

# SOARING STRUCTURES

## LESSON 4: ALPHA AND OMEGA

**MAIN POINT:** Jesus, the Alpha and the Omega, is the beginning and the end.

**BIBLE VERSE:** I am the Alpha and the Omega, the first and the last, the beginning and the end.”  
Revelation 22:13

**BIBLE STORY:** The New Heaven and Earth, Revelation 21

### SOMETHING TO THINK ABOUT BEFORE TEACHING:

The name Alpha and Omega comes from the first and last letter of the Greek alphabet. Jesus was at the beginning of time at creation and He will be at the end of time when He comes back to earth. He was also in everything between. The name has the idea of completeness.

Kids will learn that everything that they need can be found in Jesus. He is at the beginning of all things and at the end of all.

### EACH LESSON CONTAINS:

#### PLANNING: GATHERING THE INFORMATION ABOUT THE NAME

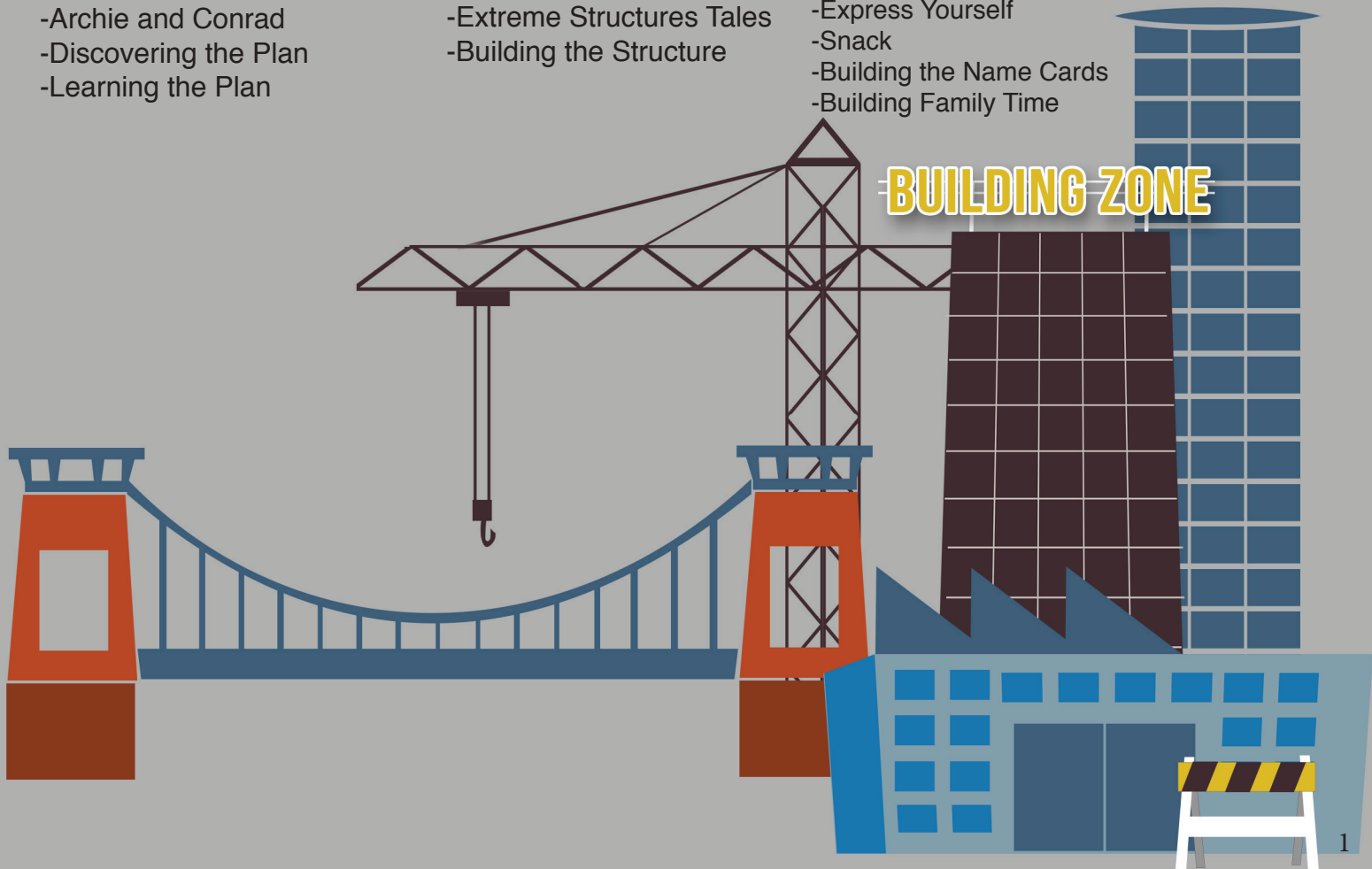
- Minute to Build it Game
- Archie and Conrad
- Discovering the Plan
- Learning the Plan

#### CONSTRUCTING: PUTTING TOGETHER WHAT GOD SAYS ABOUT THE NAME

- Bible Story
- Prayer
- Extreme Structures Tales
- Building the Structure

#### TESTING: APPLYING THE NAME

- The Building Lab
- Craft
- Games
- Bible Memory
- Express Yourself
- Snack
- Building the Name Cards
- Building Family Time



