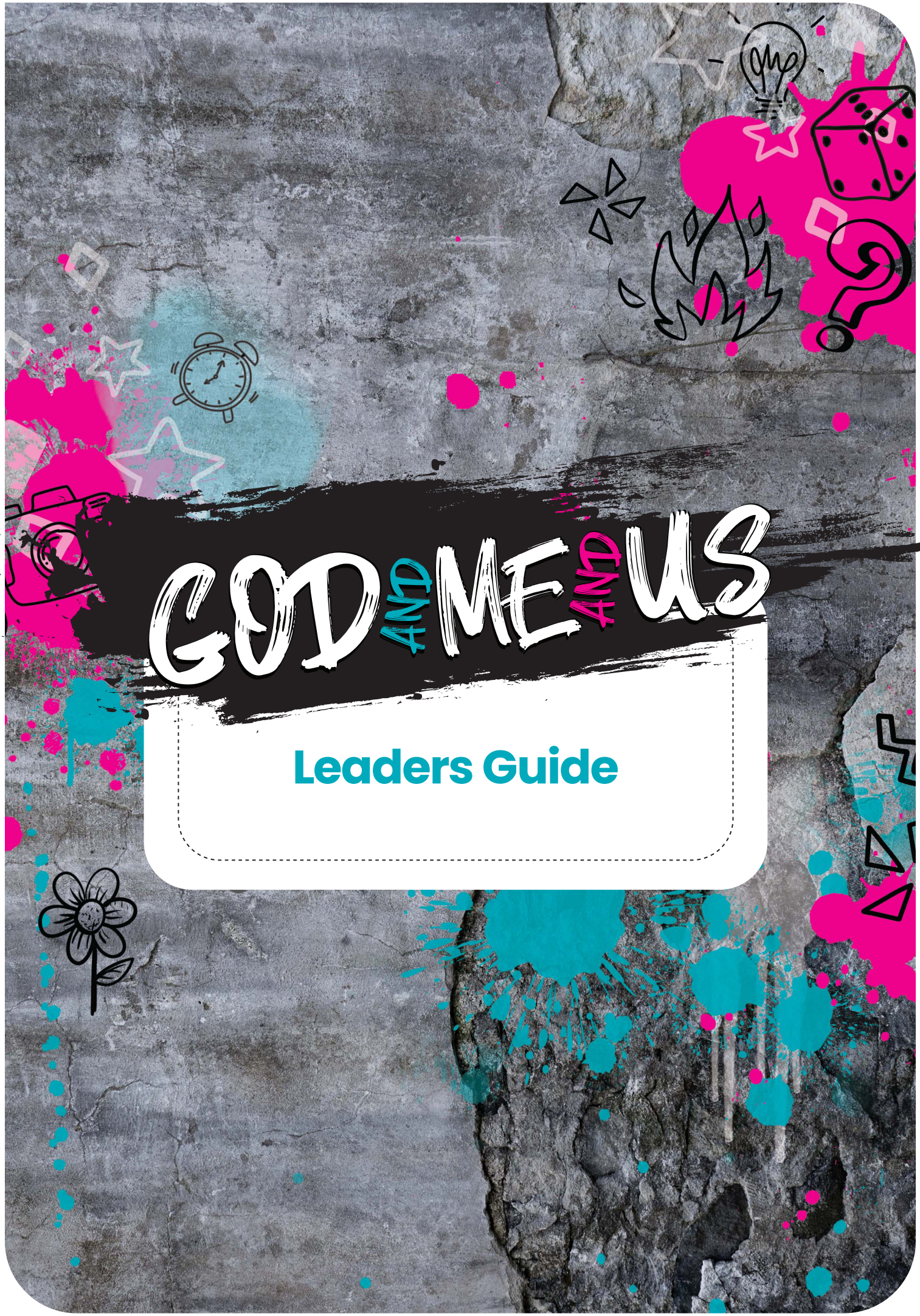


Leaders Guide

God & Me & Us

Leaders Guide

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Table of Contents

IS GOD REAL? 1
WHO AM I? 7
WHAT IS CHURCH? 13
WHO IS GOD? 19
MY PURPOSE 25
ADOPTED 31
GOD OF HOLINESS 35
SLAVE TO SIN 39
#LoveGodLovePeople 43
GOD SPEAKS 47
WHO'S THE BOSS? 51
MY WAY OR THE HIGH WAY 57
CREATION CREATOR 61
MONKEY DAD? 67
ONE BLOOD 73
THE MAN GOD 77
21st CENTURY JESUS 81
THE HEAD 87
GOD'S WORD 93
Daily Bread 97
GOD'S SMUGGLERS 103
ETERNITY 107
EYES UP 113
OUR MISSION 117
COMING SOON 121
WORKS CITED 127
DETECTIVE ACTIVITY CARDS 129

FOCUS POINTS

GOD

SESSION 1

Is God Real?

God exists and has always existed. There is exciting evidence which shows this.

SESSION 4

Who Is God?

God is a person who has a particular character and attributes.

SESSION 7

God of Holiness

God is holy and pure and hates sin. He wants us to be holy, just like Him.

SESSION 10

God Speaks

God loves to communicate with His people. I can hear Him for myself and others.

ME

SESSION 2

Who Am I?

I am designed and created by God with a purpose. Sin has damaged God's original design.

SESSION 5

My Purpose

When I consider how I am made by God, I know God has a unique purpose for me.

SESSION 8

Slaves to Sin

We were dead in sin, but God made us alive in Jesus. We have moved from darkness into light.

SESSION 11

Who's the Boss?

God is the ultimate authority. We need to honour God, our parents and our leaders because they were put in place by God.

US

SESSION 3

What Is Church?

The Church has a 2000 year legacy. It is founded on eyewitnesses to Jesus' ministry.

SESSION 6

Adopted

As believers, we are part of a spiritual family and have roles to play.

SESSION 9

#LoveGod LovePeople

The church exists to display God's wisdom. We do this by sharing the Gospel and loving one another.

SESSION 12

My Way or the High Way

Walking alone leaves us vulnerable. But if we are accountable to our leaders, there is safety.

GOD

SESSION 13

Creation Creator

God is not created, but He Himself made everything. There is amazing evidence for a Creator.

SESSION 16

The Man God

History shows that Jesus really existed, and His resurrection shows us He really is God.

SESSION 19

God's Word

The Bible is God's inspired Word and has been remarkably preserved, just as it was originally written.

SESSION 22

Eternity

God is the God of the past, now and forever. We explore how eternity works and why it matters.

ME

SESSION 14

Monkey Dad?

The world teaches that we are descended from monkeys. Evidence for why this isn't true.

SESSION 17

21st Century Jesus

Although Jesus lived 2000 years ago, He is alive today, and we can know Him personally.

SESSION 20

Daily Bread

The Bible is our spiritual food. Some practical tips on why and how we read the Bible, so that we can understand it, and it in turn can change us.

SESSION 23

Eyes Up

In a world that only lives for today, followers of Jesus are those who live for eternity.

US

SESSION 15

One Blood

When we realise that we all come from Adam and Eve, it changes the way we think about and respond to people who are different to us, and approach discrimination, and even racism.

SESSION 18

The Head

Jesus loves His church, He leads His church, and He is coming back for her soon.

SESSION 21

God's Smugglers

Many people risk their lives so that Christians around the world can have access to the Bible in their own language.

SESSION 24

Our Mission

Jesus said to go into all the world and preach the Gospel. We need to tell the world about eternity and the Good News of Jesus.

FINAL SESSION

SESSION 25

He's Coming Soon

Although Jesus promised to come back, He gave us signs so we could know when to expect Him. We need to stay alert!

INTRODUCTION

Purpose of This Series

The **God&Me&Us** series looks at various topics of the Chirstian faith, from three different lenses, or perspectives:

1. **God:** Who is God and what does He have to say about Himself? During this series we'll get to know Him better and learn more about His character.
2. **Me:** How does this knowledge of who God is, apply to me and my life?
3. **Us:** It's not just about me, but also about the church, the world around me and God's Kingdom.

During this series we'll learn about how these truths impact how I live out my life, in the context I find myself in. Focusing on the above 3 elements gives us a well rounded and more diverse understanding of Scripture.

Who Is This Aimed At?

"After three days they found him (Jesus) in the temple courts, sitting among the teachers, listening to them and asking them questions. Everyone who heard him was amazed at his understanding and his answers. When his parents saw him, they were astonished. His mother said to him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you."

"Why were you searching for me?" he asked. "Didn't you know I had to be in my Father's house?"
Luke 2:46 - 49

As we see above, at 12-years old, Jesus was found in the temple, occupied with His Father's affairs. **God&Me&Us** is targeted at this pre-teen age group and is intended to help ground them in truth, settle their foundations and help lead them into their unique calling in God.

This series has been designed to help this specific age group transition from being children in the family of God, to being young believers, responsible for their own walk. It is also around this time that they are no longer a part of children's church and need to find their place in Church and be involved in the main service.

This resource is ideally aimed at pre-teens aged 12 and 13 (grade 6-7/ middle school). However, the content will also be beneficial for younger youth (13-15), especially if they are new to the faith.

How to Use This Series

This series gives a well-rounded understanding of the Christian faith, Church history and an individual's response to the Gospel. It answers questions that young believers might have but have not had the opportunity to ask or discuss. This series can be used as part of a Sunday Jr Youth class, a Friday night Youth or Jr Youth session, or as a focused time of discipling young teens by their parents or leaders during the week.

With 25 sessions, it is a long series that can be done over a year or two or done in segments of 3 videos at a time.

Use the video as your teaching element and run your session like you would any Youth or Jr Youth group. Start with some ice breaker games, or short worship depending on the time you have available. Add additional games, activities and snacks through out to keep them engaged and excited!

Components of This Series

There are three components to the series, that work as follows:

1 • Videos

There are 4 sections to each video:



Feed on the Word: This is an informative teaching segment that covers the major content for the session. It is rooted in Scripture and intended to provide truth for life.



Word of the Day: This segment covers terminology that are used in the Bible or Christian teachings, that would not be heard or used elsewhere. The goal is to cultivate familiarity with these words so that they are understood in the context of a teaching.



Verse of the Day: Key Bible verses that reinforce the concepts that are being taught. The idea is for them to be committed to memory and reflected on, so that the Holy Spirit can bring them to mind when needed.



Think Worship: How can we live our lives differently in response to the truth that was covered in this teaching, and adapt it to a lifestyle of worship?

2 • Journal

The journal is intended to be used as a tool to record notes, as well as create a space for reflection, discussion and application. It can also be used during church services. Spend some time teaching the group the value of having notes to reflect on. This should not be seen as schoolwork or a chore, but rather as a valuable tool and skill to help them grow in their relationship with God and His Church.

3 • Leaders Guide

The Leaders' Guide is a tool to assist leaders when facilitating and discussing the session with their group. This is a guide and not a strict handbook that needs to be followed prescriptively.

Each session in this guide has the following elements to assist leaders:



Focus point: The main focus of each session.



Icebreaker Activity: A suggested activity/ object lesson, that links to the focus point, to start the session with.



Scriptures to Consider: Scripture references to reinforce these truths.



Group Discussion Questions: These open-ended questions are a key component of the session and are intended to help the group find their own way through the Bible to the truth. We've also provided suggested answers to help guide the discussion.



Word of the Day: a definition or explanation of the word discussed in the video.



Verse of the Day: This is a key verse linked to the topic that is useful to memorise. Encourage the group to spend time reading and contemplating on the word. (Meditate on the Word/ Store it in your heart).



Game: This is a suggested game that can be played at the end of the session. These games are all linked to the topic and can also be used as an introduction instead of the ice breaker.

Leaders/ Facilitators

How you facilitate this series will play a key role in how this is received by the group. Leaders/ facilitators should be mature in their faith and be able to handle some of the more difficult concepts in the Word.

They should also be able to relate to the group. Having a mixture of Jr Youth/ Youth leaders and deacons or elders is ideal. But more important than the above, is a passion to see this group encounter Jesus.

How You Need to Prepare

Watch the video beforehand and consider which content might need to be eliminated or added (like a testimony). Read through the session's leader guide. Have an answer ready for each of the questions posed. Consider if you need additional games/ activities or identify a leader who could contribute to the session.

Pray for your group!

Final Thoughts

A Junior Youthie is making the developmental shift from being a child who goes to KIDS church every Sunday to being a teen who can sit through a service and engage with the preach, contribute to the congregation and slot into community and Youth. To that end, a series/ curriculum is one part of discipling them, the rest is training and shepherding.

Intentionally training them in those areas means giving them exposure and opportunities to engage in it. The leaders should be intricately involved in shepherding the pre-teens on Sundays and building intentional relationships with them. Encourage them to serve in different areas and create opportunities for them to become familiar and comfortable with the ins and outs of church life. Involve them and encourage them so they can come to a deep realisation that they belong and have a part to play.

Consider not having a lesson every Sunday but gradually expose them to services and create opportunities to discuss their experience in church – good or bad. Be prepared to be flexible with the group as they grow and as the Holy Spirit directs.

SESSION 1

IS GOD REAL?

God&Me&Us



Focus Point

God exists and has always existed - and there is exciting evidence which illustrates this.



Icebreaker: The Invisible Forces Challenge

Start with a simple demo:

- Bring a magnet and paperclip, or a balloon to rub on your shirt to create static.

Ask the group:

- 'Can you see what is making this happen?'
- The magnet pulling the paperclip.
- The balloon making hair stand up.

Then ask:

- 'Even though we can't see the force, do you still believe it's real?'
- 'Why?'
- 'What kind of evidence or experiences make something real to you?



The Key Truths

While there is not scientific or mathematical proof for the existence of God, there are enough clues, or pieces of evidence, that provide more than enough reason for us to believe that the God of the Bible is most definitely real.

Likewise, because God is real and the Creator of everything, everything belongs to Him - including us. If everything belongs to Him, then everyone is accountable to Him.

Some of the clues are:

- The "Impossibility of the Big Bang Theory" clue – something cannot come from nothing.
- The "Who Says What is Right or Wrong" clue – a common standard of right or wrong can only come from outside our world, and that standard can only be God.
- The "Historical Jesus" clue – His claims to be God must be believed in the light of the evidence for His resurrection from the dead.

People can hold different opinions, but there can only be one Truth and Jesus has stated that this is found in Himself.

Scriptures to Consider

Look again at what Jesus said about Himself:

- **John 14:9** - *"Anyone who has seen me has seen the Father."* Jesus said that, if people wanted to know what God the Father was like, they just had to look at Him.
- **John 8:58** - *"Before Abraham was, I am."* Jesus said that He was around before Abraham was.
- **John 10:30** - *"I and the Father are one."* Jesus said that He and God were one and the same God.

Group Discussion Questions

Question 1: What do you understand by the phrase, 'God is "forever"'?

Answer: Revelation 1:17 - *"I am the first and the last, and the living one. I died, and behold I am alive forevermore, and I have the keys of Death and Hades."*

Question 2: If God is forever, what does that mean for those who put their faith in Him?

Answer: Jesus told His disciples that He was going *"...to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me so that you also may be where I am."* (John 14:2-3) When He was praying to the Father for His disciples, He prayed, *"Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world." (John 17:24)*

The "you" and "those" references in the verses above only include people who have put their faith in Jesus for the forgiveness of their sin. The question for each of us is, "Am I included in the "you" and "those"?



Word of the Day

Resurrection – "The term "resurrection" refers to the act of rising from the dead. In Christian theology, it is a foundational doctrine that signifies the victory over death and the promise of eternal life. The resurrection is central to Christian faith, as it is believed to be the event that confirms Jesus Christ's divinity and the truth of His teachings." (Bible Hub, 2026)



Verse of the Day

"If you have seen me, you have seen Father." - John 14:9 (ESV)



Game: The Invisible Explorer Challenge

Purpose

- Kids work in teams as detectives examining different "evidence files" (Addenm A, at the back of this guide) that many people believe point toward the existence of a Creator God.

  They must weigh, rank, and connect the clues to see what they think the "case" suggests.

- Group Size: 6–30 kids.

Materials

- Evidence File cards (you can print or write them)
- Envelopes labelled Case File A, B, C, D
- A scoring sheet & pens or pencils for each team

Setup the Story

Tell the kids:

"You're detectives investigating a big case: **Does the universe show signs of a Creator?**

Your job isn't to prove anything—it's to examine the clues people say point to God and decide whether the case is strong, weak, or interesting." *(This sets a curious, non-preachy, tone.)*



Create 4 Evidence Case Files

Write each clue on a card and place each set of clue cards in an envelope.

Case File A: The Universe Had a Beginning

Cards include:

- The universe is expanding.
- Space, time, and matter all began at the "Big Bang".
- Anything that begins to exist needs a cause (something cannot come from nothing).
- Why some think this points to God:
  A cause outside time, space, and matter sounds like a Creator… God.

Case File B: Fine-Tuning for Life

Cards include:

- Gravity is exactly right for stars and planets to exist.
- If the nuclear forces were slightly stronger or weaker, atoms couldn't form.
- A universe suitable for life is extremely unlikely by chance.
- Why some think this points to God:
  Fine-tuning looks like deliberate setup, not an accident.

Case File C: DNA & the "Language of Life"

Cards include:

- DNA stores information in a coded sequence.
- Information always comes from a mind (books → authors, software→ programmers).
- Even the first living cell requires complex machinery.
- Why some think this points to God:
  A code suggests a codemaker.

