



Mission: Provide fathers and their sons opportunities to experience and know God through wilderness experience, and be trained to fulfill their roles as God fearing and obedient men.

## The Training “Pack”

Each year your son will grow in knowledge and practical usage of the scriptures. The training is meant to give him a theological basis for God and His work in the world he lives, Jesus and the saving grace He provides, living in community with believers, and reaching the lost in light of the Great Commission. The training “pack” is laid out to provide growth in the following areas:

### 1. Scripture memory

- a. Assurances of God's faithfulness
- b. Living the new life
- c. Proclaim Christ
- d. Relying on God's resources
- e. Be Christ's disciple
- f. Grow in Christ-likeness
- g. Anger, dealing with sin, sex, stress, guilt, self-image, suffering, perfectionism, money, depression, knowing God's will, love
- h. Ten “Get Real” manhood principles

### 2. Reading and Bible Study

- a. Consistency in the word
- b. Understanding what the bible says
- c. Practically using scripture in life situations

### 3. Understanding God through stories/books

- a. Reading of age appropriate classics
- b. Learning to find God's design and purpose
- c. Gaining perspective of life lived out biblically

### 4. Character traits

- a. Utilizing 1 Peter 1:5-7 and Galatians 5:22-24 to create well grounded men
- b. Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control
- c. Humility, honesty, thankfulness, respect, obedience, etc.

### 5. Practical application

- a. Learning to share the gospel with someone
- b. Learning to pray faithfully and boldly using ACTS
- c. Learning to see community as greater than the individual
- d. Developing their God given gifts and serving others with them
- e. Leading another to understand godly principles
- f. Communicating a clear testimony of God's love and grace

The training is designed to be facilitated by the adult, who will provide as much guidance as it necessary for completion. The facilitator should also consider doing portions if not all of this alongside the son in order to model Christian discipline and devotion.

Each training “pack” is meant to be done over a 10 month period so that it is very achievable for your son. Upon completion of a “pack” he will become eligible for a camp award which will be given out at our camp.

## **Why Use the Training “Pack” with your son?**

According to Joe White, president of Kanakuk Kamps, there are at least ten reasons for doing so

1. God's command, “go make disciples”
2. This book has been tested by dozens of small children, over a thousand teens, and literally tens of thousands of college students and older.
3. You will be raising next generation leaders who will disciple their children.
4. Kid to adult accountability is essential for growth.
5. Kid to kid accountability is essential for stabilizing moral character.
6. Very few (6%) Kanakuk kampsers do devotionals on their own.
7. Keeps the “kamp high” growing all year round.
8. Keeps your son in the Word all year long.
9. This study builds disciples who will build disciples, who will build disciples.
10. It is greatly fulfilling for you, the leader.

Though the above is put in the context of Kanakuk Kamps, the material we have adopted has integrated all of the same material in addition to many other resources. Many of them are listed below.

Focus on the Family – Kids of Integrity  
Navigators 2:7 series  
Topical Memory System  
Raising a Modern Day Knight – Robert Lewis  
The Academy Classical School – book list  
The Truth Project – Del Tackett  
Christian Outdoor Leadership – Ashley Denton

# **BE A REAL MAN**

**Real men serve God first and foremost**

**Real men are fully committed to their work**

**Real men respect authority**

**Real men maintain integrity**

**Real men embrace empathy**

**Real men reject passive attitude**

**Real men act courageously**

**Real men accept responsibly**

**Real men live for a transcendent cause**

**Real men maintain humility**



## Reward for Completion



It takes commitment and time to work through this material. It also takes thought and action to make the word of God a daily part of your life. The material provided in this training pack will introduce powerful biblical truths into your life, help establish a foundation for discipline in the faith, and help you better understand the heart of God, and His will for you and the world.

We want to recognize your completion of this material with a special challenge coin.

The challenge coin was originally used in the military. They are given to prove membership and enhance morale. There are often more than one coin, and many service men collect them. They are traditionally presented by a unit commander to signify a special achievement by an individual.

There are stories from World War One of servicemen being stripped of all personal identification within enemy lines. Upon escaping their captives, blending in with their attire, and then crossing the border into friendly territory, it is the only identifier that prevented them from being killed by Allies when the serviceman was picked up and questioned.

### The Coin Challenge:

The coin challenge exists to prove loyalty to a group, in most cases to a specific military branch. The most traditional setting has been in a bar or restaurant where servicemen gather. Someone initiates a “coin check” by taking out their coin and slapping it down on a surface or continually “rapping” the coin against something to make a loud noise. They may also announce a “coin check” while presenting their coin.

Everyone then presents their coin upon the “coin check” challenge. Anyone who does not have their coin on them is then responsible for an immediate act of service to everyone present with a coin. Traditionally buying them all a drink is the most common act. If however, everyone presented a coin upon the challenge, the one who challenged becomes responsible for buying.

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We want you to receive the reward of a challenge coin each and every year you participate in using the training pack. The challenge coin is a physical reward for your hard work. However, there is a reward much greater than this. To become rooted and grounded in the word of God, and to know and follow Him with all your heart, is the greatest and most rewarding prize you could ever receive. It is our prayer that this is where you find the greatest joy, in knowing and serving your heavenly Father because of His absolute perfection, and the amazing grace He has bestowed on your life through His son Jesus Christ.

For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. Colossians 1:9-12

# The Page Grows in Wisdom (12)

## My Completion Record

As you complete items, have a parent sign off with initials and the date completed. Blanks are purposefully left in the case alternative tools are utilized to satisfy the requirements

Scripture Memory	Parent Initials	Date
His Spirit (1 Cor. 3:16 & 1 Cor. 2:12)		
His Strength (Is. 41:10 & Phil. 4:13)		
His Faithfulness (Lam. 3:22-23 & Num. 23:19)		
His Peace (Is. 26:3 & 1 Pet. 5:7)		
His Provision (Rom. 8:32 & Phil. 4:19)		
His Help in Temptation (Heb. 2:18 & Ps. 119:9,11)		
Spiritual Lessons		
Understanding Reconciliation		
Understanding Fellowship and Accountability		
Understanding Trials		
Understanding Worship		
Books Read (pick 4 except Bible for Kids App)		
Preparing for Adolescence (required for father to go through with son to be eligible for Squire Ceremony)		
The Jungle Book		
Anne of Green Gables		
The Hobbit		
More Than a Carpenter		
Red Badge of Courage		
Animal Farm		
Character Traits Addressed		
Self-Control		
Gentleness		
Perseverance		
Disciplines and Applied Experiences		
Able to give testimony using principles/verses related to the bridge illustration		
Seems to demonstrate patience with people and in most situations		

Has utilized Bible Highlights Reading Record with Bible reading at least 45 times		
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## Suggested Month by Month Progression (12)

### January

Memorize - His Spirit (1 Cor. 3:16 & 1 Cor. 2:12)  
Use Bible Highlights Reading Record while reading through the book of 1 Peter

### February

Memorize - His Strength (Is. 41:10 & Phil. 4:13)\  
Read book from list

### March

Memorize - His Faithfulness (Lam. 3:22-23 & Num. 23:19)  
Use Bible Highlights Reading Record while reading through the book of 2 Peter  
Character trait – Patience  
*Spring camping trip - LifeVerse, Page, Squire, Knight*

### April

Memorize - His Peace (Is. 26:3 & 1 Pet. 5:7 )  
Read book from list

### May

Memorize - His Provision (Rom. 8:32 & Phil. 4:19)  
Use Bible Highlights Reading Record while reading through the book of Luke

### June

Memorize - His Help in Temptation (Heb. 2:18 & Ps. 119:9,11)  
Character trait – Courage  
*Local overnight campout*

### July

Spiritual Lessons: Reconciliation  
Use Bible Highlights Reading Record while reading through the book of Galatians  
Read book from list

### August

Spiritual Lessons: Fellowship and Accountability  
Read book from list

### September

Spiritual Lessons: Trials  
Character trait - Joy

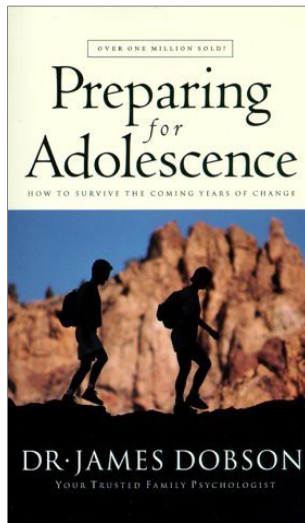
### October

Spiritual Lessons: Worship  
*Fall camping trip - Awards for completion of son's year plan*

**November and December – OFF**

## Suggested Book List (12 year old)

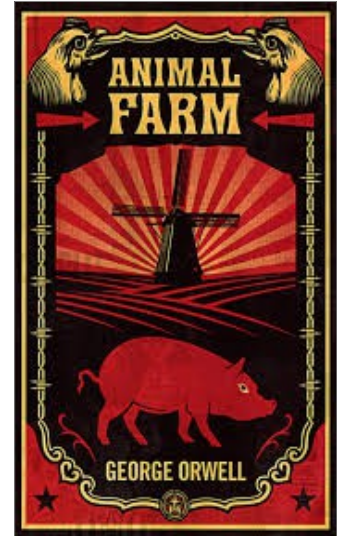
Preparing for Adolescence  
by James Dobson



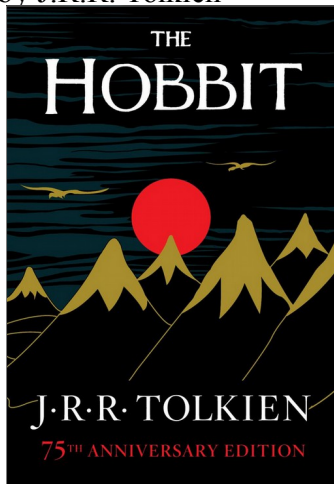
The Jungle Book  
by Rudyard Kipling



Animal Farm  
by George Orwell

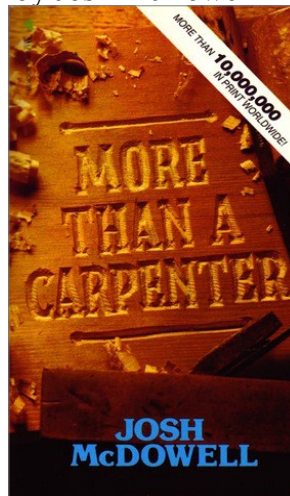


The Hobbit  
Courage  
by J.R.R. Tolkien



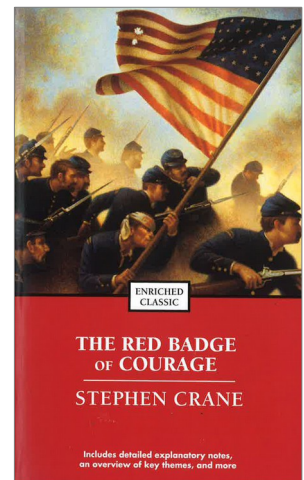
More Than a Carpenter

by Josh McDowell



Red Badge of

by Stephen Crane



This book list is a suggestion. If you have any books you would prefer to go through with your child, please let Sand to Stone know as the book(s) may become a part of a future suggested book list.

With each book, we encourage you to lead your child into a discussion about God. You will want to help them identify the following:

6. Where is God present in the story?
7. What dilemmas did the characters face and how did they respond positively/negatively?
8. Where is redemption or the gospel message noted in the story?



Book Read \_\_\_\_\_ Date \_\_\_\_\_

Where is God present in the story?

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What dilemmas did the characters face and how did they respond positively/negatively?

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Where is redemption or the gospel message noted in the story?

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Book Read \_\_\_\_\_ Date \_\_\_\_\_

Where is God present in the story?

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Book Read \_\_\_\_\_ Date \_\_\_\_\_

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Book Read \_\_\_\_\_ Date \_\_\_\_\_

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Where is redemption or the gospel message noted in the story?

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Scripture Memory



## REASONS FOR COMMITTING SCRIPTURE TO MEMORY

9. **Help in avoiding sin** Ps 119:11 I have stored up your word in my heart, that I might not sin against you.
10. **Comfort in affliction** Ps 119:50 This is my comfort in my affliction, that your promise gives me life.
11. **Spiritual life** Ps 119:93 I will never forget your precepts, for by them you have given me life.
12. **Wisdom** Ps 119:98-100 Your commandment makes me wiser than my enemies, for it is ever with me. I have more understanding than all my teachers, for your testimonies are my meditation. I understand more than the aged, for I keep your precepts.
13. **Delight** Ps 119:103 How sweet are your words to my taste, sweeter than honey to my mouth!
14. **Guidance** Ps 119:105 Your word is a lamp to my feet and a light to my path.
15. **Hope** Ps 119:114 You are my hiding place and my shield; I hope in your word.
16. **Peace** Ps 119:165 Great peace have those who love your law; nothing can make them stumble.
17. **A heart of worship** Ps 119:171-172 My lips will pour forth praise, for you teach me your statutes. My tongue will sing of your word, for all your commandments are right.
18. **Freedom** Jn 8:31 So Jesus said to the Jews who had believed in him, “If you abide in my word, you are truly my disciples, 32and you will know the truth, and the truth will set you free.”
19. **Makes Scripture readily available to teach, witness, encourage or reprove others** 2 Ti 3:16-17 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.
20. **Increased faith** Rom. 10:17 So faith comes from hearing, and hearing through the word of Christ.
21. **Victory over temptation** Mt 4:4 But he answered, “It is written, ‘ Man shall not live by bread alone, but by every word that comes from the mouth of God.’” (This is from the account of Jesus’ temptation in the wilderness. Jesus answered each of Satan’s temptations by saying, ‘It is written...’ then quoting a Scripture from memory.)
22. **Confidence in prayer** 1Jn 5:14-15 And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.
23. **To imitate Jesus’ own example** Jesus often quoted Scripture, for example, when teaching (Mt. 5:21ff), when tempted (Mt. 4:11), when confronting the Pharisees (Mt. 9:13), and when explaining the parables to his disciples (Mk. 4:12).

# How to Memorize Scripture

by The Navigators - June 11, 2006

From its beginnings, has encouraged Bible memorization as an important tool for spiritual growth. The ministry has developed packets of verse cards to enable people to learn verses that will help them share their faith and become more like Christ. These cards are grouped by subject or "topic" and comprise what we call the Topical Memory System. The following article references these topics in its suggestions for effective memorization. Find out more on the [Topical Memory System](http://www.navigators.org) at [www.navigators.org](http://www.navigators.org).

As you start to memorize a verse . . .

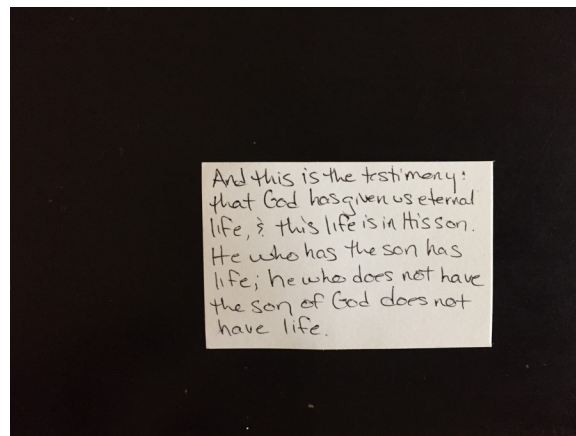
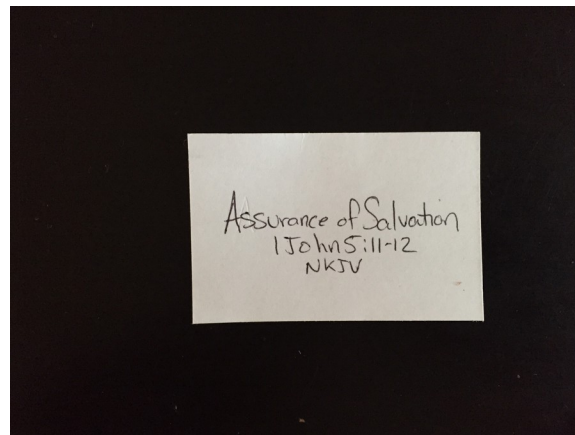
24. Read in your Bible the context of each verse you memorize.
25. Try to gain a clear understanding of what each verse actually means. You may want to read the verse in other Bible translations or paraphrases or perhaps consult a commentary-after you've done your personal study!
26. Read the verse through several times thoughtfully, aloud or in a whisper. This will help you grasp the verse as a whole. Each time you read it, say the topic, reference, verse, and then the reference again.
27. Discuss the verse with God in prayer, and continue to seek His help for success in Scripture memory.

While you are memorizing the verse . . .

11. Work on saying the verse aloud as much as possible.
12. Learn the topic and reference first.
13. After learning the topic and reference, learn the first phrase of the verse. Once you have learned the topic, reference, and the first phrase and have repeated them several times, continue adding more phrases after you can quote correctly what you have already learned.
14. Think about how the verse applies to you and your daily circumstances.
15. Always include the topic and reference as part of the verse as you learn and review it.

After you can quote correctly the topic, reference, verse, and reference again . . .

- Writing the verse out can be helpful. This deepens the impression in your mind.
- Find a friend to check you on the verse. Better yet, memorize together!
- Review the verse immediately after learning it, and repeat it frequently in the next few days. This is crucial for fixing the verse firmly in your mind because of the tendency to forget something recently learned.
- Review! Review! Review! Repetition is the best way to engrave the verses on your memory.



The leather verse pack is used to carry your verses and keep them together.

The front of the card includes the title or subject of the verse, and below, the actual reference. It is also good to put the version used to memorize for future reference. I recommend also putting a date in the bottom left corner when you memorized it.

The back of the card has the word for word verse written on it. It is good to have it on this side because it makes it easier to commit to memory and hard to "cheat". Some verses may be too long to fit on one card, and should be split into two or more.



## Scripture Memory

### **His Spirit**

**His Spirit – 1 Corinthians 3:16 “Don't you know that you yourselves are God's temple and that God's Spirit lives in you?” (1 Corinthians 3:16)**

Questions for your child to answer:

16. A temple is similar to a church. Why do you think the temple/church is supposed to be a place we respect and revere God? \_\_\_\_\_  
\_\_\_\_\_

28. If God is pure and perfect, then if He lives in us, how should we behave, and what type of attitude might we have day in and day out? \_\_\_\_\_  
\_\_\_\_\_

29. This verse seems to indicate we don't have to go to church in order to spend time with God. How does it make you feel that the Holy Spirit lives in you? (see John 16:7-14)  
\_\_\_\_\_  
\_\_\_\_\_

### **His Spirit**

**His Spirit – 1 Corinthians 2:12 “We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us.” (1 Corinthians 2:12)**

Questions for your child to answer:

- What do you think are some distinct differences between the “spirit of the world” and the Holy Spirit? \_\_\_\_\_  
\_\_\_\_\_

- What is a benefit of having the Holy Spirit? \_\_\_\_\_  
\_\_\_\_\_

- What has God freely given based on what you know? \_\_\_\_\_  
\_\_\_\_\_

# Scripture Memory

## His Strength

**His Strength – Isaiah 41:10** “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.” (Isaiah 41:10)

Questions for your child to answer:

1. Why should we not fear anything? \_\_\_\_\_  
\_\_\_\_\_

2. How might God's strength be stronger or better than your own strength?  
\_\_\_\_\_  
\_\_\_\_\_

3. Do you think God would ever leave you stranded?(see Heb. 13:5-7)  
\_\_\_\_\_  
\_\_\_\_\_

## His Strength

**His Strength – Philippians 4:13** “I can do all things through Christ who strengthens me.” (Philippians 4:13).

Questions for your child to answer:

1. How might God help you endure all things?  
\_\_\_\_\_

2. Do you think God says here that you can do anything you want and have the strength to do it?  
\_\_\_\_\_  
\_\_\_\_\_

3. How does this verse help calm fears you might have regarding difficult situations? \_\_\_\_\_  
\_\_\_\_\_

# Scripture Memory

## His Faithfulness

**His Faithfulness – Lamentations 3:22-23** “Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness.” (Lamentations 3:22-23).

Questions for your child to answer:

1. What is it about God that keeps us from getting what we deserve for the sin we have committed? \_\_\_\_\_

\_\_\_\_\_

2. What does it mean to be faithful? What is one way God has been faithful to you? \_\_\_\_\_

\_\_\_\_\_

3. How long will God remain faithful to us? What does this imply about our faithfulness to others?

\_\_\_\_\_

\_\_\_\_\_

## His Faithfulness

**His Faithfulness – Numbers 23:19** “God is not a man, that He should lie, not a son of man, that He should change His mind. Does He speak and then not act? Does He promise and not fulfill?” (Numbers 23:19).

Questions for your child to answer:

1. What do you think it means to make a promise to someone? \_\_\_\_\_

\_\_\_\_\_

2. If you promised to go with someone to the movies on a Sunday, but then someone else asked you to go to a professional football game at the same time on the same day, what is the correct way to deal with that situation?