# PLANNING

## MINUTE TO BUILD IT GAME: ACROSS THE BRIDGE PP

**Supplies:** Empty soda cans, uncooked spaghetti noodles

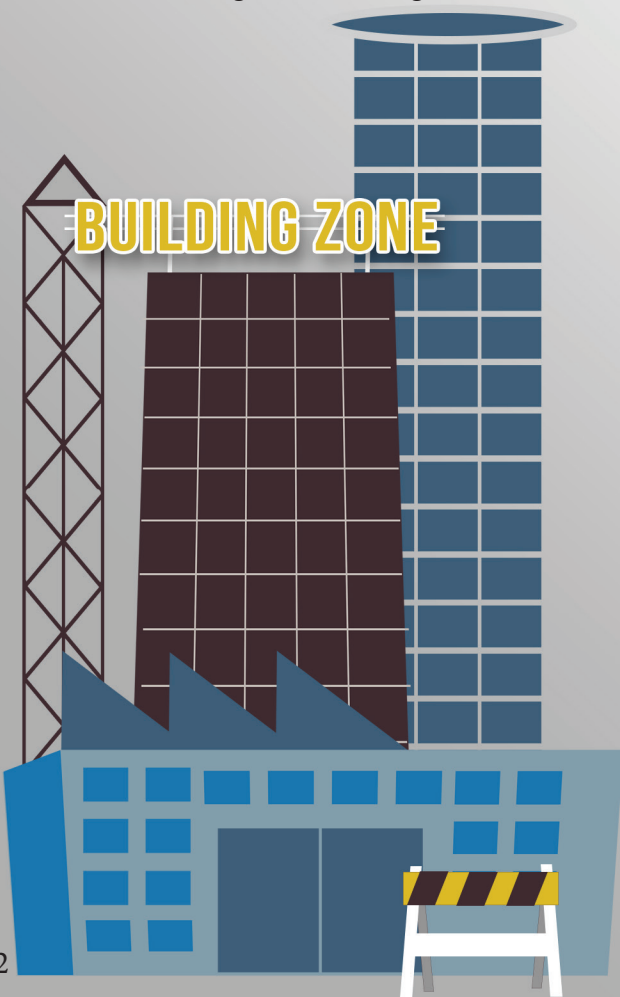
Two players are needed for this contest. Both stand with hands at their sides. When the clock starts, Player #1 may use his/her hands to pick up a noodle and place it in their mouth. Then, without using their hands, they must thread the noodle through the tab of one can. Player #2 places their mouth around the free end of the noodle. Players transport the can to the end of the table and put it in place. (If the noodle should drop or break, player #1 may use hands to replace noodle.) Continue with the other two cans making a three can pyramid (two on bottom and one on top). Pyramid must be constructed in 60 seconds.

## ARCHIE AND CONRAD PP

**Supplies:** Blocks, paper, tape

**Preparation:** Build a bridge using these instructions. Make support columns at the beginning and the end of the bridge. Place columns in a couple places in the middle, making these columns higher to give the bridge an arch. Cut and tape paper together to span the length of the bridge being built.

Archie is working on the bridge.



Conrad: **Hey Archie! What's up?**

Archie: **Today I am working on the design for the bridge that will connect the beginning of the park to the end of the park. It will be a ride within itself. There will be activities to do between the beginning and the end. For instance, one can walk the bridge. One can rent a horse and ride it across the bridge. There will be a special path for that. Due to messes, of course.**

Conrad: **Of course.**

Archie: **There will be a moving sidewalk that people can stand on and it will take them across the bridge. Or there will also be moving chairs, much like a chair lift used when snowboarding or skiing on a mountain. As you see there will be multiple ways to cross the bridge.**

Conrad: **Interesting.**

Archie: **And along the way, there will be stops. Such as here (points to a place on the bridge) one can bungee jump off the bridge. And here (points to another place) one can ride a hovercraft. And, of course, here (points again) one can be placed in a slingshot and shot over the park.**

Conrad: **Wait. Hold on. Are you kidding me? Bungee jumping?? Slingshotting?? Hovercrafting?? You are an adventure genius!**

Archie: **Yes, I suppose I am.**

Conrad: **Too bad you won't be able to enjoy all this.**

Archie: **What do you mean?**

Conrad: **Well, you are afraid of heights. Dirt. Flying. Air. Wind. Falling...**

Archie: **I don't think so.**

Conrad: **What?**

Archie: **I don't think so.**

Conrad: **You don't think you are going to do those things?**

Archie: **No, I don't think I am afraid of these things. You see, I was thinking about what you said about friends enjoying these adventures together. I realized what I was missing. So I decided that it was time to conquer the fears and to dawn a new day in my life. Last night I went out and tried bungee jumping. And I loved it!**

Conrad: (His eyes get huge.) **You bungee jumped?**

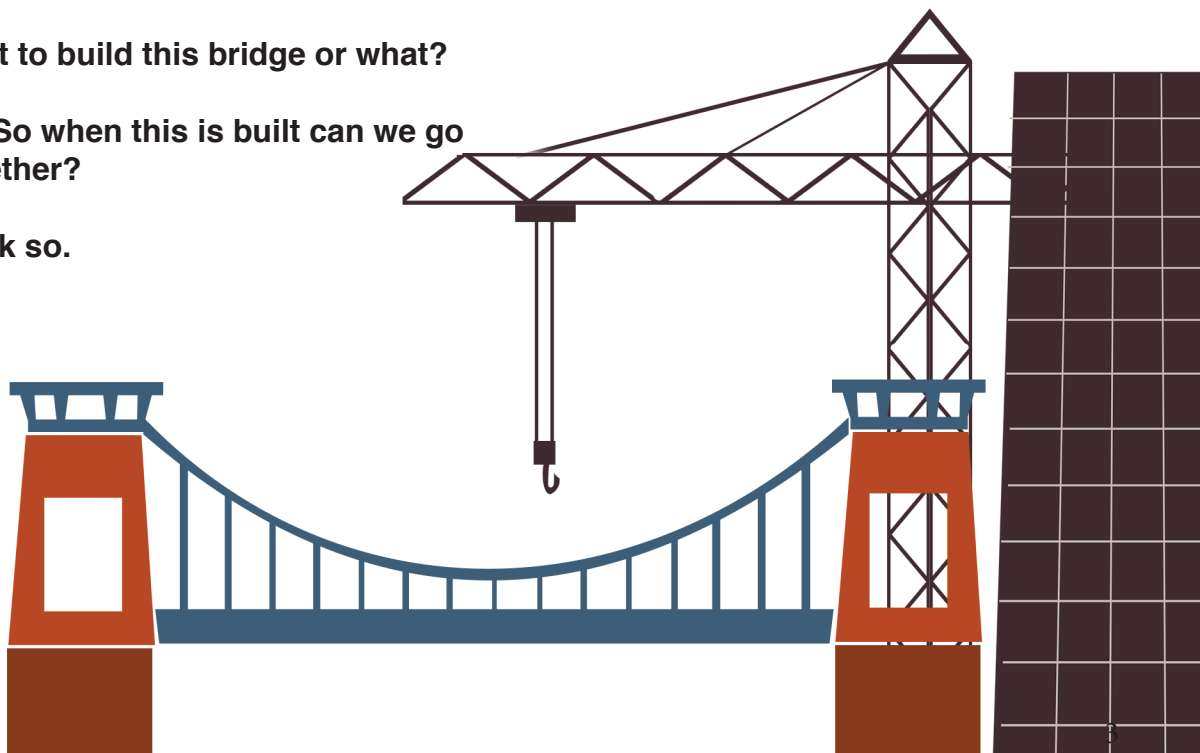
Archie: **Yes. Then I rode a motorcycle. And actually jumped three cars going over a ramp. And then I smeared dirt on me and it wasn't so bad. Then I went and played paint ball and crawled in the mud and got paint balls splattered all over me. And then I went sky diving and made it successfully to the ground without incident. So, yeah. I think I'm over my fears.**