Case File D: Human Consciousness & "Who Says what is Right or Wrong"

Cards include:

- Humans can think about thinking.
- We have a sense of right and wrong across cultures.
- People sacrifice for justice, love, and goodness.
- Why some think this points to God:
  Our inner moral compass and consciousness seem to go beyond biology and survival.



Team Investigation Round

- Divide kids into teams of 2–4.
- Each team rotates through the case files.
- At each station, they: Read the clues
  Discuss what they think the clues point toward.
  Score the file on a 1-5 scale (1 being low, 5 being very high):
  How strongly could this point to God?
- Encourage teams to think critically—but also to notice the "wow" factor.

The Master Case Board

When rotations end, each team must:

- **Pick the one clue they thought was strongest overall.**
- Write it on a sticky note.
- Place it on the board under "Most Convincing Evidence".
- This creates a visual map of what stood out.

Detective Briefing (Short Group Discussion)

Ask:

- "Which clue got the most votes?"
- "Did anything surprise you?"
- "Was any evidence more exciting or mind-blowing than you expected?"
- "If this were a real case, would you say the evidence leans toward a Creator, feels uncertain, or points another way?"
- Let them share freely—no pressure.



Notes



Notes

SESSION 2

WHO AM I?

God&**Me**&Us



Focus Point

I am designed and created by God with a purpose. Sin has damaged God's original design.



Icebreaker: Identity Cards: What's True About Me?

Materials

- Index cards or slips of paper
- Pens
- Tape or paperclips
- Give each kid an 'Identity Card'
- Hand out one card per person. Ask them to write one fun identity trait they feel describes them.

Examples

- I'm creative
- I like making people laugh
- I'm quiet until I know you
- I'm sporty
- I'm a deep thinker
- I love animals

Tell them not to write their name.

Collect the cards and then tape the card to their backs (not their own card), without them seeing what is on the card.



Mix & Mingle

Kids walk around asking yes/no questions to guess their "given identity".

Examples:

- 'Does this describe something I like?'
- 'Is it a personality trait?'
- 'Is it something I'm good at?'

When they guess theirs, they remove the card and keep it. This creates movement, interactions, and laughs.

Quick Sharing Circle

Once everyone has guessed their identity, ask:

- 'Does this describe you well?'
- 'Is there more to you than what's on the card?'
- 'Did anyone get something that sort of fits but not perfectly?'

Make it light and fun.

Leader Tie-In: Our Identity-in-Jesus

Transition with something simple and age-appropriate:

'We all have lots of labels – fun ones, silly ones, and sometimes ones that don't describe us perfectly. But the Bible says our deepest identity doesn't come from what people say about us or even what we say about ourselves. Our truest identity comes from who Jesus says we are.'

Summarize With a Few Identity-in-Jesus Truths

- 'You are loved.'
- 'You are chosen.'
- 'You are God's workmanship.'
- 'You are forgiven.'
- 'You belong.'



The Key Truths

Preteens often question their purpose and place in the world. This lesson uses Scripture and science to explain the plan that God had when making us in His image - and how that image was damaged because of sin.

This lesson uses the evidence found in science, specifically genetics, and Scripture to explain how we are "knitted together" in our mother's uterus. Use these biological and spiritual truths to lay a firm foundation of a loving God who has a plan for our lives.

The wonder of our unique DNA speaks for itself. The single DNA strand from each of our parents did not just spontaneously connect – God intentionally "knitted" them together.



Scriptures to Consider

Consider these verses from Psalm 139:

- **Verse 3:** *"For you formed my inward parts; you knitted me together in my mother's womb." (ESV)*
- **Verse 15:** *"My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth." (ESV)*
- **Verse 16:** *"You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed." (NLT)*
- **Verse 23 & 24:** *"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life." (NLT)*



Group Discussion Questions

Question 1: Question 1: Sometimes we might like what we see when we look in the mirror, and other times there may be areas we don't like! Based on what we have heard about how God has knitted us together, how do you think we can respond to these thoughts and feelings?

Answer: God did the "knitting" and the "wool". He used the genetic material from our parents, which came from our grandparents, to knit us together. That is why we look like we do – our height, build, skin tone and a host of other attributes. Even some of the talents we are good at or areas we enjoy, or don't enjoy, come from our parents. God chose which bits of DNA would be put together to make us who we are today.

Question 2: Is my outward appearance who I really am as a person, or is there something more to me?

Answer: If we look at photographs of someone when they were 6 months old, 10 years old and 40 years old, we know that they will look different in each of the photos. There may be one or two things that might make us say, "Yes, I can see a similarity." The real me is not what I look like on the outside, but what I am like on the inside. When God "...formed my inward parts...", He gave us the ability to love Him, to know right from wrong and to make moral choices.

Question 3: Based on the Scriptures and science that we were exposed to today, how could this change how you think, react to others or make decisions?

Answer: God formed each one of us and He already knows how long each of us will live our human lives, here on earth. It says that God has good thoughts towards us. King David's response was to ask God to search is heart and reveal to him anything in his life that offends God, such as sin. God calls each of us to respond in the same way to Him. Take time to do that now.



Word of the Day

Immutable – "The term "immutable" refers to the unchanging and unchangeable nature of God. In Christian theology, immutability is a key attribute of God, signifying that He is constant and unalterable in His essence, character, will, and promises. This concept is foundational to understanding God's reliability and faithfulness, as it assures believers that God's nature and His promises remain steadfast throughout time." (Bible Hub, 2026)



Verse of the Day

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well." - Psalm 139:14 (ESV)



Game: 'Truth vs Trash'

A high-energy relay game that helps kids discover the difference between **false identities ('trash')** and **identity in Jesus ('truth')**.

Materials

- Two buckets labelled **TRASH** and **TRUTH**
- 20-30 identity cards (example below)
- Tape
- Space to run



How to Play

Prepare identity cards:

Make cards with statements – some 'trash' (false identities), some 'truth' (who we are in Jesus).

TRASH examples (false identities kids often believe)

- 'I am not good enough.'
- 'I have to be perfect.'
- I am what other people think of me.'
- I'm only valuable if I succeed.'
- 'I'm invisible.'
- 'My mistakes define me.'

TRUTH examples (Identity-in-Jesus)

- 'I am loved.'
- 'I am forgiven.'
- 'I am chosen.'
- 'I am God's masterpiece.'
- 'I belong to God's family.'
- 'Nothing can separate me from God's love.'
- 'I am safe with Jesus.'

Scatter these cards face down across the room.

Split Into Two Teams

Teams line up at one side of the room. Buckets (TRUTH + TRASH) sit at the opposite side.

Start The Relay

- On 'go':
  The first person on each team runs to the middle, grabs one card, and reads it.
- They decide:
  Does it belong in the **TRASH** bucket (false identity)?
  Or the **TRUTH** bucket (identity in Jesus)?
- They drop the card in the bucket they choose and race back.
- Next player goes.
- Keep going until all cards are collected.



Score the Game

- Open the buckets.
- 1 point for each correctly placed card.
- Deduct one point for each incorrect card.
- Teams love the suspense of seeing how well they did.

Short Debrief

Gather the group & connect it to the theme:

"The world throws a lot of 'trash' identities at us... but Jesus gives us a new, solid, unshakeable identity."

Ask:

- 'Which false identity did you relate to?'
- 'Which true identity-in-Jesus did you like best?'



Notes

SESSION 3

WHAT IS CHURCH?

God&Me&**Us**

Focus Point

The Church has a 2000 year old legacy. It is founded on eyewitnesses to Jesus' ministry.

Icebreaker: Church Is More Than a Building

A quick, interactive challenge that helps kids discover that church = people, community, and purpose, not just a place.

How It Works

Quick Warm-Up Question

Ask the group:

'When you hear the word church, what's the FIRST thing that pops into your head? A building? People? Music? Something else?'

Stand Up Game: That's Not Church

Tell the kids:

- 'If what I say can be part of church, step forward.
- If it can't be part of church, step back.'
- Then call out a mix of silly, serious, and surprising items.

Examples to read aloud:

- A building
- A pizza
- Singing
- Gaming
- Helping others
- A cross
- People



- Jesus
- Friendship
- Worship
- A soccer ball
- A swimming pool
- Prayer
- Kindness

This gets kids laughing, thinking, and moving.

Gather Them In

Ask:

- 'Which ones surprised you?'
- 'Which ones were easy?'
- 'Was anything hard to decide?'

Short Leader Tie-In: So...What Is Church?

Use a simple, kid-friendly wrap-up:

'Church isn't just a building we walk into. Church is the people who follow Jesus, gathering to worship Him, learn, serve, and love each other. It can happen almost anywhere – because church is a community, not a place.'

- Church = family
- Church = the Body of Christ
- Church = followers of Jesus on mission together



The Key Truths

The church is often thought of as a building; however, whenever the Apostles in the New Testament talk about Church, they talk about a group of people coming together. The only recorded time that Jesus used the word "church" was in Matthew 16:18 in the context of building His Church, which referred to people - all over the world.

Jesus prayed that His followers would be one as He and the Father are one (John 17:20). It would be impossible for believers to be "one" unless they meet together. This is one of the reasons why the writers of the New Testament used the word "ecclesia" to indicate that it wasn't optional to be part of a local church if one was following Jesus. God "summons" us to be part of the church.

Paul established local churches in many cities and towns that he visited. In the same way, we who belong to Jesus must be a part of and active in our local church. We can't say that we belong to the global Church but are not prepared to be part of our local church.

Scriptures to Consider

- **Ephesians 1:22-23** - *"And he put all things under his feet and gave him as head over all things to the church, which is his body, the fullness of him who fills all in all." (ESV)*

Jesus builds his church by each part of his "body" doing its part.

- **Romans 12:4-8** - *"For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; 8 the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness."*
- **1 Corinthians 12:15-17 (ESV)** - *"If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell?"*

Group Discussion Questions

Question 3: What does it mean to be a member of God's church? Some people believe that their relationship is just between them and God. How could we respond to this person using the passages from the Bible that we have just read?

Answer: The Church is the "body" of Jesus on earth, and we are the church. So, just as every part of my body has a particular function and purpose, each individual believer has a role to play in the local church. We are all connected to each other and need each other to function.

Question 4: Why do I, as a young person, also need to be part of the local church when it seems like it's only the adults who do everything? I can't lead meetings, I can't play an instrument with the worship team, I don't earn a salary so I can't tithe. Does the church even need me?

Answer: Your little finger is not strong, and you seldom do anything just with your little finger. However, if you were missing that little finger, there would be lots of things that you wouldn't be able to do as well without it. Whatever small a part you play in your church, that small part makes a difference. Read 1 Peter 2:5 When stones were used to build the walls of a house, there were big stones and little stones. A small gap must be filled with a small stone.

Make Suggestions: In what ways could you be involved in serving others in the life of your church?



Word of the Day

Ecclesia/Ekklesia - Scripture emphasizes that the "ecclesia/ekklesia" is not merely a human institution or a physical building but is fundamentally a spiritual organism composed of those who follow the risen Christ (Romans 12:5). Believers belong to one another as a single body, each member important and interconnected (1 Corinthians 12:12). Throughout Acts, the early "ekklesia" displayed distinctive hallmarks: doctrine centered on the apostles' teaching, shared fellowship, prayer, and the breaking of bread (Acts 2:42). Led by the Holy Spirit, believers gathered in homes, public squares, and sometimes underground venues during periods of persecution. (Bible Hub, 2026)



Verse of the Day

"And let us consider how to stir up one another to love and good works." - Hebrews 10:24 (ESV)



Game: Build the Body Challenge

A teamwork-based game where kids discover that church = people working together, just like the Bible's picture of the Body of Christ.

Materials

- A set of random objects (balls, cones, markers, string, Lego, anything!)
- A timer
- A big open space

(If you don't have items, you can even run this without objects – note below)

How It Works

- Split Into Teams.
- Form 2-4 teams depending on group size. Give each team the same set of random objects.
- Tell them: 'Your mission is to use the items in your pile to build something that represents what the Church is. You only have 5 minutes – and everyone on your team must help.'
- Build Phase (5 minutes).
- Teams get creative!

They might build:

- A cross
- A heart (representing love)
- A circle of people
- A 'church building'
- Something symbolic (like a bridge or tower)



If no objects available:

Assign them a creative 'human sculpture challenge.' They must arrange themselves to form something that represents the church.

Explain Phase (1 minute per team)

Each team then presents:

- What they built
- Why it represents the church
- How they worked together

Kids often give surprisingly thoughtful answers.

Twist: The Missing Piece Round (Optional but Powerful)

Choose 1-2 kids from each team and pull them aside.

Tell the remaining group:

'Rebuild the same thing - but this time, these people can't help.'

You'll see:

- It takes longer
- It's harder
- Some teams can't rebuild fully

Leader Tie-In: What Is Church?

Gather everyone and explain:

'Church isn't just a building – it's all of us together, each with different gifts and strengths. When someone's missing, the whole team feels it. The Bible says the church is like a body – every part matters.'



Notes

SESSION 4

WHO IS GOD?

God&Me&Us



Focus Point

God is a person who has a particular character and attributes.



Icebreaker: Describe That...But You Can't Use the Word!

A guessing game that shows how hard it is to describe something BIG – and sets up the idea that God is even bigger than our words.

How It Works

Start With Everyday Objects

Ask for 3-4 volunteers. Give each volunteer something simple to describe **without saying the word itself:**

Examples:

- Chocolate
- A dog
- A soccer ball
- Pizza
- A phone

They must describe it using clues like:

- 'It's round, people kick it...'
- 'It's warm, gooey, and tastes amazing...'
- 'It can bark...'

The group guesses.



Level Up: Describe Something Bigger

Now try describing things that are harder:

- Love
- Friendship
- The universe
- Hope
- Light

Kids quickly realise these are harder because they're bigger than object.

Final Round: Who Is God?

Say:

'Okay…now imagine trying to describe God without using the word God.'

Let 1-2 kids volunteer.

Common answers:

- Creator
- Someone who listens
- Father
- Powerful
- Love
- Mysterious
- King

It naturally opens the room to curiosity.

Leader Tie-In (1 minute)

Wrap up with something simple:

'We just saw that it's easy to describe a soccer ball… but describing BIG things – like love, hope, or the universe – is way harder. And describing God is even bigger than that. Today we're exploring: Who is God? And the amazing thing is… God reveals Himself to us so we can know Him.'



The Key Truths

God revealed His character and His attributes to us through the life of Jesus, His Son, during His short time on earth. When Philip requested that Jesus show them (the disciples) the Father, Jesus replied, *"Whoever has seen me has seen the Father..."* (John 14:9, ESV). Our minds are finite or limited; God is infinite! We therefore cannot fully understand what God is like. If we were able to understand Him completely, He wouldn't be God.

The Scriptures below describe some of God's nature. Jesus chose to set aside that nature when He came to earth as a human, to reunite us with the Father by dying on the cross



Scriptures to Consider

Even though God is indescribable, below are some words that describe the character of God. Use the Scriptures referenced alongside them to introduce the preteens to this vocabulary, which they may hear in and around church.

1. Self-sufficient - He does not need anyone to do anything for Him.

Acts 17:25 (NLT) - *"...and human hands can't serve his needs—for he has no needs. He himself gives life and breath to everything, and he satisfies every need."*

2. Omnipotent - God's power surpasses all powers.

2 Corinthians 4:7 (ESV) - *"But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us."*

3. Omniscient - God knows our thoughts and what we say even before we say it.

Psalm 139:2-4 (ESV) - *"You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O LORD, you know it altogether."*

4. Immutable - God's attributes and character never change.

Malachi 3:6 (NIV) - *"I the LORD do not change. So you, the descendants of Jacob, are not destroyed."*

Hebrews 13:8 (ESV) - *"Jesus Christ is the same yesterday and today and forever."*

5. Omnipresent - Because God is everywhere, we cannot hide from Him.

Psalm 139:7-12 (NIV) - *"Where can I go from your Spirit? Where can I flee from your presence?..."*

Jonah 1:10 (ESV) - *"Then the men were exceedingly afraid and said to him, "What is this that you have done!" For the men knew that he was fleeing from the presence of the LORD, because he had told them."*

6. Uncreated - He created absolutely everything and therefore He could not have been created Himself.

Genesis 1:1 (NIV) - *"In the beginning God created the heavens and the earth."*

7. Eternal - Only someone who is eternal by nature can grant eternal life to someone else.

John 5:24 (ESV) - *"Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life."*

8. Holy - God instructs us to be holy, even as He is holy.

Leviticus 19:2 (NIV) - *"...Be holy because I, the LORD your God, am holy."*

Group Discussion Questions

Question 1: We know that God is a loving and kind God. How can these attributes (characteristics) of God be relevant to you in your situation where you might be struggling or confused?

Answer: We don't have to try and explain our struggles to God – He already knows what we have to deal with each day - how we feel, our thoughts, and our fears. He wants us to be honest with Him and ask Him to search our hearts. When we become aware of His characteristics it puts our lives and what we are struggling with into perspective. He is big enough and powerful enough to be in control of our situation.

Word of the Day

Omniscient - Omniscience refers to the attribute of God by which He possesses complete and infinite knowledge. This includes all things past, present, and future, as well as all potentialities. God's omniscience is a fundamental aspect of His divine nature, affirming His sovereignty and wisdom. (Bible Hub, 2026)

Verse of the Day

"To the King of the ages, immortal, invisible, the only God, be honour and glory forever and ever." - 1 Timothy 1:17 (ESV)



Game: Attribute Relay Race

A fast-paced teamwork challenge that gets kids running, thinking, and making connections.