\_\_\_\_\_

\_\_\_\_\_

3. Why do you think God is so trustworthy based on this verse? \_\_\_\_\_

\_\_\_\_\_

# Scripture Memory

## His Peace

**His Peace – Isaiah 26:3 “You will keep in perfect peace him whose mind is steadfast, because he trusts in You.” (Isaiah 26:3)**

Questions for your child to answer:

1. What does it mean to have peace in your life? \_\_\_\_\_  
\_\_\_\_\_

2. We get peace by trusting in God. What are a couple of ways you can trust God?  
\_\_\_\_\_  
\_\_\_\_\_

## His Peace

**His Peace – 1 Peter 5:7 “Cast all your anxiety on Him because He cares for you.” (1 Peter 5:7)**

Questions for your child to answer:

1. Why might worry be called a type of temporary atheism (no belief in God)? \_\_\_\_\_  
\_\_\_\_\_

2. Why would God want all of our worry for Himself? \_\_\_\_\_  
\_\_\_\_\_

3. What is something you find you worry about and why? \_\_\_\_\_  
\_\_\_\_\_

# Scripture Memory

## His Provision

**His Provision – Romans 8:32** “He who did not spare His own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things?” (Romans 8:32).

Questions for your child to answer:

1. Why did God give up Jesus and let Him be put to death? \_\_\_\_\_  
\_\_\_\_\_

2. What is the best gift God can give us? \_\_\_\_\_  
\_\_\_\_\_

3. Can you define what grace is? \_\_\_\_\_  
\_\_\_\_\_

## His Provision

**His Provision – Philippians 4:19** “And my God will meet all your needs according to His glorious riches in Christ Jesus” (Philippians 4:19)

Questions for your child to answer:

1. What are the most basic things you need to live? \_\_\_\_\_  
\_\_\_\_\_

2. What is the difference between “wants” and “needs”? \_\_\_\_\_  
\_\_\_\_\_

# Scripture Memory

## His Help in Temptation

**His Help in Temptation – Hebrews 2:18** “Because he himself suffered when He was tempted, He is able to help those who are being tempted.” (Hebrews 2:18)

Questions for your child to answer:

1. Why can Jesus sympathize/empathize with us when we are tempted to do bad things? \_\_\_\_\_  
\_\_\_\_\_
2. Why is it important that Jesus never sinned? \_\_\_\_\_  
\_\_\_\_\_
3. How do you believe Jesus helps us when we are tempted? (see 1 Cor. 10:13) \_\_\_\_\_  
\_\_\_\_\_

## His Help in Temptation

**His Help in Temptation – Psalm 119:9,11** “How can a young man keep his way pure? By living according to Your word. I have hidden Your word in my heart that I might not sin against You.” (Psalm 119:9,11)

Questions for your child to answer:

1. What are some ways you can live a pure life? \_\_\_\_\_  
\_\_\_\_\_
2. What is the best way to hide God's word in your heart? \_\_\_\_\_  
\_\_\_\_\_
3. What are the benefits of hiding God's word in your heart? \_\_\_\_\_  
\_\_\_\_\_

Think About It Visuals







## How to use Think About It



The “Think About It” section is designed with the saying “a picture is worth a thousand words” in mind. If someone says “giraffe”, the listener can't help but see a mental image of that animal in his or her head. What Sand to Stone wants to do is try and connect the visuals of the outdoors and nature with a spiritual principle. As the individual engages with the physical world around them as they get older, we want them to also remember those visual images and the truth associated with it.

The best way to use this is to first consider the picture itself. Ask the following questions:

30. What do I see?
31. What things do I initially observe about the picture. There is no wrong answer.
32. Can I perceive a situation where I have experienced what I see?
33. Is there anything spiritual you can draw from just looking at the picture?

Next, read the thought or story associated with the picture and consider how the two connect. Then read the passages or verses that go with it, ponder the information altogether, and write a summary, thoughts, or questions that arise from it.

This section is optional, but it does provide a unique way of learning.



## **Think About It**

Rivers in their natural state have borders that contain the water. These borders serve as boundaries to keep the water flowing in the direction set forth for it. What happens if the water travels outside its natural boundaries? It causes destruction and chaos doesn't it? God has provided us specific instruction on how to live right and within the boundaries He created when He made the world. When we allow ourselves to live outside of those boundaries, we cause ourselves and others pain which can lead to destruction. Read Deuteronomy 5, John 13:34-35, and Matthew 5 and discuss this principle.

**Add your thoughts about the verses and illustration:**

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## **Think About It**

Blisters are a common occurrence on the trail. They happen as a result of improper shoe wear or things like small pebbles or folds in the sock that create wear and tear on the skin. The rubbing on the skin results in irritation and eventually swelling and pain. Ultimately that piece of worn skin usually dies and falls off.

Most of the time you can tell that a portion of your foot is rubbing against something abrasive like a pebble. The blister doesn't occur all at once. There are warning signs telling you something isn't right. What you do with that information affects how things progress. If you stop and let the pebble out of your shoe, you have saved yourself from unnecessary suffering. If not, you will undoubtedly develop a blister and find your hiking experience cut short.

Sin happens the same way. First temptation comes. When we have the truth in the Bible we can identify temptation and know something isn't right. What we do about it will determine whether we walk away from the temptation safe, or continue into sin which we know creates death, and separation from God.

Read 1 Corinthians 10:13 and James 1:13-15

**Add your thoughts below about the verses and illustration:**

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## THINK ABOUT IT

Mirrors have been around for centuries. Some believe they originated about 8,000 years ago and were made out of ground and polished volcanic glass known as obsidian. However in 1835, chemist Justus von Liebig figured out how to put a thin layer of metallic silver on one side of a pane of clear glass. This allowed mirrors to be mass produced and become commonplace in homes.

However, early on, mirrors didn't quite have the quality we expect today. Those more original mirrors had shadows where the silver didn't quite spread evenly. Seeing yourself in the mirror took work, as one had to study themselves in the mirror, moving their head around to catch all angles of what they were trying to see. You can imagine then, the effort people went through to make sure they looked nice, were dirt free, and their hair just right, before heading out for the evening. What a shame if they worked so hard to figure out how they look, only to walk away and forget what they had seen. In light of that, consider this:

But prove yourselves doers of the word, and not merely hearers who delude themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for once he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer, but an effectual doer, this man will be blessed in what he does.  
James 1:22-25

Read Matt. 7:24, Luke 6:46, James 2:14

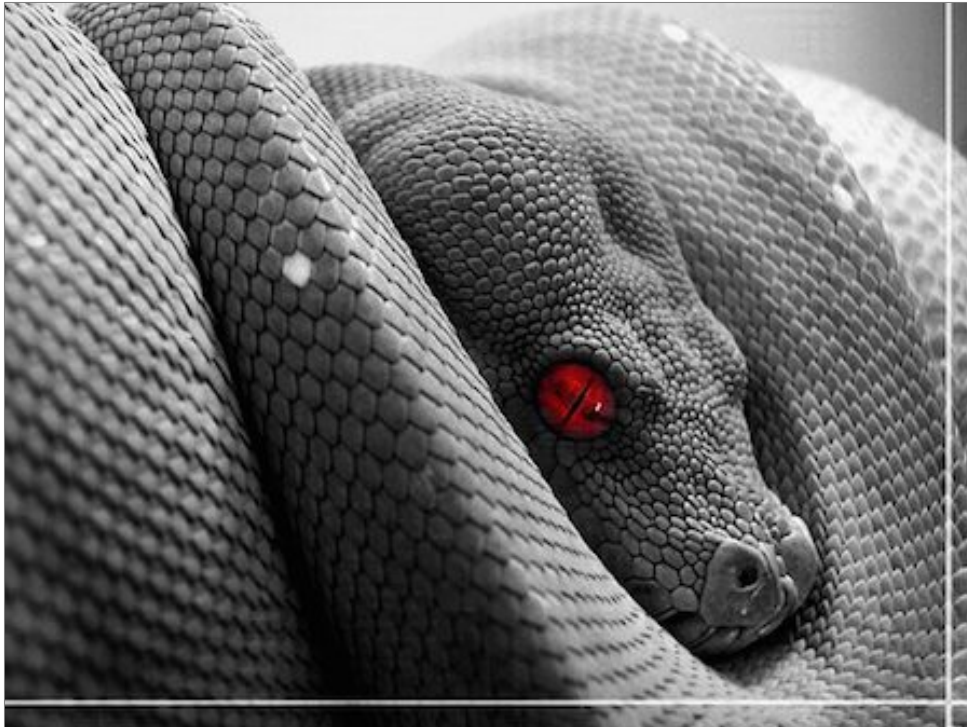
**Add your thoughts about the verses and illustration:** \_\_\_\_\_

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## **THINK ABOUT IT**

### **THE YOUNG MAN AND THE SNAKE**

A young man was out on his manhood quest one fall day trying to decide what task he would under take to prove his manhood; when he came upon a tall mountain, topped with the first snow of the year. This will be my test, thinks the young man to himself as he started to climb.

The climb was hard and long but the young man completed his task. Then as he rested on top of the mountain he heard a soft voice...help me it said. The young man looked for the voice, and there he found a rattlesnake dying in the snow. The snake pleaded with the young man to save him from the cold, but the young man said "no mister snake, for if I pick you up you'll bite me and I'll be the one that dies". No No said the snake I shall not harm the one that is to save me. If I do, surely I shall die in this cold. The young man gave this some thought and decided to help the snake, so he picked up the snake put him in his shirt and started his long climb down the mountain.

When they reached the valley below, the young man removed the snake from his shirt and placed it gently on the ground, then the snake struck and bit the man. Why did you bite me pleaded the man?

The snake just looked at him and said, "You knew what I was when you picked me up!"

Temptation always comes from the enemy to test our faith and knowledge.

Read and meditate on these scriptures: James 4:7, James 1:13-17 and 1 John 5:4-5

**Add your thoughts about the verses and illustration:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## **THINK ABOUT IT**

### **THE LONELY EMBER**

A member of a certain church, who previously had been attending services regularly, stopped going. After a few weeks, the pastor decided to visit him. It was a chilly evening. The pastor found the man at home alone, sitting before a blazing fire. Guessing the reason for his pastor's visit, the man welcomed him, led him to a big chair near the fireplace and waited. The pastor made himself comfortable but said nothing. In the grave silence, he contemplated the play of the flames around the burning logs.

After some minutes, the pastor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone. Then he sat back in his chair, still silent. The host watched all this in quiet fascination.

As the one lone ember's flame diminished, there was a momentary glow and then its fire was no more. Soon it was cold and "dead as a doornail."

Not a word had been spoken since the initial greeting.

Just before the pastor was ready to leave, he picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow once more with the light and warmth of the burning coals around it.

As the pastor reached the door to leave, his host said, "Thank you so much for your visit and especially for the fiery sermon. I shall be back in church next Sunday."

Read and meditate on these scriptures: Hebrews 10:24-25, Acts 2:42-47

**Add your thoughts about the verses and illustration:** \_\_\_\_\_

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**Spiritual Lessons**







## How to use the Spiritual Lessons



The spiritual lessons in the follow pages are courtesy of Joe White, president of Kanakuk Kamps. There are twenty-six lessons in all, which are split over several years to help a child digest the basics of bible study as they grow learn who God is through the Bible.

The lessons are designed to help a kid learn to recognize key portions of scripture using observation of key words, recognition of the basic meaning of a scripture, and personalized response to probing questions.

There is a page with a letter to Kanakuk staff that starts with “Dear Kanakuk Staff,” that discusses a discipleship conference line. This is specific to Kanakuk and not Sand to Stone at this time. Moving forward, there may be opportunities for kids to discuss these lessons as a group similar to what Kanakuk has laid out.

It is likely best to try and work through the lessons in accordance with the suggested monthly plan laid out in order to help your child complete them all in the time allowed (10 months).

The parent should consider working through these with their child as this models the importance of Bible study to the child, and the parent may be able to expand on the topics presented based on current household situations or personal testimony.

**The first pack is the PARENTS ANSWER KEY. The answers are written in for you. The second pack is the CHILDS version with no answers in the blanks.**

# Table of Contents

<b>Letter to Kounselor</b> .....	2
<b>Session 1: Understanding God’s Lessons in Animal Pictures</b> .....	3
<b>Session 2: Understanding God’s Greatest Commandment</b> .....	5
<b>Session 3: Understanding God’s Word Pictures</b> .....	7
<b>Session 4: Understanding Grace</b> .....	9
<b>Session 5: Understanding “Christ-Likeness”</b> .....	11
<b>Session 6: Understanding Giving</b> .....	13
<b>Session 7: Understanding Joy</b> .....	15
<b>Session 8: Understanding Teamwork</b> .....	17
<b>Session 9: Understanding God’s Word</b> .....	19
<b>Session 10: Understanding God’s Holiness</b> .....	21
<b>Session 11: Understanding God’s Sovereignty</b> .....	23
<b>Session 12: Understanding God’s Creation</b> .....	25
<b>Session 13: Understanding Sin</b> .....	27
<b>Session 14: Understanding God’s Son</b> .....	29
<b>Session 15: Understanding God’s Sacrifice</b> .....	31
<b>Session 16: Understanding Salvation</b> .....	33
<b>Session 17: Understanding the Resurrection</b> .....	35
<b>Session 18: Understanding My Position in Christ</b> .....	37
<b>Session 19: Understanding God’s Heart on Prayer</b> .....	39
<b>Session 20: Understanding God’s Blessings</b> .....	41
<b>Session 21: Understanding Reconciliation</b> .....	43
<b>Session 22: Understanding Fellowship and Accountability</b> .....	45
<b>Session 23: Understanding Trials</b> .....	47
<b>Session 24: Understanding Worship</b> .....	49
<b>Session 25: Understanding What God Wants from You</b> .....	51
<b>Session 26: Understanding Multiplication</b> .....	53

## Dear Kanakuk Staff,

Welcome to one of life's truly greatest adventures! Making disciples who'll make disciples is the only way to truly change the world you and your kids will grow up in. It is Jesus' command! It is Jesus' example. You are now truly walking in His footsteps. I'm thankful for your time and your courage!

### Set up your discipleship conference line free:

1. Call or e-mail your Kamper's parents and get their blessing.
2. Pick a weekly time slot that fits you and your Kamper's schedules (**7 days a week, from 4pm - 9pm**).
3. **To get your free conference line time slot set, e-mail your desired day and time to [joe@kanakuk.com](mailto:joe@kanakuk.com) or call (417) 266-3315.**
4. Text your Kamper group the phone conference line number and day and time of your group phone meeting.

### How to ensure success for your study:

1. The relationship is everything. Continue to show great personal interest in your Kamper.
2. Go around the group and let each group member ask another accountability question like:
  - Have you done your daily Kamper devotionals (or their own daily devotionals)?
  - How's your relationship with Jesus this week?
  - How's your relationship with your parents this week?
3. Open the book each week to the next chapter and let Kampers volunteer to read each Bible verse to the rest of the group.
4. Let the Kampers alternate reading questions. Let every Kamper answer in his/her own words, Lastly, if necessary, verbally answer it.
5. Do a little talking and a lot of listening.
6. Let each Kamper take a role in the "ACTS" prayer at the end.
7. After Week 12, begin to cultivate your Kamper's interest in going out on their own and discipling somebody.

### Ten Reasons Why This Study is the Greatest Investment of Your Time and Energy

1. God's command, "go make disciples."
2. This book has been tested by dozens of small children, over a thousand teens and literally tens of thousands of college students and older.
3. You will be raising next generation leaders who will disciple their children.
4. Kid to adult accountability is essential for growth.
5. Kid to kid accountability is essential for stabilizing moral character.
6. Very few (6%) Kampers do Kamper devotionals on their own.
7. Keeps the "Kamp High" growing all year long!
8. Keeps Kampers in the Word all year long!
9. This study builds disciples who will build disciples, who will build disciples...
10. It is greatly fulfilling for you, the leader. When I meet with my Kamper group, it is truly the highlight of my week!

**Thank you!!**

*Joe White*

**Mark These Key Words:**

Resurrection

✠ Jesus

God

**Old Testament Viewpoint***Isaiah 53:4-7, 10; Psalms 22: 16-17***Isaiah 53:4-7; 10** Surely our griefs He Himself bore,

And our sorrows He carried;

Yet we ourselves esteemed Him stricken,  
Smitten of God, and afflicted.

But He was pierced through for our transgressions,

He was crushed for our iniquities;

The chastening for our well-being fell upon Him,

And by His scourging we are healed.

All of us like sheep have gone astray,

Each of us has turned to his own way;

But the LORD has caused the iniquity of us all

To fall on Him.

He was oppressed and He was afflicted,

Yet He did not open His mouth;

Like a lamb that is led to slaughter,

And like a sheep that is silent before its shearers,

So He did not open His mouth.

**10** But the LORD was pleased

To crush Him, putting Him to grief;

If He would render Himself as a guilt offering,

He will see His offspring,

He will prolong His days,

And the good pleasure of the LORD

will prosper in His hand.

**Psalms 22:16-17** For dogs have

surrounded me;

A band of evildoers has encompassed me;

They pierced my hands and my feet.

I can count all my bones.

They look, they stare at me;

**New Testament Viewpoint***1 Corinthians 15:3-6; John 11:25; Mark 16:1-7; John 19:1; John 19:32-34; John 19:39; Matthew 27:65-66***John 19:1** Pilate then took Jesus and scourged Him.**1 Corinthians 15:3-6** For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the twelve. After that He appeared to more than five hundred brethren at one time, most of whom remain until now, but some have fallen asleep;**John 11:25** Jesus said to her, "I am the resurrection and the life; he who believes in Me will live even if he dies."**Mark 16:1-7** When the Sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might come and anoint Him. Very early on the first day of the week, they came to the tomb when the sun had risen. They were saying to one another, "Who will roll away the stone for us from the entrance of the tomb?" Looking up, they saw that the stone had been rolled away, although it was extremely large. Entering the tomb, they saw a young man sitting at the right, wearing a white robe; and they were amazed. And he said to them, "Do not be amazed; you are looking for Jesus the Nazarene, who has been crucified. He has risen; He is not here; behold, here is the place where they laid Him. But go, tell His disciples and Peter, "He is going ahead of you to Galilee; there you will see Him, just as He told you."**John 19:32-34** So the soldiers came, and broke the legs of the first man, and of the other who was crucified with Him; but coming to Jesus, when they saw that He was already dead, they did not break His legs. But one of the soldiers pierced His side with a spear, and immediately blood and water came out.**John 19:39** Nicodemus, who had first come to Him by night, also came, bringing a mixture of myrrh and aloes, about a hundred pounds weight.**Matthew 27:65-66** Pilate said to them, "You have a guard; go, make it as secure as you know how." And they went and made the grave secure, and along with the guard they set a seal on the stone.**OBSERVATION: What is God saying?**

1. How does the resurrection of Jesus prove that Jesus is God?

**Jesus' resurrection proves that He is God by giving Him power over death.**

2. In Psalms 22, David prophesies (tells us) that Jesus's hands and feet would be pierced (as with nails on a cross). Psalms 22 was written 800 years before the crucifixion was invented. What does this prophecy tell you about the truth of the Bible?

**Fulfilled prophecy proves that the Bible is God's word.**

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3. Why is Jesus' resurrection important to you?

**Jesus' resurrection provides hope and assurance of everlasting life if I place my heart in Jesus.**

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4. Name five proofs or evidences of the resurrection that make His Resurrection the most credible, provable, actual and historic? How do you know it wasn't "made up" or a fake story?

A. Guaranteed death from Roman Crucifixion

D. The seal of Rome placed over the stone

B. The size of the stone placed in front of His tomb

E. Changed lives of the disciples

C. The power of the Roman guard

5. Paul makes some very bold claims about Jesus' resurrection in 1 Corinthians 15. What are they and why are they important?

**Jesus appeared in bodily form. Most of the people He appeared to were still alive when Paul wrote this letter. This is important because it substantiates His claim of deity.**

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6. What effect did the resurrection have on the disciples?


**They changed from being cowardly to being bold, even unto death.**

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7. What effect does the resurrection have on your faith today?

*(Personal Answer)*

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 **APPLICATION:** *How do these passages relate to me today? What changes do I need to make in my life?*

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### **LOCKER ROOM:**

If Jesus is alive and lives in you, how does that affect how we act at home or in school?

### **MEMORY VERSE:** *John 11:25*

Jesus said to her, "I am the resurrection and the life; he who believes in Me will live even if he dies."

### **MY PRAYERS:**

**A** **Adoration:** Father, today I praise You for...

**C** **Confession:** Father, please forgive me for...

**T** **Thanksgiving:** Father, today I'm thankful for...

**S** **Supplication:** Father, the people & things I wish to pray for today are...

Mark These Key Words:

✝ Jesus

Spirit

## New Testament Viewpoint

### I AM IN CHRIST.

**2 Corinthians 5:17** Therefore if any man is in Christ, he is a new creature; the old things passed away; behold, new things have come.

### CHRIST IN ME.

**Colossians 1:27** To whom God willed to make known what is the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory.

### JESUS IS MY FRIEND.

**John 15:15** “No longer do I call you slaves, for the slave does not know what his master is doing; but I have called you friends, for all things that I have heard from My Father I have made known to you.”

### I AM NOT CONDEMNED!

**Romans 8:1-2** There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

### I AM A CHILD OF GOD.

**Romans 8:16** The Spirit Himself testifies with our spirit that we are children of God.

### I AM A CO-HEIR WITH JESUS.

**Romans 8:17** And if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him.

### I AM CHRIST'S AMBASSADOR.

**Acts 1:8** But you shall receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.

### MY BODY IS HIS TEMPLE.



#### **OBSERVATION:** *What is God saying?*

1. From the above verses, describe your true friendship as a Christian with Jesus (from God's viewpoint).

I am secure in Christ for eternity. I am His ambassador and I am a co-heir with Christ.