Conrad: (Sits down in disbelief.) **Wow. I'm speechless.**

Archie: **So do you want to build this bridge or what?**

Conrad: **Count me in! So when this is built can we go on the hovercraft together?**

Archie: **I definitely think so.**



## DISCOVERING THE PLAN PP

**Supplies:** Box of design materials (Tinker toys, Legos, pipe cleaners, rubber bands, paper), sign “Alpha and Omega,” sign with symbol of Greek letters

**Each week our name of Jesus is going to have a symbol to help us remember the meaning of the name. We will have two teams try to guess what the symbol is. A member from each team will build the symbol while the rest of the team guesses.**

(Choose two kids, one from each team. Show them the picture of the symbol of the Greek letters. Instruct them to use the materials in the box to make the Alpha and the Omega. As they are creating the symbol, the teams can try to guess what they are making. The first team to guess wins. This symbol will be harder to guess and may need some teacher hints.)

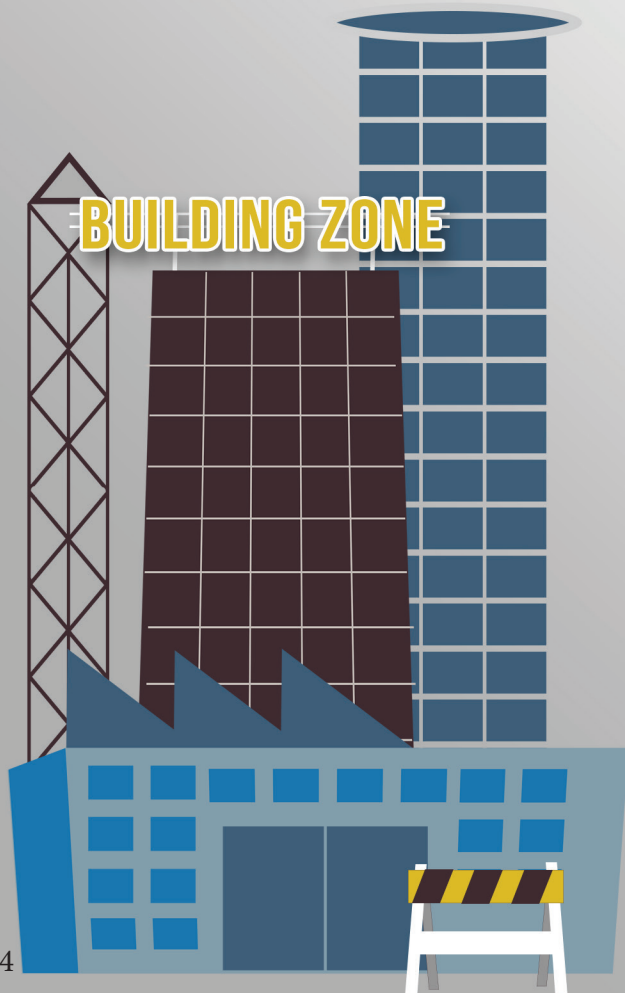
**Do you have any idea what these letters mean? They are Greek letters for Alpha and Omega.**

**Alpha is the first letter of the Greek alphabet. Omega is the last letter of the Greek alphabet. So we have the beginning letter and the ending letter.**

**Jesus, the Alpha and the Omega, is the beginning and the end. How was Jesus at the beginning? He was at creation. Do you know how He will be at the end? When He comes back, He will be at the end.**

### **Options:**

*Display: Place the symbol in the display. Make sure to print out the name “Alpha and Omega” from the file to label the Greek letters.*



## LEARNING THE PLAN PP

Read Revelation 22:13 together:

**I am the Alpha and the Omega, the first and the last, the beginning and the end.” Revelation 22:13**

**Let’s say the verse again with some motions to help us remember it.**

**I am** (Point to sky.)

**The Alpha** (Make capital “A” using two pointer fingers and thumb to make the crossbar.)

**And the Omega,** (Make Omega sign by making a “C” with hand and placing it with the open end pointing downward.)

**The First** (Hold up one finger.)

**And the last,** (Hold up all fingers.)

**The beginning** (Point to head.)

**And the end.** (Point to feet.)

# CONSTRUCTING

## BIBLE STORY **PP**

The New Heaven and Earth, Revelation 21; John 1: 1-5

**Supplies:** Roll of white paper, markers

**Preparation:** Roll out the paper on the floor. Divide the white paper into different parts with a marker. Mark off a section and label it "Creation." Mark off a section in the middle and label it "Jesus on earth." Finally mark a section at the end and label it "The End." Leave empty sections between the three marked sections.