How to Play

Set Up Stations (8-10 stations)

Spread stations around the hall, field, or playground. Each station represents a different attribute or way people describe God, such as:

- Creator
- Protector
- Loving
- Powerful
- Guide
- Peace-bringer
- Just/Fair
- Mysterious
- Healer
- All-knowing

At each station, place a challenge + a quick reflection question.

Divide into Teams

- Teams of 4-6
- Each team starts at a different station

Stations & Challenges

Below are examples you can set up **easily**:

Creator

- **Challenge:** Build the tallest structure possible using cups or blocks in 45 seconds.
- **Reflection:** How does creativity help us understand God as Creator?

Protector

- **Challenge:** One team member must guard a ball while others try to tap it without tackling – 45 seconds.
- **Reflection:** What does it mean to protect or be protected?



Powerful

- **Challenge:** Tug-of-war mini challenge vs another team or the leader.
- **Reflection:** What does 'power' mean beyond strength?

Guide

- **Challenge:** One blindfolded teammate is guided through a short obstacle course.
- **Reflection:** What makes guidance trustworthy?

Peace-bringer

- **Challenge:** Each team must untangle a human knot as fast as possible.
- **Reflection:** How do peacemakers help bring calm and unity?

Just/Fair

- **Challenge:** Groups get a puzzle with missing pieces; they must negotiate with another group to complete both puzzles fairly.
- **Reflection:** Why does fairness matter?

Mysterious

- **Challenge:** Reach into a covered box and guess the object inside (no peeking).
- **Reflection:** Why might God feel mysterious or hard to understand?

Loving

- **Challenge:** Teams must complete a task (e.g., passing a balloon without hands) that requires teamwork & encouragement.
- **Reflection:** What does love look like in action?

Rotate

Every 2 minutes, teams rotate to the next station.

Final Team Task

After all stations, each team creates a 1-minute summary answering:

- 'Based on the attributes we explored, who do people say God is.'
- 'Which attribute stood out to you most, and why?'

SESSION 5

MY PURPOSE

God&**Me**&Us

Focus Point

When I consider how I am made by God, I know God has a purpose for me.

Icebreaker: Purpose Post-It Shuffle

A quick energetic activity that helps kids explore gifts, strengths, and how they might connect to purpose.

How It Works

Give everyone 3 sticky notes

On each one, they write:

- 1 thing they're good at
- 1 thing they enjoy doing
- 1 personality trait they feel describes them (kind, funny, determined, etc.)

Tell them this is not a test – just a quick personal brainstorm.

Shuffle Time (the fun part!)

- Have everyone stick their notes randomly on a wall, board, or table.
- Then say: 'When I say go, find THREE notes written by other people that you think could be used for a good purpose in God's world.'
- Kids run to the notes, pick three, and come back.

(This usually gets lots of laughter, movement, and curiosity.)



Small-Group Chat

In groups of 3-4, they share the sticky notes they picked and answer:

- Why do you think this gift or trait could be part of someone's purpose?
- How might God use something like this to help others?
- Which one do you think is the most powerful or meaningful?

Quick Reflection (leader prompts)

Bring them back and say:

'Look at how many different abilities, interests, and personalities we have in this room. What if God gives us those things on purpose – so we can make a difference in the world?'

Then ask one or two of these:

- What surprised you when you saw everyone's sticky notes?
- Do you think your strengths might connect to a bigger purpose?
- Why might God give different people different gifts?

Why This Icebreaker Works

- Low pressure – everyone can participate.
- Movement-based – gets energy going.
- Connects naturally – to the idea of 'purpose in God'.
- Encourages kids to see value in themselves and others.



The Key Truths

As people, we often have the questions, "Why am I here? What is the purpose of my life?". This episode speaks of how we can know and understand the God-given purpose of our lives. We are not the result of random cosmic accidents, life is too precise for that to be true. Rather, we are intentionally created, by God, for a purpose - which is to glorify Him and to be His image bearers in the world.

This is our main mission on earth but there may be more specific things that God asks each of us to do. As we follow Him, we learn more about what He is asking us to do.

Scriptures to Consider

- **Genesis 1:27 (ESV)** - *"So God created man in His own image, in the image of God He created him; male and female He created them."*
- **Psalm 8:3-6 (NIV)** - *"When I consider your heavens, the work of your fingers, the moon, and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them? You have made them a little lower than the angels and crowned them with glory and honour. You made them rulers over the works of your hands; you put everything under their feet."*
- **Isaiah 43:7 (ESV)** - *"Everyone who is called by my name, whom I created for my glory, whom I formed and made."*
- **1 Corinthians 10:31 (ESV)** - *"So, whether you eat or drink, or whatever you do, do all to the glory of God."*

Group Discussion Questions

Question 1: If we have an object, like a calculator or smartwatch, and we want to discover its purpose - how it works or why it doesn't work - how would we do that?

Answer: We find out who made the item and why they made it. For what purpose was it created?

The best place we can take a broken item to be fixed is back to the person who made or designed it. God is our creator so only God can fix us in our brokenness and sin.

Question 2: If God originally made man in His own image and in His likeness, then what damage do you think has been caused by sin entering the world?

Answer: Since sin entered the world, man has been living his life apart from God. Which means that mankind now finds its purpose outside of God. The man of the world says, "My purpose is to be happy, and therefore I'm going to do whatever makes me the happiest". He has no thought about pleasing his Creator, who made him and owns him. The reality is that this approach ultimately does not work, as mankind is only able to find fulfillment in God.

Facilitator note: *Gauge the maturity of the group you are working with and then decide which of the following questions would be appropriate:*

Question 3: How would you describe yourself in the future, having fulfilled what you think your purpose & dreams are?

Answer: Help the preteens to see that any purpose we try to achieve, that is not centered around Jesus and what He wants for us, will not have eternal value in the end. Refer to the verse of the day.

Question 4: What dreams do you currently have that you think might not actually be part of God's purpose for you?

Answer: Help the kids to be honest and feel safe in answering this question.

Question 5: Have you ever asked God to show you His purposes for your life? Ask the kids if they would like to do that now.

Word of the Day

Glorify - The term "glorify" in the biblical context refers to the act of giving honor, praise, and worship to God. It involves recognizing and proclaiming His majesty, holiness, and supreme authority. The concept of glorification is central to Christian theology, emphasizing the believer's duty to honor God in all aspects of life. (Bible Hub, 2026)

Verse of the Day

"So whether you eat or drink, or whatever you do, do it all for the glory of God." - 1 Corinthians 10:31 (ESV)

Point Game: Mission Match-Up Relay

A high energy relay where kids explore how different gifts and roles can fit into God's purpose.

How to Play

Create two sets of cards:

Set A: 'Gifts/Strengths'

- Encouraging others
- Solving problems
- Being creative
- Helping practically
- Leading
- Listening
- Being brave
- Caring for people
- Making others laugh
- Organizing things

(Aim for 10-15 cards)



Set B: 'Missions/Purposes'

- Comfort someone who is sad
- Lead a team through a challenge
- Solve a problem in the community
- Welcome someone new
- Help organize a group project
- Encourage a friend who feels alone
- Serve people in need
- Bring peace to an argument
- Use creativity to help others

(10-15 cards – matching some or all of the strengths)

Set Up the Relay

- Put Set A (gifts) on one side of the room.
- Put Set B (purposes) on the opposite side.
- Split players into 4-6 teams.
- Each team lines up at one side of the room.

The Relay Begins

On **GO**:

- The first person from each team sprints to the Gifts pile and grabs one card.
- They run to the Purposes pile on the other side.
- Their job is to find a purpose card that fits the gift they picked.
- If they find a match, they bring the purpose card back to their team and tag the next runner.
- If they can't find a good match, they must return the gift card, grab a new one, and try again.
- First team to match 5 pairs wins!

Debrief (2-5 minutes)

Bring everyone together and ask:

- Which matches were easiest?
- Which ones were surprising?
- Did any strength fit more than one purpose?
- What does that say about purpose in God?
- Why might God give everyone different abilities?

Wrap up with something like:

'Just like in this game, everyone has different gifts – and those gifts help us live out God's purpose in unique ways. We're meant to work together.'



Notes

SESSION 6

ADOPTED

God&Me&**Us**



Focus Point

As believers, we are part of a spiritual family and have roles to play within this.



Icebreaker: Family Traits Mix-Up

A fun, movement-based activity that helps kids explore what it means to belong to a family – even God's family.

How It Works

Create 'Family Trait' Cards

Prepare simple cards with positive family traits, such as:

- Kind
- Forgiving
- Helpful
- Patient
- Joyful
- Brave
- Welcoming
- Generous
- Honest
- Encouraging

(You can repeat traits for bigger groups)

Mix them in a bowl or scatter them on the floor.



Everyone Picks a Card

Each kid grabs **one trait card.**

Tell them:

'This is your new family trait. It represents something often found in God's family.'

Mix & Move

Say a prompt like:

- 'Find someone who would fit well into your family with that trait!'

Kids move around and find others who:

- Have a similar trait.
- Could complement their trait.
- Feel like they'd make a good 'family match.'

They form little 'family groups' of 3-5.

They talk briefly (1 minute)

- Why did you choose each other?
- How do these traits show up in families?
- What makes someone feel like they belong?

Reflection Moment (leader-led, 1-2 minutes)

Bring them together and say something like:

'Even though you all had different traits, you were still able to form families that made sense. God's family is like that – full of different people, different strengths, different personalities – but everyone belongs because chooses us. Being adopted into God's family doesn't mean being the same; it means being loved, valued, and welcomed.'

Ask a simple question:

- What makes you feel like you belong in a family or group?



Notes



The Key Truths

When we are born, we are not born to be left on the pavement. Likewise, when we are spiritually born again, we are born again to be added into God's family.

In this session, we look at the wonderful truth that God adopts us into His family.

This does not only happen when we die but also in this life, the moment we accept Him as our Lord and Saviour we become part of His family. At this point, He becomes our Father and we are His children. It also means that instead of receiving judgement and punishment for our sin, as we deserve - we'll now inherit blessing as heirs of God in eternity.



Scriptures to Consider

- **Ephesians 1:4-5 (NLT)** - *"Even before He made the world, God loved us and chose us in Christ to be holy and without fault in His eyes. God decided in advance to adopt us into His own family by bringing us to Himself through Jesus Christ. This is what He wanted to do, and it gave Him great pleasure."*
- **John 8:44 (NLT)** - *"You are the children of your father the devil, and you love to do the evil things he does."*
- **John 1:12 (NIV)** - *"To all who did receive Him [Jesus Christ], to those who believed in His name, He gave the right to become children of God."*



Group Discussion Questions

Question 1: Who was our spiritual father before God adopted us?

Answer: We are born with a sinful nature which means that our spiritual father is the devil. We therefore naturally sin as no one has to teach us this. (This is a hard truth that many preteens may not have been exposed to in its raw state. Be prepared to discuss the myth that people are "inherently good"). The Bible says that we are dead in our sin.

Question 2: How do we become adopted by God?

Answer: We become God's children by accepting the forgiveness that Jesus offers through what He did on the cross, by repenting of (turning away from) our sin. When we believe what He said about Himself to be true, and believe in His name, we become children of God.

Question 3: What does it mean for me to be God's child?

Answer: I am loved, I belong, I have a spiritual inheritance, I am freed from the power of sin.

Make Suggestions: In what ways could you be involved in serving others in the life of your church?



Word of the Day

Adoption - Adoption, in biblical terms, refers to the act of taking someone who is not biologically one's own child into one's family, granting them all the rights and privileges of a natural-born child. In ancient cultures, including those of the Bible, adoption was a recognized practice, often used to ensure an heir for a family or to provide care for orphaned children. The concept of adoption is deeply embedded in the social and legal frameworks of the time, reflecting the importance of family lineage and inheritance. (Bible Hub, 2026)



Verse of the Day

"God decided in advance to adopt us into His own family by bringing us to Himself through Jesus Christ. This is what He wanted to do, and it gave Him great pleasure." - Ephesians 1:5a (NLT)



Notes

SESSION 7

GOD OF HOLINESS

God&Me&Us

Focus Point

God is holy and pure and hates sin. He wants us to be holy just like Him.

Object Lesson: Clean Hands, Dirty Hands

This activity visually demonstrates the separation between human sinfulness and God's perfect purity.

Materials

- A clear bowl or tub of clean water.
- Liquid dish soap.
- Black pepper (representing sin)
- Optional: A small amount of cooking oil.

Instructions

1. **Introduction:** Have the group gather around the bowl of clean water. Explain that the water represents God's holiness and perfect, pure nature.
2. **Introducing sin:** Sprinkle a generous amount of black pepper over the surface of the water. (You can also ass a little oil if you want). The pepper/oil will float and spread across the entire surface. Explain that the pepper represents sin, which touches everything in our world and separates us from a holy God.
3. **The Human Attempt:** Ask a volunteer to try and 'clean' the water by trying to push the pepper away with their finger. The pepper will likely stick to their finger or just move around the bowl, but the water doesn't become perfectly clean, and their finger gets dirty. This shows that we can't make ourselves pure or holy on our own merits.
4. **The Jesus Solution:** Put a drop of liquid dish soap on a different, clean finger. Instruct the volunteer to gently place that soapy finger into the centre of the water.

5. **The Result:** The pepper will instantly scatter to the edges of the bowl, leaving the centre clear.
6. **Explanation:** Explain that the soap represents Jesus. Just as the soap separated the pepper from the water, Jesus' sacrifice for our sins allows us to be made clean and have a relationship with our holy God, because He takes the sin away. Discuss how God is so holy that sin cannot be in His presence, and only through Jesus can we be made right with Him.

The Key Truths

Using scriptures that describe how completely different God is to us, this episode paints a big picture of the unreachable holiness of God. We look at how perfectly pure He is and, as a result, how sin cannot enter His presence, and that His wrath, or holy anger, is directed at sin.

Finally, we also marvel that, as holy as God is, His desire is to save each and every person who is spiritually lost, and that He does this for His own pleasure.

Scriptures to Consider

- God's holiness is not to be taken lightly.

  Numbers 4:15 (NIV) - "*After Aaron and his sons have finished covering the holy furnishings and all the holy articles, and when the camp is ready to move, only then are the Kohathites to come and do the carrying. But they must not touch the holy things or they will die. The Kohathites are to carry those things that are in the tent of meeting.*"

- God was obliged to act when His commands were ignored; His holiness demanded the response to Uzzah. There is never any compromise with God.

  2 Samuel 6:7 (ESV) - "*And the anger of the Lord was kindled against Uzzah, and God struck him down there because of his error, and he died there beside the ark of God.*"

- There is no-one in the universe who can even begin to be like God. He is supreme in everything.

  Exodus 15:11 (ESV) - *"Who is like you, O Lord, among the gods? Who is like you, majestic in holiness, awesome in glorious deeds, doing wonders?"*

- Because sin corrupted human nature at the very first sin in the Garden, our hearts are naturally deceitful and wicked.

  Jeremiah 17:9 (NLT) - *"The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?"*

- Even though John had spent three years in Jesus' company on earth, when he saw Jesus in all His glory, he "fell at His feet as though dead".

  Revelation 1:17 (NLT) - *"When I saw him, I fell at his feet as if I were dead. But he laid his right hand on me and said, "Don't be afraid! I am the First and the Last."*

Group Discussion Questions

Question 1: Why does God, who is completely loving, send people to Hell?

Answer: Because God is completely pure and holy, nobody can come into His presence without having accepted Jesus as Lord and Saviour; if He allowed sinful people into His presence, He would no longer be pure and holy.

We read in Romans 3:23 (ESV) that "*all have sinned and fall short of the glory [or standard] of God.*" If the pass mark for an exam is 50%, someone who gets 2% will fail and so will someone who gets 49%. Neither of them reached the required standard. God's standard is perfection which none of us can reach. However, we read in John 3:16 (NIV) that "*God **so loved** the world that He gave His only Son…*" (emphasis added).

God has made a way for sinners to come into His presence: when someone turns from their sin (repents) and accepts the righteousness that only Jesus can give, He sees the righteousness of Jesus and not our own "filthy rags" as Isaiah called our own righteousness.

Question 2: How will the way I live my life change, when I realise how holy God is?

Answer: When we realise just how holy and perfect God is, we develop a healthy fear of the Lord. Think of it as a lion roaring in the wild. If you are the small buck, you will tremble and freeze with fear. You know that you may be eaten any moment. However, if you are the lion cub, you will draw close and know that you are protected by that same power. The fear of God should cause us to draw close to Him, but also to obey and listen to what He says. This way we are safe.



Word of the Day

Holy - The term "holy" is a central concept in the Bible, denoting something that is set apart, sacred, or consecrated. It is used to describe God, people, places, times, and objects that are dedicated to divine purposes. (Bible Hub, 2026)



Verse of the Day

"There is none holy like the Lord: for there is none besides you; there is no rock like our God." - 1 Samuel 2:2 (ESV)



Notes

SESSION 8

SLAVE TO SIN

God&**Me**&Us



Focus Point

We were dead in sin but God made us alive in Jesus. We have moved from darkness into light.



Icebreaker: The Jumbled Message Challenge

This activity uses a simple puzzle to highlight how challenging it is to understand something when it's unclear, and how much easier it becomes when everything is revealed.

Materials

A short, simple message or quote related to the lesson's theme (e.g., 'Finding the way', 'Seeing clearly', 'Understanding makes things easy'). Write this message on a piece of paper. Cut the paper into several strips, each containing a word or a few words, and mix them up. You will also need a surface where the strips can be laid out.