2. What does it mean to you (very personally)?

A. What does it mean to you to be Jesus' friend? I should treat Him as my best friend.

B. What does it mean to you to be in Jesus' family? \_\_\_\_\_

I should trust Him as my father and love Him with all of my heart.

C. What does it mean to you to be forgiven? I should possess humility and gratitude.

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D. What does it mean to you to be a co-heir of God’s inheritance with Christ (you get the same gift of eternal life that Jesus received)? I should possess awe and gratefulness.

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E: What does it mean to you to have you body as a temple His Spirit indwells (It’s like your body and mind is a church that Jesus lives in)? I shouldn’t put anything in my body or mind that would harm it.

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F. What does it mean to you to be an ambassador (messenger or representative) of Christ’s?  
I should represent Him well at all times.

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G. What does it mean to you to be “sealed in Christ” by the Holy Spirit? (When you accept Jesus into your heart, His Holy Spirit seals Him inside you so He is always there)?  
I am secure and thankful.

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3. What do today’s Bible verses teach you about being “in Christ?”  
*(Personal Answer)*


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 **APPLICATION:** *How do these passages relate to me today? What changes do I need to make in my life?*

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 **LOCKER ROOM:**

How does knowing Jesus keep you from being afraid?

 **MEMORY VERSE:** *Romans 8:1-2*

Therefore, there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and death.

**MY PRAYERS:**

**A** *Adoration:* Father, today I praise You for...

**C** *Confession:* Father, please forgive me for...

**T** *Thanksgiving:* Father, today I’m thankful for...

**S** *Supplication:* Father, the people & things I wish to pray for today are...

### Mark These Key Words:

Prayer

Ask

### Old Testament Viewpoint

*Jeremiah 33:3; Psalms 37:4; 2 Chronicles 7:14; Proverbs 15:8*

**Jeremiah 33:3** Call to me and I will answer you, and I will tell you great and mighty things, which you do not know.

**Psalms 37:4** Delight yourself in the LORD, and He will give you the desires of your heart.

**2 Chronicles 7:14** If My people, who are called by name humble themselves and pray and seek My face and turn from their wicked ways, then will I hear from the heavens, and forgive their sin and heal their land.

**Proverbs 15:8** The sacrifice of the wicked is an abomination to the Lord; but the prayer of the upright is His delight.

### New Testament Viewpoint

*John 14:13-14; Luke 11:5-10*

**John 14:13-14** “Whatever you ask in My name, that will I do, so the Father may be glorified in the Son. If you ask anything in My name, I will do it.

**Luke 11:5-9** Then He said unto them, “Suppose one of you has a friend, and goes to him at midnight and says to him, ‘Friend, lend me three loaves; for a friend of mine has come to me from a journey, and I have nothing to set before him’; and from the inside he answers and says ‘Do not bother me; the door has already been shut and my children are in bed; I cannot get up and give you anything.’ I tell you, even though he will not get up and give him anything because he is his friend, yet because of his persistence he will get up and give him as much as he needs. So I say to you, ask, and it will be given to you; seek, and you shall find; knock, and it will be opened to you.”



### **OBSERVATION:** *What is God saying?*

1. God can do anything He wants to alone! Why does He allow us to participate in His plans with prayer?

A. It draws us closer to Him.

B. It makes us dependent on Him.

2. Why is a strong friendship with God important when you pray to Him?

It ensures that our communication with Him is accurate and that we can pray according to His will.

3. Why does God ask you to pray before He gives you His blessing and gifts?

He will get the glory.

4. Why do many prayers seem like God isn't listening?

God's answer is bigger and more fulfilling than our desires.

5. What does it mean to “delight yourself in the Lord”? (If you like a banana split, you are “delighted” as you eat it. God is a “billion times” more important than a banana split, huh?)

It means to be in love with Him and to trust Him more than anything in the world.




6. Why does Jesus ask you to keep praying continuously about what’s on your heart?

*It draws us closer to Him and makes our relationship with Him essential.*

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 **APPLICATION:** *How do these passages relate to me today? What changes do I need to make in my life?*

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 **LOCKER ROOM:**

What are you praying about lately?

 **MEMORY VERSE:** *Jeremiah 33:3*

Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.

**MY PRAYERS:**

**A** *Adoration:* Father, today I praise You for...

**C** *Confession:* Father, please forgive me for...

**T** *Thanksgiving:* Father, today I’m thankful for...

**S** *Supplication:* Father, the people & things I wish to pray for today are...

Mark These Key Words:

Blessed

## Old Testament Viewpoint

*Psalms 1:1-3*

**Psalms 1:1-3** How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the LORD, and in His law he meditates day and night. And he will be like a tree firmly planted by streams of water, which yields its fruit in its season, and its leaf does not wither; and in whatever he does, he prospers.

## New Testament Viewpoint

*John 14:13-14; Luke 11:5-10*

**Matthew 5:3-9** "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the gentle, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God."



### OBSERVATION: What is God saying?

1. The term "blessing" means to be happy, content, satisfied, and fulfilled. To what five kinds of people does God promise to give His blessings in these passages?

A. Poor in spirit, humble

B. Broken

C. Gentle

D. Merciful

E. Pure in heart

2. Name three bad choices or negative habits that keep God's blessings from you.

A. Pride

B. Self-suffering

C. Impurities (looking at or listening to unholy ideas; movies, music, iPad, etc.)

3. What are your greatest delights in this world? (Things that make you happiest.)

(Personal Answer)

4. What would it look like is you loved God and His Word more than any of those?

There would be ultimate dependency of His ideas and commands.

5. Why is memorizing and meditating (thinking about) on God's Word well worth the time and effort?

It keeps God's thoughts central in your life at all times.

6. Why does God desire the practice of memorizing and meditating on His word in our daily lives?

In order to live according to His laws and so that we will love Him with all of our heart.

7. Describe how meditating on God’s word brings more closeness between you and God.

*It causes me to love Him 24/7/365.*

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8. What Psalms or portion of Scripture could we memorize together?

*(Personal Answer)*

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9. When could we memorize it by? (What date?) *(Personal Answer)*

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 **APPLICATION:** *How do these passages relate to me today? What changes do I need to make in my life?*

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 **LOCKER ROOM:**

How do these Bible Studies make you a better person?

 **MEMORY VERSE:** *Psalms 1:1-2*

How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But delight is in the law of the LORD, and in His law he meditates day and night.

**MY PRAYERS:**

**A** *Adoration:* Father, today I praise You for...

**C** *Confession:* Father, please forgive me for...

**T** *Thanksgiving:* Father, today I’m thankful for...

**S** *Supplication:* Father, the people & things I wish to pray for today are...

# Table of Contents

<b>Letter to Kamper's Parent</b> .....	2
<b>Session 1: Understanding God's Lessons in Animal Pictures</b> .....	3
<b>Session 2: Understanding God's Greatest Commandment</b> .....	5
<b>Session 3: Understanding God's Word Pictures</b> .....	7
<b>Session 4: Understanding Grace</b> .....	9
<b>Session 5: Understanding "Christ-Likeness"</b> .....	11
<b>Session 6: Understanding Giving</b> .....	13
<b>Session 7: Understanding Joy</b> .....	15
<b>Session 8: Understanding Teamwork</b> .....	17
<b>Session 9: Understanding God's Word</b> .....	19
<b>Session 10: Understanding God's Holiness</b> .....	21
<b>Session 11: Understanding God's Sovereignty</b> .....	23
<b>Session 12: Understanding God's Creation</b> .....	25
<b>Session 13: Understanding Sin</b> .....	27
<b>Session 14: Understanding God's Son</b> .....	29
<b>Session 15: Understanding God's Sacrifice</b> .....	31
<b>Session 16: Understanding Salvation</b> .....	33
<b>Session 17: Understanding the Resurrection</b> .....	35
<b>Session 18: Understanding My Position in Christ</b> .....	37
<b>Session 19: Understanding God's Heart on Prayer</b> .....	39
<b>Session 20: Understanding God's Blessings</b> .....	41
<b>Session 21: Understanding Reconciliation</b> .....	43
<b>Session 22: Understanding Fellowship and Accountability</b> .....	45
<b>Session 23: Understanding Trials</b> .....	47
<b>Session 24: Understanding Worship</b> .....	49
<b>Session 25: Understanding What God Wants from You</b> .....	51
<b>Session 26: Understanding Multiplication</b> .....	53

**Dear Kamper's Parent,**

After 90 years of Kanakuk, we have finally put together a solution to our Kampers' greatest need when they go home from Kamp! This "Kamper Group" discipleship Bible study with their Kounselor will go a long way towards keeping the "Kamp High" all year long. To keep the "I'm Third" standard alive and growing in the heart of your child is our highest aim. Below are some quotes from some elementary teachers whose students, ages 8-11, have been using the Bible studies in this book.

*"This Bible study is simply amazing! It really engages the student to think and then respond to what the Scripture is saying. It kept their attention and involved them in the reading of God's Word. I would highly recommend this Bible Study for parents and their young children!"*

**Chrissy Martin, 2nd Grade Teacher**

*"My 3rd grade students loved the Kamper-Kounselor Bible Study! I loved the format of students marking key words right there on the page, and writing short answers to simple questions about each Scripture passage. This format got all the students involved in the lesson. By the end of each lesson, the students were able to "dig deeply" into several scripture applications. I wholeheartedly recommend this study!"*

**Mary Kay Janke, 3rd Grade Teacher**

*"These devotionals have a way of making scripture mingle with life in a way that is insightful and appealing to children of different ages. Through these devotional lessons, my 4th grade students were able to apply the truth of Scripture with real life experiences. Our students still recite the scriptures we studied, and instantly recall the symbols and the teaching from that lesson! Your kids will be edified and encouraged when making this Bible Study a part of their daily lives."*

**Kristen Kelley, 4th Grade Teacher**

Before we started doing this study with Kampers, we heard far too many stories about how kids would leave Kamp and go home and get back into their old self-centered ways of life. Our kids who are doing this weekly study are now growing in their knowledge of the Bible and the standards and behaviors that please God all year long. Thank you for helping your child participate. Your Kamper's Kounselor will call you first to get your permission to involve your Kamper in this group Bible study. We have a free conference line set up for the weekly group call. If your child is not participating in a weekly Kounselor-Kamper study, or if you have any questions, e-mail me (Joe@kanakuk.com) and I'll arrange for his/her involvement.

Sincerely,  
**Joe White**

**Mark These Key Words:**

Resurrection

✝ Jesus

God

**Old Testament Viewpoint***Isaiah 53:4-7, 10; Psalms 22: 16-17***Isaiah 53:4-7; 10** Surely our griefs He Himself bore,

And our sorrows He carried;

Yet we ourselves esteemed Him stricken,  
Smitten of God, and afflicted.

But He was pierced through for our transgressions,

He was crushed for our iniquities;

The chastening for our well-being fell upon Him,

And by His scourging we are healed.

All of us like sheep have gone astray,

Each of us has turned to his own way;

But the LORD has caused the iniquity of us all

To fall on Him.

He was oppressed and He was afflicted,

Yet He did not open His mouth;

Like a lamb that is led to slaughter,

And like a sheep that is silent before its shearers,

So He did not open His mouth.

**10** But the LORD was pleased

To crush Him, putting Him to grief;

If He would render Himself as a guilt offering,

He will see His offspring,

He will prolong His days,

And the good pleasure of the LORD

will prosper in His hand.

**Psalms 22:16-17** For dogs have

surrounded me;

A band of evildoers has encompassed me;

They pierced my hands and my feet.

I can count all my bones.

They look, they stare at me;

**New Testament Viewpoint***1 Corinthians 15:3-6; John 11:25; Mark 16:1-7; John 19:1; John 19:32-34; John 19:39; Matthew 27:65-66***John 19:1** Pilate then took Jesus and scourged Him.**1 Corinthians 15:3-6** For I delivered to you as of first importance what I also received, that Christ died for our sins according to the Scriptures, and that He was buried, and that He was raised on the third day according to the Scriptures, and that He appeared to Cephas, then to the twelve. After that He appeared to more than five hundred brethren at one time, most of whom remain until now, but some have fallen asleep;**John 11:25** Jesus said to her, "I am the resurrection and the life; he who believes in Me will live even if he dies."**Mark 16:1-7** When the Sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome, bought spices, so that they might come and anoint Him. Very early on the first day of the week, they came to the tomb when the sun had risen. They were saying to one another, "Who will roll away the stone for us from the entrance of the tomb?" Looking up, they saw that the stone had been rolled away, although it was extremely large. Entering the tomb, they saw a young man sitting at the right, wearing a white robe; and they were amazed. And he said to them, "Do not be amazed; you are looking for Jesus the Nazarene, who has been crucified. He has risen; He is not here; behold, here is the place where they laid Him. But go, tell His disciples and Peter, "He is going ahead of you to Galilee; there you will see Him, just as He told you."**John 19:32-34** So the soldiers came, and broke the legs of the first man, and of the other who was crucified with Him; but coming to Jesus, when they saw that He was already dead, they did not break His legs. But one of the soldiers pierced His side with a spear, and immediately blood and water came out.**John 19:39** Nicodemus, who had first come to Him by night, also came, bringing a mixture of myrrh and aloes, about a hundred pounds weight.**Matthew 27:65-66** Pilate said to them, "You have a guard; go, make it as secure as you know how." And they went and made the grave secure, and along with the guard they set a seal on the stone.**OBSERVATION: What is God saying?**

1. How does the resurrection of Jesus prove that Jesus is God?

2. In Psalms 22, David prophesies (tells us) that Jesus's hands and feet would be pierced (as with nails on a cross). Psalms 22 was written 800 years before the crucifixion was invented. What does this prophecy tell you about the truth of the Bible?

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3. Why is Jesus' resurrection important to you?

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4. Name five proofs or evidences of the resurrection that make His Resurrection the most credible, provable, actual and historic? How do you know it wasn't "made up" or a fake story?

A. \_\_\_\_\_

D. \_\_\_\_\_

B. \_\_\_\_\_

E. \_\_\_\_\_

C. \_\_\_\_\_

5. Paul makes some very bold claims about Jesus' resurrection in 1 Corinthians 15. What are they and why are they important?

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6. What effect did the resurrection have on the disciples?

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7. What effect does the resurrection have on your faith today?

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 **APPLICATION:** *How do these passages relate to me today? What changes do I need to make in my life?*

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 **LOCKER ROOM:**

If Jesus is alive and lives in you, how does that affect how we act at home or in school?

 **MEMORY VERSE:** *John 11:25*

Jesus said to her, "I am the resurrection and the life; he who believes in Me will live even if he dies."

**MY PRAYERS:**

**A** *Adoration:* Father, today I praise You for...

**C** *Confession:* Father, please forgive me for...

**T** *Thanksgiving:* Father, today I'm thankful for...

**S** *Supplication:* Father, the people & things I wish to pray for today are...

Mark These Key Words:

✝ Jesus      Spirit

## New Testament Viewpoint

### I AM IN CHRIST.

**2 Corinthians 5:17** Therefore if any man is in Christ, he is a new creature; the old things passed away; behold, new things have come.

### CHRIST IN ME.

**Colossians 1:27** To whom God willed to make known what is the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory.

### JESUS IS MY FRIEND.

**John 15:15** “No longer do I call you slaves, for the slave does not know what his master is doing; but I have called you friends, for all things that I have heard from My Father I have made known to you.”

### I AM NOT CONDEMNED!

**Romans 8:1-2** There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.

### I AM A CHILD OF GOD.

**Romans 8:16** The Spirit Himself testifies with our spirit that we are children of God.

### I AM A CO-HEIR WITH JESUS.

**Romans 8:17** And if children, heirs also, heirs of God and fellow heirs with Christ, if indeed we suffer with Him so that we may also be glorified with Him.

### I AM CHRIST’S AMBASSADOR.

**Acts 1:8** But you shall receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth.

### MY BODY IS HIS TEMPLE.



#### **OBSERVATION:** *What is God saying?*

1. From the above verses, describe your true friendship as a Christian with Jesus (from God’s viewpoint).

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2. What does it mean to you (very personally)?

A. What does it mean to you to be Jesus’ friend? \_\_\_\_\_

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B. What does it mean to you to be in Jesus’ family? \_\_\_\_\_

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C. What does it mean to you to be forgiven? \_\_\_\_\_


D. What does it mean to you to be a co-heir of God’s inheritance with Christ (you get the same gift of eternal life that Jesus received)? \_\_\_\_\_

E: What does it mean to you to have you body as a temple His Spirit indwells (It’s like your body and mind is a church that Jesus lives in)? \_\_\_\_\_

F. What does it mean to you to be an ambassador (messenger or representative) of Christ’s? \_\_\_\_\_

G. What does it mean to you to be “sealed in Christ” by the Holy Spirit? (When you accept Jesus into your heart, His Holy Spirit seals Him inside you so He is always there)? \_\_\_\_\_

3. What do today’s Bible verses teach you about being “in Christ?” \_\_\_\_\_

 **APPLICATION:** *How do these passages relate to me today? What changes do I need to make in my life?*

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 **LOCKER ROOM:**

How does knowing Jesus keep you from being afraid?

 **MEMORY VERSE:** *Romans 8:1-2*

Therefore, there is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and death.

**MY PRAYERS:**

**A** *Adoration:* Father, today I praise You for...

**C** *Confession:* Father, please forgive me for...

**T** *Thanksgiving:* Father, today I’m thankful for...

**S** *Supplication:* Father, the people & things I wish to pray for today are...

Mark These Key Words:

Prayer

Ask

## Old Testament Viewpoint

*Jeremiah 33:3; Psalms 37:4; 2 Chronicles 7:14; Proverbs 15:8*  
**Jeremiah 33:3** Call to me and I will answer you, and I will tell you great and mighty things, which you do not know.  
**Psalms 37:4** Delight yourself in the LORD, and He will give you the desires of your heart.  
**2 Chronicles 7:14** If My people, who are called by name humble themselves and pray and seek My face and turn from their wicked ways, then will I hear from the heavens, and forgive their sin and heal their land.  
**Proverbs 15:8** The sacrifice of the wicked is an abomination to the Lord; but the prayer of the upright is His delight.

## New Testament Viewpoint

*John 14:13-14; Luke 11:5-10*  
**John 14:13-14** “Whatever you ask in My name, that will I do, so the Father may be glorified in the Son. If you ask anything in My name, I will do it.  
**Luke 11:5-9** Then He said unto them, “Suppose one of you has a friend, and goes to him at midnight and says to him, ‘Friend, lend me three loaves; for a friend of mine has come to me from a journey, and I have nothing to set before him’; and from the inside he answers and says ‘Do not bother me; the door has already been shut and my children are in bed; I cannot get up and give you anything.’ I tell you, even though he will not get up and give him anything because he is his friend, yet because of his persistence he will get up and give him as much as he needs. So I say to you, ask, and it will be given to you; seek, and you shall find; knock, and it will be opened to you.”

 **OBSERVATION:** *What is God saying?*


- God can do anything He wants to alone! Why does He allow us to participate in His plans with prayer?  
A. \_\_\_\_\_  
B. \_\_\_\_\_
- Why is a strong friendship with God important when you pray to Him?  
\_\_\_\_\_  
\_\_\_\_\_
- Why does God ask you to pray before He gives you His blessing and gifts?  
\_\_\_\_\_  
\_\_\_\_\_
- Why do many prayers seem like God isn't listening?  
\_\_\_\_\_  
\_\_\_\_\_
- What does it mean to “delight yourself in the Lord”? (If you like a banana split, you are “delighted” as you eat it. God is a “billion times” more important than a banana split, huh?)  
\_\_\_\_\_  
\_\_\_\_\_

6. Why does Jesus ask you to keep praying continuously about what’s on your heart?

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 **APPLICATION:** *How do these passages relate to me today? What changes do I need to make in my life?*

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 **LOCKER ROOM:**

What are you praying about lately?

 **MEMORY VERSE:** *Jeremiah 33:3*

Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.

**MY PRAYERS:**

**A** *Adoration:* Father, today I praise You for...

**C** *Confession:* Father, please forgive me for...

**T** *Thanksgiving:* Father, today I’m thankful for...

**S** *Supplication:* Father, the people & things I wish to pray for today are...

Mark These Key Words:

Blessed

### Old Testament Viewpoint

*Psalms 1:1-3*

**Psalms 1:1-3** How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the LORD, and in His law he meditates day and night. And he will be like a tree firmly planted by streams of water, which yields its fruit in its season, and its leaf does not wither; and in whatever he does, he prospers.

### New Testament Viewpoint

*John 14:13-14; Luke 11:5-10*

**Matthew 5:3-9** "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the gentle, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God."



**OBSERVATION: What is God saying?**

1. The term "blessing" means to be happy, content, satisfied, and fulfilled. To what five kinds of people does God promise to give His blessings in these passages?

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_
- D. \_\_\_\_\_
- E. \_\_\_\_\_

2. Name three bad choices or negative habits that keep God's blessings from you.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

3. What are your greatest delights in this world? (Things that make you happiest.)

\_\_\_\_\_

\_\_\_\_\_

4. What would it look like is you loved God and His Word more than any of those?

\_\_\_\_\_

\_\_\_\_\_

5. Why is memorizing and meditating (thinking about) on God's Word well worth the time and effort?

\_\_\_\_\_

\_\_\_\_\_

6. Why does God desire the practice of memorizing and meditating on His word in our daily lives?

\_\_\_\_\_

\_\_\_\_\_

7. Describe how meditating on God’s word brings more closeness between you and God.

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8. What Psalms or portion of Scripture could we memorize together?