Divide the kids into three groups. (For older kids, consider making five groups and have the older kids fill in the empty spaces with what they know happened between the sections.)

Assign one group the Creation section. Have them work together to depict Creation looking up Genesis 1 if they need help.

Assign the second group to Jesus' life on earth. Have them include His birth, ministry, death, resurrection and ascension.

Assign the third group to draw a picture of Jesus returning to earth. At the end of the paper, have them draw the New Jerusalem, or heaven. The last part of Revelation 21 gives a description.

After the kids have finished, attach the paper to the wall. Refer to it as you talk about each section.

**Jesus' name Alpha and Omega means the beginning and the end. Do you remember what letter of the Greek alphabet is first? Alpha. And which one is last? Omega.**

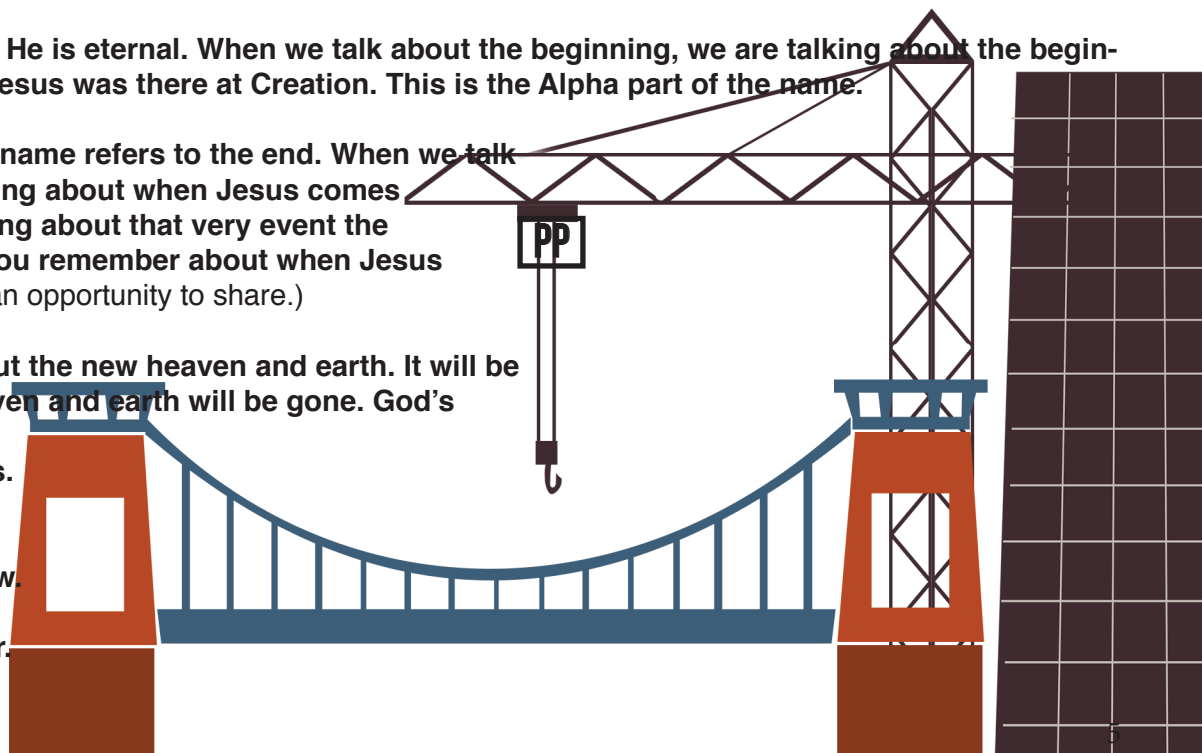
**When we say that Jesus is the beginning, we are saying that He was at the start of Creation. Let's read John 1: 1,2. As we read this, remember that another name for Jesus is Word.**

**PP** In the beginning the Word already existed. The Word was with God, and the Word was God. He existed in the beginning with God. (NLT)

Jesus has always existed. He is eternal. When we talk about the beginning, we are talking about the beginning of time or Creation. Jesus was there at Creation. This is the Alpha part of the name.

The Omega part of Jesus' name refers to the end. When we talk about the end, we are talking about when Jesus comes again. We have been talking about that very event the last few weeks. What do you remember about when Jesus comes again? (Allow kids an opportunity to share.)

Revelation 21 tells us about the new heaven and earth. It will be a place where the old heaven and earth will be gone. God's home will be among His people- He will live with us. He will wipe away every tear from our eyes. There will be no death. No sorrow. No crying. No pain. These things will be gone forever.



Let's read the words that come from Jesus in Revelation 21:6:

**PP** And he also said, "It is finished! I am the Alpha and the Omega—the Beginning and the End. To all who are thirsty I will give freely from the springs of the water of life. (NLT)

Jesus was at the beginning of time. He will be at the end of time. He is the Alpha and the Omega, the first and last, the beginning and the end.

