If You're Happy to Be Here" (track 3), "I'm Proud to Follow Jesus" (track 7)

1 GETTING STARTED

Welcome and Celebrate



Tip Consistently use the same signal to announce a transition to the next activity. You could flip the lights off and on, use a train whistle, have a puppet rustling inside a bag, or sing cleanup songs. Keep it simple, consistent, and fun.

What You'll Do ■■■■■■

As the children arrive, greet each one with a smile. When it's time to begin, use your signal to gather the children together in a circle.

Lead children in singing "If You're Happy to Be Here" (track 3 on the CD) to the tune of "If You're Happy and You Know It." Encourage children to follow the motions in parentheses.

 **If you're happy to be here, give a smile.** (*point to sides of mouth and smile*)
If you're happy to be here, give a smile. (*point to sides of mouth and smile*)
If you're happy to be here and your face is full of cheer,
If you're happy to be here, give a smile. (*point to sides of mouth and smile*)

If you're happy to be here, shake a hand. (*shake a neighbor's hand*)
If you're happy to be here, shake a hand. (*shake a neighbor's hand*)
If you're happy to be here and your face is full of cheer,
If you're happy to be here, shake a hand. (*shake a neighbor's hand*)

If you're happy to be here, say, "Welcome, friend." (*wave hand*)
If you're happy to be here, say, "Welcome, friend." (*wave hand*)
If you're happy to be here and your face is full of cheer,
If you're happy to be here, say, "Welcome, friend." (*wave hand*)

If you're happy to be here, do all three. (*show "three" with fingers*)
Give a smile, shake a hand, say, "Welcome, friend." (*repeat all three motions*)
If you're happy to be here, do all three. (*show "three" with fingers*)
Give a smile, shake a hand, say, "Welcome, friend." (*repeat all three motions*)
If you're happy to be here and your face is full of cheer,
If you're happy to be here, do all three. (*show "three" with fingers*)
Give a smile, shake a hand, say, "Welcome, friend." (*repeat all three motions*)

Say: **We can be happy to be here because this week we'll learn that we can be proud to ► FOLLOW JESUS.** Let's sing a song about that.





Lead children in singing “I’m Proud to Follow Jesus” (track 7 on the CD) to the tune of “Did You Ever See a Lassie?” Encourage children to follow the motions in parentheses.

 **I am proud to follow Jesus,** (*put hands on hips*)
Yes, Jesus; oh, Jesus. (*stretch arms up high*)
I am proud to follow Jesus (*put hands on hips*)
Wherever he goes. (*point around the room*)

I’m not ashamed of Jesus, (*shake finger, “no”*)
Yes, Jesus; oh, Jesus. (*stretch arms up high*)
I am not ashamed of Jesus. (*shake finger, “no”*)
I’m proud he’s my friend. (*put hands on hips*)

(Repeat from the beginning.)

Say: Today we’ll learn what Jesus says about how to follow him. We’ll learn that we can be proud to ► **FOLLOW JESUS**—we can tell our friends and our family about him, and we can do what we know is right.

2 KEY VERSE
ACTIVITY

I Am Not Ashamed

What You’ll Do

Have children form a circle and sit down. Open your Bible to Romans 1:16, and show children the words. Tell kids the Bible is God’s special book.

Say: **Our Key Verse from the Bible says, “I am not ashamed of the gospel” (Romans 1:16). Ashamed means “embarrassed.” And the gospel is the message that Jesus loves us and died for us. So our Key Verse tells us not to be embarrassed about Jesus’ message. Let’s say our Key Verse together.** Lead children in saying the Key Verse with you: **“I am not ashamed of the gospel” (Romans 1:16).**

Say: **Think about a time you felt ashamed or embarrassed. Maybe you accidentally spilled juice on your clothes or took a toy away from your brother and made him cry. We feel bad when we’ve done something wrong. Show me what you look like or what you do when you’re ashamed.** Allow time, and lead kids in “looking ashamed” by showing a sour face or hiding behind your hands.