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9. When could we memorize it by? (What date?) \_\_\_\_\_

 **APPLICATION:** *How do these passages relate to me today? What changes do I need to make in my life?*

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 **LOCKER ROOM:**

How do these Bible Studies make you a better person?

 **MEMORY VERSE:** *Psalms 1:1-2*

How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But delight is in the law of the LORD, and in His law he meditates day and night.

**MY PRAYERS:**

**A** *Adoration:* Father, today I praise You for...

**C** *Confession:* Father, please forgive me for...

**T** *Thanksgiving:* Father, today I’m thankful for...

**S** *Supplication:* Father, the people & things I wish to pray for today are...

# Character Training



## How to use the Character Training Packs



The Character Training packs are courtesy of Focus on the Family Canada. Each year, your child will be exposed to two to three character traits, many of which are based on Galatians 5:22-24

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. And those who are Christ's have crucified the flesh, with its passions and desires. Galatians 5:22-24

As you will notice in the table of contents provided by Focus on the Family, there are several sections to each of these training packs. The intent of each of the sections is to provide multiple ways to address the overall character trait. It is designed to help the parent prepare themselves to appropriately address a character trait, to engage their child in a way that is consistent with biblical teaching, and then allow the child to learn about and apply this trait to their every day life.

Sand to Stone would like to see the parent(s) work through at least half of these character packs at a minimum, utilizing the different opportunities in each pack to vary the learning experience for both the parent and the child. The main goal is to see your child understands the trait they are exposed to, and that they have developed conviction and an encouraging level of obedience in this area.

When considering completion of this on the "My Completion Record", take into consideration their conviction and obedience as opposed to perfection. After all, none of us have attained perfection in anything.

# Planning card for gentleness

point form

## God's way

I am demonstrating godly character when:

- I speak with gentleness
- I am gentle and kind in my actions

## My way

When I am tempted to:

- speak harshly or unkindly
- treat others roughly

**And God is pleased!**

**I know that I need to go to God for help.**

**This week, we will focus on learning about gentleness by:**

**Date complete:**

**Daily reminders: PRAY! | Speak words of blessing and affirmation | Review memory verse**

**Memory verse:**



# Planning card for gentleness

calendar form

## God's way

I am demonstrating godly character when:

- I speak with gentleness
- I am gentle and kind in my actions

## My way

When I am tempted to:

- speak harshly or unkindly
- treat others roughly

**And God is pleased!**

**I know that I need to go to God for help.**

*This week, we will focus on learning about gentleness by:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Daily reminders:** PRAY! | Speak words of blessing and affirmation | Review memory verse

**Memory verse:**

KIDS *of*  
INTEGRITY

**Gentleness**



Visit a petting zoo, play dress-up, melt chocolate and more! Here are loads of fun ideas that teach gentleness.

Sprinkle some of these activities throughout your week to help your kids:

- understand what gentleness looks like in action
- speak to others with sensitivity, tolerance and compassion
- play with others carefully, without causing harm
- treat belongings with respect.

This lesson also helps address (albeit indirectly) a critical or sarcastic attitude, and biting.

## Lesson contents

Parents' prayer	2
Kids talk with God	3
Speak a blessing	4
Memory verses	4
Kick-off craft	5
Bible stories	5
Creative discipline	8
Hands-on options	9

## Parents' prayer

Whenever we guide our children toward greater integrity, it's like stepping into the spotlight: our own weaknesses are suddenly highlighted and our unabashed youngsters are quick to point them out. As you spend time in private prayer preparing for this lesson on gentleness, use the following prayer to help you fully embrace the opportunity to "tune up" in this area as well.

If you prefer to personalize your prayer, read through the additional verses provided under "Scripture-guided prayer" for direction and inspiration.

### Sample prayer

Abba Father, You tend Your flock like a gentle shepherd, gathering lambs in Your arms and carrying them close to Your heart (Isaiah 40:11). Jesus said, "I am gentle and humble in heart" and offers us rest for our souls (Matthew 11:29). Thank you for being our gentle Father and Master. Our sin is deserving of severe consequences, but You continually restore us with gentle prompting and unending grace.

Lord, I desire to have a gentle spirit, which is of great worth in Your sight (1 Peter 3:4). Please send Your Spirit to shape the inclinations of my heart to be kind and tender. In Your Word it says that if someone is caught in sin, those who are spiritual should restore him gently (Galatians 6:1). So often when I correct my children, it is not with gentleness. I humbly ask You to forgive me for being harsh and acknowledge my need for Your Spirit to live in me. Please remind me often of Your gentle grace and prompt me to offer Your love and forgiveness to others.

Jesus, as parents brought their children to You, so I bring \_\_\_\_\_ and \_\_\_\_\_ before You. Please put Your gentle hands on them and bless them with the presence of the Holy Spirit in their lives, especially in the area of gentleness. It is such an attractive quality in anyone – boys, girls, men and women! I pray that others would be drawn to You because my children share Your love and grace with others.

In the daily grind of life when someone treats \_\_\_\_\_ or \_\_\_\_\_ in a way that bothers

them, I ask that You will remind them that “A gentle answer turns away wrath, but a harsh word stirs up anger” (Proverbs 15:1). At play, when my children interact with other children, help them, be gentle in their speech and actions. Satan is sure to tempt them to use their hands or words to hurt others, to be unforgiving or quick to point out fault in others. Please send Your Holy Spirit to work in my children’s lives, filling their hearts with Your love, prompting them to be gentle, gracious and tolerant with others.

Lord, I pray that our family will be a welcome contrast to the harsh and unforgiving world we live in. Please allow our gentleness to be evident to all whom we have contact with. Let us be gentle because we know You are near (Philippians 4:5). I ask that gentleness, among the other fruits of Your Spirit, will be reflected in our actions and in our communication, letting others know You are Lord of our hearts and our home. Amen.

### **Scripture-guided prayer for parents**

*Pray through one or more of the selected Scriptures under each heading. Focus on listening to God and allowing His Spirit to direct you as you pray.*

#### **Character focus**

Begin by letting God know how much you appreciate His gentleness and grace.

Isaiah 40:11 | Jonah 4:1-2,10-11 | Matthew 11:28-30 | Luke 13:34 | Galatians 5:22-23

#### **Heart search**

Acknowledge where and how you lack gentleness personally.

Proverbs 3:31-32 | Proverbs 15:1 | Galatians 5:24 - 6:1 | Ephesians 4:29-32 | Titus 3:1-2

#### **Gratitude**

Thank God for ways you have seen gentleness exhibited within your family.

#### **Family requests**

Ask God to help you and your family to be gentle in your thoughts and actions.

Luke 11:11-13 | Galatians 5:25 | Colossians 3:12-14 | Philippians 4:5 | James 3:17

## **Kids talk with God**

*Use this section to help your children request God’s help to grow in gentleness. The sample prayers all begin with “Dear God,” however, you may use any other names for God your children are comfortable with (i.e. Jesus, Father God, Lord Jesus, Heavenly Father, Abba Father, Lord). If your children are ready to formulate original prayers, you’ll find helpful verses in the “Scripture-guided prayer for children” section.*

### **Sample prayers**

Dear God, please help me to be a boy/girl who is gentle in the things I say and do. Amen.

Dear God, I need to talk to someone who has done wrong. Please help me to do it in a gentle way. Amen.

Dear God, when I am angry or upset, please help me to be gentle in the things I say and do instead of being harsh or mean. Amen.

Dear God, please tell me if there are ways I could be more gentle. Amen.

Dear God, please send Your Holy Spirit to help me to be gentle. Amen.

Dear God, Jesus was so gentle! Please help me to be like Him. Amen.

Dear God, I have been \_\_\_\_\_ instead of being gentle with my words/hands. Please forgive me and send Your Holy Spirit to help me be gentle. Amen.

### **Scripture-guided prayer for children**

*Read through one of the selected Scriptures under each heading and help your children pray based on the verse you read. Encourage them to listen to God and allow His Spirit to guide them as they pray.*

#### **Character focus**

Begin by telling God that you appreciate His gentleness and grace.

1 Kings 19:10-13 | Jonah 4:2 | Matthew 11:28-29

#### **Heart search**

Acknowledge when and how you are not gentle.

Proverbs 15:1 | 1 Corinthians 13:4-5 | Ephesians 4:29

## Gratitude

Thank God for ways you have been gentle.

## Personal requests

Ask God to help you, your siblings and your parents to be gentle in your thoughts and actions.

Ephesians 4:2 | Colossians 3:12 | Colossians 3:13-14

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## Speak a blessing

*Breaking old, sinful habits is hard work. But your enthusiastic affirmation will help your children find the determination they need to keep striving to be their best. Here are some ideas you can use to compliment your children as they grow in gentleness.*

- I know you are gentle, \_\_\_\_\_. You have such kind and tender hands.
  - I know you are gentle, \_\_\_\_\_, because you use such kind words.
  - \_\_\_\_\_ is a gentle boy/girl.
  - Thank you, \_\_\_\_\_. We all appreciate it when you are gentle.
  - You have gentle hands, just like Jesus!
  - Gentleness is a quality I admire so much.
- 

## Memory verses

*Memorizing Scripture with your children helps God's Spirit bring about lasting change. Choose a verse that your children can learn in a pre-determined period of time. Aim to review the verse at least once every day.*

Psalm 141:3 "Set a guard over my mouth, Oh Lord; keep watch over the door of my lips."

Proverbs 3:31-32 "Do not envy a violent man or choose any of his ways, for the Lord detests a perverse man but takes the upright into his confidence."

Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."

Proverbs 16:24 "Pleasant words are a honeycomb, sweet to the soul and healing to the bones."

Luke 6:31 "Do to others as you would have them do to you."

1 Corinthians 13:5 "[Love] is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."

Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."

Philippians 4:5 "Let your gentleness be evident to all. The Lord is near."

Colossians 3:12-14 "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."

Titus 3:1-2 "Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and to show true humility toward all men."

James 3:17 "But wisdom that comes from heaven is first of all pure; then peace loving, considerate, submissive, full of mercy and good fruit, impartial and sincere."

1 John 3:18 "Dear children, let us not love with words or tongue, but with actions and in truth."

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## Kick-off craft

Just as a quilt is soothing and warm, this project will help your children remember to “wrap” their interactions with others in a warm, gentle attitude. For this kick-off craft, your children will earn one small fabric square for each gentle act. How quickly can your kids complete an entire “quilt”?

### Make a “gentleness quilt”

#### Directions

- 1 Begin by helping each of your children cut a rectangular shape from stiff cardboard. A cereal box works well if you use the neutral grey/brown side.
- 2 Next, help your children draw squares on the cardboard to form a “patchwork quilt.” You can make a more elaborate design if you wish, perhaps including a heart to represent love.
- 3 Write a memory verse of your choice on the cardboard backing.
- 4 Sort through your fabric supply or visit a store to find cloth for your quilt. As you choose materials, ask your children to select those that remind them of gentleness. This will likely be fabrics that are soft or silky. Be sure to have them touch some burlap and other scratchy types of cloth, too, so they can feel the difference. Choose a variety of colours and textures so that they can be arranged in a pattern.
- 5 Next, prepare the small squares of fabric that will be pasted on to the sketch of the quilt. Cut them into the same sizes and shapes that have been drawn on the cardboard.
- 6 To get the quilt started, allow your children to select one cloth square to paste on the cardboard. During the week, when you see your children being gentle, reward them with a square to add to their quilt. Practice saying the memory verse each time a square is added.

#### Other ideas

If you are skilled with a sewing machine, you may want to work with your children to make a real quilt they can keep and use for a doll or a stuffed animal.

## Bible stories

This section provides a collection of stories with the theme of gentleness, along with questions you can use to guide family discussions. Choose one or more stories that are appropriate for your children.

Before reading aloud, take a few minutes to review the story. If the Bible passage is too complex for your children, paraphrase the story yourself or use the summary provided under “key concepts.”

### A harsh king and a gentle king

Read 1 Kings 12:12-17, Zechariah 9:9 and Matthew 11:28-30.

#### Questions for discussion

1. Did Rehoboam sound like nice king?
2. Did the people want to serve him?
3. If you were a king, what kind of king would you be?
4. What kind of a king is Jesus?
5. Can you think of someone whom you just love to be with? Who is it?
6. What is it that makes them nice to be around?
7. What do you think Jesus was like when He lived on earth in a human body? Do you think He would have had a mean voice or a gentle voice? Do you think that He would have had kind and gentle hands?
8. Do you think that He would have liked kids or do you think that He disliked being around kids?
9. When Jesus lived on earth He told the people He was gentle and humble. Why do you think Jesus said this?
10. Have you told Jesus you would like Him to be the king in your life?

#### Key concepts

Rehoboam was a harsh and cruel king. The Israelites, also known as Jews, had become used to living under



the authority of harsh kings or rulers. In fact, at the time that Zechariah lived, the Jewish people had just been released from living in slavery in Babylon and had been allowed to go back to Jerusalem.

Zechariah encouraged the people by telling them that they could look forward to the coming of another king. He told them the coming king would bring salvation, and righteousness. He also said the new king would be gentle and come to them riding on a donkey. He was talking about Jesus.

When Jesus did come, the Jews were still waiting for their “Messiah” or “Saviour.” They were expecting an earthly king, but God sent a heavenly king. Jesus told the people He was gentle and humble and that He would carry their burdens and give them a light “yoke.” He was reminding them that He would not be a harsh and cruel ruler, but a kind and gentle leader. Jesus came to save the Jewish people from their sins and He came to do that for us, too.

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### **A gentle shepherd**

Read Psalm 23:1-3, Isaiah 40:11 and Hebrews 12:1-11.

### **Questions for discussion**

1. How do shepherds care for their sheep?
2. If a sheep wanted to stand in the middle of the road where it might get hit by a truck, what do you think the shepherd would do?
3. Where do shepherds take their sheep?
4. What kind of shepherd does the Bible say Jesus is?
5. Why do you think a shepherd would discipline a sheep that always wandered off?
6. How does Jesus lead us?
7. What kinds of things do your parents have you do that are “good for you,” but not necessarily enjoyable?

### **Key concepts**

The Bible compares Jesus to a shepherd. The description in Isaiah refers to Him as leading gently

and carrying lambs close to His heart. He is a loving shepherd. Psalm 23 describes how shepherds take their sheep to green pastures where there are quiet waters. It also says that Jesus guides the sheep, meaning us, in “paths of righteousness.” This means that when we follow Jesus, He will lead us to do what is right.

God gives children parents for the same reason that sheep need shepherds. As a shepherd guides sheep to safe places to eat and drink, parents guide their children in life and in following God in righteousness. Children may not enjoy eating vegetables or obeying all of the rules their parents give them, but these things are for their benefit. Ultimately, God is our Heavenly Father who cares for parents and children, and disciplines everyone as He sees best. As sheep trust their shepherds, we can completely trust God.

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### **Jesus is gentle**

Read John 8:1-11 and Galatians 6:1.

### **Questions for discussion**

1. What was the punishment for someone who was caught in adultery? (*You might want to explain the woman’s adultery as “giving her heart to another man, even though she already had a husband.”*)
2. Why did the Pharisees bring the woman to Jesus?
3. What did Jesus say and do?
4. Was this a gentle or harsh way to point out to her that she had sinned?
5. Would she have learned to love Jesus if He had thrown stones at her?
6. What did Jesus tell the woman to do?
7. What are we to do when we “catch” other people sinning?

### **Key concepts**

The Old Testament law said that a man or woman who gave their love and attention to someone who was not their wife or husband should be stoned to

death. The Pharisees brought the woman to Jesus who had sinned in this way. They wanted to try and trap Jesus so they would have a reason to accuse Him of wrongdoing. Instead of telling them to stone her, Jesus began writing on the ground. Then Jesus said, "If any one of you is without sin, let him be the first to throw a stone at her" (John 8:7).

People began to leave, one by one. Finally, only Jesus and the woman were left. Jesus didn't throw any stones at her, but He did tell her to leave her life of sin. We can follow Jesus' example by gently correcting those who do wrong and offering them forgiveness.

### **Gentleness is contagious**

Read Ephesians 4:2-3, Proverbs 22:24-25 and Luke 6:31.

#### **Questions for discussion**

1. How would you describe a peaceful home?
2. When someone corrects you harshly, how do you feel?
3. Can you think of ways that children boss each other around?
4. How do you feel when someone tattles every time that you do something wrong?
5. How do most people act when other people are harsh with them?
6. Can you think of someone who is gentle?
7. How do most people act when other people are gentle and kind to them?

#### **Key concepts**

We often begin to treat others the same way that they treat us. The Bible says we are not to make friends with a hot-tempered person or we will learn to act like them. It also says we are not to envy a violent man or choose to act like him because God is not happy when people are violent.

God's basic instructions on how to treat people are found in the Bible. Jesus tells us we are to love others

as we love ourselves and we are to treat others the way you would like to be treated (Matthew 22:39, Luke 6:31). It is much more pleasant to be with friends and family members who are gentle and gracious than those who are harsh and unforgiving.

### **Salty owies**

Read Colossians 3:12, Proverbs 16:21 and Ephesians 4:15-16.

#### **Questions for discussion**

1. Would you prefer to eat a spoonful of sugar or a spoonful of salt?
2. What does it feel like when you get salt on a cut or a scratch?
3. How does it feel when you have done something wrong and someone corrects you harshly?
4. How does the Bible say we should speak to each other?
5. Is it easy to be gentle and loving to others all of the time?
6. Who can help us?

#### **Key concepts**

When we correct people harshly, it can make them feel worse than they already do, just like it stings when you get salt in a cut. When a person has done something wrong, they usually know it. It makes that person feel bad when another person corrects them aggressively, instead of gently.

The Bible says that we are to correct those who are caught sinning gently and to speak the truth in love. We can do this by praying before we talk to people about their wrongdoing. When we have God's love in our hearts, we will find it easier to be gentle, kind, patient and humble when we talk to those who have hurt us or done wrong.

*Have your children pray a prayer from the **kids talk with God** section, or have them come up with their own prayers requesting the Holy Spirit's help in developing a gentle attitude.*



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## Gentle words are “God’s bandages”

Read Proverbs 15:1, Proverbs 16:24 and Proverbs 12:18.

### Questions for discussion

1. What are some examples of how people speak harshly to you?
2. When someone speaks to you unkindly, how do you feel?
3. What does the Bible say about people who speak angrily?
4. How does the Bible say you should respond to those who speak in anger?
5. How do you imagine it would feel if you were pierced with a sword?
6. What are reckless words?
7. How does God want us to talk to each other?
8. How can words be like adhesive bandages?

### Key concepts

*Use your discussion time to talk respectfully about people who have spoken harshly to your children. Possible examples include children who speak unkindly during playtime and neighbours who yell at children. Emphasize the following ideas during your discussion:*

The Bible tells us that we accomplish more by responding to those who are cruel or angry with gentleness. When people lash out and say hurtful things, it is often because they have pain in their hearts. God wants us to be people who say kind things that will help “heal” the hurt in others. Kind words are like “God’s bandages” for people who have “bleeding hearts.”

- Pray with your children and ask God to help all of you show His love to hurting people by speaking words of encouragement.

*Note: The “take 1; take 2; take 3!” exercise in the hands-on options section is a good complement to this discussion.*

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## Creative discipline

*Your loving correction does not represent a “failure” – it’s essential to the learning process. Use these ideas to help your children recognize situations that call for greater gentleness.*

### Biblical basis

This discipline is based on the concept of “working off a debt” as described in Exodus 21:18-19. In the law given in this passage, if a man injured another man, he was required to pay the injured man for his lost time. If the injured man could not return to work, the man who injured him was required to pay his wages until he was healed.

### Suggested disciplinary action

You can put this Old Testament version of workers’ compensation into action in your home! Here’s how. When one of your children hurts a sibling physically or emotionally, explain that you will lose work time while you are comforting and caring for the injured child. Therefore, the disciplinary action will involve helping you to catch up with the work that he/she has caused you to get behind on.

The choice of “work” is up to your discretion. Appropriate tasks may be folding clothes, tidying away toys, vacuuming, clearing dishes, taking out or collecting garbage, or washing walls and windows. (Although you may actually “waste” even more time while supervising this “work,” it is worth it.)

When you think the child has “worked” long enough, say something like, “I think you have helped me catch up on the work that I didn’t get to because I was attending to your brother/sister. Let’s pray together, then you can go back to playing.”

### Affirmation

Reassure your child that you believe that they will soon be an expert at showing real love, according to 1 John 3:18, which states: “Dear children, let us not love with words or tongue but with actions and in truth.” Pray with your child, using a **kids talk with God** sample prayer.

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## Hands-on options

Since most of these suggestions require minimal preparation, try them in the car, at the park or wherever you happen to be – reinforcing the idea that gentleness is important whenever and wherever we are.

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### Take one; take two; take three!

*drama / role play*

Role-playing is fun and can enrich your children's learning experience. To practice what you have learned about gentleness, create scenarios featuring people speaking harshly to your children. Scenarios that may be familiar to your children might include a grouchy neighbour who sometimes yells at your kids to get off the grass, a bully who breaks a sandcastle or a name caller.

Have your children practice responding to these "attacks" with gentle answers. Try different "takes" acting out what might happen if the child responds inappropriately. In "take one," for example, your child might respond to an attack with anger. Then, in "take two," they could show a gentle and calm response.

Have your children watch their own expressions in a hand-held mirror, or record your session with a movie camera for even more entertainment.