Not only was Jesus at the beginning and will be at the end, He is also there in the middle. We can be

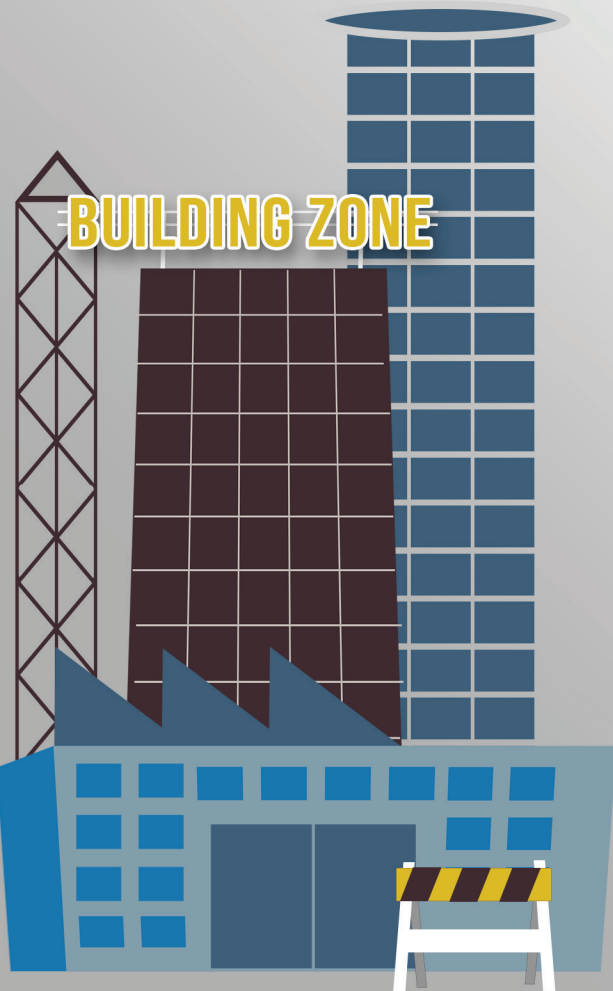
## PRAYER **PP**

Thank Jesus for always being with us. Have the kids do sentence prayers thanking Him for different things relating to the beginning, the middle and the end.

## EXTREME STRUCTURE TALES: BRIDGES **PP**

We have all had to cross over a bridge before. Has anyone been on a bridge that was really long? How about one that was scary? Let's look at some extreme bridges and see which one you think might be the scariest to cross:

**PP** This bridge is in Greece and is hundreds of years old. If you look close, there is a bell hanging from the underside of the bridge. Villagers say that when the wind is strong enough to ring the bell, it is too dangerous to cross the bridge.



**PP** The Millau Viaduct is in France. It is the tallest bridge in the world. At its highest point, it is as tall as the Empire State Building. How would you like to cross over a bridge in the clouds?

**PP** The Hussaini Bridge in Pakistan was destroyed in 2010 by flooding. Would you want to go on this bridge if it were rebuilt?

Let's vote to see which one you think is the scariest bridge. (Announce the winning bridge.)  
Each of the bridges has a beginning and an end. If you start at the beginning of the bridge and go to the end, you will have to walk through the middle of it. You have to travel over the complete bridge.

When we say that Jesus is the Alpha and Omega, we are not only saying He was at the beginning of time and will be at the end of time, He is also present during the middle.

Saying that He is first and last means that He is everything. He is completely all we need.

## BUILDING THE STRUCTURE: BRIDGE BUILDING PP

**Supplies:** Yarn, newspaper, pipe cleaners, scissors, plastic cup, pennies or other “weights”, yardstick, whiteboard or posterboard and markers

Divide the kids into groups. Give each group an equal number of pipe cleaners, newspaper and yarn. They should also be allowed scissors.

The groups work together to build a bridge that is at least 16 inches long.

Once the bridges are built, place them between two tables that are one foot apart. Using yarn, hang the paper cup from the middle of the bridge. Add pennies to the cup to see how much weight the bridge will hold.

**Did your bridge hold as much weight as you expected?**

**Did each of your bridges have a beginning and an end?**

**Sometimes Jesus is referred to as a bridge. Not just because He is called the Alpha and the Omega, the beginning and the end, but because He is the bridge that gives us access to God. (Draw two cliffs separated by a chasm.) On one side is us. On the other side is God. This chasm (big space) is here because of our sin. It separates us from God. However, Jesus came to earth and died on the cross for our sin. (Draw the cross as a bridge between the two cliffs.) He has made a way for us to go from one side to the other. By faith in Him, we “walk” over the bridge to God.**

**Jesus, the Alpha and Omega, is the beginning and the end. He is everything we need to be connected to God and to have a relationship with Him.**



# DEBRIEFING

## THE BUILDING LAB: STRONG BRIDGE

**Supplies:** paper towel rolls, cardboard, scissors, tape, drinking straws, paper clips, misc. building tools, action figures

Give the kids an opportunity to design a bridge by themselves or in pairs using the building materials and able to support an action figure. When completed, they may test the bridge using two tables placed 12 inches apart.

Using the bridge, have them practice telling one another how Jesus is the Alpha and Omega and how He is completely all we need to be reconciled to God.

## CRAFT: YARN LETTERS

**Supplies:** Alpha and Omega resource page, different colors and textures yarn, scissors, cardstock

**Preparation:** Print the Alpha and Omega on cardstock.

Cut out the letters. Use the yarn to wrap around the letters. Make patterns or designs with the yarn.

Place these in a prominent area at home to remember that Jesus is the first and the last, the beginning and the end.