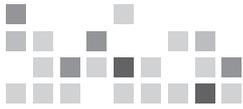
Say: **Ashamed means to feel bad or yucky inside because of something that happened to us or something we did. Sometimes what happened isn’t even our fault, but we still want to run and hide.** Let kids run and hide somewhere in your meeting area. Then have them gather in a circle.



I Am Not Ashamed Supplies

Bibles





Say: **When we say the word *gospel*, we're talking about the Bible.** Form pairs, and give each pair of children one Bible.

Say: **Our Key Verse means that we're not embarrassed to tell others about Jesus. We won't hide when it's our turn to tell someone about Jesus. Let's play a game to show that we're not ashamed of the gospel.**

Have pairs crouch and hide their faces. Have one child in each pair hold a Bible in one hand, stand up, and shout, "I am not ashamed of the gospel!" Then have the other partner take a turn. Suggest that the children try several voice levels as they pop up. Play this game for about 30 seconds.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What was it like to stand and say our Key Verse proudly?
- What are some ways you can happily tell others about Jesus?

Say: **It was fun to stand and tell others that we're not ashamed of Jesus. And there are many ways we can tell others about Jesus and the Bible. We can bring a friend to church or show a friend a picture Bible. Today we'll learn that we can be happy that we know about Jesus and the Bible. We can tell others we're proud to**
▶ FOLLOW JESUS.

3 BIBLE EXPLORATION

Puppy Pointers

What You'll Do ■■■■■■

Say: **Listen, everyone, Theo's coming! He has something to show us. Let's find out what it is.** Play "Here, Theo" (track 5 on the CD), and bring out Theophilus the FaithRetriever.

Theo: Hi, everybody!

Teacher: Hello, Theo! It's so good to see you at church with us today. What do you have there?

Theo: It's a globe.

Teacher: Tell us about the globe, Theo.

Theo: It's a map of the earth on a ball—like a mini planet. It has all the different bodies of water and shows where the land is. This is where we are right now.

(Pauses for a moment and points to where you are on the globe. Allow enough time for all the children to see.)

Teacher: Wow! That's awesome. Today we're going to talk about following Jesus. Let's find where Jesus lived.

Puppy Pointers Supplies

CD player
Theo puppet
tape

Teacher Pack

CD: "Here, Theo"
(track 5)
inflatable globe

Puppy Pointers Easy Prep

Inflate the globe, and
tape it to Theo's paw.





(Untape the globe from Theo's paw. Pause for a moment and point to the Middle East. Allow enough time for all the children to see.)

Teacher: Lots of people from everywhere follow Jesus! Friends, let's tell Theo our Bible Point for today.

(Lead children in saying the Bible Point for Theo: ► FOLLOW JESUS.)

Teacher: We're proud to follow Jesus!

Theo: That's so good to hear. Well, it was great being here today, but I'm going to go visit another exciting place on this globe.

Teacher: Thanks for coming, Theo. Will you come back next week to visit us again?

Theo: Of course! Goodbye, everyone!

Encourage the children to wave or say goodbye to Theo, and then put him away in a safe place for next week's lesson.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Where are some places you can go on the globe that you can tell people about Jesus?
- Why do you want to tell the world about Jesus?
- What can you say about following Jesus?

Point to the Middle East on the globe. Say: **Today we'll learn about some people who lived in this area where Jesus lived. We'll learn what they did to ► FOLLOW JESUS. We'll also learn what Jesus says about how we can follow him.**

Bible Time: Follow, Follow, Follow

What You'll Do ■■■■■■

Open your Bible to Mark 8:31-38, and show children the words. Tell children that the Bible is God's special book.

