

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 3 • Unit 3 • Week 1

FOLLOWING GOD

OBJECTIVE:

To learn what it means to follow God and be His disciple, giving special focus to the example of Timothy.

ATTENTION GETTER:

You will need a room that can be darkened to do the first part of the lesson. (If you cannot darken the room, see the alternative below.)

Say: We are going to play a game to start off our lesson. We are going to make a human chain and I will be the leader. I will pass out a flashlight to every third person. We're going to turn off the lights and use our flashlights for guiding us around the room.

Ask: How easy was it to follow the chain using the flashlights?

Say: Now we are going to do this again, but we are going to close our eyes this time.

Ask: How easy was it this time? Which way was easier?

Ask: Why do you think we played this game? [Wait for answers.]

Say: We learned that to get around easily in a darkened room we need light. In the same way, for us to get around in the world we need God's light to show us the way.

Say: Today our lesson is on being a disciple and in order to be a disciple we must follow God.

Ask: How do we follow God?

- Do: Record the answers on a chalkboard or dry marker board.
- Say: The game we played represents how we must follow God by trusting Him to lead us down the right path. As we played the game, we trusted the person in front of us to lead us safely so that we would not be hurt. Following the light made it easier for us to get around. The light represented following God's "Light," the Bible, and it also represented letting our "light" shine to help others. Following God's "Light" and being a "light" to others is what being a disciple is all about.
- Alternative: Hide a treasure somewhere in the room. Try to make it as difficult to find as possible. Your goal is to have them not find it so that you can lead them to the treasure. Make the search hard for them so that even if they find the treasure, it will take them a few minutes.
- Say: I have hidden a treasure somewhere in the room. I want you to try to find it. [Give the students time to try to find the treasure.]
- Do: If the students have not found the treasure, have them form a line and lead them to it. If the students have found the treasure, proceed to the next question.
- Ask: Which would have been easier, your looking for the treasure or my leading you to the treasure?
- Say: We learned that to find answers in this life—to help us through the bad times and help us find the ways that will produce good—we need God's help and guidance.
- Say: Today our lesson is on being a disciple and in order to be a disciple we must follow God.
- Ask: How do we follow God?
- Do: Record the answers on a chalkboard or dry marker board.
- Say: The game we played represents how we must follow God to find the real treasure in life. We have to follow the God and the Bible and in the process we can help others find the way to that treasure. Following God is what being a disciple is all about.

BIBLE LESSON:

- Say: Imagine that the world is dark. Who provides light in a dark world?
- Read: John 8:12.

Say: This verse reminds us that a disciple is a follower of Jesus Christ. Following Jesus Christ means that you will always have light shining on your path.

Ask: What name has been given to those who are disciples and follow Jesus Christ?

Read: Acts 11:26.

Say: This verse tells us that the disciples who followed Jesus Christ were called Christians. The word "Christian" means "a person who follows Jesus Christ."

We also learn that those who were Christians or disciples were taught about God's way of life. In other words, disciples are learners.

Say: Timothy, as a boy, grew up in the Church of God. His mother, Lois, and his grandmother, Eunice, were both members of the Church. Timothy, his mom and his grandmother were disciples or Christians (2 Timothy 1:5).

Read: 2 Timothy 3:14-15.

Say: The apostle Paul reminds Timothy that he should continue to follow the things that he has learned as a disciple. Timothy had, in fact, been taught about the Bible as a boy from his mom and grandmother. Continuing to learn and live by the Bible makes a person wise because you know where to go in life.

Read: 1 Corinthians 11:1.

Ask: What does it mean to imitate someone?

Ask: Were Christ's disciples to imitate or follow everything that Paul did?

Say: They were only to imitate Paul as he imitated the "light of the world," Jesus Christ. Being human, even the apostle Paul could not set a perfect example.

Say: Remember back to when we started the lesson we used the flashlights to show us the way. Jesus, when He taught His disciples, used this very example (Matthew 5:14-16). He told those who followed Him that they were to be a light in the world. If you put a big light on top of a hill, it's easy to see. What happens if you have a light, but you cover it up? Does it help you to see where you need to go? Christ is teaching us that we are to learn from Him as disciples and that we are to practice what we learn. By shining our lights in the world as disciples of Jesus Christ, we may be able to help others see the path to follow to God.

LESSON APPLICATION:

Supplies Needed:

Posterboard (11 x 28 inches) for each student

Pencils

Crayons

Markers

Say: Since we learned about being a disciple of Jesus Christ in our lesson today, we are going to make posters with our own footprints representing us following God.

Preparation: Before the lesson purchase poster board. Full sheets of poster board should be cut in half (lengthwise) so that each student will have a poster approximately 11x 28 inches.

Do: Have students work in pairs. Each student will help the other trace his/her footprints (in pencil) on the poster beginning at one end and working along the length of the poster.

Above the footprints they should write: DISCIPLES FOLLOW CHRIST. (Write this out for the students to copy).

Music:

Teacher's choice from the United Church of God hymnal.

MEMORY VERSE:

1 Corinthians 11:1 "Imitate me, just as I also imitate Christ."

family activity

THE POINT:

To learn what it means to follow God and be His disciple. We gave special focus to the example of Timothy.

ASK ME...

What is a disciple?

Can children be disciples?

How can children be disciples?

FAMILY TOGETHER TIME:

Write the word "disciple" vertically on a piece of paper and come up with a word meaning or relating to disciple for every letter in the word.

D
I
S
C
I
P
L
E

Review with your child the meanings of the words and stress how we can be disciples.

MEMORY VERSE:

1 Corinthians 11:1 "Imitate me, just as I also imitate Christ."