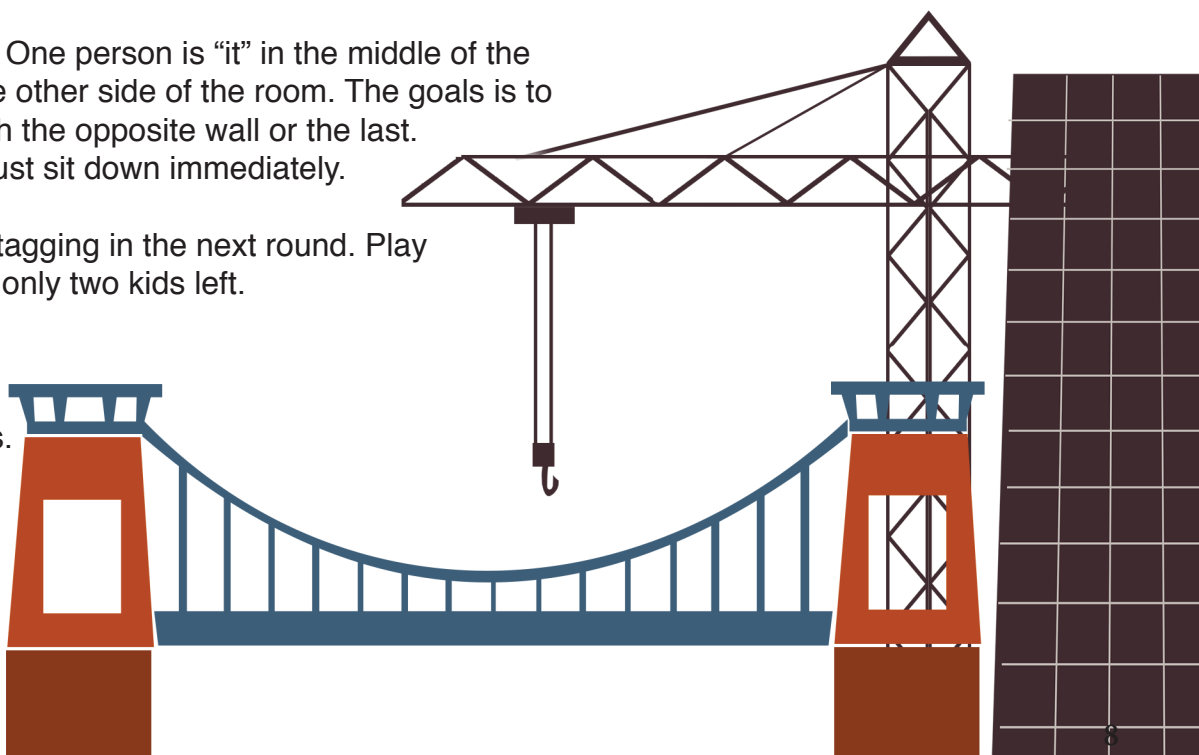
## GAME: FIRST AND LAST

Kids line up on one wall. One person is "it" in the middle of the room. The kids run to the other side of the room. The goal is to either be the first to touch the opposite wall or the last.

Anyone tagged by "it" must sit down immediately.

Those tagged join "it" in tagging in the next round. Play continues until there are only two kids left.

Review with the kids what Jesus being the First and the Last means.





# BIBLE MEMORY: UNCOVERING THE VERSE

I am the Alpha and the Omega, the first and the last, the beginning and the end.” Revelation 22:13

**Supplies:** clothesline, clothespins, colored paper, markers

Divide the kids into groups. Have them make a banner to hang with the Bible verse on it. Each word or two should be on a separate piece of paper. The kids may fashion the paper into shapes such as pennants, circles, squares, etc. When using the word “Alpha” and “Omega” have them write the Greek letters, perhaps, even cutting out the letters from paper.

Once completed, take turns rearranging each teams banner and arranging it back in the correct order.

## EXPRESS YOURSELF

Supplies: Copy of questions for each small group

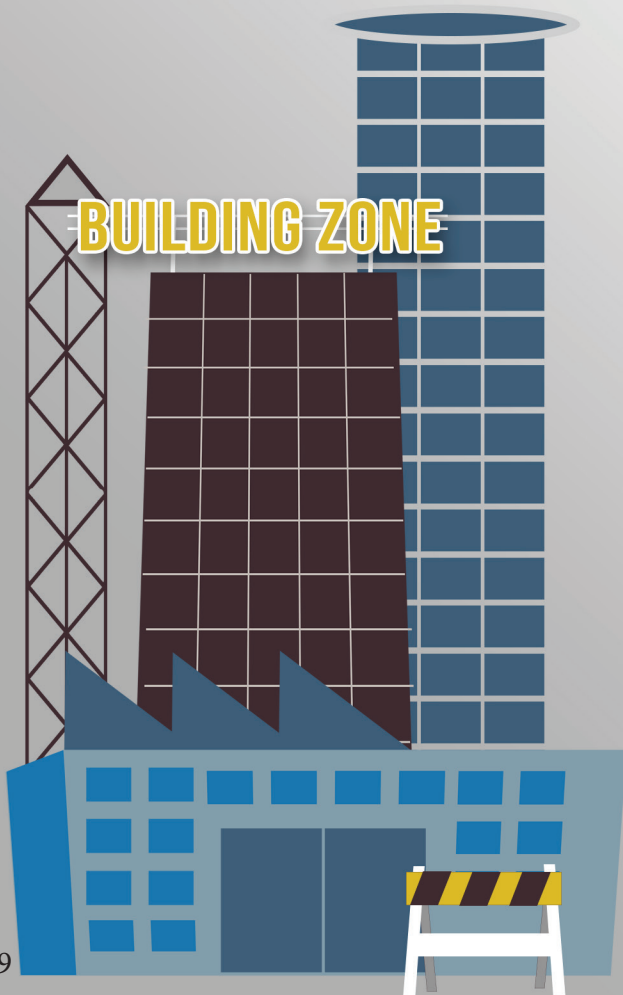
1. What does the name Alpha and Omega mean?
2. How was Jesus at the beginning? How will He be at the end?
3. Describe some events that have taken place between the beginning and the end.
4. When you go through hard things, how is Jesus all you need? Does He make everything work out the way you want it to?
5. Read Revelation 21:9-27. From this description, what do you think heaven will be like?

## SNACK: SNACK MIX LETTERS

**Supplies:** Various items for snack mix: cheerios, candy covered chocolates, fruit snacks, raisins, other types of cereal, paper plates

Have the children make the Greek letters, Alpha and Omega, on their plates using the different snack items. They can mix the items together and then create the letters. Or they can use individual snack items in different places on the letters.

Review why the Greek letters symbolize the name of Jesus, Alpha and Omega.