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### Take your crew to a petting zoo

*physical activity*

A great way to practice gentleness is to visit a petting zoo or a pet store where you can practice "hands on" gentleness. Prior to touching the animals, explain that animals are like people in that they don't like to be around people who are loud, aggressive or mean. Ask your children to observe the way animals respond when they are handled gently. Refer to Proverbs 12:10 (below) and explain that every animal needs to be treated with gentleness.

#### Questions for discussion

- Did the animals like you?
- Did any of them seem scared?
- Why do you think that the \_\_\_\_\_ enjoyed being petted?

- What did the fur feel like?
- Which fruit of the Spirit does soft fur remind you of?

#### Relevant Scripture

Proverbs 12:10 "A righteous man cares for the needs of his animal, but even the kindest acts of the wicked are cruel."

Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

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### Mr. North Wind

*any time*

To reinforce your lessons on gentleness, ask your children to close their eyes and use their imaginations as you describe two contrasting weather situations. Here are some sample descriptions:

*Think of the coldest winter day you can imagine. The wind is blowing hard, carrying sharp ice crystals and snowflakes that sting as they cut into your cheeks. Now think of a mild, spring day. The sun is shining. There is just a gentle breeze blowing, barely strong enough to lift your hair. It touches your face softly.*

#### Questions for discussion

- What does it feel like to be outside on a stormy winter day?
- What does it feel like to be outside on a warm summer day?
- How are people like harsh winter days?
- How are people like warm spring days?
- What kind of person would you like to have for a friend or family member?
- What kind of person would you like to be?

## **A gentleness story personalized**

*drive time*

While you're driving, or during a quiet moment at home, tell a story that emphasizes the value of treating others gently. Use the plot below, or invent a similar one of your own. Feature a character and a special stuffed animal your children will relate to.

*When Jordan's grandma returned from a holiday in Texas, she brought him a special stuffed animal – one that resembled a wolf. Jordan had never seen such a wonderful stuffie. He loved wolves, and although he had other toy animals, Jordan had never had one that looked like a wolf.*

*Jordan named his new stuffie "Wolfie." He took Wolfie to bed with him every night and felt safe when he cuddled Wolfie.*

*At first, Jordan was gentle with Wolfie, but soon he started treating his new stuffie roughly. If his mom or dad did not read him an extra bedtime story, or if he had to go to bed early, he would throw Wolfie to the floor. "Don't do that," Jordan's parents cautioned, "or Wolfie will get hurt." But Jordan didn't listen. Sometimes, when he was feeling frustrated, Jordan would even punch or hit Wolfie.*

*One day, Jordan had a fight with his sister. While he was still feeling very angry, he went to his room and kicked Wolfie against the wall. But as Wolfie fell to the floor, Jordan noticed a large tear in Wolfie's side. Wolfie's stuffing was even starting to fall out.*

*Jordan called, "Mommy, I've hurt Wolfie! Come quickly!" Jordan's mother came running. When she got to his room, she found Jordan holding Wolfie and crying. She hugged Jordan and said that she would help him try to fix Wolfie.*

*Together they picked up the stuffing and pushed it back into the large hole in Wolfie's side. Wolfie looked a little better, but he was still lumpy and torn. Jordan's mom got out her sewing machine and did her best to fix the tear.*

*When she was done, Wolfie looked like himself again, but he had a large scar down his side where*

*Jordan had kicked him. Although the hole had been fixed, it was still obvious that the fabric had once been torn.*

*Jordan loved Wolfie as much as ever and took care to be gentle with Wolfie. Every day, when he saw the scar on his special stuffie's side, he remembered how important it was to be gentle with his toys and his friends. He didn't want to cause anymore scars.*

The essential truth you'll want to share with your children is that toys can be repaired or replaced, but when we hurt people, we can't fix the hurt as easily. When we hurt others through using unkind words or rough actions, we can't see the pain we have caused in a person's heart.

### **Questions for discussion**

- Do you ever hit stuffed toys?
- Are you ever rough with your toys?
- Have you ever hit a person?
- Did you know that hitting can really hurt people and toys?
- Do you ever speak unkindly to your toys?
- Do you ever say mean things to your friends or brothers and sisters?
- How do you think God wants us to treat each other?

### **Relevant Scripture**

Colossians 3:12-14 "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."

### **Sweets for the sweet**

*fun with food*

To celebrate what your child has learned about gentleness in speech, surprise your children with

small candies or other sweet treats when they speak gently. Double the reward if they have responded with gentleness to harsh words or someone's negative attitude.

### Relevant Scripture

Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."

Proverbs 16:24 "Pleasant words are a honeycomb, sweet to the soul and healing to the bones."

### Dressing up in God's clothes

*drama / role play*

Begin by reading through Colossians 3:12, Galatians 5:22-23 and/or Ephesians 4:2 (see below).

Next, open your closet or dress-up box, and with the help of your children, select items to represent the character traits God says we are to clothe ourselves with: compassion, kindness, humility, gentleness, self-control, joy, goodness, peace, love and faithfulness. Scarves and accessories work well as you can combine them to make an "outfit."

As you have fun dressing up in "God's clothes," role-play various life situations where you respond according to the character traits you are wearing. Example scenarios could include:

- a family running late for an appointment,
- two children wanting to play with the same toy,
- a parent correcting a child who is blowing through a straw and making a mess,
- a child who is teasing another child.

### Relevant Scripture

Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

Ephesians 4:2 "Be completely humble and gentle; be patient, bearing with one another in love."

Colossians 3:12-14 "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."

### Tone and expression matter

*drive time or any time*

This game works well while driving in the car. Speak a phrase and have your kids tell you if your tone is harsh or gentle. For example, say "Please stop doing that," in a variety of ways. Let your kids give you feedback on whether or not they would like to be spoken to that way.

Let the game lead into a discussion about tone of voice and how people are more willing to listen when we speak gently.

### Questions for discussion

Use the following questions to help your children think about they should aim to speak to others:

- How would you like me to ask you to put away your toys?
- How should a parent tell a child that it is time to go home when the child is having fun visiting at a friend's house?
- What should you say when you want a treat and I don't give you one?

### Relevant Scripture

Proverbs 16:24 "Pleasant words are a honeycomb, sweet to the soul and healing to the bones."

Proverbs 16:21 "The wise in heart are called discerning, and pleasant words promote instruction."

### Gentle heating

*science with a twist*

In this lesson, kids will change solids to liquids to learn about the importance of allowing God to shape a gentle attitude in their heart.

You will need solid chocolate, a teaspoon of salt, aluminum foil, scissors, a desk lamp and a stir stick such as a wooden skewer or a drinking straw.

## Directions

- 1 Cut two squares of tin foil approximately 10 cm wide. Fold the edges up on all sides, pinching the corners to make two small square dishes.
- 2 Put some chocolate into one foil dish; put the salt into the other dish.
- 3 As the adult supervising the experiment, you need to adjust the lamp until it is about 2 cm above the boxes. Turn the lamp on.
- 4 While you are watching and waiting, tell a story about gentleness or review a story from the **Bible stories** section of this lesson. After five minutes, turn the lamp off and put it aside so no one will accidentally get burned.
- 5 Use the stir stick to see if there have been any changes in the substances. As you stir the chocolate, mould it into a heart shape. Try to do the same with the salt.
- 6 Tell your children that after it has cooled, they can taste your experiment. As the substances cool, read Zechariah 7:11-12, Hebrews 3:7-10 and Luke 6:45 (see below).
- 7 Prior to sampling the substances, explain to your children that when we refuse to allow God to soften our hearts and put His love in them, we are like the salt that was not changed by God's Holy Spirit (represented by the lamp). But when we listen to God's directions in the Bible and allow Him to put His love in our hearts, we are like the chocolate. God softens our hearts with His love, and we are kind and gentle with our words and actions.
- 8 Sample the substances, then pray, asking God to send His Holy Spirit to put His love in your hearts and to help you to speak with words that are sweet like the chocolate.

## Relevant Scripture

Zechariah 7:11-12 “But they refused to pay attention; stubbornly they turned their backs and stopped up their ears. They made their hearts as hard as flint and would not listen to the law or to the words that the Lord Almighty had sent by His Spirit through the earlier prophets. So the Lord Almighty was very angry.”

Hebrews 3:7-10 “So, as the Holy Spirit says: ‘Today, if you hear His voice, do not harden your hearts as you did in the rebellion, during the time of testing in the desert, where your fathers tested and tried Me and for forty years saw what I did. That is why I was angry with that generation, and I said, “Their hearts are always going astray, and they have not known My ways.”’ ”

Luke 6:45 “The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.”

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## Warm fuzzies and cold pricklies scavenger hunt

### getting into nature

Going outside for a walk is even more fun when you're searching for “warm fuzzies” and “cold pricklies”! Warm fuzzies are items that might be lifted by a very gentle breeze, such as dandelion fluff, small seeds and feathers. Have your children collect some examples and put them in a zippered plastic bag marked “warm fuzzies.” In another bag, marked “cold pricklies,” gather collected items that only a strong wind could move, such as sticks and small rocks.

After the objects have been collected, have your children sit down on a blanket, or take your items indoors. Let your children take turns picking out an object and deciding what kind of words or actions would go along with each object – gentle and kind, or cruel and harsh. For example, a child might take out some dandelion fluff and say, “This dandelion fluff reminds me of a hug.” Someone else might take out a rock and say, this reminds me of someone saying, “I really wish you weren't my brother.”



After everyone has had a chance to share their ideas, the objects can be put into a bowl to serve as a “warm fuzzies and cold pricklies centrepiece” for the kitchen table.

Summarize the lesson by explaining that when we are gentle in our words and actions, we are less likely to hurt others and much more pleasant for others to be around.

Read the verses below and pray together, asking God to fill your home with warm fuzzies instead of cold pricklies. Later, if you notice your son or daughter using harsh words or actions, ask him/her if he/she is throwing rocks or pussy willows, or similar items collected on your scavenger hunt.

### **Relevant Scripture**

Psalm 19:14 “May the words of my mouth and the meditation of my heart be pleasing in Your sight, O Lord, my Rock and my Redeemer.”

1 Thessalonians 5:11 “Therefore encourage one another and build each other up, just as in fact you are doing.”

Proverbs 3:31-32 “Do not envy a violent man or choose any of his ways, for the Lord detests a perverse man, but takes the upright into His confidence.”

*Note: The original story that introduced the now popular terms “warm fuzzies” and “cold pricklies” was written by Claude Steiner. Before reading this story to your children, however, be aware that it does involve a wicked witch.*

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### **Recommended resources**

For a list of children’s stories that reinforce the theme of this lesson, consult the home page for the **gentleness** lesson at [Kidsofintegrity.com](http://Kidsofintegrity.com).

# Planning card for gentleness

point form

## God's way

I am demonstrating godly character when:

- I speak with gentleness
- I am gentle and kind in my actions

## My way

When I am tempted to:

- speak harshly or unkindly
- treat others roughly

**And God is pleased!**

**I know that I need to go to God for help.**

**This week, we will focus on learning about gentleness by:**

**Date complete:**

**Daily reminders: PRAY! | Speak words of blessing and affirmation | Review memory verse**

**Memory verse:**

# Planning card for gentleness

calendar form

## God's way

I am demonstrating godly character when:

- I speak with gentleness
- I am gentle and kind in my actions

## My way

When I am tempted to:

- speak harshly or unkindly
- treat others roughly

**And God is pleased!**

**I know that I need to go to God for help.**

*This week, we will focus on learning about gentleness by:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Daily reminders: PRAY! | Speak words of blessing and affirmation | Review memory verse**

**Memory verse:**



# Planning card for perseverance

point form

## God's way

I am demonstrating godly character when:

- I persevere
- I try instead of giving up
- I try even though something is hard

## My way

When I am tempted to:

- give up easily when things are hard
- be lazy or take the easy way out
- refuse to try if something seems hard

**And God is pleased!**

**I know that I need to go to God for help.**

**This week, we will focus on learning about perseverance by:**

**Date complete:**

**Daily reminders: PRAY! | Speak words of blessing and affirmation | Review memory verse**

**Memory verse:**

# Planning card for perseverance

calendar form

## God's way

I am demonstrating godly character when:

- I persevere
- I try instead of giving up
- I try even though something is hard

## My way

When I am tempted to:

- give up easily when things are hard
- be lazy or take the easy way out
- refuse to try if something seems hard

**And God is pleased!**

**I know that I need to go to God for help.**

*This week, we will focus on learning about perseverance by:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Daily reminders: PRAY! | Speak words of blessing and affirmation | Review memory verse**

**Memory verse:**

# KIDS *of* INTEGRITY

## *Perseverance*



**Watch your favourite sports team at practice, test your focus on a balance beam or go on a unique hike. Review these and lots more ideas that make studying perseverance a blast!**

Select from a whole caboodle of ideas that encourage kids to:

- be self-disciplined “finishers” who see a task through
- deal constructively with discouragement
- stay faithful to God, persist in prayer and resist temptation.

This lesson also helps curb laziness, lack of motivation, and a tendency to quit when faced with challenges.

## Lesson contents

Parents' prayer	2
Kids talk with God	3
Speak a blessing	4
Memory verses	4
Kick-off craft	5
Bible stories	5
Creative discipline	8
Hands-on options	9

## Parents' prayer

As you prepare to teach your children the importance of determination and tenacity, first commit your efforts to the Lord, trusting Him to be faithful to complete the work that you are beginning today. Use the sample prayer provided below, or formulate your own prayer using the Bible verses provided under “Scripture-guided prayer for parents.”

### Sample prayer

Lord God, Creator and Sustainer of All Things, You are the everlasting God, the Creator of the ends of the earth. You will not grow tired and weary, and Your understanding no one can fathom. You give strength to the weary and increase the power of the weak (Isaiah 40:28-29). When I am weary and burdened, I can come to You, learn from You and find rest for my soul. The yoke You offer me is easy and the burden light (Matthew 11:29-30). You give me life and breath and everything else, and in You I live and move and have my being (Acts 17:25,28). Thank you for these incredible words of encouragement

There are many days when my reserves run low and I am near the point of exhaustion. Thank you for sustaining me physically and spiritually. As I crave water and food for physical well being, I long to dwell closely with You so that my spirit may also be fully refreshed. In Your Word I read that without You I can do nothing. My desire is to remain in You and have You remain in me so that I can bear much fruit (John 15:5). Today, I lift up my eyes to the hills asking, “Where does my help come from?” My help comes from the Lord, the Maker of heaven and earth. You promise to keep me from harm and to watch over my coming and going, both now and forever more (Psalm 121). Thank you for this assurance of Your constant presence and practical assistance.

My prayer for \_\_\_\_\_ and \_\_\_\_\_ is that they will learn early in life that when they rely on You, troubles in life are so much less overwhelming. As my children follow You, may they persevere, depending on the resources You have given them – Your Holy Spirit, Your Word, prayer and other Christians – rather than attempting to succeed in their own strength. I pray that faith, goodness, self-control, perseverance, godliness, brotherly kindness

and love may be developed in their lives so they will be kept from being ineffective and unproductive in serving You (2 Peter 2:5-8).

There will be difficult times ahead in my children's walk with You. Please remind them to lean into Your loving arms when they have trials and suffering, when they feel temptation arise or when they feel discouraged. I ask that my children will learn to rejoice in their sufferings and persevere in times of trouble with confidence, knowing You allow them for their own good so that they may be mature, not lacking in anything (Romans 5: 3-5, James 1:2 4). May my children accept Your discipline so that a harvest of righteousness and peace may result in their lives. Help me not to attempt to stop or remove any of the challenges You send to them for the purpose of their spiritual growth.

Jesus said, "I have brought You glory on earth by completing the work You gave Me to do" (John 17:4). My prayer for our family is that we would persist in doing good, finishing the jobs You give us to do (Romans 2:6-7). May we serve You as Daniel did, persevering in following You despite persecution (Daniel 6). Amen.

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### **Scripture-guided prayer for parents**

*Read and pray through one or more of the selected scriptures under each heading. Focus on listening to God and allowing His Spirit to direct you as you pray.*

#### **Character focus**

Begin by letting God know how much you appreciate the way He sustains and strengthens you.

Psalm 23 | Isaiah 40:28-31 | Isaiah 46:3-4 |  
Matthew 11:28-30 | Acts 17:24-28

#### **Heart search**

Acknowledge when and how you lack perseverance.

Proverbs 13:4 | 2 Corinthians 12:7-10 | Galatians 6:7-9  
| Hebrews 12:1-3 | James 1:2-8

#### **Gratitude**

Thank God for ways you have seen perseverance exhibited in your family.

### **Family requests**

Ask God to help you and your family to persevere during challenging times and in doing His will.

John 15:5-8 | Romans 5:3-4 | Galatians 6:9-10 |  
Hebrews 4:14-16 | 2 Peter 1:5-8

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### **Kids talk with God**

*Help your children begin a habit of sharing their trials and triumphs with the Lord. Choose from the sample prayers below, or encourage older children to compose original prayers based on the verses listed under "Scripture-guided prayer for children."*

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#### **Sample prayers**

Dear God, I know following You can be hard, like a really long race. Please help me to persevere even when it is hard to obey You. Amen.

Dear God, help me to welcome challenges in my life. Please give me the strength to persevere in them. Amen.

Dear God, thank you that through hard times, You help us grow. Amen.

Dear God, when I am feeling weak, tired or discouraged, please help me to remember to depend on You. Amen.

Dear God, sometimes it seems easier to be lazy than hard-working. When I am tempted to slack off in my work, please help me to remember that You gave me a spirit of self-discipline (2 Timothy 1:7). Amen.

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### **Scripture-guided prayer for children**

*Read through one of the selected scriptures under each heading and help your children pray based on the verse you read. Encourage them to listen to God and allow His Spirit to guide them as they pray.*

#### **Character focus**

Thank God for sharing His strength with you.

Psalm 23:1-3 | Isaiah 40:28-29 | Matthew 11:28

#### **Heart search**

Acknowledge when and how you are tempted to give up.

Proverbs 13:4 | Galatians 6:9 | Hebrews 12:1

## Gratitude

Thank God for ways you have persevered.

## Personal requests

Ask God to help you, your siblings and parents to persevere during challenges and in righteousness.

Isaiah 40:30-31 | John 15:5 | 2 Timothy 1:7

## Speak a blessing

*Remember how excited you were when you witnessed each of your children take their very first steps on their own? They need you to cheer them on now, too, as they take determined steps toward “walking in righteousness.” Encourage your kids with some of these comments.*

- Awesome job, \_\_\_\_\_! You are persisting in doing good!
- I know \_\_\_\_\_ perseveres even when things are tough.
- \_\_\_\_\_ is such a determined girl/boy.
- With God’s help, you can do it!
- It makes us feel so good to work hard and finish a big job.
- I admire your self-discipline, preserving through \_\_\_\_\_ (name the situation).
- You’ll be proud of yourself when you finish \_\_\_\_\_.
- Keep at it, \_\_\_\_\_. I know it is hard, but I know you can do it.
- \_\_\_\_\_, you’re as persistent as a Daniel/Noah/Elijah. You just won’t give up!

## Memory verses

*Choose one of the memory verses below to learn during your study on perseverance.*

Isaiah 40:28-29 “Do you not know? Have you not heard? The Lord is the everlasting God, the Creator

of the ends of the earth. He will not grow tired and weary, and His understanding no one can fathom. He gives strength to the weary and increases the power of the weak.”

Proverbs 13:4 “The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied.”

Romans 5:3-4 “Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.”

Romans 2:6-7 “God ‘will give to each person according to what he has done.’ To those who by persistence in doing good seek glory, honor and immortality, He will give eternal life.”

1 Corinthians 13:7 “[Love] always protects, always trusts, always hopes, always perseveres.”

Galatians 6:9 “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”

Philippians 4:13 “I can do everything through Him who gives me strength.”

2 Timothy 1:7 “For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.”

Hebrews 12:1 “. . . Let us run with perseverance the race marked out for us.”

Hebrews 12:1 “Therefore since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”

Hebrews 12:3 “Consider Him who endured such opposition from sinful men, so that you will not grow weary and lose heart.”

James 1:2-4 “Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so

that you may be mature and complete, not lacking anything.”

James 1:12 “Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love Him.”

2 Peter 1:5-8 “For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

## Kick-off craft

*Chart your progress! This activity will help your kids see how much stronger they become when they persevere!*

### Perseverance chart

#### Directions

- 1 Begin by making a chart or poster, listing each day of the week. Include a memory verse of your choice on the chart as well.
- 2 Find an appropriate set of weights for your children, such as two soup cans. On the first day, have your children attempt to lift the weights 10-25 times, or as many times as they can without straining their muscles. Have them start with their arms hanging down at their sides while holding a weight in each hand. Then direct them to lift their arms up to shoulder height, forming a “T” shape with their body.

Each day, have them repeat the task and record the results. At the end of the week they should be able to lift the weights more often, and much more easily, than at the beginning of the week.

Combine this “exercise time” with memorizing your selected memory verse. For added motivation, add stickers or stars to your chart for successful completion of the task.

## Other ideas

Instead of lifting weights, select any activity that will lend itself to measurable progression. This could be sit-ups, push-ups, jogging or even learning a skill that is challenging for your children.

## Bible stories

*God’s Word makes it clear that He is pleased when we are determined to obey Him. Choose one or more of these stories about perseverance to share with your children. The accompanying questions will help your children internalize the truths from the passage.*

*If the Bible passage is too complex for your kids, paraphrase the story yourself or use the summary provided under “key concepts.”*

### Life is a like a long race

Read Hebrews 12:1-11.