Say: **Today we'll learn we can be proud to ► FOLLOW JESUS. In Mark 8, Jesus talked to his friends and to people who came to hear him. They all wanted to follow him, but they didn't know how.**

Give each child a picture from the "Preschool Wants" page. Say: **Look at the picture. What things like this are really important to you?** Let several children answer. **In today's Bible verses, Jesus told the people listening to him that they had to give up things they really wanted before they could follow him.**

Ask:

- Why wouldn't you want to give up something really important to you? Allow time.



Bible Time: Follow, Follow, Follow Supplies

Bible
tape
scissors

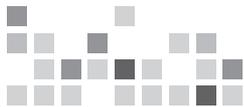
Teacher Pack

"Preschool Wants" page
"People Follow Jesus" poster (from the Big Bible Poster Pack)

Bible Time: Follow, Follow, Follow Easy Prep

Cut apart the "Preschool Wants" page.





Say: **We all have things that are important to us. But sometimes our things are so important to us that we have a hard time giving them up for something better—to follow Jesus, for example. Jesus knew that some of the people had things they loved more than they loved God. Let’s play a game to understand how important things can get in the way.**

Have the children stand and hold their pictures in front of themselves so each child is looking at a picture. Then tell the children to follow you around the room. Explain to the children that they can’t look at you—they can only look at their pictures. Have them attempt to follow you around the room with their pictures in front of their eyes.

After a minute have them tape the pictures onto the “People Follow Jesus” poster (from the Big Bible Poster Pack). Then have them follow you again.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- **What was it like to follow me when your picture was in the way?**
- **What was it like after you gave up your picture?**
- **Tell about a time something got in your way so you couldn’t see something good.**
- **Why do you not want anything in the way of you following Jesus?**

Say: **Like in our game, sometimes things get in the way of following and listening to Jesus. Jesus told his friends to give up things that blocked them from following him. We don’t want anything blocking the way of Jesus, either. We can ► FOLLOW JESUS by making him more important than anything else.**

4 WEAVING FAITH INTO LIFE

Choose at least two of the learning centers to help reinforce today’s Bible lesson. Gather the needed materials, and put the supplies in an out-of-sight area until you’re ready for them. Allow the children to choose which center they’d like to explore first. Then circulate among the children as they create and explore. Encourage them to make connections between their activities and the Bible by asking them the questions included with each center’s description.

■ CENTER 1:

Jesus Makes Me Proud

What You’ll Do ■■■■■■

Give each child a Lesson 1 page from My Bible Hugs. Say: **We learned today that we**

Center 1: Jesus Makes Me Proud Supplies

My Bible Hugs
crayons
pencils

Center 1: Jesus Makes Me Proud Easy Prep

Remove the Lesson 1 pages from each My Bible Hugs student book, and write children’s names on them.





can be proud to ► **FOLLOW JESUS. Let's make pictures that show why we're thankful that we get to follow Jesus.** Help kids draw pictures with pencil. For example, a child might draw a person holding Jesus' hand. Or children might draw pictures of the moms or dads Jesus gave them.

As children finish drawing, say: **Having Jesus in our lives is wonderful. Following Jesus makes our lives bright and colorful. Let's add some color to these pictures.** Have kids decorate their pictures with bright colors.

Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Tell about the picture you drew.
- What are some ways you can use your picture to show you're proud to follow Jesus?

Say: **Following Jesus makes life bright and colorful like your pictures. We can be proud to ► FOLLOW JESUS, and we can tell others why Jesus makes us happy. This week, let's each show someone what we drew and tell them what Jesus said about following him.**

■ CENTER 2:

My Cross Snack

What You'll Do ■■■■■■

Have children clean their hands and then sit down for the snack. Invite a child to thank God for the snack. Then give each child a slice of cheese and a piece of bread.

Show the cross cookie cutter. Have the children identify the shape, then have them tell what a cross makes them think of. Say: **A cross reminds us of Jesus. When we see crosses, we can remember to ► FOLLOW JESUS. Let's use this cookie cutter to make crosses out of our bread and cheese.** Help kids use the cookie cutter.