Setup

- Mix up the strips of paper so the words are out of order.
- Place the jumbled strips on a table or the floor where the kids can see them.

How to Play

- Tell the kids that there is a hidden message, but it's all mixed up.
- Challenge them to put the words in the correct order to reveal the message.
- Let them try to figure it out for a short time (a couple of minutes), allowing them to struggle slightly with the jumbled order.
- If they are finding it very difficult, or after a set time, you can offer a small hint, or if needed, start arranging the first few words correctly for them.
- Once the message is correctly assembled, read it aloud together.

Explanation

- How easy was it to read the message when it was all jumbled up?
- How much easier was it once we put the words in the correct order?
- Sometimes, when we are trying to understand something difficult or confusing, it feels like that jumbled message. It's hard to see the meaning and figure things out. Things are unclear, like being in 'darkness'.
- But when we do get help, when the pieces are put in the right place, or when someone shows us the meaning, everything becomes clear. It's like the message is finally brought into the 'light' and we can understand it.

The Key Truths

When we come to know Christ, through salvation, we move from darkness to light; from being dead in our sin, to being made alive to God.

Using the foundation of the Bible, this episode explores how we are born into darkness and into a state of hostility and rebellion against God. But, by the grace of God, we can be saved by faith in Christ Jesus. Just as we were once slaves to sin, we can become slaves to God. While sin is an evil and demanding master, God is a loving and kind Master. We yield more and more to our new Master, while living free from the power that our old nature had over us.

Scriptures to Consider

- **Romans 3:10-12 (ESV) -** *"None is righteous, no, not one; no one understands; no one seeks for God. All have turned aside; together they have become worthless; no one does good, not even one."*
- **Ephesians 2:1-3 (ESV) -** *"And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind."*
- **Romans 6:17-18 (ESV) -** *"But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, and, having been set free from sin, have become slaves of righteousness."*

Notes

Group Discussion Questions

Question 1: What do you think a good person looks like? How would you measure or decide whether a person is good or not?

Answer: Provide answer prompts. Generally we compare ourselves to others, so our definition of good and bad is dependent on who or what we have been exposed to. Introduce the idea that depending on upbringing and background, each person may have a different idea of what they consider good or not - based on the lens that they are viewing this through.

Question 2: Do you consider yourself to be a good person?

Answer: If anyone says 'Yes', then ask them how do they measure their own goodness? Is it against others or is it against God?

Question 3: Have you experienced God changing certain desires and wants that you used to have? Read Romans 3:9-18. What stands out to you about this passage of scripture?

Answer: Help the kids to notice the usage of universal and exclusive terms such as "all", "none" and "not even one", and ask them if they think anyone is excluded from this list?

Question 4: When God makes us born again, He gives us a new heart and new desires to love, serve and obey Him (Ezekiel 36:26). Ask the kids if they have truly experienced this? Or if they think they've maybe just signed up for Christianity as a religion to follow.

Answer: Pray with those who might be feeling a proper sense of conviction of sin and lead them to put their faith and trust in Jesus and His worthiness for them.



Word of the Day

Slave - In the context of the Bible, the term "slave" refers to individuals who were in servitude or bondage, often as a result of war, debt, or poverty. The concept and practice of slavery are addressed in various books of the Bible, reflecting the historical and cultural contexts of the times. (Bible Hub, 2026)



Verse of the Day

"We know that our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin." - Romans 6:6 (NLT)

Game: Made Alive – Escape Room

A gospel-themed escape room that is a high-energy, engaging way to explore salvation.

Materials

- Locks
- Boxes
- Clue cards
- Bible verses e.g.., Ephesians 2:4-5, Romans 6:23, John 1:12)
- Black lights
- 'Invisible' ink pens
- Flashlights

Setup

- Create a series of puzzles and challenges in a dimly lit area (the 'darkness/sin' room).
- Clues can be written with 'invisible' ink, only readable under black light or with a flashlight (Jesus as the light of the world).
- Each puzzle, when solved, reveals a piece of the salvation message, culminating in a final code that unlocks the door to a brightly lit room (the 'new life in Christ' room).

Puzzles can focus on

- **Sin:** A puzzle where no one can get a 'perfect score' illustrating that all have sinned.
- **Jesus' sacrifice:** A clue pointing to a verse about Jesus taking our place.
- **Forgiveness:** A puzzle where 'sins' (words written on dissolvable paper) disappear in water.

How to Play

The teams work together to solve the puzzles within a time limit. Once they find the final clue and 'escape', they enter the 'light' room, which is bright and welcoming, maybe with snacks or a celebratory activity.

The Lesson

This game makes abstract spiritual truths tangible. The 'dark' room represents our spiritual state without God, where things are confusing and we are 'trapped'. The 'light' room represents the joy, freedom, and new life found in Jesus Christ.

SESSION 9

#LoveGodLovePeople

God&Me&**Us**



Focus Point

The church exists to display God's wisdom.
We do this by sharing the Gospel and loving one another.



Icebreaker: The Masterpiece Puzzle

This activity uses a collaborative puzzle to show how individual pieces (people) only make sense and reveal a greater picture (God's wisdom/Gospel) when they are put together in unity (the church).

Materials

- A simple picture or image that represents the church, God's love, or wisdom (e.g., a cross, a heart with many people, a light bulb, or just a simple, positive image).
- Print this image and cut it into several irregular puzzle pieces (enough pieces so each kid gets one or two).
- A blank piece of poster board or a table to assemble the puzzle on.
- Tape or glue sticks.

Setup

- Keep the puzzle pieces hidden in a bag or box.
- Do not show the kids the final image beforehand.

How to Play

- Give each kid one or two puzzle pieces.
- Tell them that each of them holds a vital part of a 'masterpiece' that they need to create together.
- Challenge them to work together to assemble the puzzle without you showing them the final picture. They need to figure out how their pieces fit with the others'.
- They must communicate, share their pieces, ad collaborate to solve the puzzle. Once the puzzle is complete, have them tape or glue it onto the poster board.
- Hold up the completed image for everyone to see.



Explanation

- How confusing was it at first when you only had your own piece? (Possible responses: Didn't know what it was; didn't make sense; just a weird shape.)
- What did we have to do to make the masterpiece appear? (Possible responses: Talk to each other; share; work together; put the pieces together.)
- This is how the church works. Each of you is a unique and important piece of the puzzle.
- On our own, we might not make much sense, or we might not see the whole picture. But when we come together, working in love and unity, we complete a masterpiece that displays God's incredible wisdom.



The Key Truths

Why does the Church exist? God's purpose in establishing the Church "*... was to use the church to display His wisdom in its rich variety to all the unseen rulers and authorities in the heavenly places.*" (Ephesians 3:10, NLT), to preach the Gospel and teach the saints to be disciples of Jesus (Matthew 28:19-20), to love one another as Jesus commanded and "*...if someone asks about your hope as a believer, always be ready to explain it. But do this in a gentle and respectful way.*" (1 Peter 3:15-16, NLT)

The focus of this lesson is to enable each kid(s) to realise that what is expected of the Church is expected of each believer as an individual in community. The writings of the Apostles make it clear that we were created to be in fellowship with, and to love God as well as other believers.



Scriptures to Consider

Colossians 3:12-17 highlights the following truths and the expectations of everyone who belongs to Jesus:

- If we have accepted Jesus as our Lord and Saviour, it is only because **He chose us** (v12) to belong to Him. Before that, we were spiritually dead and needed to be made alive (Ephesians 2:4-6).
- Just as when others look at us, even from a distance, the first thing that they will notice is the clothing that we are wearing. In the same way, others must be able to see our "*...compassionate [caring] hearts, kindness, humility, gentleness and patience.*" (v12).
- It is always very easy to be critical of others, especially if they don't measure up to our expectations. Refer to Matthew 7:3-5 and, in the light of what Jesus said, always be "putting up" with one another and willing to forgive those who have wronged us (Matthew 18:21-22).
- The single thing that can bind us together as followers of Jesus is love (v14). Jesus said that our love for one another would show that we are His disciples (John 15:12). John, in his first letter, wrote, "*If someone says, 'I love God,' but hates* [or doesn't love] *a fellow believer, that person is a liar; for if we don't love people we can see, how can we love God, whom we cannot see? And He [Jesus] has given us this command: Those who love God must also love their fellow believers.*" (1 John 4:20-21, NLT)

- Peace must "*rule*" in the hearts (v15) of all believers. Peace doesn't just happen - it takes hard work by everyone. The writer of Hebrews told his readers to "*Strive for peace with everyone, and for the holiness without which no one will see the Lord.*" (Hebrews 12:14, ESV)
- We are called to be "*thankful*" (v15). In the words of a song, "*Count your many blessings, name them one by one, and it will surprise you what the Lord has done!*" (Guy Penrod). One of the ways to show that we are thankful is to "*Sing psalms and hymns and spiritual songs to God with thankful hearts.*" (v16)
- Everything that we do or say needs to be done and said in such a way that we will follow Jesus' command to "*...let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.*" (Matthew 15:16, ESV)

Group Discussion Questions

Question 1: How is it possible for someone to change the way that they have always been? If someone always had a bad temper, they can't just change, can they?

Answer: We read in 1 Corinthians 5:17 (ESV) that "*...if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.*" That is what the Holy Spirit does in us when He makes us spiritually alive in Jesus. As we allow the Holy Spirit to change us, His fruit begins to show in our lives (Galatians 5:22).

Question 2: What does it mean to "love" other people?

Answer: We become God's children by accepting the forgiveness that Jesus offers through what He did on the cross, by repenting of (turning away from) our sin. When we believe what He said about Himself to be true, and believe in His name, we become children of God.

Question 3: What if someone is genuinely not very likeable - such as someone who is always smelly or doesn't pay any attention to me unless they want something from me?

Answer: Some people are fairly easy to love, especially those who like us and are friendly towards us; however, it can be very difficult to love those who make us want to move as far from them as possible, or those people who make us feel inferior, intimidated or ignored.

When we committed our lives to Jesus, we "died" to our old way of living and were given new life in Him. As His followers, He expects us to follow His example of loving: Paul described that love in Romans 5:6-8 (NLT) where he wrote, *"When we were utterly helpless, Christ came at just the right time and died for us sinners. Now, most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good. But God showed His great love for us by sending Christ to die for us while we were still sinners."* We have to die to ourselves and then the Holy Spirit enables us to love those who we would, of ourselves, not be able to love.



Word of the Day

Ecclesia/Ekklesia - In classical Greek usage, it referred to a summoned group of citizens convened for public considerations. Within the Scriptures and early Christian writings, this concept deepens to signify not just any gathering, but specifically the congregation of believers "called out" by God. (Bible Hub, 2026)



Verse of the Day

"And let us consider how to stir up one another to love and good works." - Hebrews 10:24 (ESV)



Notes

SESSION 10

GOD SPEAKS

God&Me&Us



Focus Point

God loves to communicate with His people and I can hear Him for myself and others.



Icebreaker: The 'Messages'

This game helps kids think about different ways messages can be sent and received.

Materials

- Slips of paper, pens, a small box or container.

Setup

- Have everyone write down different ways people communicate with each other (talking, writing letters, texting, email, drawing pictures, etc.).
- Fold the slips of paper and put them in a box.

How to Play

- Have each kid take a turn drawing a slip of paper from the box.
- Ask them to act out or explain the method of communication written on the paper without saying the word itself.
- The rest of the group tries to guess the communication method.

Link to the Lesson

After playing, discuss the experience:

- We communicate in different ways, don't we? Sometimes we talk, sometimes we write, and sometimes we use other methods.
- Just like we use different ways to communicate with each other, people believe that God also communicates with people in different ways.

The Key Truths

Many people have questions about how to hear from God, and in what ways He speaks to us. At this age, many preteens are learning to hear God for themselves - yet at the same time, battling with fear that they may not be able to do so. Yet God speaks to all His children.

This session highlights the different ways that God spoke in the scriptures, throughout the ages, and to all different kinds of people. We are able to hear Him through scripture, prophecy, preaching and teaching and our personal relationship with God. God has given us the Holy Spirit to guide us and lead us into The Truth. We can rely on the Holy Spirit each day as a counselor, comforter and a friend, to walk with us and guide our every step.

Scriptures to Consider

- **Isaiah 30:21 (ESV)** - *"And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left."*
- **Hebrews 1:1-3 (ESV)** - *"Long ago, at many times and in many ways, God spoke to our fathers by the prophets, but in these last days He has spoken to us by His Son, whom He appointed the heir of all things, through whom also He created the world. He is the radiance of the glory of God and the exact imprint of His nature, and He upholds the universe by the word of His power. After making purification for sins, He sat down at the right hand of the Majesty on high."*

Group Discussion Questions

Question 1: In John 14:9, Jesus said to His disciples; "*Whoever has seen me has seen the Father.*" What do you think this means?

Answer: It means that Jesus didn't just come to earth as another prophet or person that spoke words from God. But instead, He came to earth as the literal word of God. He is the embodiment of God's own nature and is the fullest revelation of who God is. It means that we don't have to wonder and guess what God the Father is like, because He has revealed it to us already through His Son, Jesus.

Question 2: How can we learn more about God and know more about Him through the life of Jesus?

Answer: We can read about the life and ministry of Jesus in the Bible. We see how He dealt with people who were just like us. Whatever we see Jesus doing and feeling for people, we can know that God the Father feels the exact same way towards us.

Question 3: What are some of the main ways that we can learn to tell the difference between God's voice, our own thoughts or feelings and other voices?

Answer: God speaks to us to lead us, encourage us, convict us of sin and to build us up. He will speak to us in a way that brings clarity to us instead of making us feel confused. When He speaks to us it will never contradict His Word. He wants us to become more like Him, and will instruct us in a way that makes us rely more on Him than ourselves. God's desire is for His Kingdom to come on earth and in our own lives, so He won't say things to us which aren't in line with this.

The below questions do not have prescribed answers - let these answers be led by the kids.

Question 4: Have you ever had an experience where you feel like God has spoken to you from reading something in the Bible? Ask the kids to share their experiences.

Question 5: What do you think are some of the obstacles and challenges we can face in hearing God speak to us? E.g. not knowing enough of what Scripture says about God and His character, too much busyness in our lives, not actually believing that He wants to speak to us, fear of being disappointed or rejected by God, etc.

Question 6: We need to find the space and time during our days to quieten ourselves and allow God to speak to us. What are you going to do this week to put this into action?



Word of the Day

Revelation - An extraordinary and supernatural disclosure made by God, whether by dream, vision, ecstasy, or otherwise, of truths beyond man's unaided power to discover. (Bible Hub, 2026)



Verse of the Day

"And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left." - Isaiah 30:21 (ESV)



Game: The 'Minefield Relay'

This game highlights the importance of tuning into the correct instructions (God's voice) and demonstrates how we can help others hear those instructions too.

Materials

Blindfolds (one per team), a clear open space, 'mines' (e.g., plastic cups, soft cones, or pieces of paper spread randomly on the floor), and an area marked as the 'safe zone' or 'target' at the other end of the room.



Setup

- Divide the kids into teams of 4-5.
- For each team, create a 'minefield' course by scattering the cups or papers on the floor in a specific path that has a clear route through it. The path should be known only to the game facilitators.
- Designate a 'start' and 'finish' line for each course.
- Assign one kid per team to be the 'listener' and blindfold them.
- Assign a second student per team to be the 'guide', who will stand at the finish line.
- The remaining kids on each team are the 'distractors', who will line up along the sides of the course.

How to Play

- The goal is for the blindfolded 'listener' to navigate the minefield from the start to finish line without touching any 'mines'.
- Only the assigned 'guide' at the finish line knows the correct path through the minefield and is giving the right, clear directions.
- The 'distractors' are shouting incorrect directions and persuasive, but wrong, instructions to try to get the listener to step on a 'mine' (e.g., Go left; Stop, go back; It's this way, I promise.)
- The listener must try to tune out the distracting voices and only focus on the voice of their guide.
- Once the listener reaches the finish line, team members switch roles, and the next person goes. The first team to get all its members safely across wins.

Link to the Lesson

- How easy or difficult was it to listen to your guide's voice?
- What did the distractors' instructions feel like? Were they convincing?
- How can this game relate to life? We have many voices around us – friends, social media, our own thoughts – all telling us what to do.
- God's voice is like the guide – it is consistent and leads us to a safe place. The other voices are the 'mines' and distractions that can lead us off track.
- This game also shows we can help others hear God's voice by sharing wisdom or pointing them to the right source, like the Bible, just like your teammates were helping you listen for the right voice.

SESSION 11

WHO'S THE BOSS?

God&**Me**&Us



Focus Point

God is the ultimate authority. We need to honour God, our parents and our leaders because they were put in place by God.



Object Lesson: Building the Bridge of Authority

Materials

- Building blocks or Lego (enough to build a simple structure/bridge).
- Two sable objects (e.g., small boxes or thick books) to act as riverbanks.
- A small toy car or figure.
- A whiteboard & marker.

Setup

Place the two boxes a small distance apart to represent a 'canyon' or 'river'. Place the blocks nearby.

The Problem (Life without structure)

Action: Point to the gap between the boxes.

Say: This gap here represents life, with all its challenges, dangers, and unknowns.

Action: Try to move the toy car/figure across the gap without any support. It will fall.

Say: if we try to cross this gap with no help, no direction, we fall down, get into trouble, or get lost. We need a safe way to cross.

The Architect (God as the Ultimate Authority)

Action: Write 'GOD' at the top of the whiteboard.

