

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level K • Unit 8 • Week 3

WHAT IS LEAVENING?

OBJECTIVE:

To explain what leavening is and why God instructs us to eat unleavened bread.

ATTENTION GETTER:

Supplies: Glass bottle (12-16 oz. beverage bottle works well)
Bottle cap (if bottle doesn't have a cap, bring a straw or something to stir with)
Funnel
1 cup warm water
Package active yeast (2 to 3 teaspoons)
2 teaspoons sugar
Balloon, uninflated
Permanent marker
Duct tape or other heavy-duty wide tape
Bowl of warm water (optional)

Prepare: Blow up the balloon, but do not tie. While inflated, use marker to make a sad face on the balloon. Then let the air out.

Say: Today we're going to be talking about leavening.

Do: Show the class the yeast.

Say: Yeast is a type of leavening. In the Bible leavening is compared to sin. To help us understand this, we're going to do an experiment.

Do: Ask a different child to help with each of the following steps:
1. Pour 1 cup warm (not too hot) water into the bottle. (A funnel is helpful. Dry it before using in the following steps.)

2. Pour 2 teaspoons sugar into bottle.
3. Put bottle cap on and shake bottle to dissolve sugar. Or stir sugar into water with straw or long stir stick.
4. Pour yeast into bottle.
5. Shake or stir.
6. Remove lid (if used). Put balloon over bottle opening. Use duct tape to secure balloon to bottle.

Say: Yeast is like sin. We can learn about what sin does to a person by seeing what yeast does. Sometimes we can't see the results right away, so we're going to set this bottle aside. We'll check on it every once in a while.

Do: Set aside the bottle and yeast while you move into the lesson. Note: Setting the bottle in a bowl of warm water will speed the process. Periodically draw attention to it. As the yeast begins to work, carbon dioxide will be produced which will begin to inflate the balloon and the sad face will become more visible. The point: Sin puffs up and sin makes people sad and unhappy.

BIBLE LESSON:

Supplies: Unleavened bread

Ask: How many remember the story of the people of Israel and Moses from the last lesson?

Say: Today we are going to talk about the festival that the children of Israel were told to keep the day they left Egypt. The day after the Passover is the beginning of the Days of Unleavened Bread. God told the people of Israel that they were to eat unleavened bread (hold up the unleavened bread) for seven days. The flat bread is missing an ingredient called yeast. Without yeast, the bread will be flat and hard. But with yeast, the bread is soft and puffy. During the Days of Unleavened Bread, God wants us to think of yeast or leavening as sin. God doesn't want us to be "puffed up," and think of ourselves better than others.

Do: Read 1 Corinthians 5:6-7: "Your glorying is not good. Do you not know that a little leaven leavens the whole lump? Therefore [clean] out the old leaven, that you may be a new lump, since you truly are unleavened. For indeed Christ, our Passover, was sacrificed for us."

Say: These verses talk about leavening in terms of sin. We're told to clean out leavening. We do that in our homes.

Ask: How many of you have helped your parents deleaven—clean out the leavening—before the Days of Unleavened Bread?

Say: Even more important though: we are to clean out sin from our lives. The puffiness in the bread is compared to how our sins (the breaking of God's commandments) puff us up; make us feel better than we are and keep us from feeling loving toward others. Also, when we sin, it often leads to more sins. It spreads just like a little leavening in bread spreads to the whole loaf and makes the whole loaf of bread puffy.

Do: Look at the bottle. Hopefully by this time the balloon has begun to inflate.

Say: People think it's only a little sin, just like we only put a little yeast in our bottle of water.

Ask: What about lying? Some people think that's just a little sin, right? Has anyone ever said something that wasn't true?

Say: I'm sure we all have, because we're human and not yet perfect like Jesus Christ. Well, think back to the lie you told. Did you have to tell another lie to back up or cover up the first one? This is another example of how sin (like our leavening, yeast, in the bottle) spreads. One sin leads to another. In the story of David in the Old Testament, he took another man's wife, then he tried to cover up what he had done. Finally, he ended up murdering the man. One sin often leads to another.

Sin can also spread to other people. Have you ever seen someone do something wrong because someone else had done it?

These are reasons we keep the Days of Unleavened Bread for seven days. God wants us to remember that a little sin leads to more sins. We are to eat no leavening to help us remember to keep sin out of our lives. We eat unleavened bread to remind us that we want to do the right things and please God.

God isn't saying that bread is bad at other times of the year. He just wants us to think about how we live our lives and He uses something very common—like bread—to help us do that.

Do: Have the children look at the bottle and balloon again.

Say: Remember: Sin spreads. Sin puffs up. Sin makes people unhappy.

LESSON APPLICATION:

Supplies: Paper (with "Happy Days of Unleavened Bread" written on it)
Crayons

Do: Let the children enjoy a piece of unleavened bread while they make a "Happy Days of Unleavened Bread" card to give to someone after church services.

Music:

Sing the following to the tune of "Hickory, Dickory, Dock."

We are the firstfruits of God. (clap, clap)
Isn't it fun what we know?
God's Spirit waters us and helps us grow.
We are the firstfruits of God. (clap, clap)

MEMORY VERSE:

1 Corinthians 5:6 "Your glorying is not good. Do you not know that a little leaven leavens the whole lump?"

family activity

THE POINT:

During the Days of Unleavened Bread, leavening represents sin. Leavening, like sin, puffs up and it spreads. We eat unleavened bread to remember that God wants us to strive for a sinless life.

ASK ME...

- What makes bread rise?
- What spreads and puffs up like yeast?
- Does sin make people happy?

FAMILY TOGETHER TIME:

Before the Days of Unleavened Bread, get a bag of bread mix (or use a bread recipe if you prefer). Mix it and let it rise. Talk to your child about the comparison between the small amount of leavening in the bread spreading to the whole loaf and how sin spreads in us and to those around us.

Make unleavened bread together. Talk about how God wants us to be humble and without sin.

Read more of the story of the Exodus from Egypt, especially the dramatic part about how God parted the Red Sea. Talk about how this represents God delivering us from Satan and sin.

MEMORY VERSE:

1 Corinthians 5:6 "Your glorying is not good. Do you not know that a little leaven leavens the whole lump?"