#### Questions for discussion

1. Have you ever run/biked/swum in a long race? If so, what was it like? How did you feel at the end?
2. Were there spectators?
3. What pushed you to finish, even though you were tired?
4. In Hebrews 12:1-2, what is living the Christian life compared to?
5. What would it be like to run a race wearing a heavy backpack? Or trying to race with your legs tangled in a rope?
6. What could “hinder” us from honouring God with our lives?
7. What do elite athletes do to help them perform their best?
8. What does the Bible suggest that we focus on to help us with our goal of living the Christian life to honour God?



9. Why might God allow difficult things to happen to us in our lives?
  10. What kind of discipline do you receive from your parents?
  11. When we are disciplined by God, what are we to do?
  12. What does God's discipline produce in our lives?
5. Which "weeds" does God want to remove from our lives? *For some ideas, have your children list the opposite of each fruit of the Spirit.*
  6. In order to persevere in "weeding out" sin, what can we do?
  7. *Read Hebrews 10:24-25,36, Romans 2:6-7, and 1 Thessalonians 4:16-18.* What kind of reward does God promise for those who persevere?

### **Key concepts**

Elite athletes are very disciplined in their training, enduring strenuous practice routines, because they are focused on the goal of succeeding in their chosen sport. The Bible compares living the Christian life to running a race.

Just as running a race wearing a heavy backpack would slow a runner down, so sin gets in the way of our ability to live our lives in a way that honours God. Sin consumes our time and energy and takes our focus off God, slowing us down in our life race.

The Bible tells us that God does allow life to get difficult at times so we can be made holy. Even though God's discipline is painful, it produces righteousness and peace. Just as elite athletes push themselves to endure pain during a race by focusing on pre planned thoughts and goals, we are to rely on Jesus for encouragement and strength when we are running our life race.

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### **Persevering in following God**

#### **Questions for discussion**

1. When a gardener is tending his/her garden, what do you see him/her doing?
2. What does a gardener do when they find a weed?
3. Have you ever pulled weeds in a garden? Was it hard or easy? Did you keep working, even when you found it hard to pull the weeds?
4. *Read Galatians 5:22-23 and Hebrews 6:7-12.* What kind of crop do you think God wants to see in our lives?

### **Key concepts**

Just as a gardener works hard to keep their garden free from weeds, God wants us to work hard at weeding the sin out of our lives. The "weeds" God wants to remove from our lives are the negative opposites of the fruit of the Spirit. For example hate (the opposite of love), complaining and dissatisfaction (versus joy), fighting and quarrelling (versus peace), impatience (v. patience), unkindness (v. kindness), unfaithfulness (v. faithfulness), harsh words and actions (v. gentleness), and temper tantrums and losing control of words, actions and emotions (v. self-control).

To get rid of this sin, we need to ask God to clean it out of us by the power of His Holy Spirit. We can also find encouragement through meeting with other Christians and asking God for strength and wisdom (James 1:4-6, Isaiah 40:29).

God promises eternal life with Him in heaven for His followers. God's followers are those who believe that Jesus is the Son of God and believe that through His death and resurrection, they have received forgiveness for their sins.

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### **Persevering in prayer**

Read Luke 18:1-8 and Jeremiah 9:23-24.

#### **Questions for discussion**

1. If you really want something from your parents, what do you do?
2. What did the widow do?
3. What was she asking for?
4. Why did the judge grant her request?



5. Is it okay with God if we ask for the same thing over and over again?
6. Do you think God would answer any prayer just because you asked over and over?
7. What kind of prayers do you think God likes to answer?

### **Key concepts**

Usually when children really want something from their parents, they keep asking and asking over and over again. Similarly, in this story, a widow went to see a judge every day, asking him to grant her justice against someone who had treated her unfairly.

The judge did not fear God, nor care for men, yet he granted the widow's request because he did not want her coming back day after day. God does care for His people and He will bring about justice for those who ask. God delights in kindness, justice and righteousness.

### **A persistent builder**

Read Genesis 6:5-22.

### **Questions for discussion**

1. What is the biggest project that you have built out of Lego®, wooden blocks or something else?
2. How long did it take?
3. How long do you think it took Noah to build an ark that was 450 feet long? *(If you have time, visit a soccer or football field. Walk around the perimeter to give your children an idea just how big the ark was.)*
4. What would have happened if Noah had given up and left the ark half built?
5. Has God ever given you a hard job?

### **Key concepts**

God gave Noah a pretty big job; God asked him to build a huge boat. Even though he didn't live near a lake or ocean, Noah persevered in finishing the job that God gave him.

Someday, God might give one of us a hard job to do, too. God might ask you to be friends with a kid who everyone else is choosing to ignore. He might ask you to forgive a brother or sister who teases you every day. God was pleased with Noah's perseverance, and God will also be pleased with you when you persevere in doing what is right.

### **Persevering despite circumstances**

Read Daniel 1:1-7, and Daniel 6:1-28 (omit verse 24 for young or sensitive children).

### **Questions for discussion**

1. Do you think Daniel was lazy, or a hard worker?
2. When Daniel found out that he would be thrown into a lion's den if he continued to pray, what did he do?
3. Why do you think Daniel continued to kneel down to pray instead of praying quietly in his head so that others could not see that he was praying?
4. How did God reward Daniel's perseverance?

### **Key concepts**

Daniel was captured, along with many more of God's people, and taken to live in a foreign country. In this country they had different traditions and customs and it was not acceptable to worship God. But Daniel chose to continue serving God. Even though it meant that he was risking death, Daniel knelt down and honoured God by praying three times a day.

When the king discovered that Daniel was breaking the law by praying to God, he had Daniel thrown into a den of hungry lions. God stood by Daniel and rewarded his unwavering commitment to righteousness by protecting him from being eaten by the lions.

### **Persevering in serving God**

Read Acts 5:12-42.

### **Questions for discussion**

1. Why were the apostles arrested?

2. What happened to them after they were arrested?
3. What did God do?
4. Why did the apostles start preaching again?
5. How did God protect the men who persevered in preaching?
6. How did Peter and the other apostles respond to the fact that they were punished for preaching the gospel?

### Key concepts

The Pharisees were jealous of all the attention the people were giving to the apostles. They had them arrested and thrown in prison. Despite rather frightening circumstances, the apostles persevered in preaching the good news of God's kingdom. They could have run from the potential trouble and justified leaving town by saying, "I will accomplish more for God by preaching in another town. What good is it if I stay in this town and end up dead?"

The apostles knew the safest thing was to do what God had asked them to do – to stay and preach the good news. Although they were in danger of being killed, the apostles stayed and preached, and God protected them. They rejoiced because they had the opportunity to suffer a whipping for the name of Jesus.

### Persevering in prayer

Read 1 Kings 18:1-2,5,41-45 and James 5:17-18.

### Questions for discussion

1. Have you ever prayed that it would rain? Did God answer?
2. What are some of the other prayers you have prayed that God has answered?
3. What kind of man did the Bible say Elijah was?
4. What was Elijah praying for?
5. How many times did he have to ask?

6. How long had it been since it rained in the land?
7. If you had not seen it rain in your town for a whole summer and there wasn't a cloud in the sky, would you think it could rain?

### Key concepts

The Bible says that Elijah was a man, just like us! When he prayed for fire to fall from heaven to burn up a sacrifice, it did! But when Elijah asked God to send rain, he had to ask seven times before God sent the rain. Sometimes God answers prayers right away and sometimes we have to keep asking.

Other times, God may not answer in the ways we expect. We need to be persistent and patient when we pray, waiting for God's answers and trusting that He knows what is best for us.

### Creative discipline

*Determination to see a task through, no matter how unpleasant, is a very important attribute to build into your children – one that will benefit them in their school years and throughout their working life. Try these ideas, or come up with some of your own, but do be sure to demonstrate perseverance yourself as you nurture this quality in your kids through consistent and loving discipline.*

### For a child who invests minimal effort or does not persevere in assigned tasks

#### Biblical basis

Proverbs 13:4 *"The sluggard craves and gets nothing, but the desires of the diligent are fully satisfied."*

#### Suggested disciplinary action

Withhold the child's allowance or other treats. For some children, "satisfaction" is a visit to the ice cream truck. For other children this discipline could involve reducing time spent playing computer games or watching television.

#### Affirmation

Pray with your child, asking God to give them strength and focus to complete the task. Use Isaiah 40:28-29 as a basis for your prayer by incorporating these verses: *"Do you not know? Have you not heard? The Lord is the everlasting God, the*

Creator of the ends of the earth. He will not grow tired or weary, and His understanding no one can fathom. He gives strength to the weary and increases the power of the weak.”

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## **For a child having difficulty persevering in a trial**

### **Biblical basis**

James 1:2-4 “Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.”

### **Suggested disciplinary action**

Come alongside your child and encourage him/her to persevere. “Discipline your minds” together and read some of the Scripture verses that talk about God’s help for His people. Examples include Psalm 23, Psalm 27 and Psalm 30. Sing songs of praise together or listen to praise music.

### **Affirmation**

Pray together, thanking God for the trial and how it will help develop character. Read your choice of the following verses:

1 Thessalonians 5:16-18 “Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

Philippians 4:13 “I can do everything through Him who gives me strength.”

Hebrews 10:35 “So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what He has promised.”

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## **Hands-on options**

*Frequent revision is essential to the learning process. These easy-to-implement options will help you reinforce the importance of perseverance at opportune moments throughout the week.*

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### **Body parts working all day, every day**

*science with a twist*

Examine a children’s version of an anatomy and physiology book and talk about how all the parts of the human body work together.

Explain how the respiratory system brings oxygen into our bodies and how the digestive system processes the fuel (food) we eat. The circulatory system then carries this fuel to the rest of the body. The skeleton is like a frame for the body, but it can’t stand up on its own, so the ligaments, tendons and muscles support it. Without messages coming from the brain, the muscles couldn’t move our skeleton, nor could we breathe or eat.

In the Bible, we read that Christians are all part of the “body of Christ,” with Christ serving as the “head” (1 Corinthians 12:27). God planned for us all to have different roles. God has given us different things we are good at and we are to use our abilities to honour Him.

### **Questions for discussion**

- What would happen if your eyes decided to quit working? (Ask the same question concerning other body parts.)
- What has God made you good at?
- How can you honour Him with this gift?

### **Relevant Scripture**

1 Corinthians 12:27 “Now you are the body of Christ, and each one of you is a part of it.”

Ephesians 4:15-16 “Instead, speaking the truth in love, we will in all things grow up into Him who is the Head, that is, Christ. From Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.”

Romans 12:4-5 “Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others.”

Ephesians 2:10 “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

## **Satisfaction in perseverance**

*any time*

Read or begin telling a long adventure story. Just as your narrative reaches a very exciting part, suddenly quit telling the story. When your kids ask you to read on, tell them that your voice is tired and you want to stop talking.

Your kids are sure to plead with you to start the story once again. Finally agree, replying to their request with the comment, “Okay, I will persevere.” When the story is finished, ask your kids if they are glad that you persevered and completed the story. Talk about the satisfaction that is gained by finishing a long story or job. You may also wish to impress upon your children that their parents work hard every day to provide money, food and clothing for them.

## **Persevering in practice**

*physical activity*

Pick a sport or another activity that your children enjoy watching or doing. Perhaps theatre or music will have more appeal to your family. Research opportunities and attend a practice session (or rehearsal) in your community. Talk about the athletes/actors/musicians and ask your children how they think the athletes or performers became so skilled. Later, set aside some time to help your children practice a physical activity they enjoy.

## **Preparing for a challenge**

*physical activity*

Pick a family-oriented event in your community, such as a family fun run, and persevere in training together. After you’ve participated, have a lively celebration!

## **Warriors for God’s kingdom**

*physical activity*

In 1 Chronicles 12:1-2 we read that David’s warriors had practiced so much that they were ambidextrous – able to shoot arrows or sling stones equally well right-handed or left-handed.

Later in the New Testament, in 2 Corinthians 6:3-7, Paul talks about the hardships he has endured as a missionary. In verse seven he speaks of having “weapons of righteousness” in his right hand and in his left. (See both Scriptures below).

Have your children make their own “weapons of righteousness” that they can use to help perfect their ambidexterity. These could be “swords” representing God’s word, or worship flags.

Make swords by covering cardboard with foil and/or duct tape. Worship flags can be made by stapling fabric or ribbons to a cardboard tube or a wooden dowel.

Select a Scripture-based praise song and help your children create a routine that suits the music. Include motions that involve waving their swords or flags in both their right and left hands. Explain that when we praise and worship God, we are fighting on His team.

Have your children practice their routine. After they have become competent, have them perform it for the family.

## **Other ideas**

For a less complex version of this activity, have your children practice a task with their non-dominant hand until they are as accomplished with their non-dominant hand as they are with their dominant hand.

## **Relevant Scripture**

1 Chronicles 12:1-2 “These were the men who came to David at Ziklag, while he was banished from the presence of Saul son of Kish (they were among the warriors who helped him in battle; they were armed with bows and were able to shoot arrows or to sling stones right-handed or left-handed; they were kinsmen of Saul, from the tribe of Benjamin) . . .”

2 Corinthians 6:7 “. . . in truthful speech and in the power of God; with weapons of righteousness in the right hand and in the left . . .”

## **Persevering in tough circumstances**

*servicing others*

Enjoy being industrious as a family. When you are cleaning or working together, talk about how good it feels to work and get a big job done. You can work at your own home or choose to help another family where there is a need.

Emphasize that the reward of hard work is the feeling of satisfaction you get when it is all done. An ice cream cone can sweeten the experience as well and help celebrate the fact that you all persevered.

## **Relevant Scripture**

Ecclesiastes 5:18 “Then I realized that it is good and proper for man to eat and drink, and to find satisfaction in his toilsome labor under the sun during the few days of life God has given him – for this is his lot.”

## **Visit a farm!**

*servicing others*

Plan to spend some time observing a farmer at work, and help them out if possible! It is a great way to find out about perseverance and hard work. In the spring, you could offer to pick rocks off a farmer’s field. In the summer there are usually plenty of weeds to pull everywhere. Fall is a great time to help with yard cleanup and leaf raking. In an urban setting, wintertime provides opportunities to get out and shovel a neighbour’s sidewalk.

## **Choosing a focal point**

*physical activity*

Have you ever noticed how “focused” gymnasts appear when they perform a routine on a balance beam? They keep their attention fixed on a single point ahead of them.

To help your kids discover the importance of staying focused in order to complete a task, invite them to try walking, like a gymnast, across their own balance beam. (Set up a board in your yard about a foot above the ground, or find a suitable rail in a playground.) Invite your children to try walking

across the “beam” with their attention fixed on a focal point ahead. Next, have them try the same task without a focal point.

## **Questions for discussion**

- What do you think would happen if a gymnast took their eyes off their focal point while they were on the beam?
- When you were walking along your balance beam, was it easier or harder when you focused on a point in the distance?
- Where does the Bible say our focus should be?

## **Key concepts**

When we focus on God, it is much easier to follow Him. Jesus fixed His eyes on God so He was able to endure the pain of dying on the cross for our sins. When we take our eyes off God, it becomes much more difficult to live in a way that pleases and honours Him.

## **Relevant Scripture**

Hebrew 12:2 “Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”

Proverbs 4:25-27 “Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet and take only ways that are firm. Do not swerve to the right or the left; keep your foot from evil.”

## **Perseverance walk**

*physical activity*

Go on a long hike that provides a significant physical challenge for your children. The purpose of your adventure is to illustrate that the Christian walk can be hard, but if we use the tools God has given us, we can get through it. The “tools” include prayer, the Holy Spirit, the Bible, fellowship with other Christians and Jesus.

You’ll use different aspects of your hike to show how each of these tools can help your children live a victorious Christian life. You’ll need to bring along snacks, drink, and a map of your route. You may



also wish to print out the following comments and Scripture verses to read at different points during the hike:

- **Prayer** is represented by a rope because prayer connects us to God and His power.

*Give your children the opportunity to discover how much easier it is to climb a steep hill with the help of a rope.*

1 John 5:14 “This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us.”

1 Thessalonians 5:16-18 “Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.”

- **The Holy Spirit**, our Counsellor, is represented by a compass or Global Positioning System (GPS). The Holy Spirit is our special helper whom God sends to give us direction. Although we cannot see Him, we can feel the presence of the Holy Spirit and hear His direction when we invite Him to be a part of our lives.

*Show your children how a compass points north, helping hikers find the correct route. If you have one, show your children how a GPS provides direction.*

John 16:7 “But I tell you the truth: It is for your good that I am going away. Unless I go away, the Counselor will not come to you; but if I go, I will send Him to you.”

Romans 8:26 “In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us with groans that words cannot express.”

- **Jesus** is represented by bread and water. While you are eating the snacks you have packed and drinking some of your water, explain that just as food and water sustains our physical bodies, so a relationship with God sustains our spirits. Jesus called Himself the Bread of Life and said that He provides people with “living water.” Tell your children that God made us with a “hunger in our hearts” – the desire to know Him. Without a relationship with God, people’s souls are hungry and thirsty.

John 6:35 “Then Jesus declared, ‘I am the bread of life. He who comes to Me will never go hungry, and he who believes in Me will never be thirsty.’”

John 6:47-48 “I tell you the truth, he who believes has everlasting life. I am the bread of life.”

John 4:10 “Jesus answered her, ‘If you knew the gift of God and who it is that asks you for a drink, you would have asked Him and He would have given you living water.’”

John 4:13-14 “Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life.”

- **The Bible** is represented by a map. While you are hiking, show your children the route on your map and talk about how the map guides you on your hike. Liken this to God giving us the Bible as a guidebook for life.

2 Timothy 3:16-17 “All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.”

- **Christian “brothers and sisters”** are represented by the fact that you are hiking together, rather than alone. Encourage each other as you walk the trail. Discuss how much more fun it is to hike with other people than alone. Also bring up safety issues that would be a concern if someone were to hike by himself/herself.

Hebrews 10:24-25 “And let us consider how we may spur one another on toward love and good deeds. Let us not give up the habit of meeting together as some are in the habit of doing, but let us encourage one another – and all the more as you see the day approaching.”

Ecclesiastes 4:9-10 “Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!”

James 5:16 “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.”

At the end of your hike, thank God for all of the useful “tools” He gives you to help you persevere in life. Thank Him for giving you strength so that you can persevere.

*Note: During summertime, take adequate drinking water and protection from the sun. In wintertime, take precautions based on weather forecasts and carry additional warm, dry clothing. Whenever you hike, regardless of the season, be sure to let someone know where you will be going and what time you plan to return. Be prepared with a first aid kit and take a cellular phone.*

## Winning over weeds

*getting into nature*

Go outside and try to dig up all the dandelions (or other weeds) in your yard, or in a nearby green belt. While you are working, talk about how persistent the weeds are in coming back. Draw a parallel with sins that are “persistent” and seem to keep coming up again and again.

Explain to your children that they need to keep coming back again and again to God, persevering in prayer, asking Him to help them overcome the temptation to \_\_\_\_\_ (name a particular sin).

Have your children pray “in Jesus’ name” and assure them that Jesus has already won the victory over any sin Satan might send their way to tempt them.

## Relevant Scripture

1 Corinthians 15:57 “But thanks be to God! He gives us the victory through our Lord Jesus Christ.”

1 John 5:3-5 “This is love for God: to obey His commands. And His commands are not burdensome, for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only he who believes that Jesus is the Son of God.”

## Recommended resources

For a list of children’s stories that reinforce the theme of this lesson, consult the home page for the **perseverance** lesson at [Kidsofintegrity.com](http://Kidsofintegrity.com).

# Planning card for self-control

point form

## God's way

### I am demonstrating godly character when:

- I use self-control
- I think before I act or speak
- I trust God to help me control my thoughts and actions

### And God is pleased!

## My way

### When I am tempted to:

- act or speak without thinking
- react quickly when I get hurt or angry
- speak or act without thinking about how it may affect others
- overreact

### I know that I need to go to God for help.

*This week, we will focus on learning about self-control by:*

*Date complete:*


**Daily reminders:** PRAY! | Speak words of blessing and affirmation | Review memory verse

**Memory verse:**

--



# Planning card for self-control

calendar form

## God's way

### I am demonstrating godly character when:

- I use self-control
- I think before I act or speak
- I trust God to help me control my thoughts and actions

## And God is pleased!

## My way

### When I am tempted to:

- act or speak without thinking
- react quickly when I get hurt or angry
- speak or act without thinking about how it may affect others
- overreact

## I know that I need to go to God for help.

### This week, we will focus on learning about self-control by:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Daily reminders: **PRAY!** | Speak words of blessing and affirmation | Review memory verse

Memory verse:

KIDS *of*  
INTEGRITY

**Self-control**



**Build a fort, play the giggle game, or shake a pop bottle into a volcano of fizz. Who would have thought learning self-control could be so much fun?**

Review these ideas, plus plenty more, to create lessons that help kids:

- control negative impulses, in dependence on the Holy Spirit
- think through consequences before speaking or acting
- walk away from troublemakers.

This lesson is also helpful for children who tend to overreact, have difficulty managing anger and lash out by shouting, hitting or biting.

## Lesson contents

Parents' prayer	2
Kids talk with God	3
Speak a blessing	4
Memory verses	4
Kick-off craft	5
Bible stories	6
Creative discipline	8
Hands-on options	9

## Parents' prayer

Before you begin leading your children through this study on self-control, spend time alone with God interceding for His help.