Say: we believe that God is the ultimate authority, the master builder or architect of everything. He designs the safe paths for us to live our lives.

Action: Start building a simple bridge across the gap with the blocks.

Say: God provides the structure, the rules, and the guidance we need to get across safely. He is the one who knows the best way.

The Bridge Support (Human Authorities)

Action: Place several blocks firmly as the 'piers' or 'supports' for the bridge.

Say: God uses people to help us navigate life safely. These blocks represent our parents, teachers, and leaders.

Action: Write 'PARENTS', 'TEACHERS', 'LEADERS' on the whiteboard below 'GOD'.

Say: These people are like the support beams for our lives. They give us rules, teach us right from wrong, and help guide us on a safe path.

The Importance of Honoring (Keeping the bridge strong)

Action: Complete the bridge structure so the toy car can now safely pass across. Drive the toy car across.

Say: See? When the bridge is strong and complete, we can make it across safely.

Say: The Bible talks about honoring these people. Honoring means we show respect, we listen, and we obey their guidance. It's like making sure these blocks are firm and strong.

Action: Pretend to kick or knock out one of the middle blocks slightly.

Say: What happens if we disrespect our parents, talk back to a teacher, or break the rules? It's like knocking out a block.

Action: The bridge will weaken or collapse. The car falls.

Say: The whole structure gets unstable! We might fall into trouble, and it makes it harder for others to cross safely too.

Conclusion

Action: Rebuild the bridge quickly and make it strong. Drive the car across one last time.

Say: God is the ultimate authority, the master architect who wants us to live safely. He gives authority to our parents and leaders. When we honor them, we are strengthening the 'bridge' of authority in our lives, making sure we and others can make it to a safe and good place.



The Key Truths

This session seeks to give a Godly view of authority and correct some of the misconceptions and misbeliefs of authority that we may have. From the beginning of time, when Adam and Eve first sinned, they chose not to submit to God's authority but chose their own way.

Using scriptures from the Old and New Testaments, this session shows that to honour those over us in authority, is not only the right thing to do but it also carries with it blessings - both in this world and for eternity.



Scriptures to Consider

- **Hebrews 13:17 (NIV)** - *"Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you."*

  Submission to our leaders is God's requirement for His Church. Jesus calls us His friends if we keep His commandments, just like He kept His Father's commandments. We choose to submit to authority or not. Each of us will be held accountable for the choices that we have made.

- **Ephesians 6:1 (NIV)** - *"Children, obey your parents in the Lord, for this is right."*

  Obedience of children to their parents is described by Paul as the "*right*" thing to do. God expects all Christian children to love and obey their parents. Romans 1 tells us that being "disobedient to our parents" can bring God's wrath or anger, so He sees obedience to them as important - therefore we need to see it as important.



Group Discussion Questions

Question 1: If I am never able to do what I want to do, how am I supposed to be happy in life?

Answer: If I am a child of God who has been bought with a price (1 Corinthians 6:19b-20a), I would want to do what pleases Jesus, because He paid such a huge price for me.

The more that I try to do what pleases Him, the more the joy, which the Holy Spirit brings to me, will flood my life. Being in a close relationship with Jesus, through the Holy Spirit, brings joy, which is better than happiness! Joy is internal whereas happiness is external and depends on what is happening around us. When we submit to the Holy Spirit, He will help us to be obedient even when it is hard.

Question 2: What are the benefits of obeying and submitting to our leaders?

Answer: We come under their protection. God will hold us accountable for how we listen to them and follow them and He will ask them how they led us. God has given them gifts and wisdom to lead us so when we obey them, there is blessing that comes to us, simply by doing that. Living as obedient children invites the presence and peace of God into our lives.

Question 3: Is it ever the right thing to do to disobey our leaders?

Answer: When anyone in leadership over us tells us to do or say something that the Bible clearly teaches is sin, we have to choose whether to obey them or to obey God. In Acts 4, we read that Peter and John were called before the Jewish rulers and elders after they had healed a lame man in the Name of Jesus. The Jewish rulers instructed the two Apostles not to teach others about Jesus but the two told the rulers to judge for themselves whether it was right to listen to them, or to listen to God.

If our leaders ask us to do something that we find difficult or don't understand, we can ask them to explain and tell them we are struggling with it. Our leaders will help us seek the truth in God's Word, because that is always the final truth.

Question 4: We sometimes see people in the Church being disobedient to their leaders. How are those people held to account for their disobedience?

Answer: We need to remember that when we disobey our leaders, we are actually disobeying Jesus, because He told us to obey our leaders, and our leaders are listening to Jesus as to how to lead us.

If we don't willingly submit to our leaders, then our hearts are rebellious. We need to repent of being rebellious, otherwise we could face discipline.

In Matthew 18:15-17 Jesus says that if someone intentionally, and continually commits sin, that they should be put out of the church and be treated as someone who is not saved. This is only done by elders and is done to stop sin from spreading through the whole church like a small amount of yeast spreads through a whole batch of bread dough (1 Corinthians 5:6-7).



Word of the Day

Submit - The term "submit" in the biblical context generally refers to the act of yielding or surrendering one's own will to the authority or will of another. (Bible Hub, 2026)



Verse of the Day

"You are my friends if you do what I command you." - John 15:14 (ESV)

Game: 'Red Light, Green Light'

This classic game involves following a leader's command to stop and go, requiring attention and obedience.

How to Play

One person stands at one end of the space and is the 'stoplight'.

- The other players stand at the opposite end.
- When the stoplight calls out 'Green Light', players can move towards the stoplight.
- When the stoplight calls out 'Red Light', players must freeze in place.
- Players caught moving during a 'Red Light' are out. The first player to reach the stoplight becomes the new stoplight.

Discussion

Discuss how paying attention to the stoplight's commands was essential to staying in the game.

Application

Relate this to the importance of listening to and obeying the instructions and guidance given by those in authority, which ultimately reflects honoring God.

Notes



Notes

SESSION 12

MY WAY OR THE HIGH WAY

God&Me&**Us**



Focus Point

Walking alone leaves us vulnerable. But if we are accountable to our leaders, there is safety.



Icebreaker: Minefield Relay/Trust Walk

Objective

Blindfolded players must navigate an 'obstacle course' safely guided only by the verbal instructions of a partner (their 'leader' or 'accountability partner').

Group size

Pairs (can be adapted for a larger group by running multiple pairs simultaneously or as a relay race).

Materials

- Bandannas or blindfolds for half the participants.
- Various 'obstacles' (e.g., plastic cups, soft toys, gym mats, string laid on the floor, chairs, small cones).
- An open space (indoors or outdoors).

How to Play

- **Preparation:** Set up a 'minefield' obstacle course in a designated area. Place the obstacles randomly around the space.
- **Pair Up:** Divide the kids into pairs. In each pair, one person is initially the 'walker' (blindfolded/vulnerable) and the other is the 'leader' (accountable/providing safety).



Gameplay

- The walker is blindfolded at one end of the course. The leader stands outside the course boundaries or at the other end.
- The leader must guide their blindfolded partner through the minefield using only verbal instructions (e.g., 'take two steps forward', 'stop', 'step to your left').
- The goal is to get the walker through the minefield without touching any of the 'mines' (obstacles). If they hit an obstacle, they might have to start over, or a penalty is given (e.g., the leader must do a silly dance), which adds a fun element.
- Once a pair successfully completes the course, the switch roles and go back the other way.

Debrief

After everyone has had a chance to be both the walker and the leader, gather the group for a discussion.

Discussion Points

- **Vulnerability:** What did it feel like to be blindfolded and unable to see where you were going? (Scary, vulnerable, confusing, dependant).
- **Safety in Guidance:** How important were the instructions from your partner? What happened if you didn't listen closely or if their instructions were unclear?
- **Accountability & Leadership:** What was the responsibility of the leader? Did you feel safer when you were following instructions?
- **Application:** In life, we face many 'mines' or dangers. How does this game connect to our need to listen to and follow the guidance of our leaders (parents, teachers, leaders) and ultimately God? (Following their guidance keeps us safe and on the right path).



The Key Truths

Ever since Adam and Eve gave in to satan's temptation and made the choice to do things their own way - irrespective of what God had instructed them to do - human beings have naturally chosen to sin. None of us were taught how to sin. The dual focus of this session has to do with the problem of individualism; doing things our own way, as well as the need to remain in fellowship with, and accountable to, other believers in the fellowship of the local Church - helping one another in our walk with Jesus. Someone trying to walk alone can easily stumble and fall into error. But a brother who is humble and walks with others is less likely to fall, and if they do, those they walk with can lift them up.

This session makes clear the truth that we cannot serve our own interests while saying that we follow Jesus. When we follow Jesus we live to serve others. Our choice in this matter will determine whether our Christian faith will bear good fruit for God's Kingdom or not.

Scriptures to Consider

- **John 8:34 (ESV)** - *"Jesus answered them, "Truly, truly, I say to you, everyone who practices sin is a slave to sin."*

  Jesus told the Jews who had followed Him that "everone who practises sin is a slave to sin." Whether we like to acknowledge it or not, all of us are slaves to something.

- **Romans 6:6-14 (ESV)** - *"We know that our old self was crucified with Him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin. Now if we have died with Christ, we believe that we will also live with Him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over Him. For the death He died He died to sin, once for all, but the life He lives He lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.*

  Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. For sin will have no dominion over you, since you are not under law but under grace."

  Because our old sinful selves were crucified on the cross with Jesus, (v.6) we no longer need to be slaves to sin. Sin cannot have power over us unless we give satan that power by the choices that we make (vv.12-13). When we commit our lives to Jesus, sin is no longer our master (v.14) - we cease to be slaves of sin

Group Discussion Questions

Question 1: Surely I am not being a slave to sin if I do my own thing every now and then? Doesn't being a slave to something, or someone, mean that you are following that way all the time?

Answer: We need to remind ourselves what Jesus said about the impossibility of serving two totally opposite masters. Our allegiance cannot be to both - it's one or the other. However, if we do sin and we are willing to confess and repent, God is willing to forgive us.

Question 2: Sometimes it can feel really easy to do things God's way and sometimes it can feel really difficult. What do you think causes the difference?

Answer: Explain how this is dependent on the position of our hearts. If we are focussed on, and in love with, Jesus, then serving Him becomes easier.

Use this example to help explain. Have you ever seen a movie where a guy is so in love with his girlfriend that he is willing to do ANYTHING for her, even things that he normally hates doing? He doesn't care what anyone else thinks about him, just so long as he can please his girl! When we love God with all our hearts, living as He wants us to live becomes a joy, not a heavy burden.

Question 3: If love is not just a feeling, but also an action, how can I grow in my love for God, and show Him how much I love Him?

Answer: Jesus told the rich young ruler, *"You shall love the Lord your God with all your heart and with all your soul and with all your mind."* (ESV) That means that with everything that I think, do, or feel, I can and should love God.

When we surrender to the Holy Spirit, He helps us to live lives that please God and His love flows through us. When we love each other, the Bible says that other people will recognise us as being followers of Jesus.

Word of the Day

Cross – "The cross is one of the most significant symbols in Christianity, representing the crucifixion of Jesus Christ and His atoning sacrifice for humanity's sins. It is both a historical and theological cornerstone of the Christian faith, embodying themes of redemption, suffering, and victory over sin and death." (Bible Hub, 2026)

Verse of the Day

"...let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith." - Hebrews 12:1-2 (ESV)

Notes

SESSION 13

CREATION CREATOR

God&Me&Us

Focus Point

God is not created, but He himself made everything and there is amazing evidence for a Creator.

Object Lesson: The Watchmaker Analogy

This classic argument helps illustrate that complex design implies a designer, and the ultimate designer must be uncreated.

Materials: A complex, visible object like a watch, a smartphone, a detailed toy car, or a pinecone.

The Lesson

1. **Introduction**

Hold up the object (e.g., a watch). Ask the kids: 'Did this watch just appear out of nothing? Did all these tiny gears and screws just randomly come together by chance? (The obvious answer is no).

2. **The Designer**

Explain that someone had to design and build it. A watch has a purpose and intricate parts that work together perfectly, which points to an intelligent creator – a watchmaker.

3. **The Creation**

Now shift focus to the world around them. Mention things like the human eye, the complexity of a cell, the balance of the ecosystem, or the vastness of the universe. Ask: 'These things are infinitely more complex and amazing than a watch, aren't they?

4. **The Creator**

If a simple watch needs a creator, what does that tell us about the entire universe and life itself? The amazing evidence around us points to a master designer, a Creator.

5. **The Conclusion**

The difference is that the watchmaker was a created human. But God is the ultimate Creator. He has always existed and was never created Himself; He simply spoke everything into existence. The evidence of His work is all around us, and it shows His power, glory, and eternal nature.

The Key Truths

Did God really make everything and is there evidence to prove it? Using the argument from design, and studying the scriptures that point to our creator - God - this episode establishes a firm foundation for belief in God as creator; an intelligent designer who is also a personal loving God, fully invested in His creation. Nothing came to be that wasn't made by Him, through Him, and for Him.

"Every manifestation of design, which existed in the watch, exists in the works of nature." - William Paley (1743 - 1805)

Scriptures to Consider

- **Genesis 1:1 (ESV) -** *"In the beginning, God created the heavens and the earth."*
- **Exodus 20:11a (NLT) -** *"For in six days the LORD made the heavens, the earth, the sea, and everything in them..."*

Group Discussion Questions

Question 1: If God created everything, does that mean everything belongs to Him? What else does it mean?

Answer: *"All things have been created through Him and for Him"* (Colossians 1:16, NIV). The world was created by God, the Father, Son and Holy Spirit, through Jesus, for the glory of God. Everything belongs to Him, and that's why He is in control of everything and sets the 'laws' for everything.

Question 2: What evidence of design have you seen in creation? What does that tell you about God?

Answer: "*The heavens proclaim the glory of God. The skies display His craftsmanship"* (Psalm 19:1, NLT). Everything in creation tells us something about God. The seemingly infinite stars tell us how big He is. The endless burning energy of the sun tells us about His power. The fact that everything has a purpose, even if we don't understand it yet, tells us how wise God is. He is totally unique and holy. He loves what He created.

Question 3: Do you believe God has a purpose for your life? Do you know what that purpose?

Answer: *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do"* (Ephesians 2:10, NIV). God has assigned things for us to do. First, to love God in our worship, to give Him the glory in our lives, and finally, to love our neighbour by serving them with our unique gifts (Matthew 22:37-39). Beyond that, we can serve God in many different ways.

Word of the Day

Creation - Creation refers to the divine act by which God brought the universe and all its contents into existence. According to the Bible, this event is described in the opening chapters of Genesis, where God creates the heavens, the earth, and all living beings. The doctrine of creation is foundational to the Christian faith, affirming God's sovereignty, power, and intentionality in the formation of the world. (Bible Hub, 2026)

Verse of the Day

"Through Him all things were made; without Him nothing was made that has been made." - John 1:3 (NIV)

Game: 'The Creation Evidence Hunt'

Kids become scientists investigating clues in nature and design, discovering that the world shows purpose, order, and complexity – evidence of a Creator who was not created.

Materials

Hide these 'evidence cards or objects around the room or outside:

Category 1 – Biology Evidence

- Feather or photo of one
- Leaf (with visible veins)
- Animal footprint photo
- Human fingerprint photo
- Seed or seed pod

Category 2 – Physics/Cosmology Evidence

- Star photo
- Planet/Earth photo
- Magnifying glass over sand or rock
- Light spectrum rainbow card

Category 3 – Design/Intelligence Evidence

- Watch or gear photo
- DNA double helix printout
- Honeycomb structure image
- Snowflake image
- Lego structure

Each evidence card should have a short fun fact on the back.



How to Play

Divide Into Teams

- Teams become **'Creation Scientists'**
- Give each team a clipboard and worksheet.
  - Find the evidence
  - Record what it shows
  - Explain how it points to a Creator

Start the Evidence Hunt

- Teams run around the room finding hidden cards or objects.
- When they find one, they must:
  - Read the science fact
  - Write an explanation
  - Bring the evidence back to base before searching for the next one

Example Cards & Science Facts

Feather

- Science fact: Every tiny barb and hook locks together like Velcro, giving feathers strength & flexibility.
- Evidence: Shows precise design for flight. Random chance can't plan engineering like this.

Leaf veins

- Science fact: Veins act like highways delivering water, nutrients, and energy in an exact pattern.
- Evidence: Order & purpose, not an accident.

Fingerprint

- Science fact: No two fingerprints are the same in all of human history.
- Evidence: Shows intentional uniqueness in humans.

DNA card

- Science fact: DNA is a complex code with 3 billion letters in your cells.
- Evidence: Codes always come from a mind, not random accidents.

Honeycomb

- Science fact: Bees build perfect hexagons – the strongest, most efficient shape.
- Evidence: Shows structured design in nature.



Snowflake

- Science fact: Every snowflake has perfect six-sided symmetry but is totally unique.
- Evidence: Beautiful order + creativity.

Star photo

- Science fact: Stars follow mathematical laws and patterns.
- Evidence: Shows the universe has structure, not chaos.

Scoring

- Teams earn points for each category they complete.
- 5 points per evidence found.
- 5 points for a correct explanation.
- Bonus 10 points for the best scientific connection to a Creator.

Final Team Challenge

After all cards are found, teams present:

- **'Which piece of evidence BEST shows that God is the Creator, and why?'**
- They share one example with a short explanation.
- Use this moment to drive the truth home:
- **'Evidence in creation points to design, purpose, and order – things cannot create themselves. God was not created. He is the Creator of everything.'**



Notes



Notes

SESSION 14

MONKEY DAD?

