

## GROWING FOR JESUS

### LESSON 2: GOD HELPS US GROW ☆

Lessons in this series: [1](#) [2](#) [3](#) [Overview](#)

*This lesson will help the children understand that God gives them what they need in order to grow up both physically and spiritually.*

#### TOPICS

Choices, Growth, Spiritual Growth

#### AS KIDS ARRIVE (10 MINUTES)

As kids arrive have a helper lead the children in various warm up exercises. Stretching, sit-ups, running in place, and jumping jacks are all good exercises to try. As they exercise explain that exercise helps their bodies grow. Ask them if they have any ideas on how they can exercise their brains and spiritual lives. If they cannot come up with any examples, provide some for the class.

#### WORSHIP TIME (5 MINUTES)

Further info? [Click here](#)

#### BIBLE VERSE (5 MINUTES)

**"So neither the one who plants nor the one who waters is anything, but only God, who makes things grow."**

##### 1 Corinthians 3:7 NIV

Explain to the children that God gives us the ability to grow. Since God helps us grow we need to take care of the body He has given each of us. It is also important for us to take care of our spiritual lives.

#### BIBLE STORY (15 MINUTES)

Gather the children around you in preparation for story time. After the introduction, read Paul's description of love given to the Romans right from the Bible. If possible, use a Children's Bible so it will be easier for the kids to understand. Pause often to help explain any difficult concepts.

#### Introduction:

God helps us grow in many different ways. God's Word, the Bible, has many examples of how we are to live. If we live our lives the way God wants us to, we'll grow to be big and strong. Not only strong but smart too! The Bible has a lot of good advice on how we should live; for example, we should honor our fathers and mothers for this is right. (Eph. 6:1-2) In today's story we'll learn about some other ways God wants us to live.

#### Read Romans 12:9-18 (Love and Peace)

#### Discussion Questions:

1. Should we put ourselves before others? For example should we always push our way to the front of the line during game time? (*No, we should put others before ourselves.*)
2. Should we be proud or conceited? For example should we think we're better than someone else just because we are good at sports or have nice clothes? (*No, we should allow all children into our groups.*)
3. Should we try and live at peace with everyone? (*Yes.*)
4. Can you name some examples of how we can try to live at peace with the other kids in class? (*Share, talk nicely, no pushing, let them go first.*)
5. Will putting others first and living at peace with others help us grow up spiritually? (*Yes.*)
6. What are some other ways that God helps us grow? (*Allow for answers.*)

#### FUN TIME (5 MINUTES)

**Right Environment (Object Talk)** [Click here](#)

#### ALTERNATE FUN TIME (10 MINUTES)

**Perfect Picks (Activity)** [Click here](#)

#### PRAYER/SNACK (10 MINUTES)

Further info? [Click here](#)

Start by praying to God and thanking Him for His loving kindness and for helping us grow. Have a healthy snack of Apples or Oranges. After prayer time/snack time encourage each of the children to name ways that today's healthy snack can help them grow. Then ask them if they remember some of the ways they can grow spiritually.

#### CLOSING ACTIVITY (5-10 MINUTES)

**What's The Difference? (Activity)** [Click here.](#)

#### NEXT WEEK

Next week we will learn how God gives us different jobs to help us grow.

#### TAKE HOME PAGE

Give one copy to each child at the end of the class to take home [PDF] [Click here](#)



## WHAT'S THE DIFFERENCE? ☆

**An activity to help children think about living their lives for God.**

### TOPICS:

Bible, Growth, Happiness, Obedience

### MATERIALS:

Activity picture [PDF] [Click here](#)

### DURATION:

Approximately 5 minutes



### PREPARATION:

Before class, print one copy of the activity picture.

### WHAT YOU WILL DO:

Hold up the activity page and ask the children to look carefully at the four pictures on the page. Which picture is different from the rest? Ask the children if they can find the seven differences.