Say: **Jesus told people to get rid of anything that gets in the way of following him. Let's get rid of all the pieces leftover after we made our crosses.** Encourage kids to eat the extra pieces around the crosses they cut out.

Say: **Let's all tell about someone we want to know about Jesus.** Allow time. Then let kids eat the rest of their snacks.

Talk With Kids ■■■■

Say: **Jesus told his friends to get rid of anything they felt was more important than him—kind of like we got rid of the leftover pieces after we made our crosses. Then all we had left to look at was our crosses. And we thought of some people who we want to know about Jesus. Let's ► FOLLOW JESUS this week by telling others about him.**



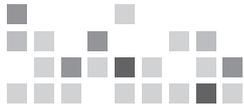
Center 2: My Cross Snack Supplies

-
- bread
 - cheese slices
 - plates
 - antibacterial gel
(optional)

Teacher Pack
cross cookie cutter

**! ALLERGY
ALERT**





Center 3: Following Jesus Supplies

masking tape
“Preschool Wants”
pictures from the “Bible Time” Activity
Teacher Pack
“Jesus” poster

Center 3: Following Jesus Easy Prep

Create a “road” on the floor with masking tape. Tape the “Jesus” poster to the end of the road.

Center 4: Proud Magnet Supplies

card stock
one 2-inch magnet strip per child
scissors
“Magnets” page (at the end of the lesson)
crayons
Teacher Pack
“Jesus” stickers



Center 4: Proud Magnet Easy Prep

Make copies on card stock of the “Magnets” page; cut out 1 circle per child.

CENTER 3:

Following Jesus

What You’ll Do

Give each child a picture from the “Preschool Wants” page. Say: **We learned today that in order to ► FOLLOW JESUS, he wants us to give up things that get in the way of him. You’re each holding a picture of something that a person might think is more important than Jesus.** Have children “give up” each picture by taping it along the road you made ahead of time.

Say: **Let’s make our way past all these things that can get in the way of following Jesus. We want to make our way to Jesus!** Lead the children in jumping from one picture to the next until they reach the end of the path where Jesus is.

After all the children finish, say: **We followed the road all the way to Jesus. We passed all kinds of things that could’ve gotten in our way, but we made it to Jesus.**

Talk With Kids

Lead children in this discussion.

Ask:

- What was it like to follow the path to Jesus?
- What do you do to follow Jesus in your life?

Say: **In our game, we put down things that could get in our way of following Jesus. Then we followed the path past all those things all the way to Jesus. We can ► FOLLOW JESUS like that in life—when things seem like they’re more important than Jesus, we can put them down and follow him.**

CENTER 4:

Proud Magnet

What You’ll Do

Give each child a pre-cut circle. Say: **We learned today that we can be proud to ► FOLLOW JESUS. These circles I gave you say, “I’m proud to follow.”** Distribute the “Jesus” stickers, encouraging each child to place a sticker in the center of his or her circle. Then have the children say, “I’m proud to follow Jesus” together.

Distribute crayons. Encourage children to decorate their circles. As they do, ask them to share ways they follow Jesus. When children finish coloring, help them stick the magnets to the backs of the circles.



Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What can you say when someone asks you about Jesus?

Say: **When you get home, place this magnet on your refrigerator. Each time you go to the refrigerator this week and see your magnet, you'll be reminded to be proud to ► FOLLOW JESUS. You can make Jesus number one in your life, just like Jesus asked his friends to do.**

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5 LASTING IMPRESSIONS

Daily Challenges

What You'll Do ■■■■■■

After the children have cleaned up their centers, bring everyone back to a circle area on the floor. Review the lesson activities and the Bible Point, and then encourage the children to share what they remember about what they learned from the Bible today.

Also use this time to challenge kids in their faith. Encourage them to choose a Daily Challenge for applying today's lesson to their lives this week. Use this challenge for encouraging your children's growing relationships with Jesus.