God&**Me**&Us



Focus Point

The world teaches that we are descended from monkeys. Evidence for why this isn't true.



Object Lesson: The complex Machine

Materials

A mechanical mousetrap (a simple, classical example of irreducible complexity), or a complex toy/device with several distinct, interlocking parts (e.g., a small, simple engine model, a wind-up toy, etc.).

The Lesson

Introduction: Hold up the assembled object (e.g., the mousetrap) and ask the audience what its function is. (To catch a mouse.) Explain that it works because all its parts work together in a specific way.

The 'Unguided Evolution' Experiment: Explain the idea of 'unguided evolution' as a gradual step-by-step process where each tiny change must offer an immediate survival advantage.

Dismantling the Machine: One by one, remove a key part (the spring, the catch, the hammer, the hold-down bar). After removing each part, ask the kids, 'Does it still work as a mousetrap?' the answer is no; removing even one essential piece renders the entire system non-functional for its intended purpose.

Connecting to the Theme

- **Irreducible Complexity:** Explain that this demonstrates 'irreducible complexity' – a system where all parts are necessary for the basic function to exist at all. Just as a single part of the mousetrap has no function on its own, a 'simple cell' (which isn't simple at all) requires a vast array of complex, interacting components (DNA, proteins, membranes, etc.) to function. None of these parts would be useful by themselves without the others, making their formation by random, unguided processes highly improbable.
- **Design & Purpose:** Contrast this with a designed object. A designer (like a mousetrap inventor or an engineer) has a blueprint and a purpose in mind from the beginning, ensuring all parts come together in an orchestrated way. In the same way, the incredible complexity of life points to an intelligent Creator who intricately designed us.
- **Value & Purpose:** Conclude by linking this design to human value. Because you are not the result of random chance but a purposeful creation by God, your life has inherent value and a specific purpose, just like a precisely engineered machine has a purpose.

The Key Truths

This episode dismantles the misled theory that humans appeared on this earth by a random process of unguided evolution, using the argument from irreducible complexity. This argument claims that there is no such thing as a "simple cell", and explores the impossibility of a creation of life without life. Finally, we look at the creation account in Genesis, and how all of creation declares the wonder of God! We see Him in all that He has created - and because He created us, we have value, and our lives have purpose.

"In the science, evolution is a theory about changes; in the myth it is a fact about improvements." - C S Lewis (1898 - 1963)

Scriptures to Consider

- **Genesis 2:7 (NIV)** - *"Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being."*
- **Colossians 1:15-17 (NIV)** - *"The Son is the image of the invisible God, the firstborn over all creation. For in Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through Him and for Him. He is before all things, and in Him all things hold together."*

Group Discussion Questions

Question 1: Do you believe humans were specially created by God? What does it mean to be '*created in His image*'?

Answer: *"In the image of God He created them; male and female He created them"* (Genesis 1:27). It is ok to question the things you're taught in school, especially when it seems to contradict the things that God has said in the Bible. To be created in God's image means that we have a spirit. This is different from any other part of creation, and sadly it has been ruined by sin, so it needs to be redeemed.

Question 2: Why is believing we are a special creation by God, better than believing we are descended from monkeys?

Answer: Monkeys were not given authority by God. However, the Bible tells us, *"You [God] made them [us humans] only a little lower than God and crowned them [that's us] with glory and honor. You gave them charge of everything you made, putting all things under their authority"* (Psalm 8:5-6, NLT).

Our right to rule the earth comes from God, who made everything. We also live by values and choice, not by instincts like animals do, which means that we have free will..

Question 3: You have been uniquely created by God, in His own image and likeness (Genesis 1:27). What does that say about how God sees you?

Answer: God sees His own image when He looks at us - yet we are broken and dirty, because of our sin. God loves and values what He created, and wants to bring us back to being fully like Him again.

"For He chose us in Him before the creation of the world to be holy and blameless in His sight. In love He predestined us for adoption to sonship through Jesus Christ, in accordance with His pleasure and will - to the praise of His glorious grace, which He has freely given us in the One He loves." - Ephesians 1:4-6 (NIV)

Word of the Day

Evolution - The theory suggests that species evolve over time through a process of genetic variation and natural selection, where advantageous traits become more common in successive generations. The Bible does not explicitly mention the term "evolution," as it is a modern scientific concept. However, the creation account in Genesis provides a foundational perspective on the origin of life and the universe from a biblical standpoint. The biblical account of creation presents a worldview where God is the sovereign Creator, and all life is purposefully designed. This perspective often contrasts with the naturalistic explanations of evolution, which do not necessarily involve a divine being or purpose. The belief in a literal interpretation of the Genesis creation account is held by many who affirm the inerrancy and authority of Scripture. (Bible Hub, 2026)

Verse of the Day

"Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being." - Genesis 2:7 (NIV)

Game: 'The Creator's Blueprint Race'

- Teams race to assemble a complex 'living system.'
- If even one required part is missing, the system fails – showing that life can't come from random chance and must be designed by a Creator.
- This game gets kids RUNNING, SHOUTING, LAUGHING, and THINKING.

How It Works

Setup

- Create 4-6 stations around the room or field.
- Each station has scattered 'parts' printed on cards.
- Each station represents a piece of a 'cell system':
  - DNA
  - Cell membrane
  - Ribosomes
  - Mitochondria
  - Enzymes
  - Proteins
- At each station, hide the parts – behind chairs, under cones, taper to walls, etc.

Game Round

- Divide Into Teams.
- Teams choose 1-2 'collectors' and the rest are 'runners.'
- The High-Energy Hunt.
- On your whistle:
  - Runners sprint to different stations hunting for the correct parts.
  - They bring parts back to the team's collector.
  - The collector arranges them on a 'blueprint board'.
  - BUT… Each station has extra wrong parts mixed in!
  - Examples: Random goo, Broken DNA, Mutated junk, Chaos particles.
  - Teams must sort the real 'designed parts' from the wrong parts.

This teaches: **Randomness never builds a working system.**



System Check

When a team thinks they've built their whole 'cell system', they yell:

- **'SYSTEM READY'**
- You check their board.

Outcomes:

- If even ONE part is missing – You shout: **'SYSTEM FAILURE'.** They must run back out to search again.
- If they included a random/junk piece – You shout: **'ERROR DETECTED**'. They must remove the incorrect part and replace it.
- If everything matches the blueprint – You shout: '**LIFE ACTIVATED'.** They win the round.

Why This Works

Bring kids in and point to the winning blueprint.

Irreducible Complexity

We saw today that your system didn't work when even one part was missing. A real cell has thousands of parts working together at the same moment. Life wasn't built step-by-step accidents.

No Simple Cell

These 6 pieces are NOTHING compared to the real complexity in even the smallest cell. There is no such thing as a simple cell – every living thing shows extreme design.

Life Doesn't Come from Non-Life

No matter how fast you ran or how many random pieces you grabbed, the system never created itself. It needed a designer – YOU. Life cannot come from non-life.

Creation Points to the Creator

When you see something designed, you know there must be a designer. The design in nature points clearly to God.

We Have Value & Purpose

Because God created you with intention, your life has purpose, meaning, and incredible worth.



Notes

SESSION 15

ONE BLOOD

God&Me&**Us**



Focus Point

When we realise that we all come from Adam and Eve, it changes the way we think about and respond to people who are different to us, discrimination, and even racism.



Object Lesson: 'What's on the Inside'

Materials

- 2 or 3 apples (or oranges), each looking different on the outside
- One bruised
- One shiny
- One dull or oddly shaped
- A knife (used only by you)

How It Works

- Pass the apples around.
- Look at these apples. They're all different on the outside. What differences do you see?
- Kids might say:
  - Different color
  - Bruised
  - Small/big
  - Rough/smooth
- Let them observe and laugh a bit.

Ask the key question

- Do these apples look the same on the outside?
- Do you think they'll look the same on the inside?

Slice open the apples

- Cut each apple open in front of them.
- Inside, they all look the same.
- What do you notice? What changed when we looked inside instead of outside?

Teaching Connection

- All people come from Adam and Eve.
- The Bible teaches us that every human on earth comes from the same original family – Adam and Eve.
- We are one human family.
- People look different on the outside – skin tone, culture, size, language – but inside we are the same. We all share the image of God.
- Differences don't change value.
- Just like the apples, our outside differences don't change our worth. Every person has the same Creator and the same value.
- This destroys racism & discrimination.
- If we all come from the same first parents, then there is no reason to think one group is better than another. We are all related. We are all loved. We are all valuable.
- God made every person on purpose.
- When we see others the way God sees them, it changes how we treat them. Instead of judging, we love. Instead of dividing, we connect.

The Key Truths

Referencing Acts 17:26 - which speaks of our descent from Adam, through Noah - this episode shows how every man and woman alive are related to one another. Looking at the science of DNA, blood, and organ transplants, we show how science confirms that the cosmetic and ethnic differences between people of different nations are only skin deep. We are a lot more alike than some believe. Because of this, racism is foolishness built on lies. Xenophobia does not belong amongst Chrtistians. We are all related - and in Christ, we regain that sense of common family.

Scriptures to Consider

- **Acts 17:26 (NLT)** - *"From one man He created all the nations throughout the whole earth. He decided beforehand when they should rise and fall, and He determined their boundaries."*
- **Galatians 3:28 (NLT)** - *"There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus."*

Group Discussion Questions

Question 1: What does reconciliation mean?

Answer: To reconcile is to restore to friendship or harmony. *"...[God] reconciled us to Himself through Christ and gave us the ministry of reconciliation"* (2 Corinthians 5:18, NIV). It is to love all people, from any background. It often means that we need to forgive as Jesus forgives, or that there needs to be restoration if there has been wrongdoing. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you (Ephesians 4:32, NIV).

Question 2: Have you received the Holy Spirit and the gift of tongues? Would you like to?

Answer: Jesus said, *"...you will receive power when the Holy Spirit comes upon you. And you will be my witnesses"* (Acts 1:8, NLT). Tongues goes beyond human language and understanding



Word of the Day

Xenophobia - Xenophobia-fear or hostility toward foreigners or strangers-runs counter to the consistent biblical principle of compassion and fairness toward all people. The term itself does not appear in Scripture, yet the underlying concept is addressed through God's instructions on how to treat those from outside one's own community. This view emerges across the Old and New Testaments, where both the national identity of Israel and the church's global calling bring clarity to how believers are to respond to people of every ethnicity and culture. From God's commands to ancient Israel to Jesus' teachings and the early church's expansion, the biblical message decisively rejects fear and exclusion based on ethnicity or cultural difference. Instead, it advocates compassion, empathy, and the recognition that all humanity is created in the image of God. (Bible Hub, 2026)



Verse of the Day

"From one man He created all the nations throughout the whole earth. He decided beforehand when they should rise and fall, and He determined their boundaries." - Acts 17:26 (NLT)



Game: 'Family Connection Tag'

Setup

- Choose one player to be The Divider (tagger).
- Choose another to be The Connector (rescuer).
- Everyone else spreads out around the room or field as Family Members.



How to Play

The Divider's Goal

- The Divider tries to "separate" people by tagging them.
- When tagged, a player must:
  - Freeze in place.
  - Hold up a hand.
- Call out: "I'm separated!"
- This symbolizes how the world often divides people based on differences.

The Connector's Role

- The Connector represents the truth that:
  We all come from one human family — we are created to be united, not divided.
- The Connector can unfreeze a player by:
  - Touching their shoulder and Saying: "One family!"
- That player then becomes part of the Connector's "chain" by holding hands or grabbing shoulders.
- As the chain grows, rescued players help rescue others.

How to win

- The round ends when:
  The Connector's chain includes everyone, OR
  - The Divider manages to freeze everyone except the Connector.
- Then switch roles and play again.

Debrief

- We all come from Adam & Eve.
- Just like the Connector brought everyone back together, the Bible teaches that humanity started with one family - Adam and Eve. That means every single person on earth is part of the SAME family.
- Differences don't divide us.
- Even though we have different skin colors, cultures, abilities, and personalities, we all share the same Creator and the same first parents.
- Discrimination and racism fall apart.
- If we all come from the same family, there's no room for thinking someone is less important or less valuable.
- We are created on purpose, with value.
- You matter. They matter. Everyone matters - because God made us.

SESSION 16

THE MAN GOD

God&Me&Us



Focus Point

History shows that Jesus really existed. And His resurrection shows us He really is God.



Object Lesson: 'The Empty Egg/Empty Tomb

This classic and simple object lesson is perfect for illustrating the empty tomb as proof.

Materials

A dozen plastic eggs with various objects inside representing the crucifixion story (a small cross, nails, a spear piece, etc.), with the last egg left empty.

Activity

- Go through the eggs one by one, telling the story of Jesus' final days and crucifixion using the objects as prompts.
- When you get to the last egg, build anticipation. This egg represents the tomb where Jesus was buried and sealed with a stone.
- Open the egg to reveal that it is empty.

Link to the Theme

The emptiness is the powerful 'proof' that is central to the lesson. Explain that the empty tomb, witnessed by many (including sceptics and Roman guards), is strong historical evidence that something extraordinary happened. It challenges the logical explanations people tried to use at the time (like the body being stolen). The only explanation that fits the evidence is that Jesus rose from the dead, proving His claims of divinity.



The Key Truths

Using 1 Corinthians 15:3-7, the oldest creed found in scripture and manuscript evidence from the ancient world, this session proves beyond a doubt that there really was a person called Jesus of Nazareth, who lived, ministered and died in first century Palestine. It also uses the same evidence to show there is remarkable proof that this same Jesus rose from the dead. This is good news for us, because His resurrection paved the way for our resurrection.



Scriptures to Consider

- **John 1:14 (NIV)** - *"The Word became flesh and made his dwelling among us. We have seen His glory, the glory of the one and only Son, who came from the Father, full of grace and truth."*
- **Colossians 2:9 (NIV)** - *"For in Christ all the fullness of the Deity lives in bodily form."*
- **Philippians 2:6-7 (NIV)** - *"Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, He made Himself nothing by taking the very nature of a servant being made in human likeness."*



Group Discussion Questions

Question 1: Why did Jesus have to come to earth as a 'man'?

Answer: Only God, who is perfect in every way, could take on the sin of the world. To do this, He had to become a human, be tempted in every way and still be perfect before taking on our sin.

Question 2: What does it mean for us, and how does it help us, that He came to earth as a man?

Answer: Jesus showed us how to live. We have an example to follow and we know that He understands the things that we go through as His followers because He has faced them all Himself. *"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are - yet he did not sin."* (Hebrews 4:15, NIV).

Question 3: What are the eternal results of Jesus coming to earth?

Answer: When Jesus rose from the dead He overcame death forever, which means that we have an eternal hope. If we've trusted in Him to forgive our sins, we can also live forever.



Word of the Day

Martyr - A martyr, in the Christian context, is an individual who bears witness to their faith in Jesus Christ through suffering or death. In the New Testament, the concept of martyrdom is closely associated with the ultimate testimony of faith, often resulting in persecution or death. (Bible Hub, 2026)

Verse of the Day

"We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And this fellowship of ours is with the Father and with His Son, Jesus Christ." - 1 John 1:3 (NLT)

Game: 'Fact or Fiction Relay'

Supplies

- Two buckets (one labelled FACT, one labelled FICTION)
- Slips of paper with statements related to:
  - History
  - Everyday facts
  - Jesus' life
  - The resurrection
- Two teams

Setup

- Place the two buckets on the far end of the room.
- Scatter the statements in the middle.

How to Play

- Slit the group into two teams.
- On 'go', one player from each team runs to the middle, picks up a statement, reads it quickly, and decides whether it's FACT or FICTION.
- They run to the buckets, drop the statement in the one they choose, and run back to tag the next person.
- When all statements are sorted, gather the group and check each one aloud.

Examples of Statements

Fact

- Jesus is mentioned by non-Christian historians like Josephus and Tacitus.
- People in the first century wrote letters and documents about seeing Jesus alive after His death.
- The tomb was found empty by women, whose testimony was considered weak at the time – yet it was recorded anyway (shows honesty of the accounts).
- Jerusalem is a real place where these events happened.



Fiction

- The disciples made up the resurrection to get money or power.
- Jesus was just a legend created hundreds of years later.
- Romans didn't use crucifixion.
- There are no historical sources mentioning Jesus outside the Bible.

Add wild, fun facts to keep it lively:

- Sharks can live for hundreds of years. (fact)
- A day on Venus is shorter than an hour. (fiction)

Debrief (Most Important Part)

Gather everyone and say:

'Some statements were easy, some were tricky. But there was evidence behind the facts. In the same way, we don't believe Jesus lived and rose again just because someone told us. We believe because the historical evidence shows He really existed – and the empty tomb and eyewitness accounts show He truly rose from the dead. The resurrection is God's proof that Jesus really is who He said He is.'



Notes

SESSION 17

21st CENTURY JESUS

God&**Me**&Us

Focus Point

Although Jesus lived 2000 years ago, He is alive today, and we can know Him personally.

Object Lesson: 'The Plant That Thrives with Attention'

Supplies

- A healthy plant
- A withered or neglected plant (or a picture of one)

How it Works

- Show the group the healthy plant and the withered plant.

Ask

- What's the difference between these two?
- What does a plant need to grow?
- Let them answer, water, sunlight, care, attention, time.