Use the sample prayer below, or build your own prayer using the verses under "Scripture-guided prayer."

### Sample prayer

Jesus, You, are the Lord of self-control. Satan tempted You to flaunt Your power, to show off and to indulge Your appetite. But You were "full of the Holy Spirit" and used Scripture to rebuff Satan (Luke 4:1-13). Thank you for choosing to experience life in a human body. You really do know how challenging it can be to exercise self-control (Hebrews 4:15).

Self-control doesn't come easily to me. Please forgive me for the times I have said and done things rashly. Please remind me to consider self-control as "God-control" – not trying to control myself with human effort, but rather depending on You to fill me with the Holy Spirit so I can be self-controlled. I ask that You will make that supernatural change in me so I can keep in step with the Spirit. My desire is to have the fruit of Your Spirit evident in my life, especially self-control (Galatians 5:22-23). You know that I struggle with self-control when \_\_\_\_\_. Please remind me to go to You when I am tempted, as I know Your promise to "provide a way out so that [I] can stand up under it" (1 Corinthians 10:13). Thank you for promising Your Holy Spirit to all who ask (Luke 11:13)! As I wake each morning, please remind me to ask for a fresh filling of Your Spirit.

If, as an adult, I sometimes struggle with impulsiveness, I wonder what it must be like to be a kid trying to exercise self-control. My children struggle with maintaining self-control when \_\_\_\_\_. Wonderful Counsellor, please pour out Your heavenly wisdom on \_\_\_\_\_ and \_\_\_\_\_ so they are able to recognize temptation when the devil comes prowling around to tempt them to lose self-control in this area. Do not give Satan the joy of seeing them "like a city whose walls are broken down" (Proverbs 25:28). Instead, please prompt my children to go to You for help when they are tempted, so the

walls of their hearts remain intact. Please give them the wisdom to ask to be filled with Your Spirit so they can be self-controlled.

As a family, I ask that we will be strong in You, Lord, and in Your mighty power. Remind us of our need to put on the full armour of God so we can take a stand against the devil's schemes. I ask that in addition to the belt of truth, the breastplate of righteousness, the shield of faith, and the helmet of salvation, that we will hold firmly to the sword of the Spirit, the Word of God, and that we will be a praying family! Please fit our feet with readiness that comes from the gospel of peace (Ephesians 6:10-18). How better can we be equipped to have victory over the plans of the devil? None of this can be accomplished in human might or power, but by Your Spirit, Lord Almighty (Zechariah 4:6). Amen.

### **Scripture-guided prayer for parents**

*Pray through one or more of the selected Scriptures under each heading. Focus on listening to God and allowing His Spirit to direct you as you pray.*

#### **Character focus**

Begin by letting God know how much you appreciate His ultimate control and the promise of His Holy Spirit.

John 14:15-17 | Romans 8:26-27 |  
2 Corinthians 12:7-10 | Colossians 2:9-10 |  
Hebrews 4:14-16

#### **Heart search**

Acknowledge where and how you lack self-control personally.

Proverbs 25:28 | Proverbs 29:11 | Proverbs 29:20 |  
Romans 6:11-14 | Galatians 5:16-21 | James 1:19-20

#### **Gratitude**

Thank God for the ways you have seen self-control exhibited within your family.

#### **Family requests**

Ask God to help you and your family to be self-controlled in your thoughts and actions.

Luke 11:11-13 | Galatians 5:22-26 |  
1 Thessalonians 5:5-8 | 2 Timothy 1:7 | 2 Peter 1:3-4

## **Kids talk with God**

*Use this section to help your children learn to reach out to God in all things. The sample prayers all begin with "Dear God," however, you may use any other names for God your children are comfortable with (i.e. Jesus, Father God, Lord Jesus, Heavenly Father, Abba Father, Lord). If your kids are ready to pray original prayers, you may wish to use the Bible verses provided under "Scripture-guided prayer for children."*

### **Sample prayers**

Dear God, I am having trouble controlling my tongue. I say unkind things without thinking. Please help me to be full of Your Holy Spirit so I think before I speak. Amen.

Dear God, I am having trouble controlling my hands/ thoughts/feet. I do/think things that do not please You. Please help me to be full of Your Holy Spirit so I can honour You with my thoughts and actions. Amen.

Dear God, if I am upset and getting close to losing self-control, please remind me to ask for the help of your Holy Spirit. Amen.

Dear God, I have a problem with trying to solve problems using rough and hurtful actions instead of kind and gentle words. Please help me to remember to talk about problems rather than acting out towards others. Amen.

Dear God, when the devil comes prowling around trying to devour me, please remind me to pray and ask You to protect me and not to give in to his temptation. Amen.

Dear God, please forgive me for losing self-control. I know it does not please You. Please help me to be full of Your Holy Spirit so I can be self-controlled. Amen.

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## Scripture-guided prayer for children

Read through one of the selected Scriptures under each heading and help your children pray based on the verse you read. Encourage them to listen to God and allow His Spirit to guide them as they pray.

### Character focus

Begin by telling Jesus you appreciate knowing that He understands what it is like to be a kid and thank Him that He promises to share His Holy Spirit with you to help you be self-controlled.

Romans 8:26,37 | 2 Corinthians 12:9 | Hebrews 4:15-16

### Heart search

Acknowledge where and how you lack self-control. Proverbs 25:28 | Proverbs 29:11 | James 1:19

### Gratitude

Thank God for ways you have been self-controlled.

### Personal requests

Ask God to help you, your siblings and your parents to be self-controlled in your thoughts and actions. Luke 11:11-13 | Galatians 5:22-23 | 2 Timothy 1:7

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## Speak a blessing

Use this section as a reminder to “speak a blessing” when you see your son or daughter growing in the area of self-control.

- Good job using self-control, \_\_\_\_\_!
- I see that \_\_\_\_\_ is self-controlled.
- I’m proud to see you’re solving your problem using words instead of actions, \_\_\_\_\_.
- You kept the walls of your city intact, \_\_\_\_\_. Good job! (Proverbs 25:28)
- I’m proud you went to God for help in using self-control, \_\_\_\_\_. I see that the Holy Spirit is living in you, because I see your self-control. \_\_\_\_\_, Jesus is proud of you and so am I.

- I’m glad you used a Bible verse to fight off temptation. It feels so much better to deal with a problem using self-control than losing it, doesn’t it, \_\_\_\_\_?

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## Memory verses

Memorizing Scripture with your children helps God’s Spirit bring about lasting change. Choose a verse that your kids can learn in a pre-determined period of time. Aim to review the verse at least once every day.

Psalm 4:4 “In your anger do not sin; when you are on your beds, search your hearts and be silent.”

Psalm 141:3 “Set a guard over my mouth, O Lord; keep watch over the door of my lips.”

Proverbs 14:17 “A quick tempered man does foolish things, and a crafty man is hated.”

Proverbs 16:32 “Better a patient man than a warrior, a man who controls his temper than one who takes a city.”

Proverbs 17:27 “A man of knowledge uses words with restraint, and a man of understanding is even-tempered.”

Proverbs 19:2 “It is not good to have zeal without knowledge nor to be hasty and miss the way.”

Proverbs 25:28 “Like a city whose walls are broken down is a man who lacks self control.”

Proverbs 29:11 “A fool gives full vent to his anger, but a wise man keeps himself under control.”

Proverbs 29:20 “Do you see a man who speaks in haste? There is more hope for a fool than for him.”

Ecclesiastes 7:9 “Do not be quickly provoked in your spirit, for anger resides in the lap of fools.”

2 Corinthians 12:9 “But He said to me, ‘My grace is sufficient for you, my power is made perfect in weakness . . .’”

Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, kindness, faithfulness, gentleness and self-control. Against such things there is no law.”

Ephesians 4:26-27 “‘In your anger do not sin.’ Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

1 Thessalonians 5:6-8 “So then, let us not be like others, who are asleep, but let us be alert and self-controlled. For those who sleep, sleep at night, and those who get drunk, get drunk at night. But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet.”

2 Timothy 1:7 “For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.”

Hebrews 4:15 “For we do not have a high priest [Jesus] who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are – yet was without sin.”

1 Peter 5:8 “Be self-controlled and alert. Your enemy the devil prowls around looking for someone to devour.”

2 Peter 1:5-8 “For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge, and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

## Kick-off craft

The craft suggested here will help remind your children to practice self-control and is based on 1 Peter 5:8: “Be self-controlled and alert. Your enemy the devil prowls around looking for someone to devour.”

### A self-control poster

#### Directions

- 1 Help your children draw or trace a picture of a lion on the poster.
- 2 Next have your children place their hands over the lion and trace around their hands.
- 3 Write the memory verse of your choice on the poster.
- 4 Use the poster as a reminder that the best way to defeat Satan when he tries to devour us is to pray.
- 5 Review the questions for discussion below to enhance your children’s understanding of the concepts.

Throughout the day, encourage your children to clasp their hands together tightly when they feel like they are going to lose self-control. Have them come to you so you can help them pray. Explain that Satan is strong like a lion, but we can be stronger than Satan when we go to God for help. Just as the tracing of their hands covers the lion, they can be stronger than the temptation Satan sends when they are full of the Holy Spirit. Tell your children that putting their hands together will help remind them to talk to God and ask for His help in maintaining self-control. At these times, you may also select a **kids talk with God** prayer to pray with your children.

#### Questions for discussion

- Could you win in a fight against a real lion?
- Who could help you and how?
- Who does the Bible say is like a lion?
- Why does the Bible say you need to be alert?



- How does Satan try to devour you?
- How can you beat Satan when he is acting like a lion?

## Bible stories

*This section provides Bible stories with the theme of self-control, along with questions that can be used as a guide for family discussions. Choose one that is appropriate for your children. Before reading aloud, take a few minutes to review the story. If the Bible passage is too complex for your kids, paraphrase the story yourself or use the summary provided under “key concepts.”*

### Jesus fights temptation

Read Luke 4:1-13.

#### Questions for discussion

1. Tell me about a time when you were really, really hungry.
2. How badly do you want to eat when you are just starving?
3. Can you imagine how hungry Jesus must have been after not eating for 40 days?
4. If you had not eaten for 40 days and you had the power to turn stone into bread, would you?
5. Jesus had all the power in the world and Satan tempted him to show it off, but Jesus didn't. How did Jesus resist temptation?
6. How can we use Scripture to help us maintain self-control?

#### Key concepts

The Bible says Satan tempted Jesus for forty days. During this time, Jesus did not eat. Satan tempted Jesus with food, power and the opportunity to show off His power and to honour Himself instead of God.

When Satan tempted Jesus, Jesus used Bible verses to tell Satan why He wasn't going to do what he asked Him to do. The Bible also tells us Jesus was full of the Holy Spirit, which means God helped him

be self-controlled. It is the same for you and I. If we try to fight Satan and temptation on our own, it is difficult, and perhaps impossible. If we ask God to fill us with His Holy Spirit to help us fight Satan and temptation, we can be strong and victorious like Jesus.

### Picking fights

Read Genesis 26:17-22.

#### Questions for discussion

1. What do other kids do when they want to pick a fight?
2. How about your brother/sister?
3. How do you feel when someone says that something you own is his/hers?
4. What happened to Isaac's servants?
5. What did they do?
6. How many wells did they have to dig before the herdsman of Gerar didn't bother them?
7. What is the best thing to do if someone picks a fight with you?

#### Key concepts

Isaac's servants had moved into a new territory. Part of moving into new territory involved finding water for the flocks they were caring for. As Isaac's men dug wells, the herdsman living in the new territory argued with them and kept claiming the wells as their own.

Instead of fighting back and fighting for the wells that were rightfully theirs, Isaac and his people just kept moving on and digging another well, until the herdsmen of Gerar left them alone. These men exercised self-control and didn't fight for their rights. Isaac and his servants set a good example for all of us of what to do if someone picks a fight with you. The best thing to do is to walk away and keep the peace.

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## **The funky fox**

Read Nehemiah 4.

### **Questions for discussion**

1. How do you feel when someone makes fun of something you are making?
2. How do you feel when you start a big job that will take a long time to finish?
3. Let's say you were trying to build a big Lego® house or spaceship. If someone were making fun of you, saying what a lousy builder you were, how would you feel?
4. Would you want to quit or would you keep trying?
5. What did Nehemiah do when his enemies made fun of the wall he was building and said it would break if even a fox walked on it?
6. When someone is angry with you, what is the easiest thing to do?
7. What could have happened if Nehemiah had become angry and lost self-control when Sanballat mocked them?

### **Key concepts**

When someone gets mad at us, the easiest thing to do is get mad, too. Nehemiah was rebuilding the walls of Jerusalem. His enemies were angry about this and mocked the efforts of Nehemiah and his men and also threatened them with a fight. Nehemiah didn't get angry when they made fun of him, nor did he offer to fight.

If Nehemiah had fought back, there was a chance a war could have started. Nehemiah's anger could have clouded his thinking and he may not have remembered to consult God for directions and protection. Instead, Nehemiah talked to God and asked Him to deal with the troublemakers. Talking to God helps us know what to do when we are tempted to get mad at someone. The best thing to do when we are tempted to fight or lose self-control is to pray!

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## **Who needs to be self-controlled?**

Read Titus 2:1-12. As you read this passage, ask the kids to listen for the word "self-control." Ask them to raise their hands when they hear it.

### **Questions for discussion**

1. Can you think of something you do that does not please God?
2. Have you ever wanted something so much that you had a tantrum when you were told you couldn't have it?
3. What is self-control?
4. Who needs to be self-controlled?
5. Why do we need to be self-controlled?
6. When are you most tempted to lose self-control?

### **Key concepts**

Self-control is saying "no" to ungodliness (behaviour that does not please God) and worldly passions (allowing things to be so important to you that they contribute to sinful behaviour). The Bible indicates that everyone is to be self-controlled. When we choose to have the Holy Spirit live inside of us, God helps us to maintain self-control. Self-control is one of the fruits of the Spirit (Galatians 5:22-23). Ask God to help you remember to ask for help when you are tempted to lose self-control.

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## **Expressing anger hastily**

Read Proverbs 29:20, Ecclesiastes 7:9, Proverbs 29:11 and Proverbs 14:17.

### **Questions for discussion**

1. Have you ever said or done anything and later you wished you hadn't?
2. What does the Bible say about doing or saying things without thinking first?
3. What does it mean to speak in haste?



4. When are you tempted to speak without thinking first?
5. What does it mean to be provoked in your spirit?
6. What does it mean to give full vent to your anger?
7. How can you stop yourself from being foolish?

### Key concepts

Most of us have said or done something foolish and later regretted it. As you read the Bible verses listed above, notice a word that is used in all of these verses; the word is fool.

Traditionally, the word fool was defined as “one without spiritual wisdom; wicked person” (*Funk and Wagnalls Standard Dictionary*). When we let the devil tempt us with losing self-control, this causes us to do things that are not righteous.

Normally we think of wickedness as something mean or bad that has been planned out ahead of time, but we can actually do wicked things when we say or do things without thinking. In fact, we can hurt people more by careless words and actions than if we planned to hurt them. Matthew 12:36 says that all of us will have to give an account to God for every careless word we speak. The good news is that God will help us with self-control when we ask Him. Take time to pray one of the **kids talk with God** prayers together.

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## Creative discipline

*Few parents enjoy their God-given responsibility of disciplining their children, and even fewer children enjoy being on the receiving end. The Bible tells us to expect discipline to be uncomfortable, but also promises positive results. This section will provide you with innovative suggestions to use when correcting your children, to help them learn to practice self-control.*

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### For problems with self-control

#### Biblical basis

Mathew 5:29-30 “If your right eye causes you to sin, gouge it out and throw it away. It is better for you to

lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.”

These verses take a pretty hard line on sin. In order to teach our children the importance of self-control, we can choose to take a softer approach. As you read Matthew 5:29-30, realize that Jesus was not suggesting people cut off their body parts; rather, He was telling people they needed to deal with the sin in their lives very seriously. Lack of self-control is a serious sin as it opens the door for Satan to cause us to sin in a number of ways, most commonly through hurting others and ourselves physically, emotionally or spiritually.

### Suggested disciplinary action

When a child loses self-control, do not allow him/her to use the body part he/she sinned with for a given period of time. Base this on the age and maturity of the child. For example, if a child shouts or speaks unkindly, he/she can be sent for a quiet time out. If the child hurts another with his/her hands, he/she can give his/her hands a time out by sitting with his/her hands together for a set time. Similarly, if the child uses his/her feet to disobey, he/she can sit with his/her feet still for a set period time.

### Affirmation

Read Luke 11:13 with your child. Explain that God wants to give them a wonderful gift – His Holy Spirit. Pray together asking for the “good gift” of the Holy Spirit to come and help maintain self-control.

Another excellent verse to use for affirmation is Proverbs 29:11. Let your child know you are confident that with the Holy Spirit’s help you believe he/she can be a wise boy/girl.

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## Hands-on options

These ideas require very little preparation, making it easy for you to share some simple but memorable lessons with your children. Read over the options at the beginning of your week and choose one or two that will fit your schedule.

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### Self-control scenarios

*drive time or any time*

You can play the self-control game when you are driving in the car or as a family activity at home. Take turns giving examples of when self-control is needed. (See examples below). After each example, ask the questions for discussion.

- Someone has just taken your favourite toy from you.
- You have had one piece of cake and your stomach feels full. Someone offers you another piece.
- You are alone in the kitchen and see an open bag of chocolate chips on the counter where you can reach it. No one will notice if you take a few.
- Someone has just called you a mean name that hurt your feelings – now they are laughing at you.
- You just received some discipline from one of your parents, now your brother or sister is smiling.

### Questions for discussion

- Would you need to use self-control in this situation?
- Would it be easy or hard to be self-controlled in this situation?
- If you would have a hard time using self-control, how could you make it easier?

### Key concepts

You want your children to understand that when we are full of the Holy Spirit, it is easier to use self-control. It is one of the fruits of the Spirit. Also remind your children that they will never be

tempted beyond what God will help them handle (1 Corinthians 10:13).

Close by praying and thanking God that He understands what it is like to be tempted and that He will never let us be tempted beyond that which we can handle. For further insight, read and discuss the “Jesus fights temptation” story in the **Bible stories** section of this lesson.

### Relevant Scripture

1 Corinthians 10:13 “No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.”

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### Everyone loves presents: God’s great gift!

*drama / role play*

Prior to beginning this discussion, wrap up an empty box in attractive gift-wrap. Attach a note that says:

*An empty box wrapped with ribbon and care,  
This gift is not costly, but precious and rare.  
Please do not open it – you’ll find nothing there,  
It’s just to remind you, that with one simple prayer  
God gives you His Spirit, it’s His gift to share.*

Place the gift where it can be admired during your discussion. Use the introductory questions for discussion to introduce the concept of the Holy Spirit as a gift from God.

### Questions for discussion

- Can you think of a special gift someone has given to you?
- Who gave it to you?
- Why is it so special?
- Do you want to hear about an even greater gift that God has waiting for all of us? Read Luke 11:5-13. Explain that the Holy Spirit is God’s special gift to us and that His Spirit can come and live in each of us (John 16:5-16, John 14:15-21).

- Have your parents ever given you an awful gift like a snake or a rock?
- When you ask for food, what do your parents give you?
- Have you ever turned down a gift that someone gave you?
- What is the “good gift” God offers us?

Close by reading the note on the gift aloud and ask your children if they want to accept God’s gift of the Holy Spirit. If they do, suggest that while you pray, they hold their hands open as though they were about to receive a gift. Pray with them, thanking God for His gift of the Holy Spirit and asking God to fill each of you with the Holy Spirit. Pray specifically for the Holy Spirit to provide self-control. Leave the gift wrapped as a reminder to ask for a fresh filling of the Holy Spirit every day.

### Relevant Scripture

Luke 11:5-13

John 14:15-21

John 16:5-16

### Ugly tempers on display

*drama / role play*

If you get a chance, videotape a temper tantrum. Whining, groaning and complaining are temper tantrums in disguise. If these are problems in your home, you may also want to record them, too. View the recording later and use the questions for discussion to help talk about how the tantrum or the grumbling and whining looks and sounds. Explain to your children that when they lose self-control, they will end up getting disciplined rather than getting what they wanted.

Read Titus 3:1-2. The Bible says we are to be obedient – ready to do good, to slander (speak badly of) no one, to be peaceable and considerate, and to have a humble attitude. Pray, asking God to help your family members “do whatever is good” so there will be fewer outbursts of anger, and less whining and/or bickering.

### Questions for discussion

- Do you like the way this tantrum looks?
- Do you like the way this tantrum sounds?
- Would you like to be around someone who did this?
- Should a child who loses self-control expect to get what they want?

### Relevant Scripture

Titus 3:1-2 “Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and to show true humility toward all men.”

### Giggle game

*physical activity*

To play the giggle game, name one person as “it.” The other family members can do anything they want to make this person laugh, except touch them. After the person who is “it” laughs, another person takes a turn being “it” until all family members or players have had a chance.

After the game, talk about self-control. Explain that it is usually okay to laugh in life, but there are times when we shouldn’t laugh. We should not laugh when someone is hurt or sad, during quiet time at school or church, or if they are somewhere where they have been asked to be quiet. The following questions will help to clarify this for young children.

