

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level K • Unit 7 • Week 1

MARY AND MARTHA

OBJECTIVE:

To show through the example of Mary and Martha that if we listen to Christ's instructions, we will have happy lives.

ATTENTION GETTER:

Ask: Do you have a special toy? Something that you really enjoy using?

Say: I want you to close your eyes and think about that favorite toy until I tell you to quit.

Do: At this point, tell the students something of interest to them, such as the fact that you brought them all a treat to eat after the lesson. The point of this application is to show that we can become distracted and not hear something important that the teacher or Teacher (Jesus) is saying.

Say: Okay, you can quit imagining your favorite toy.

Ask: Who heard what I said I had for you after the lesson? Raise your hands. What did I say? A couple of you heard. Why didn't you all hear me?

Response: Wait to see if anyone guesses.

Say: The reason you didn't hear was because you were thinking about something else, weren't you?

In our lesson today, we are going to talk about listening to and paying attention to Jesus Christ and the things He tells us so that we can have a happy life.

BIBLE LESSON:

Ask: Have you ever gotten in trouble because your mom told you to do something, and you didn't hear her?

Ask: Why didn't you hear her?

Say: You were probably playing with your toys or eating a cookie or maybe even cleaning your room. While these were all fine things to do, you missed something important that your mom wanted to tell you because you were busy doing something else, weren't you? This is just like when you were thinking about your favorite toy just now, and I was telling you something. It would have been easier to give your mom or me your full attention if you weren't distracted. That's a big word. What does it mean? It means to be doing or thinking about something else when you need to be listening. Imagine that you're watching your favorite TV show, and your mom tells you to feed the dog. Your poor dog might be very hungry, but you might not hear your mother. Why? Because you were distracted. You were watching your favorite show when there was something important being said.

Christ tells us many important things in the Bible. In fact, everything Jesus says is important to us.

Ask: Why is that true?

Say: Christ and God the Father know and see everything. They made us and everything around us. Therefore, when they tell us how to live, how to think about something, or how to treat something or someone, we need to listen. They are speaking the truth, because they made everything good and know how we can best be happy. We need to make sure that we listen and pay attention when we hear something in the Bible that God and Christ said. Don't be too busy to obey them.

Read: Luke 10:38-42 from a child-friendly version or read it from a children's Bible storybook.

Say: This is the story of two sisters, Martha and Mary. In this story Martha greeted Christ and then was busy helping and serving Him as a guest in her home. Mary listened to Christ. Christ said that Martha was worried, troubled and distracted with many things. She was distracted with much serving. Remember that I told you that distracted means to be doing or thinking about something else when you need to be listening.

Of course, greeting and taking care of Christ was important. If someone comes into your home, making him or her feel comfortable and at home is important. But if someone is coming to give you important news it is a time to sit and listen and not be busy preparing food in the kitchen. This was the point Jesus was making.

Mary knew He had some important news to share. She chose to stop her chores and lis-

ten to Jesus. Martha should have stopped what she was doing and given her full attention to Jesus as He was teaching in her home. Just like at home when you're cleaning your room (which is good) and your mom says, "Come quickly, I have to tell you something really important." You would hurry to see what it is.

Christ needs to be listened to always. He tells you important things like how to treat people. Parents are special people in your lives. The Bible says we are to obey your parents. The Bible says to obey God and that shows Him we love him. We are to show love to others by telling the truth and being gentle and kind. We know we should follow the Ten Commandments. Remember when we learned them?

Say: So remember to never be too busy to listen to God's Word and obey Him. That is the most important thing! We will live a happy life if we listen to Jesus.

LESSON APPLICATION:

Using the Ten Commandments as a guide, act out some of the important instructions that Christ has given us. For example:

Say: One of Christ's instructions was do not steal.

Do: Ask for volunteers to act out the scenario. One person can be holding a toy while another steals it. You can bring props to class, if you like, or use the treat you brought. Explain that if people listened to Christ, no one would have taken the toy and we would have all been at peace. If you have time, have the children act out other scenarios, such as lying, keeping the Sabbath, etc.

MUSIC:

Sing the following to the tune of "Thumbkin."

Words

Where is Martha? Where is Martha?
There she is. There she is.
She is busy listening. She is busy listening.
List'ning to Christ. List'ning to Christ.

Hand Motions

Cup hand to ear

Where is Peter? Where is Peter?
There he is. There he is.
He is busy walking. He is busy walking.
Walking to Christ. Walking to Christ.

Second and third fingers move on open palm

Where is Dorcas? Where is Dorcas?

There she is. There she is.
She is busy sewing. She is busy sewing.
Sewing new clothes. Sewing new clothes.

Use pretend needle and sew

Where is Zacchaeus? Where is Zacchaeus?
There he is. There he is.
He is busy looking. He is busy looking.
Looking for Christ. Looking for Christ.

Hand above eye like salute

MEMORY VERSE:

Luke 11:28 "Blessed are those who hear the word of God and keep it!"

family activity

THE POINT:

The story of Mary and Martha teaches us that we should listen to Jesus.

ASK ME...

- Who did Jesus visit with?
- Were they sisters?
- Which sister sat and listened to Jesus?

FAMILY TOGETHER TIME:

Act out the story of Mary and Martha as a family.

The next time the family has a Bible study, spend time talking about the things Christ tells us in the Bible. As parents, give personal examples of times you have listened to Jesus and the positive results that have followed.

MEMORY VERSE:

Luke 11:28 "Blessed are those who hear the word of God and keep it!"