Debrief

'Friendships are like plants. If you ignore a plant, it doesn't grow. But if you care for it consistently, it becomes strong and healthy. Our relationship with Jesus works the same way. Even though He lived 2000 years ago, He is alive today, and we can know Him just like we know a friend. But that relationship grows when we:

- Spend time with Him
- Talk to Him (prayer)
- Listen to Him (Scripture, the Holy Spirit)
- Share about Him with others

Just like a plant needs daily attention, our friendship with Jesus becomes more alive and meaningful as we spend time with Him.'



The Key Truths

2000 years later, how can I personally know Jesus Christ?

Using scriptures that speak about knowing God, not just knowing about Him, this episode introduces the idea of a personal relationship with God. Like a relationship with a friend at school or church, this will mean spending time together, having two-way conversations together, and sharing our experiences of God with other people in our life.



Scriptures to Consider

- **Matthew 16:15 (NIV)** - Jesus' question: *"But what about you?" he asked. "Who do you say I am?"*
- **Matthew 16:16 (ESV)** - Peter's response: *"You are the Christ, the Son of the living God."*
- **John 14:6 (ESV)** - ***"I am the way, the truth and the life. No one comes to the Father except through me."***



Group Discussion Questions

Question 1: *"...But who do you say that I am?"* (Matthew 16:15, NIV). Ask the preteens how they would answer this question.

Answer: Guide the preteens to express how God has revealed Himself to them in their own lives - through their experience, and in His Word.

Question 2: What do you think are some of the main things that Jesus said about Hiimself that causes people to hate and reject Him?

Answer:

- That He is the only way to the Father. *"I am the way and the truth and the life. No one comes to the Father except through me."* (John 14:6, NIV).
- That you need to die to yourself to follow Jesus. *"I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God who loved me and gave Himself for me."* (Galatians 2:20, NIV).
- That we need to repent and change our hearts. Many people like the idea that God loves us, just as we are, but reject the idea that He expects us to repent and change.

Question 3: There are a lot of theories about who Jesus was. What have you heard people say?

The quote from C.S. Lewis said that Jesus was maybe just a nice teacher or even a mad man. 1 Timothy 2:5-6 (NLT) says *"There is one God and one Mediator who can reconcile God and humanity - the man Christ Jesus. He gave His life to purchase freedom for everyone."*

Who does the Bible say He is and what did He come to do? What does this mean for us?

Answer: Jesus has made a way for us to be back in relationship with God, and is the "go-between" or mediator between us and God. For this reason we don't have to live in fear anymore and we can walk with Him, and follow Him, every day. We also have hope.

Question 3: How does it make you feel to know that there is overwhelming historical evidence of Jesus' life, death and resurrection?

Answer: Ask the preteens to share if what they've learnt during this episode has encouraged them? And if so, why?



Word of the Day

Christ - The term "Christ" is derived from the Greek word "Christos," meaning "Anointed One," equivalent to the Hebrew "Messiah." In the New Testament, "Christ" is used as a title for Jesus, affirming His role as the promised deliverer and King prophesied in the Old Testament. Jesus is referred to as "Jesus Christ," "Christ Jesus," and simply "Christ," emphasizing His divine mission and identity. (Bible Hub, 2026)



Verse of the Day

"There is one God and one Mediator who can reconcile God and humanity - the man Christ Jesus. He gave His life to purchase freedom for everyone." - 1 Timothy 2:5-6 (NLT).



Game: 'The Connection Challenge'

This active game helps illustrate that connection and communication are essential for relationships to grow, and that sharing our experiences is a natural part of the process.

Theme connection

The game uses physical tasks that require communication, connection, and sharing information to succeed, mirroring the components of a relationship with Jesus.

Participants

Best for groups of 8 or more.



Materials

- Index cards with simple action prompts (e.g., sing a verse of a worship song, share a favorite Bible verse, talk about a time you felt God's presence, pray a one-sentence prayer of thanks).
- A soft ball or a 'talking stick'.
- A timer (optional).

How to Play

- **Set the stage:** Explain that relationships take effort and communication. We know Jesus is alive today, and this game will help us understand the practical steps of building a relationship with Him: spending time, talking/listening, and sharing.
- **Divide into teams:** Split the group into two or more teams of similar size.
- **The relay:** The game is a relay race, but the challenge at each station requires interaction and sharing.

Station 1: Spending Time Together (The 'Keep It Up' Challenge)

- Each team must keep a soft ball in the air for 30 seconds using only their hands, not letting it drop.
- **Link to theme:** Explain that just as they worked together and focused their time on a shared task, spending time with God requires focus and intentional effort.

Station 2: Two-Way Conversation (The 'Listen & Speak' Challenge)

- One person on the team is designated the 'speaker', and the others are 'listeners'.
- The speaker draws an index card with a prompt (e.g., share a favorite Bible verse'). They must complete the prompt the prompt while the rest of the team actively listens and repeats back one key phrase they heard.
- **Link to theme:** This station emphasizes the two-way nature of the relationship: talking to God (the speaker) and actively listening to Him through the Bible and prayer (the listeners).

Station 3: Sharing Our Experiences (The 'Testimony Tag' Challenge)

- Teams form a circle. They toss the soft ball (or pass a 'talking stick') around the circle.
- The person who catches the ball must briefly share one thing they learned about Jesus or one way God has helped them recently (one sentence only).
- They must do this until every person on the team has shared once.
- **Link to the Theme:** This illustrates how natural it is to share our experiences and stories of God's work in our lives once we have a real, personal relationship with Him.



Winning the Game

- The first team to successfully complete all three stations wins.

Debrief

After the game, bring everyone together. Use this game's stations to reiterate the key points of the lesson:

- We had to spend time together to complete the ball challenge.
- We had to speak and listen in the conversation station.
- We naturally shared our stories in the final station.
- Explain that these actions are the roadmap for a genuine, personal friendship with Jesus, who is alive and waiting to connect with them today.



Notes



Notes

SESSION 18

THE HEAD

God&Me&**Us**



Focus Point

Jesus loves His church, He leads His church, and He is coming back for her soon.



Object Lesson: 'The Sealed Envelope & the Instructions'

This object lesson uses a visually compelling 'mystery' to illustrate Jesus' love, His leadership through the Bible, and the anticipation of His return.

Materials

A large, sealed envelope with 'Urgent Instructions 'Do Not Open Until the Signal' written on the outside.

- A piece of paper inside the envelope with a specific, simple, fun instruction (e.g., everyone jump up and shout 'He is coming').
- A Bible.
- A watch or timer.

Activity

- **Love & Leadership (The Bible):** Hold up the Bible and explain that it's our instruction manual from Jesus, our leader. It's how we know He loves us and how we're supposed to live our lives as His church.
- **Coming Back Soon (The Sealed Envelope):** Hold up the sealed envelope. Explain that this represents the moment Jesus is coming back. We don't know the exact time (Matthew 24:36), but we know it's coming. The instructions inside are a mystery until the time is right. We must follow the instructions we have now (the Bible) to be ready for the instructions we'll get then.
- **The Signal (The Climax):** Set a timer for a random, short amount of time (e.g., 2 minutes) or just check your watch discreetly and decide when. Tell the group you are waiting for 'the signal'.

When the timer goes off or you hit your 'signal' time, open the envelope with excitement and read the instructions aloud. Have everyone complete the action (e.g., jump and shout).

Link to Theme

- **Love:** The instructions are given out of love to guide and prepare us.
- **Leads:** We follow the instructions (the Bible) given by our leader.
- **Coming Back Soon:** The anticipation and suddenness of the 'signal' drive home the point that Jesus is coming back for His church soon. We need to be ready and following our current instructions while we wait for the final call.

The Key Truths

We look at Jesus and how He is revealed in Revelation and how He relates to His church.

Using scriptures that show Jesus as the author and perfecter of our faith, this episode establishes Jesus, not man, as the head of the church, and shows the importance of a corporate experience of God to complement our personal relationship with Him. It looks at the picture of the temple, and the bride as ways of understanding how all of us can enjoy the same relationship with God, both individually and together.

Scriptures to Consider

- **Colossians 1:18 (NLT)** - *"Christ is also the head of the church, which is His body. He is the beginning, supreme over all who rise from the dead. So He is first in everything."*
- **2 Corinthians 11:2 (ESV)** - *"For I feel a divine jealousy for you, since I betrothed you to one husband, to present you as a pure virgin to Christ."*
- **Hebrews 12:1-2 (ESV)** - *"Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God."*
- **2 Peter 3:10 (ESV)** - *"But the day of the Lord will come like a thief, and then the heavens will pass away with a roar, and the heavenly bodies will be burned up and dissolved, and the earth and the works that are done on it will be exposed."*

Group Discussion Questions

Question 1: What does it mean for us that Jesus is the head of the church?

Answer: He is in control and over everything in the church, even the leaders. Everyone submits to Him, we know that He builds His church and the gates of Hell will not prevail (Matthew 16:8, ESV). He loves the church and will return for her when she is ready.

Question 2: How should we live, knowing that we will meet Jesus face to face one day?

Answer: We can be assured of eternal life if we have accepted Him and His forgiveness into our lives. We should live lives that are pleasing to Him by being obedient to His commands, living according to the leading of the Holy Spirit and being faithful to the end. This means running the race that God has given each of us and being disciplined.

Question 3: What is accountability, why is it important, and how can we apply it to our lives?

Answer: To be accountable often means that we take responsibility, but in church it means that we all need others to help us grow and become more like Jesus. God put us in a family, in a church so that we can walk together, help each other, encourage one another and even correct each other where necessary. It is something that we choose to do and need to willingly open our lives to our leaders and those around us so that we can grow and learn.



Word of the Day

Accountability – "Accountability, in a biblical context, refers to the responsibility of individuals to answer for their actions, decisions, and stewardship before God and, at times, before others. It encompasses the idea that humans are answerable to God for their moral and ethical conduct, as well as their use of the resources and talents entrusted to them. In practical terms, accountability involves regular self-examination, confession, and repentance. It also includes seeking accountability partners or groups within the church to foster spiritual growth and integrity. By embracing accountability, believers align themselves more closely with God's will and purpose for their lives, reflecting His character to the world." (Bible Hub, 2026)



Verse of the Day

"Christ is also the head of the church, which is His body. He is the beginning, supreme over all who rise from the dead. So He is first in everything." - Colossians 1:18 (NLT).



Game: 'The Bride's Preparation Relay'

This active and symbolic relay game requires teams to work together to complete three stages of preparation that mirror the spiritual readiness of the church for Jesus' return.

Theme Connection

The game visualizes the church as the bride preparing for the groom's imminent arrival, emphasizing the actions of being led, showing love through obedience, and the urgency of the return.

Participants

Best for groups of 8 or more.

Materials

- **Station 1 (Love):** A basket of small 'service' items or tasks (e.g., matching a pair of socks, writing a thank you note, picking up 3 pieces of 'trach' etc.).
- **Station 2 (Leads):** A blindfold for each team.
- **Sation 3 (Coming Soon):** A designated 'finish line' or a special 'crown' or 'banner' to hold up at the end.

How to Play:

- **Set the Stage:** Introduce the game as a preparation challenge. Explain that the church (the bride) is getting ready for Jesus (the groom), who is coming back soon. The relay has three stages of preparation.
- **Divide into Teams:** Split the group into two or more teams.
- **The Relay Stages:** Teams must complete each station before the next person can go. The first team to have all members finish all stages and reach the finish line, wins.

Station 1: Preparation of Love (Service & Obedience)

- The first team member runs to Station 1.
- They must complete a simple act of service or obedience (e.g., match 5 pairs of socks from a mixed pile, or write a thank you note).
- **Link to theme:** This symbolizes the church preparing herself through acts of love and obedience, which are true 'wedding garments' of the bride.

Station 2: Preparation of Leadership (Following Directions)

- The second team member is blindfolded at the starting line.
- Another team member must give verbal directions only to guide the blindfolded person through a simple obstacle course or jus across the room to a specific chair or cone. They cannot be touched.
- **Link to theme:** This emphasizes that the church must be led by Jesus (represented by the guide's voice) and listen carefully to His direction (through the Bible & prayer) to stay on the right path.



Station 3: Preparation for His Return (Urgency & Excitement)

- The third team member runs down to the finish line where the rest of their team is waiting.
- Once they arrive, the whole team must quickly & excitedly hold up a banner or just jump up and shout, 'He is coming! We are ready!'

Debrief

After the game, bring the teams together for a brief discussion:

- What made the 'following instructions' part challenging? It took clear leadership and careful listening, just like Jesus leading His church.
- The first station showed that our preparation involves practical acts of love and service, not just waiting around.
- The urgency at the end reminds us that we don't know the day or hour, so we must be prepared with excitement, not fear.



Notes



Notes

SESSION 19

GOD'S WORD

God&Me&Us



Focus Point

The Bible is God's inspired Word, and it has been remarkably preserved, just as it was originally written.



Icebreaker: The 'Whisper Down the Lane' Contrast

This icebreaker highlights the opposite of how the Bible was preserved, making the real preservation even more impactful by contrast.

Activity

- Have a group of 5-10 people sit or stand in a line.
- Whisper a moderately complex sentence to the first person (e.g., 'The ancient scribe wrote the sacred words on a scroll under the light of the moon,').
- Have each person whisper the message to the next person in line, just once.
- The last person says the message out loud.
- Compare it to the original sentence. It will almost certainly be very different.

Discussion

Prompt: 'As we can see, human communication often changes drastically even over a short chain. Yet, with the Bible, we have thousands of ancient copies across various languages and cultures that consistently tell the exact same message over thousands of years. This demonstrates the remarkable, even miraculous, preservation of God's inspired word, ensuring it remains just as it was originally written.'



The Key Truths

Using evidence for the inspiration and preservation of Scripture, and that the Scriptures describe the process of how they are written, this episode confidently presents the Bible as the authentic Word of God. Because the Bible is God's Word, and God is to whom we give account for our lives, this makes the Bible a very important basis for how we live our lives.



Scriptures to Consider

- **Exodus 31:18 (NLT)** - *"When the LORD finished speaking with Moses on Mount Sinai, He gave Him the two stone tablets inscribed with the terms of the covenant, written by the finger of God."*
- **2 Timothy 3:16-17 (NIV) -** *"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God a may be thoroughly equipped for every good work."*



Group Discussion Questions

Question 1: What does it mean that Scripture is 'God-breathed'?

Answer: God is not a creature in the way we are, who breathes to stay alive. When the Bible talks about the breath of God, it is most times speaking about His Spirit. In second Timothy, Paul is saying that the Holy Spirit was the one who gave the writers of Scripture the words to record and that He inspired the content. The words of Scripture are not human ideas or wisdom, but are the very thoughts and words of God, given by Him to the authors.

Question 2: If the Holy Spirit wrote the books of the Bible, why are they in different styles and genres?

Answer: The Holy Spirit didn't write the Bible, He inspired it, and that is an important difference. The Holy Spirit gave each author what they should write, but the books of the Bible still contain stylistic differences unique to each writer. Each author wrote in their own literary voice the Truth the Holy Spirit gave them. Each of us will express ourselves in our own way. This doesn't change the Truth or fact, just the way in which it is communicated.

Question 3: So, is it possible the Bible contains mistakes?

Answer: No, that is not possible, because the Holy Spirit guided the whole process, so the Truth of God is preserved for us in Scripture.

Question 4: So does the Bible tell us everything?

Answer: No, not at all. There are many things the Bible does not speak about. It does not tell us about the history of countries that do not feature in the story of Israel and the church. It does not focus on physical descriptions of people, like Jesus, or on extensive political histories that are not important to the story. The Bible does not tell us everything, but the Bible tells us enough. It tells us enough so that we can be saved and come into relationship with God through His Son. It tells us enough so that we can live lives that please God. It tells us enough so that we can know how to tell others about Jesus and see them come to know Him too.



Word of the Day

Scripture - The term "Scripture" refers to the sacred writings of Christianity contained in the Bible. The word itself is derived from the Latin "scriptura," meaning "a writing." In the context of the Christian faith, Scripture is considered the divinely inspired word of God, serving as the ultimate authority for doctrine, reproof, correction, and instruction in righteousness. (Bible Hub, 2026)



Verse of the Day

"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness." - 2 Timothy 3:16 (NIV)



Game: 'Copy Masters' (A Scripture Preservation Challenge)

How to Play

- Several short 'manuscript' sheets (3-5 sentences each).
- Make 2 versions of the manuscript:
  Version A: perfectly written (represents the original text).
  Version B: intentionally contains 10 small errors (word swaps, missing letters, punctuation changes – represents imperfect copying).
- Pens & paper for each team.

Setup

- Divide the group into two or more teams.
- Each team sits at a table or in a circle.
- Place Version A (the perfect manuscript) at one end of the room.
- Teams will send one runner at a time to view the manuscript for 5 seconds.



Rules

- On ‘go!’, the first runner from each team runs to the manuscript.
- They get 5 seconds to read and memorize what they can – no touching or taking it.
- They return to their team and write down what they can remember.
- Then the next runner goes.
- Continue for 3-4 rounds (or until the team thinks they have a complete copy).
- At the end, compare each team’s ‘copied manuscript’ with:
  - Version A (perfect original)
  - Version B (error-filled version)

The Twist

Most teams will produce something closest to Version B – full of mistakes, guesses, and omissions.

Now reveal:

- Early biblical scribes didn’t rely on memory like this game.
- They used strict, letter-by-letter copying rules.
- They counted lines, checked margins, and restarted entire scrolls if one letter was wrong.
- This is why the Bible has been preserved with extraordinary accuracy, far better than any normal human copying exercise.