Talk With Kids ■■■■

Say: **Today we learned that we can ► FOLLOW JESUS proudly. I would like each of you to choose a way to follow Jesus this week.**

Give kids these two challenges to choose from:

- **Make a picture of Jesus to give to someone. Tell the person why you ► FOLLOW JESUS.**
- **At bedtime, have a parent read to you from the Bible. Read about people following Jesus, like in Mark 8:31-38 or John 15:1-11.**

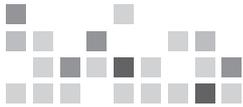
Say: **If you want to make a picture, circle the choice with one dot. If you want to read at bedtime, circle the choice with two dots.** Check that each child circled a choice on his or her My Bible Hugs page. Make sure you tell kids the challenge you choose. Your commitment will inspire children and will give them an opportunity to see God at work in your life as well as in theirs!



Daily Challenges Supplies

My Bible Hugs





Weaving Faith at Home Supplies

My Bible Hugs

Weaving Faith at Home Easy Prep

Tear out the letter to parents in the back of each My Bible Hugs book to give to parents when they pick up their children.

Action Prayer

What You'll Do ■■■■■■

Form a circle, and have the children sit down.

Say: **We've learned to ► FOLLOW JESUS. Let's thank Jesus for what he does in our lives when we follow him.** Invite each child to tell Jesus thank you. Then lead children in the following prayer.

Pray:

I'm proud to follow you, dear Jesus;

I'm proud to follow you.

I'll follow you in all I say and do;

I'm proud to follow you.

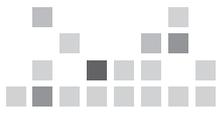
In your name, amen.