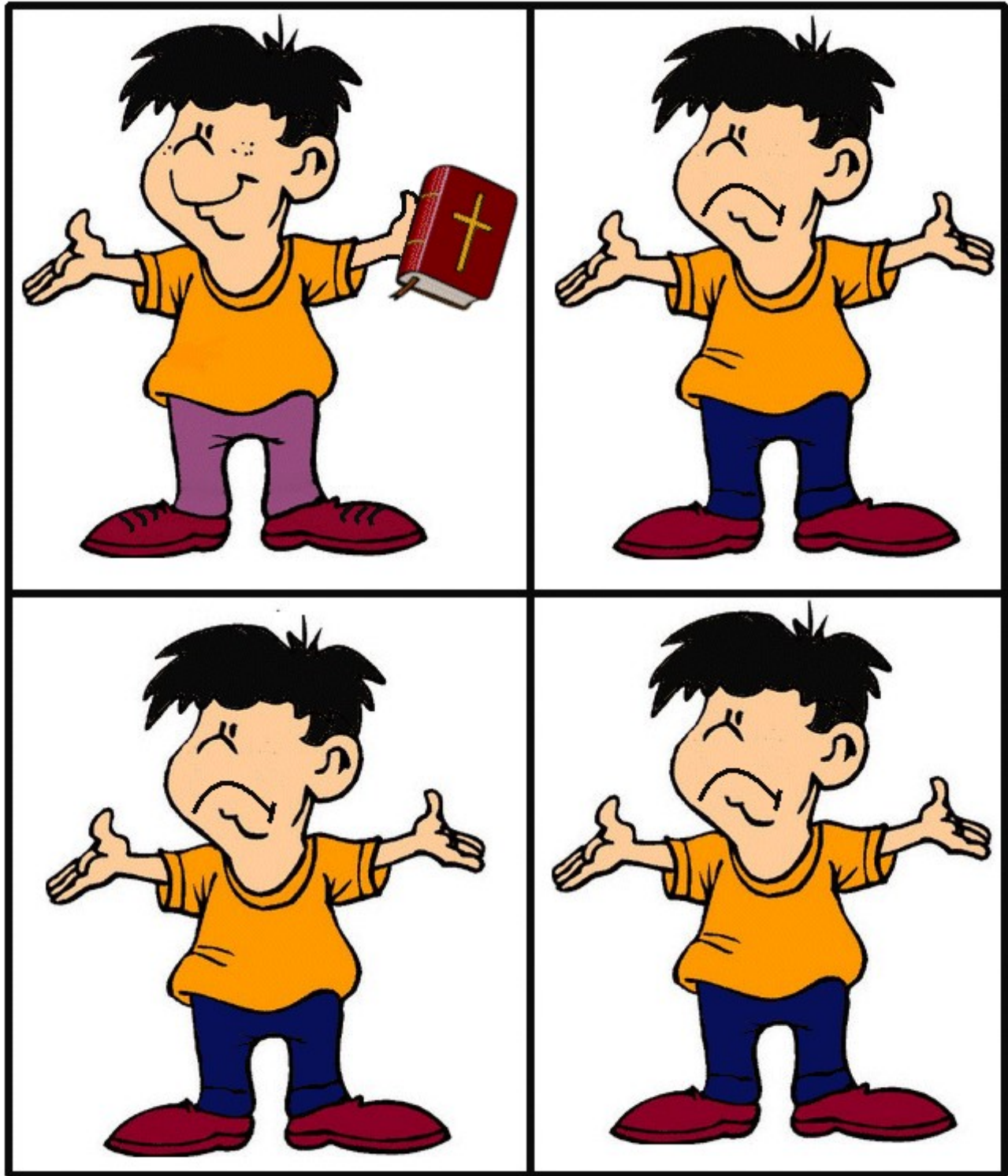
Answers:

- 1) One boy is smiling and the other three are frowning.
- 2) One boy is holding a Bible.
- 3) One boy has freckles and the other three do not have freckles.
- 4) One boy's shirt has no wrinkles around the tummy and the others' have wrinkles.
- 5) One boy's pants are purple and the other boys' pants are blue.
- 6) One boy's shoes have shoelaces and the other boys' shoes do not.
- 7) One boy's pants do not have cuffs and the other boys' pants have cuffs.

After you go through all the differences, ask the children why one boy is smiling and the rest of the boys are frowning. Ask them if they think the one boy's happiness has any thing to do with him having a Bible.

Tell the children that people are happier when they read their Bibles and learn about God. When we read our Bibles and go to Sunday school, we find out how God wants us to live. God created us so He knows what is best for us. We will be much happier if we listen to God and obey His rules.

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## RIGHT ENVIRONMENT ☆

*Just as it takes the right environment to grow a beautiful flower, it also takes the right environment for us to grow spiritually.*

### TOPICS:

Believing, Choices, Guidance

### MATERIALS:

A small potted plant

A few seeds

A small pot with dirt



### DURATION:

Approximately 5 minutes

### WHAT YOU WILL DO:

Pick up the seeds and the small pot with dirt in it. Ask the class "What would I need to do to help these seeds grow?" Listen to the children's answers. Say, "I would first have to plant the seeds, then, I would have to give them the proper environment in which to grow. The seeds would need soil, water and sunlight before they could grow into a beautiful plant."

What would happen if I planted the seeds, then stuck the pot into the freezer? The freezer wouldn't be the right environment for plants to grow. It would be way too cold and it would be dark. Any water would freeze. The seeds couldn't grow in this type of environment.

Our Christian walk is similar to this. We need a good environment to grow spiritually. We need to read our Bibles, pray to God and worship Him. It is also important to come to Sunday school to learn about Jesus. Instead of sunlight we need the Son's light, God's Son Jesus. If we follow and obey Him, we'll be sure to grow into strong healthy Christians. As we become stronger, God can use us in more ways.

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## PERFECT PICKS ☆

*This activity introduces children to the importance of making good choices.*

### TOPICS:

Choices, Following Jesus

### MATERIALS:

Activity page for each child [PDF] [click here](#)  
Crayons or colored markers

### DURATION:

Approximately 10 minutes

### PREPARATION:

Before class print an activity page for each child.

### WHAT YOU WILL DO:

Before handing out an activity sheet and crayons or colored markers to the children, explain that God allows us to make choices each and every day. We can choose to make good choices, or we can choose to make bad choices. In today's activity we need to help Charlie the cook find the healthy food for his restaurant.

### Ask the children to:

Draw a circle around the food that would be a healthy choice.  
Draw a X over the food that would not be a healthy choice.  
Count how many healthy choices were circled.

Once the children have completed the activity page take a few moments to discuss why it is important to make the right choice when it comes to eating properly. Next, explain that the best choice we can make spiritually is to follow Jesus. Ask the kids to name ways in which Jesus can help them grow.



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# Perfect Picks