### Questions for discussion

- Can you think of some times in life when we shouldn’t laugh?
- Eating is fun, like laughing is fun, but there is a time to eat and a time to stop eating. When is it time to stop eating?
- Playing is fun. But when Mom or Dad say it is time to stop, it can be tempting to continue. When is it time to stop playing?
- Chasing around and being silly is fun, but there is a time and a place for silliness.

- When is okay to be silly?
- When is it not okay to be silly?
- How can you have self-control in these situations?

### Key concepts

There are times when we need to obey the instructions of parents and stop doing what seems to be fun. Even though it is tempting to do what feels good instead of stopping, we can ask God to help us be self-controlled and to choose to stop what we are doing.

### Relevant Scripture

Ecclesiastes 3:1,4 *“There is a time for everything, and a season for every activity under the heaven. . . . a time to weep and a time to laugh, a time to mourn and a time to dance.”*

### Fizzy mess

*science with a twist*

This exercise in simple science is designed to help your children understand the importance of dealing with emotions before they get to the point of “boiling over.” This project should be done outside or in an area that is easy to clean up.

You will need soda pop in a clear bottle and a suitable place to make a mess

- 1 Shake the bottle of pop up a lot. As you are shaking the pop, explain that life has its shake-ups, too. Life’s shake-ups are times when we feel a lot of pressure. For example, perhaps teasing from a sibling shakes you up; maybe it is feeling as though you’re not getting your fair share or being treated unjustly. Use examples of things that press your children’s buttons.
- 2 Next, take the top off the bottle of pop and fizz from the pop will fly everywhere. Explain that when we lack self-control, we are just like the bottle of pop. Just as the pop flying everywhere makes a mess, we make messes when we lack self-control.

### Questions for discussion

Read Galatians 5:13-15 and 25-26 and ask the following questions:

- What kind of messes do we get ourselves into?
- Is it a mess when we hurt someone’s feelings?
- What other messes can you think of?
- Would you rather live in a family where people encourage each other or devour each other?

### Key concepts

When we do not use self-control, we end up “biting and devouring” each other, and “provoking and envying” each other. This is not God’s plan for our lives. He would rather see us encouraging and building one another up. When we feel like fizzing all over everyone, it is time to get alone with God for a talk.

Help your children make plans for what they will do when they feel like they are going to lose self-control. Challenge your children to hold one hand in a fist and clamp the other hand over top of it, pretending that it is a bottle of pop ready to explode. In order to “keep the lid on,” he/she can come to a parent who will help them bring their frustration to God. As your children are able, have them go directly to God with their concerns.

### Relevant Scripture

Galatians 5:13-15 *“You my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather serve one another in love. The entire law is summed up in a single command: ‘Love your neighbor as yourself.’ If you keep on biting and devouring each other, watch out or you will be destroyed by each other.”*

Galatians 5:25-26 *“Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.”*

Hebrews 10:24-25 *“And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the*

habit of doing, but let us encourage one another – and all the more as you see the Day approaching.”

## Smart self control

*drive time or any time*

Give your children a treat that comes in small pieces (e.g. a small box of raisins or Smarties®). As you give the treat to them, explain that if they have self-control and do not eat it all at once, they will have some later for when they want some more. Leave it at that and see what happens. As the day progresses, use it as an opportunity to talk about the benefits of having self-control.

### Questions for discussion

- When did you eat your candy?
- Do you still have any left now?
- Do you wish that you still had some to eat now?
- If you had chosen to eat it a little at a time, would you still have some now?
- Would it have been easier to save some for later if you had put it away or asked a parent to care for it for you?

This exercise is applicable to any situation where we are tempted to lose self-control. Work with your children to brainstorm situations where it is better to remove yourself than stay where you are tempted to lose self-control. For example, do not sit beside a friend who you enjoy talking to when you are supposed to be quiet, or choose to leave a play area when tempers are getting heated and you feel angry with a friend.

*Note: You may want to repeat this exercise at a later date and see if your children approach it differently after learning about self-control.*

## Like a city

*physical activity*

Visit a fort in your vicinity, if there is one. You can also take a book out of the library on forts or build a fort out of snow, blocks or cushions. Talk about how those inside the fort are protected by the walls.

Explain that in Bible times, they put walls around their cities to protect themselves from enemies.

Read Proverbs 25:28 and Ephesians 6:10-18 to find out how to secure protection from Satan's attacks. Emphasize Ephesians 6:11 (“so that you can take your stand against the devil's schemes”) and verse 18 (“pray in the Spirit on all occasions”). The questions for discussion can be used to enhance discussion.

### Key concepts

When we lose self-control, we are like a city whose walls have been broken down. It is much easier for Satan to tempt us to sin when we have lost self-control. To prevent this from happening, we need to be ready for Satan's attacks by wearing the “armour of God.”

Close by praying, asking God to give you his armour to help you fight temptation to lose self-control so you can keep the walls of your city intact. Also ask that you and your children will be able to resist temptation with the help of the Holy Spirit.

### Other ideas

If your children enjoy the “spiritual battle” theme, you can further the activity by making a complete set of the armour of God for themselves, an animal or a doll. Duct tape, tin foil and cardboard can be used creatively for this additional activity.

### Questions for discussion

- What do you think the pilgrims were protecting themselves from when they built wooden forts?
- What are we protecting ourselves from when we build snow forts?
- In our spiritual lives whom are we trying to protect ourselves from?
- When you think of temptation to do wrong as “flaming arrows,” what kinds of arrows does Satan shoot at you?

### Relevant Scripture

Proverbs 25:28 “Like a city whose walls are broken down is a man who lacks self control.”



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## Praying and preying

### getting into nature

A careful study of the behaviour of preying animals can teach your children a memorable lesson about the value of self-control. Begin by asking your children to think of a time when an animal would need to use self-control. Use these questions if you wish:

### Questions for discussion

- Do you think only people need to use self-control or do animals have to as well?
- Can you think of any animals that might need self-control?
- Would these animals ever catch anything if they just charged in on their prey?
- Are your parents more likely to give you what you ask for if you have a temper tantrum or if you ask politely?
- Will your friend play your game if you speak gently and pleasantly or if you yell and whine?

### Key concepts

Animals that stalk their prey need to use self-control. Some examples include owls, cats, coyotes, and wolves. If these animals charged their prey before waiting for an opportune time, they would make a ruckus and the prey would have time to get away. In order to catch their prey, these animals must very carefully sneak up on it. Even though they are close enough to attack and they are very hungry, they must use self-control and wait until exactly the right moment to pounce or they will have no dinner. To be good hunters these animals need a combination of self-control and patience.

These animals can set a good example for us. Let your children know when they are tempted to lose self-control in order to get something they want, they need to remember the wolf/cat/coyote. Remind your children, if they expect to receive something they need, they must use self-control. Prior to playtime,

tell your children that if they speak politely, it is more likely that someone will play cooperatively with them.

To extend the learning time, pretend you are animals hunting. Take turns being the hunter and the prey. Have fun sneaking up and pouncing on each other. Then have your children role play some situations in life where they also need to use self-control in order to accomplish a task. Close your time with prayer.

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## Recommended resources

For a list of children's stories that reinforce the theme of this lesson, consult the home page for the **self-control** lesson at [Kidsofintegrity.com](http://Kidsofintegrity.com).

# Prayer



## Pray with A.C.T.S.

**A.C.T.S. is an easy way to remember key elements of prayer. It's simply prayer in four parts:**

Adoration – *"Praise be to God!" -Psalms 68:35*  
Tell God how much you appreciate Him. Express your love for Him. Praise His power and majesty. This is a great way to begin your prayer time. Sometimes I watch the sun rise, and praise God for the beauty of His creation. You should never run out of praise. *"How awesome are your deeds!" -Psalms 66:3*

Confession – *"If we confess our sins, He is faithful and just, and will forgive us our sins and purify us from all unrighteousness." -1 John 1:9*  
Tell Him where you have fallen short. Be specific. I thank Him for the forgiveness I have in Christ, and ask for help and strength to turn away from future temptations.

Thanksgiving – Always *"glorify him with thanksgiving" -Psalms 69:30*  
You have plenty of reasons to be thankful. Thank God for His love, His faithfulness, His patience and a million other things. Express gratitude for what He's doing in your life. Thank Jesus for dying on the cross for you. Thank the Holy Spirit for indwelling you, and never leaving. Thank Him for being your conscience, your counselor and that "still small voice."

Supplication – *"Make your requests known to God." -Philippians 4:6*

Tell God what you want, no matter how small it seems to you. Do you really think any of your requests are big to God the Creator? You should have lots of intercessory prayer here. Remember: As a Promise Keeper, you are committed to pray for your pastor and your church every day.



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## **Simple Prayers for your child to learn**

### **At Mealtime**

God is great and God is good,  
And we thank you for this food.  
By Your grace must all be fed.  
Give us, Lord, our daily bread.  
Amen.

### **At Mealtime**

**Thank you for the world so sweet,  
Thank you for the food we eat,  
Thank you for the birds that sing,  
Thank you God for everything.**

### **At Bedtime**

Our Father who in heaven lives  
Your name is holy and You give  
Me sleep at night so I'll be strong;  
Teach me of Jesus, Your dear Son.  
Please show me how to trust in Christ;  
May Your Word be my delight.  
I pray these things in Jesus name,  
For in Him only there's no shame.  
Amen.

### **For Creation**

**God made the sun,  
And God made the trees,  
God made the mountains,  
And God made me.  
Thank you O God,  
For the sun and the trees,  
For making the mountains,  
And for making me.**

### **At Bedtime**

**Now I lay me down to sleep,  
I pray the Lord my soul to keep  
If I should die before I wake  
I pray the Lord my soul to take  
God bless our family and our friends.**

### For The Day

God in heaven hear my prayer,  
keep me in thy loving care.  
Be my guide in all I do,  
Bless all those who love me too.  
Amen.

### **For The Day**

Keep my little feet, Lord,  
Everywhere they walk today.  
Keep my little hands, Lord,  
Everywhere thy play today.  
Keep my little eyes, Lord,  
Everywhere they look today.  
Keep my little soul, Lord,  
Everywhere we go today.

Based on Ps. 116:8-9

### **In The Morning**

Thank you God, for the fields,  
For flowers that bloom and bees that buzz.  
Thank you, God, for the sun and sky,  
For clouds that drift and birds that fly.  
Thank you, God, for the woods and trees,  
For squirrels that scurry and turtles that sun.  
Thank you for all these happy things I see  
And thank you most of all for making me.

Based on Ps. 89:15,18

## The Lord's Prayer

Matthew 6:9-13 New American Standard Bible (NASB)

- 9 'Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name.  
10 'Your kingdom come. Your will be done, On earth as it is in heaven.  
11 'Give us this day [a]our daily bread.  
12 'And forgive us our debts, as we also have forgiven our debtors.  
13 'And do not lead us into temptation, but deliver us from [b]evil. [c][For Yours is the kingdom and the power and the glory forever. Amen.']

### (Paraphrase of Lords Prayer)

A POEM FOR PRAYING DISCIPLES

MATTHEW 6:9-15

v9 OUR FATHER who in heaven lives  
And heavenly is Your frame;  
You're greater than all things you give;  
Holy is Your blessed name!  
v10 I PRAY DEAR LORD Your kingdom come,  
And all Your will be done;  
That all Your pleasure is fulfill'd,  
And heav'n and earth is one.  
v11 GIVE US this day our daily bread,  
v12 And please forgive our debts;  
As we also forgive debtors—  
And Your mercy not forget.  
v13 LEAD US not into temptation,  
Free us from the evil;  
I do not have the strength myself  
To defeat the devil.  
v14 AND IF I have forgiven them  
Who trespass and offend;  
God's mercy fills my heart with joy,  
My Father has forgiv'n.  
v15 AND IF I fail to forgive them  
Who trespass and deceive;  
'Tis clear that my heart is not His:  
Forgiveness' unreceiv'd.

# **Bible Highlights Reading Record**



## Bible Highlights Reading Record Overview

This reading record is meant to allow your child to record what they are reading in the bible. As they get older, the expectation of their consistency in the word and recording what they are reading should be elevated. When getting started, it is important to encourage these few points:

Bible reading is not necessarily studying. Reading is for enjoyment and for an overview of the word.

Reading through an entire book is preferable to jumping around (grasshopper reading).

Reading a chapter per time helps you to understand the context better.

Reading frequently helps you become familiar with the word, and allows the word to act on you.

The goal is to find something that impresses you while you are reading, record this, and ask God how this applies to your life.

Praying the specific verse or passage that stood out back to God in agreement helps you respond to God's word and better communicate with Him.

For example, if you read:

Ps. 119:105 - Your word is a lamp for my feet, a light on my path.

You might record:

The bible says that God's word is like a lamp that shows me the direction to go. I suppose a lamp doesn't shine very far in front of me, so I have to trust God with His direction even when I don't know the end result.

Your prayer might be:

Lord, thank you your word is a lamp to my feet. Help me trust you to be that light and not trying to do it on my own. Lord let your light guide me in the right direction along the path of life.

Remember the phrase "from duty to delight". Sometimes when starting something new, you find it is more of an effort at first. However when you see how it transforms the way you think and live, then when you miss doing it, you wish you hadn't. This is not to create a "date with a habit", but to create a pattern of consistency in the word and meeting Jesus

If you have any questions regarding the Bible Highlights Reading Record, do not hesitate to email Sand to Stone at: [info@sand2stone.com](mailto:info@sand2stone.com)



## Bible Highlights Reading Record

### Practical Details

As you read, it is important for you to consider at least two simple parts to your time in the word: **Knowledge** and **Application**. You will certainly learn more about the word of God as you read, and learn more about God Himself, but without doing what the word says, you miss out on the most important part of reading; the changing of your heart through the practical application of what it says.

Consider Ezra 7:10

Ezra prepared his heart to seek the law of the Lord, and to do it, and to teach statutes and ordinances in Israel.

The key here is the order of Ezra's approach to God's word. First he prepared himself by having the right attitude toward God and His word. Then he read it. Instead of stopping there, he went on to do what it says. He obeyed God by believing the word to be true, and putting it into practice. And finally, after gaining knowledge, and obeying it, then he taught others God's word. This is a beautiful picture of God's will for each of us, to know Him, to obey Him, and to make Him known to the world.

As you look for application from God's word, consider George Mueller's prayer practices that were published by InterVarsity Press in the 1930s as a part of a short booklet titled "Quiet Time: A Practical Guide for Daily Devotions". The following are a collection of questions Mueller used to aid in meditation on the word of God, and to move him toward practical obedience to His word.

- Is there any example for me to follow?
- Is there any command for me to obey?
- Is there any error for me to avoid?
- Is there any sin for me to forsake?
- Is there any promise for me to claim?
- Is there any new thought about God Himself?

Another way to approach what you write down is to consider these three sequential questions:

1. What impressed me most?
2. Where or how do I fall short of what God wants for me in this area?
3. What, by the grace of God, and the guidance of the Holy Spirit, am I going to do about it this week?

As you move forward, understand that learning to read and understand the word of God takes time. It takes consistency, and a willingness to stick with it. But we know that the word of God is living and active, and is able to penetrate us, change us, and make us new, transformed into His image (paraphrased Heb. 4:12, Romans 12:2).

### **My Reading Highlights**

“Now, my children, listen to me. Those who follow my ways are happy. Listen to my teaching, and you will be wise. Do not ignore it. Those who listen to me are happy. They stand watching at my door every day. The are at my open door waiting to be with me.” Proverbs 8:32-34 (NCV)

Bible Translation: \_\_\_\_\_ Year \_\_\_\_\_

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# 7 Minutes with God

## HOW TO PLAN A DAILY QUIET TIME

by Robert D. Foster

It was in 1882 on the campus of Cambridge University that the world was first given the slogan: "Remember the morning watch."

Students like Hooper and Thornton found their days "loaded" with studies, lectures, games and bull sessions. Enthusiasm and activity were the order of the day. These dedicated men soon discovered a flaw in their spiritual armor - a small crack which if not soon closed, would bring disaster.

They sought an answer and came up with a scheme they called the morning watch - a plan to spend the first minutes of a new day alone with God, praying and reading the Bible.

The morning watch sealed the crack. It enshrined a truth so often obscured by the pressure of ceaseless activity that it needs daily rediscovery: To know God, it is necessary to spend consistent time with Him.

The idea caught fire. "A remarkable period of religious blessing" followed, and culminated in the departure of the Cambridge Seven, a band of prominent athletes and men of wealth and education, for missionary service. They gave up everything to go out to China for Christ.

But these men found that getting out of bed in time for the morning watch was as difficult as it was vital. Thornton was determined to turn indolence into discipline. He invented an automatic, foolproof cure for laziness. It was a contraption set up by his bed: "The vibration of an alarm clock set fishing tackle in motion, and the sheets, clipped to the line, moved swiftly into the air off the sleeper's body."

Thornton wanted to get up to meet his God!

The intimacy of communion with Christ must be recaptured in the morning quiet time. Call it what you want - the quiet time, personal devotions, the morning watch, or individual worship - these holy minutes at the start of each day explain the inner secret of Christianity. It's the golden thread that ties every great man of God together - from Moses to David Livingstone, the prophet Amos to Billy Graham - rich and poor, businessmen and military personnel. Every man who ever became somebody for God has this at the core of his priorities: time alone with God!

David says in Psalm 57:7, "My heart is fixed, O God, my heart is fixed." A fixed and established heart produces stability in life. Few men in the Christian community have this heart and life. One of the missing links has been a workable plan on how to begin and maintain a morning watch.

I want to suggest that in order to get under way, you start with seven minutes. Perhaps you could call it a daily "Seven-Up." Five minutes may be too short, and ten minutes for some is a little too long at first.

Are you willing to take seven minutes every morning? Not five mornings out of seven, not six days out of seven - but seven days out of seven! Ask God to help you: "Lord, I want to meet You the first thing in the morning for at least seven minutes. Tomorrow when the alarm clock goes off at 6:15 a.m., I have an appointment with You."

Your prayer might be, "Morning by morning, O Lord, You hear my voice; morning by morning I lay my requests before You and wait in expectation" (Psalm 5:3).

How do you spend these seven minutes? After getting out of bed and taking care of your personal needs, you will want to find a quiet place and there with your Bible enjoy the solitude of seven minutes with God.

Invest the first 30 seconds preparing your heart. Thank Him for the good night of sleep and the opportunities of this new day. "Lord, cleanse my heart so You can speak to me through the Scriptures. Open my heart. Fill my heart. Make my mind alert, my soul active, and my heart responsive. Lord, surround me with Your presence during this time. Amen."

Now take four minutes to read the Bible. Your greatest need is to hear some word from God. Allow the Word to strike fire in your heart. Meet the Author!

One of the Gospels is a good place to begin reading. Start with the Book of Mark. Read consecutively - verse after verse, chapter after chapter. Don't race, but avoid stopping to do a Bible study on some word, thought, or theological problem which presents itself. Read for the pure joy of reading and allowing God to speak - perhaps just 20 verses, or maybe a complete chapter. When you have finished Mark, start the Gospel of John. Soon you'll want to go ahead and read the entire New Testament.

After God has spoken through His Book, then speak to Him - in prayer. You now have two and a half minutes left for fellowship with Him in four areas of prayer that you can remember by the word ACTS.

**A - Adoration.** This is the purest kind of prayer because it's all for God - there's nothing in it for you. You don't barge into the presence of royalty. You begin with the proper salutation. So worship Him. Tell the Lord that you love Him. Reflect on His greatness, His power, His majesty, and sovereignty!

**C - Confession** follows. Having seen Him you now want to be sure every sin is cleansed and forsaken. Confession comes from a root word meaning "to agree together with." Apply this to prayer. It means to agree with God. Something happened yesterday you called a slight exaggeration - God calls it a lie! You call it strong language - God calls it swearing. You call it telling the truth about somebody in the church - God calls it gossip. "If I regard iniquity in my heart, the Lord will not hear me"(Psalm 66:18).

**T - Thanksgiving.** Express your gratitude to God. Think of several specific things to thank Him for: your family, your business, your church and ministry responsibilities - even thank Him for hardships. "In everything give thanks: for this is the will of God in Christ Jesus concerning you"(1 Thessalonians 5:18).

**S - Supplication.** This means to "ask for, earnestly and humbly." This is the part of your prayer life where you make your petitions known to Him. Ask for others, then for yourself. Why not include other people around the world, such as missionaries, students studying abroad, friends in distant places, and above all the people of many lands who have yet to hear about Jesus Christ.

Let's put these seven minutes together:

1/2 min	Prayer for guidance (Psalm 143:8)
4 min	Reading the Bible (Psalm 119:18)
2 1/2 min	<p style="text-align: center;">Prayer</p> <p style="text-align: center;"><b>Adoration</b> (I Chronicles 29:11)</p> <p style="text-align: center;"><b>Confession</b> (I John 1:9)</p> <p style="text-align: center;"><b>Thanksgiving</b> (Ephesians 5:20)</p> <p style="text-align: center;"><b>Supplication</b> (Matthew 7:7)</p>
7 min total	

This is simply a guide. Very soon you will discover that it is impossible to spend only seven minutes with the Lord. An amazing thing happens - seven minutes become 20, and it's not long before you're spending 30 precious minutes with Him. Do not become devoted to the habit, but to the Savior.

Do it not because other men are doing it - not as a spiritless duty every morning, nor merely as an end in itself, but because God has granted the priceless privilege of fellowship with Himself. Covenant with Him now to guard, nourish, and maintain your morning watch of seven minutes.