Weaving Faith at Home

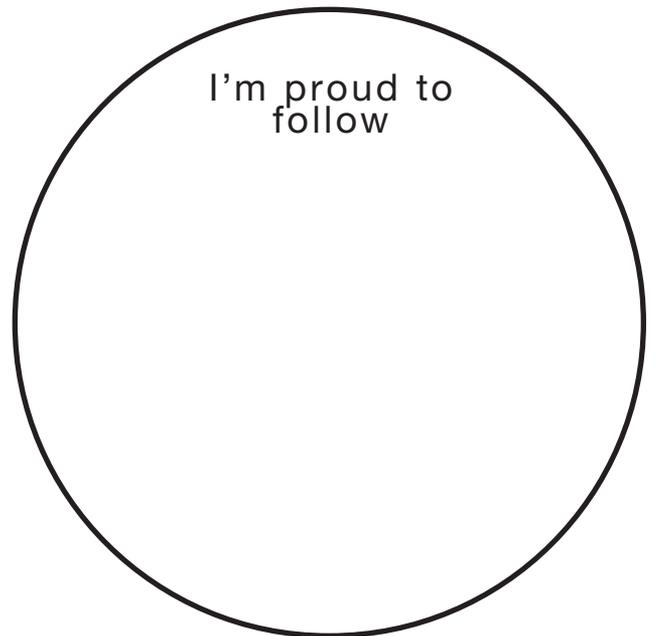
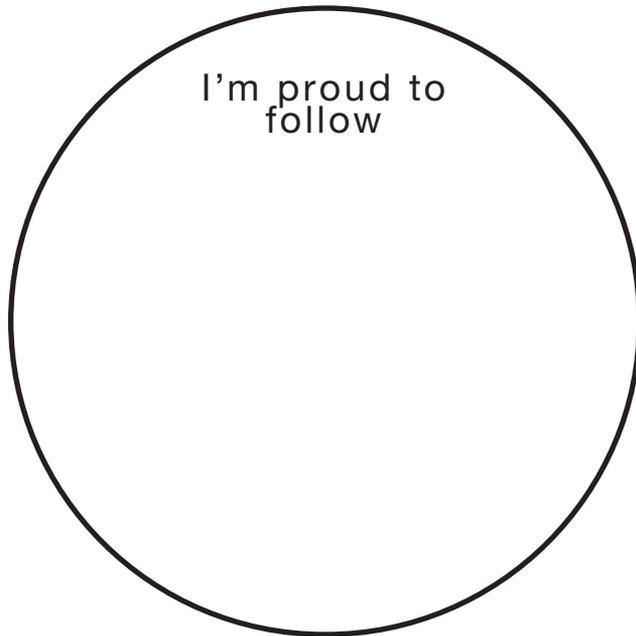
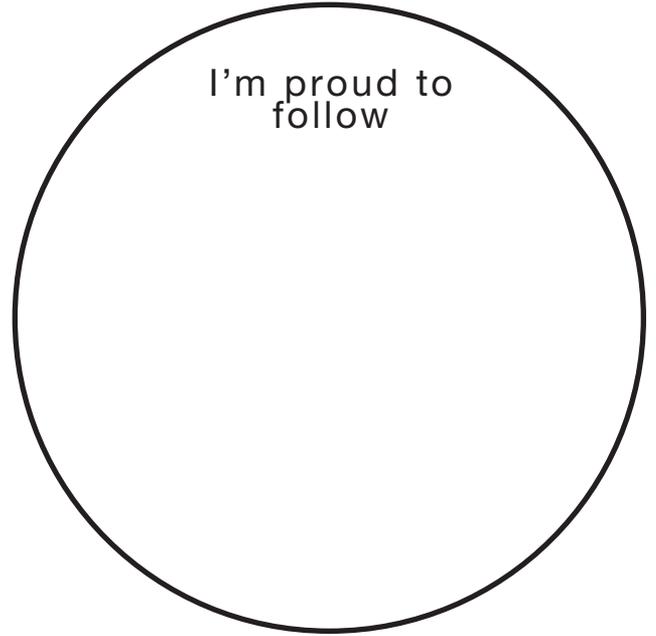
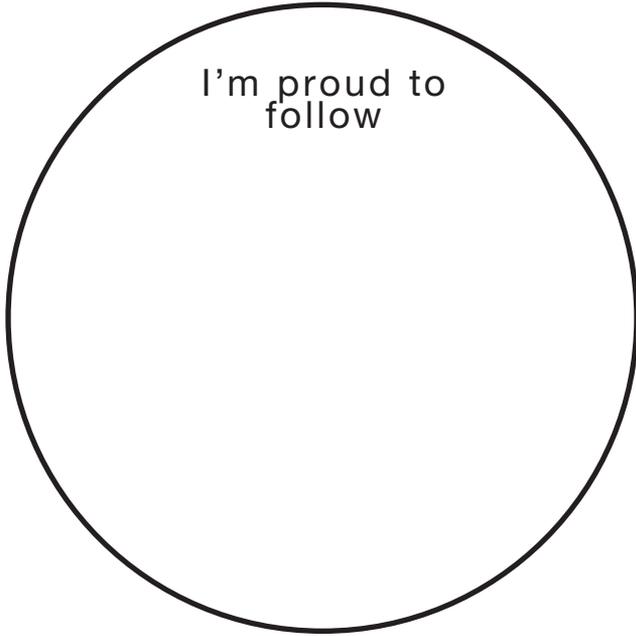
Send the letter to parents home with your kids or give it to parents when they pick up their children. This is a great way to show families they're important to your church and to support their role as spiritual leaders to their children.

Have children take home their My Bible Hugs pages whether they worked on them or not. Have the children tell their parents the challenge they committed to in the "Daily Challenges" activity. Encourage the parents to help their kids fulfill this commitment during the week. By working together and focusing on the same goals, you and parents can help children weave faith into their lives!

Talk to your Director about emailing the FREE FamilyConnect to all your church's families. Available at group.com/digital.



Magnets



 **OK**
TO COPY