# BUILDING THE NAME CARDS

**Supplies:** Printed card for each child, markers or crayons (optional)

Name: Alpha and Omega

Symbol: Greek letters (Alpha, Omega)

Verse: "I am the Alpha and the Omega, the first and the last, the beginning and the end." Revelation 22:13

Give each child the card. If using the coloring cards, use markers or crayons to decorate them. Go over the verse together and review the symbol.



# SUPPLY LIST

**MINUTE TO BUILD IT:**  Empty soda cans  Uncooked spaghetti noodles

**ARCHIE AND CONRAD:**  Blocks  Paper  Tape

**DISCOVERING THE PLAN:**  Box of design materials (Tinker toys, Legos, pipe cleaners, rubber bands, paper)  Sign “Alpha and Omega,”  Sign with symbol of Greek letters

**BIBLE STORY:**  Roll of white paper  Markers

**BUILDING THE STRUCTURE:**  Yarn  Newspaper  Pipe cleaners  Scissors  Plastic cup  
 Pennies or other “weights”  Yardstick  Whiteboard or posterboard and markers

**THE BUILDING LAB:**  Paper towel rolls  Cardboard  Scissors  Tape  Drinking straws  Paper clips  Misc. building tools  Action figures

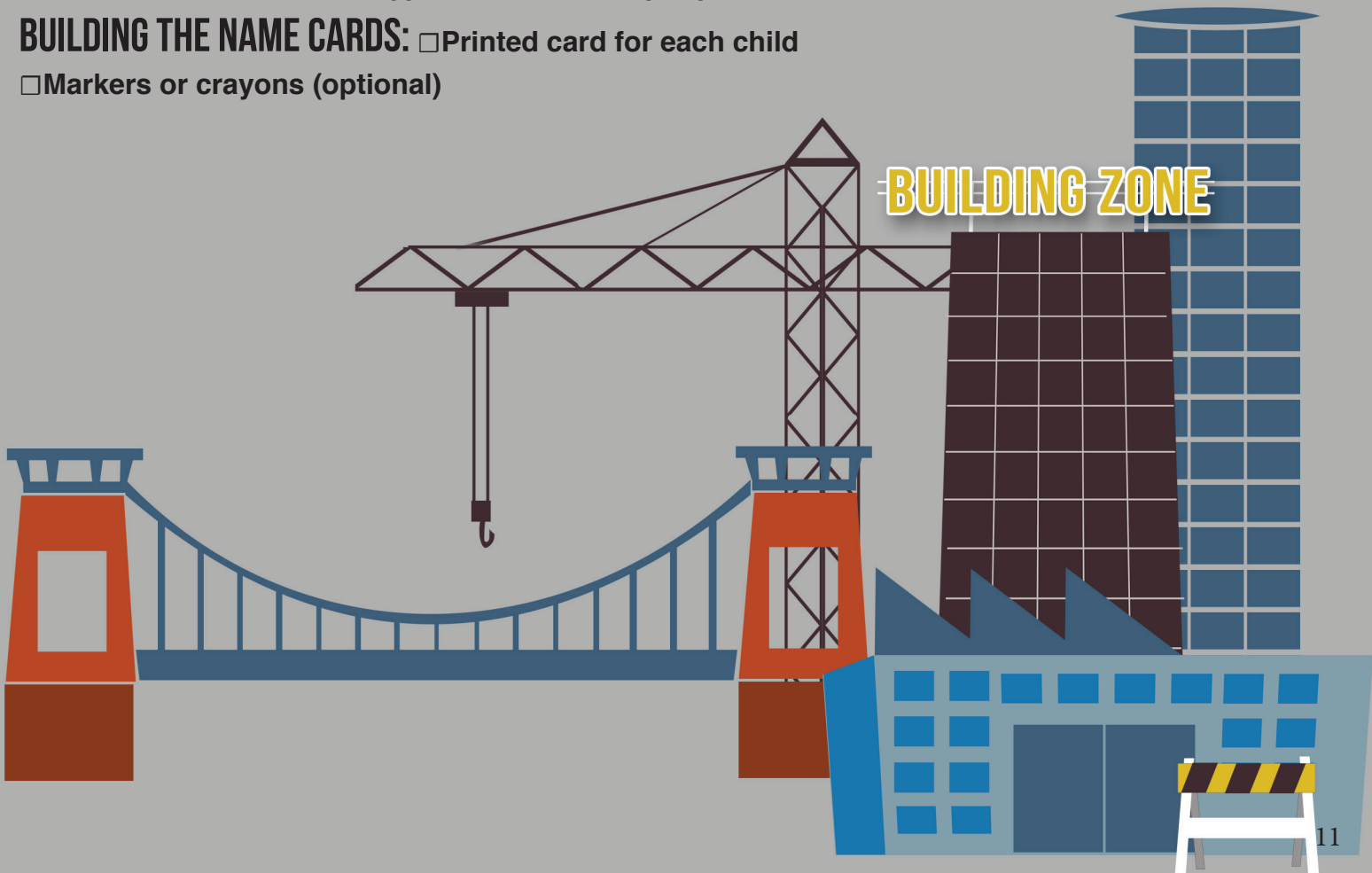
**CRAFT:**  Alpha and Omega resource page  Different colors and textures yarn  Scissors  
 Cardstock

**BIBLE MEMORY:**  Clothesline  Clothespins  Colored paper  Markers

**EXPRESS YOURSELF:**  Copy of questions for each small group

**SNACK:**  Various items for snack mix: cheerios, candy covered chocolates, fruit snacks, raisins, other types of cereal  Paper plates

**BUILDING THE NAME CARDS:**  Printed card for each child  
 Markers or crayons (optional)

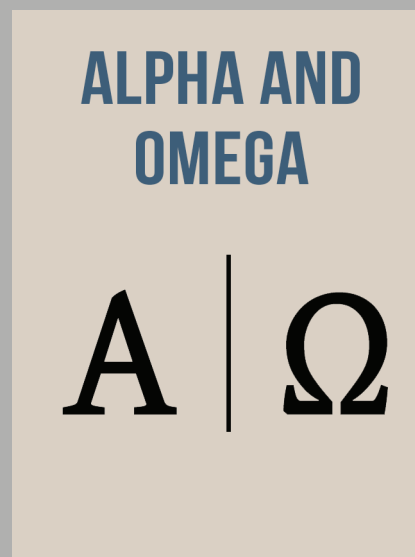


# SOARING STRUCTURES: BUILDING FAMILY TIME

**MAIN POINT:** Jesus, the Alpha and the Omega, is the beginning and the end.

**BIBLE VERSE:** "I am the Alpha and the Omega, the first and the last, the beginning and the end." Revelation 22:13

**BIBLE STORY:** The New Heaven and Earth, Revelation 21



## Family Imaginative Thinking:

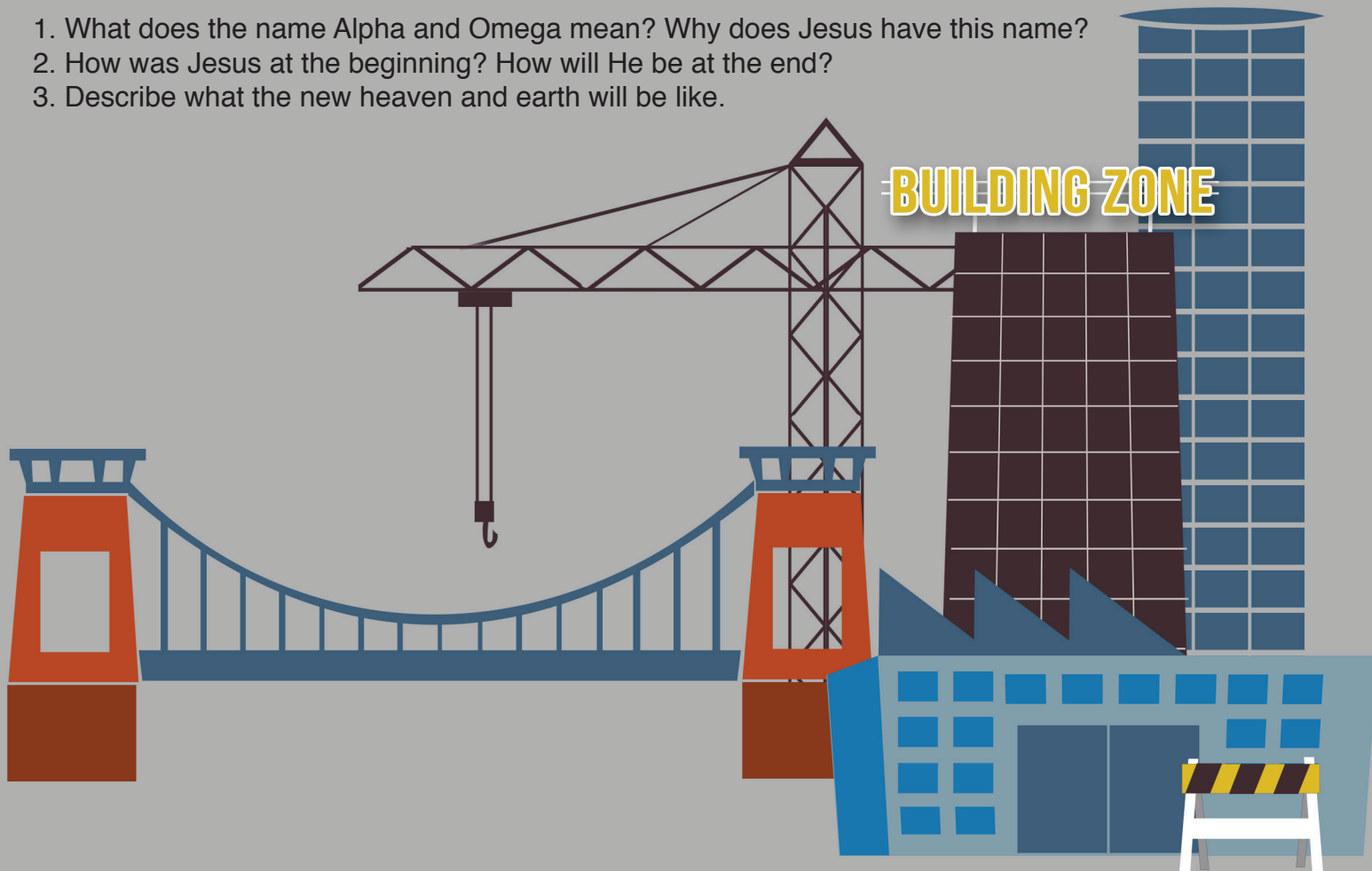
Go through your home and think of things that have a beginning and an end. For instance, on television a show has a beginning and an end. Have a race to see who can find the most things in an allotted time period.

## Family Building Activity:

Build a bridge using straws or other items you have around the house. Where is the beginning? Where is the end? How does this bridge symbolize Jesus as the Alpha and Omega?

## Family Discussion:

1. What does the name Alpha and Omega mean? Why does Jesus have this name?
2. How was Jesus at the beginning? How will He be at the end?
3. Describe what the new heaven and earth will be like.



## **EXPRESS YOURSELF**

- 1. What does the name Alpha and Omega mean?**
- 2. How was Jesus at the beginning? How will He be at the end?**
- 3. Describe some events that have taken place between the beginning and the end.**
- 4. When you go through hard things, how is Jesus all you need? Does He make everything work out the way you want it to?**
- 5. Read Revelation 21:9-27. From this description, what do you think heaven will be like?**

**ALPHA & OMEGA**



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