Debrief

After the laughter and comparisons, say something like:

‘In this game, our copies ended up full of little mistakes – just like we’d expect when humans try to reproduce something by memory. But the Bible wasn’t preserved this way. God inspired His Word, and faithful scribes copied it with astonishing care. That’s why when we open the Bible today, we can trust that we’re reading the authentic Word of God.

Conclude

‘Because the Bible is God’s inspired and preserved Word, and because we are accountable to Him, the Bible becomes the reliable guide for how we live our daily lives.

SESSION 20

Daily Bread

God&**Me**&Us

Focus Point

The Bible is our spiritual food. Some practical tips on why and how we read the Bible, so that we can understand it, and it can change us.

Object Lesson: 'The Two Lunchboxes'

Shows how eating physical food gives energy, but eating spiritual food (Bible reading) gives strength, guidance, and transformation.

Materials

- Two lunchboxes (or two bags)
- Lunchbox A: actual food (apple, sandwich, energy bar)
- Lunchbox B: Bible (or paper with Scripture on it)

How to Use It

- Hold up Lunchbox A.
- Ask: 'What happens if I skip eating this for a day? A week? A month?
- Answer: tiredness, weakness, illness.
- Hold up Lunchbox B:
  Ask: 'What happens if I skip this for a day? A week? A month?
  Discuss: spiritually tired, frustrated, anxious, less wise, less loving.

Discussion

'We take care of our physical hunger, but our hearts and minds also have hunger – hunger for truth, wisdom, hope, guidance, and encouragement. The Bible is God's spiritual food for us. When we read it regularly, it strengthens us, shapes us, and changes us from the inside out.'

The Key Truths

Using personal stories and the Scriptures that focus on the practical usefulness of Scripture, this episode shows why the Bible is called a lamp to our feet and a light to our path. It encourages the junior youth to study and feed on the Word so they can grow by it and apply it to their everyday lives.

Scriptures to Consider

- **2 Corinthians 4:4-6 (ERV) -** *"The ruler of this world has blinded the minds of those who don't believe. They cannot see the light of the Good News - the message about the divine greatness of Christ. Christ is the one who is exactly like God."*
- **John 17:17 (ESV) -** *"Sanctify them in the truth; your word is truth."*

Group Discussion Questions

Question 1: How do you think reading the Bible compares to something like eating bread each day?

Answer: It provides nourishment for our bodies and also isn't a once-off thing. Just as we are hungry each day and need to eat, so it is with our spiritual lives. God's Word feeds us and helps us to grow even when we don't see it at work. We also need to get fresh bread each day. God will give us what we need for that day.

Question 2: Think about how it feels when you eat lots of junk food and fizzy, sugary, cooldrink. How does it usually make your body feel afterward?

Answer: It affects your body negatively and you feel tired, sleepy, sick etc. It feels good for a few minutes while you're eating it but afterward you realize that it didn't help your body at all. You end up feeling worse. It doesn't give your body the nourishment and vitamins that it needs.

When we don't eat for a while, or eat the wrong type of food for a while, our bodies start to get sick or weak. Our spiritual lives are the same. If we are feeding our minds and spirits with an "unhealthy" diet of things that are not in God's Word, then it will affect the way we think, and the way we live.

Question 3: How do you feel about reading & trying to understand the Bible? Is it easy, confusing or hard for you?

Answer: We sometimes feel intimidated by the Bible because it feels too big or too complicated and we are not sure where to start reading and we don't know what it all means! Allow the preteens to respond as honestly as possible and not just give you the "right" answers.

Encourage them that because the Holy Spirit inspired God's Word and is with them when they read it, they can be assured that He will help them to understand it.

Question 4: Group challenge: Ask some of the kids to try their best to summarise what they think the main story and message of the Bible is. Give them the freedom to share whatever comes to mind.

Answer: A: Here is a high-level summary of some of the main themes:

- Creation
- Fall of man
- Sin and death in the world (the problem)
- Israel as God's people
- The promise of a Saviour
- Jesus appearing and His mission
- The cross as the solution for mankind's sin
- The church as God's people
- The final expectation of Jesus' return



Word of the Day

Sanctification - Sanctification is the process of being made holy, set apart for God's purposes, and conformed to the image of Christ. (Bible Hub, 2026)



Verse of the Day

"Your word is truth, sanctify them in your word." - John 17:17



Notes

Game: The 'Spiritual Feast' Challenge

This game uses the idea of a scavenger hunt and puzzle-solving to illustrate the effort required to gather 'spiritual food', understand it, and apply it to our lives.

Group Size: 8 or more people (divided into two or more teams).

Materials (For Each Team)

- A Bible
- Several cut-out paper 'food' items (e.g., paper apple, bread loaf, fish).
- A 'recipe card' (a sheet with a Bible verse reference written on it, e.g., 'Matthew 4:4)
- A marker/pen.

How to Play

Setup

- **Hide the food:** Before the activity, hide the paper 'food' items around the room or area.
- **Prepare the clues:** Write down different Bible references on the 'recipe cards' for each team. The verses should relate to the Bible as food, guidance, or instruction (e.g., Psalm 119:105; Deuteronomy 8:3; John 6:35; Hebrews 4:12).
- **Prepare the 'application' station:** Set up a central location where teams must bring their items.

Gameplay

1. **Seeking the Food (the 'why' of reading):**

   Give each team their 'recipe card' with a Bible reference.

2. **Instruction:** 'The Bible is our spiritual food, but we have to go out and actively seek it. Your first step is to use the reference on your card to find the passage in the Bible.'

   Teams race to look up the verse.

3. **Understanding the Food (the 'how' of reading):**

   Once a team finds the verse, they read it together and discuss what they think it means.

   Instruction: 'Reading is the first step, but we need to understand it to be nourished. Discuss what this 'food' (verse) is telling you about God or how to live your life.'

4. **Gathering the Ingredients (the 'practical tips'):**

   Near the location where the verse was found (or perhaps a secret location mentioned within the verse's meaning), hide a paper 'food' item.

   Instruction: 'Good! Now, based on the meaning of that verse, go find the 'spiritual food item' hidden nearby.' (E.g., If the verse was about light, maybe the food is near a lamp).

5. **The Feast & Transformation (the change in us):**

   Teams bring their 'food' item back to the central 'application station'.

   Instruction: 'We've gathered the food and understood the recipe. Now we need to 'eat' it – apply it to our lives.'

   The team leader or a designated person asks the team a specific application question related to the verse they found. The team must write down one practical step they can take this week based on that verse.

   Example question: 'If your verse was 'Man shall not live by bread alone,' what is one practical way you will make time for God's word this week?'

6. **Winning & Linking To Theme:**

   The game is less about speed and more about completion and engagement. The first team to successfully find their verse, discuss it, find their food item, and write down a clear application step, wins.

Discussion Link

'Just like in the game, the Bible is a treasure hunt for truth. We must be intentional about seeking it out, studying it to understand its meaning, and then applying it to our lives. That's how this spiritual food truly nourishes us and helps us grow and change.'

Notes



Notes

SESSION 21

GOD'S SMUGGLERS

God&Me&**Us**



Focus Point

Many people have risked and given their lives so that Christians around the world can have the Bible in their own language.



Object Lesson: 'The Hidden Treasure'

Materials

A small box or container labelled 'TREASURE'

- A Bible inside the box
- Obstacle items (chairs, tape line, rope, or cones)

Setup

Place the box at the end of the room with simple obstacles in between. Tell one volunteer they need to get the 'treasure'. Make it slightly inconvenient but not dangerous:

- Crawling under a table
- Stepping over chairs
- Weaving through rope
- Hopping on one foot for a section
- Let them reach the box, open it, and find the Bible.

Discussion

Say: 'That took effort – but imagine if the obstacles were guards, laws, danger, prison, or persecution. Many Christians throughout history have faced real risks to bring the Bible into people's hands, and some even losing their lives doing it. Why? Because they believed the Bible is the most precious treasure on earth – worth sacrifice, worth danger, worth everything – so that every person can hear God's Word in their own heart language.'

The Key Truths

The Bible is vital to the teaching of correct doctrine. We read in Acts 2:42 that the believers devoted themselves to "...the Apostles' teaching..." They were teaching what Jesus had taught them and this is now recorded for us in the Bible. We cannot get to know our God without the Bible. For this reason, people throughout history have been willing to give their lives to enable others to be able to read God's Word.

This episode explains that, despite numerous attempts over the centuries to rid the world of the Bible, none of them have succeeded. It focuses on early translators and the lengths that some went to in order to provide Bibles for others in their own language. The men and women who risked and gave their lives knew that God's Word was life to those who found it. We too should value what we have and not take the Word of God for granted.

Scriptures to Consider

- **Colossians 1:13 (NIV) -** *"For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves."*
- **Romans 1:17 (ESV) -** *"For in it the righteousness of God is revealed from faith for faith, as it is written, "The righteous shall live by faith."*
- **Ephesians 6:13, 17 (NIV) -** *Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand." - Ephesians 6:13 (NIV)*
- **Ephesians 6:17 (NIV) -** *"Take the helmet of salvation and the sword of the Spirit, which is the word of God."*

Group Discussion Questions

Question 1: What makes the Bible so different from other books that people would risk their lives to get Bibles to others who don't have them?

Answer: It is the only book that tells people the Truth: that God the Father has made it possible for us to be taken out of the kingdom of darkness and placed into the Kingdom of His Son. It is only through His Son (Jesus) that we can be redeemed (bought back) and have our sins forgiven. It is the inspired Word of God so it is His very words to us. Satan wants to destroy the way God communicates with His people.

Question 2: Why have so many political leaders in countries and churches over the centuries done everything in their power to stop the Good News of the Bible from reaching their people?

Answer: The leaders of countries, and even some church leaders from many years ago who were corrupt, became very rich from the lies that they told the people. Many religious and political leaders around the world today know that if their people allow Jesus to become their King through faith in Him, they will lose their power over those people. The Bible teaches that we give our lives to Jesus first, and give up everything to follow Him. This is not good news for political leaders.

Question 3: Why did Brother Andrew not try to hide the Bibles that he was taking into Romania?

Answer: He knew that nothing that he could do would prevent the guard from seeing the Bibles. If God wanted him to take those Bibles to the Christians in Romania, He would have to do something miraculous - and He did! His trust was in God, He was obedient and faithful.

Question 4: How is it that, as we read the Bible, we are more able to stand strongly against evil and temptation?

Answer: Paul, in his letter to the church at Ephesus, said that, in order to stand firm, we need to put on the "*whole armour of God*" - no item should be left out. All the items except one are defensive items. The only **weapon** that we have is "*...the sword of the Spirit which is the Word of God.*" As we read God's Word we are equipped to fight the lies and temptations that we face in our everyday life.



Word of the Day

Devoted - The biblical concept of being devoted encompasses both the idea of being set apart for God and the active, ongoing commitment to live in accordance with His will. Whether through acts of worship, personal consecration, or service to others, devotion is a central theme that underscores the believer's relationship with God and the community of faith. (Bible Hub, 2026)



Verse of the Day

"And they devoted themselves to the Apostles' teaching and the fellowship, to the breaking of bread and the prayers." - Acts 2:42



Game: The 'Human Library Chain'

This game is a team effort focusing on the careful transmission of information despite physical challenges and time constraints, illustrating the dedication of those who preserved the Bible.

Group Size

10 or more people (divided into equal teams)

Materials (For Each Team):

- A small slip of paper with a single, short Bible verse written clearly (the 'original manuscript').
- A pen.
- A final 'receiving station piece of blank paper.
- Physical obstacles: chairs to navigate around, a small 'river' (blue tarp or towels) to 'cross', etc.



How to Play

Setup

- Each team lines up in a single file.
- Set up a course with simple physical obstacles that participants must navigate carefully.
- Place the 'original manuscript' at the start of the course (Point A).
- Place the blank 'receiving station' paper and pen at the end of the course (Point B).

Gameplay

1. **The Mission:** The goal is to accurately transmit the entire verse from the start of the line to the end, where the last person must write it down perfectly.
2. **The 'Transmission' Method:** The message must be passed down the line one person at a time, via whispering only, while navigating the physical course.
3. **The 'Obstacles' & Risk:**

   Each person must complete a physical task (e.g., walk around two chairs backwards, hop over the 'river', step through a hula hoop) before whispering the message to the next person.

   The 'catch': If the person moving the message makes a mistake on the physical course (e.g., bumps a chair, steps in the water), the message is 'damaged', and they must return to the person before them to receive the message again from the start of the line.
4. **Accuracy is Key:** The final person at Point B writes down the message only after receiving it clearly from the person before them.
5. **Winning:** The first team to have the exact original verse written correctly at their 'receiving station' wins. The final written verse must be verified against the original.

Link To Theme

After the game, discuss the challenges:

- How easy was it to get the message down the line while dealing with those obstacles?
- The simple verse was hard to transmit perfectly, even in a few minutes. Think about the people who risked everything to pass the Bible's message down through centuries, often having to memorize entire books or sneak manuscripts past dangerous people.
- This game shows us the care and immense effort, often involving great personal risk and sacrifice, that went into ensuring we have an accurate copy of God's Word in our language today.

SESSION 22

ETERNITY

God&Me&Us



Focus Point

God is the God of the past, now and forever. We explore how eternity works and why it matters.



Object Lesson: 'The Rope of Eternity'

Materials

- A long rope or long ribbon (10-20 metres if possible)
- A small piece of coloured tape
- A pair of scissors
- A Bible

Setup

- Wrap a 2-3 cm strip of tape around one end of the rope. This tiny segment represents your entire earthly life – 'a mist', 'a vapor', 'grass here today and gone tomorrow.'
- Hold the rope so the whole room can see.

How to Present It

- Hold up the small, taped section.
- Say: 'This tiny part represents your whole life: 70, 80, 90 years if you're strong.'
- Read James 4:14 or Psalm 103:15-16.
- Let the rest of the rope run across the room, out the door, or down the hall.
- Say: 'This represents eternity. It doesn't stop. It keeps going long after this little taped part is over.'
- The twist (the scissors).
- Hold the scissors near the tape.

- Say: 'We spend almost all our energy stressing about this part – school, work, money, popularity, image. But no one in eternity will care how many followers you had, how cool your shoes were, or how expensive your car was. What will matter is how you lived this little section. And here's the important part: How we live during the tape affects everything that happens beyond the tape. We get one life. One chance. One tiny window to invest into something that never ends.'
- Connect it to God's eternal nature:

  'God doesn't live in the tape. He sees the whole rope at once. That's why he guides us from an eternal perspective, not a short-term one. When God says something matters, it's because He sees its impact on forever.'

Discussion

'We live in a generation obsessed with the present moment: what feels good, what's trending, what's urgent. But God calls us to lift our eyes. Eternity is real. God is the God of now and forever – and understanding eternity helps us make wise choices today. When we see how short life is, and how long eternity is, investing in what lasts suddenly becomes the smartest – and most urgent – thing we can do.'

The Key Truths

God is the God of now and forever. How does eternity work? Why does it matter?

Using Scriptures that explore eternity, how 'long' eternity is and God's view of time compared with ours, this episode brings the reality of eternity to the forefront, in a generation that lives very much for the present. This highlights the implications of eternity for our brief lives. When we see our lives as grass, here today and gone tomorrow, we realise how important investing into eternity is, while we still have the opportunity to do so.

.Scriptures to Consider

- **Colossians 1:17 (ESV) -** *"And He is before all things, and in Him all things hold together."*
- **Psalm 90:2 (NLT) -** *"Before the mountains were born, before you gave birth to the earth and the world, from beginning to end, you are God."*
- **Psalm 102:26-27 (ESV) -** *"Even they will perish, but You endure; And all of them will wear out like a garment; Like clothing You will change them and they will be changed. "But You are the same, And Your years will not come to an end."*

Group Discussion Questions

Question 1: Who can imagine what it would be like to live for 1000 years, or 10 000. What do we mean by eternal?

Answer: Guide the preteens to consider how much they have experienced in the last year of their lives and then to multiply that out by a 100, 1000 and 10 000. Stress that even though God created us to live for eternity, it is not something that our human minds can really conceptualize properly.

Question 2: What do you think we will do in eternity? Will we just sing and worship, or will we work and grow old?

Answer: If we are followers of Jesus, when we die we will go to be with Him. This is the start of forever, and living with Him in a perfect state. We will worship and we will see God. We will see Him fully and completely for the first time. This means that we will have complete understanding. We will also have work to do for Him, but it will not have the difficulties that work has here on earth with sin. We will never grow old, sick, or tired.

Question 3: If this life on earth is so very short, compared to eternity, should that impact how we live?

Answer: Many people live for today only, but that is so short-sighted. We need to constantly remind ourselves that this life is very short in comparison to the limitless eternity that we will live.

We should invest in eternity and focus on the joys and rewards we will receive. This helps us to be motivated to do right and also helps us in times of difficulty and suffering, because no matter how hard things get, it is only for a very short time compared to eternity.

The decisions that we make now, and the way we live in this life, have consequences in the life to come. This means that when we weigh up our options and choices, we should carefully consider what we are going to do.



Word of the Day

Omnipresent - Omnipresence refers to the attribute of God by which He is present everywhere at all times. This characteristic is foundational to understanding the nature of God as revealed in the Bible. It signifies that God is not confined by space or time and that His presence permeates the entire universe. (Bible Hub, 2026)



Verse of the Day

"[God] alone is immortal and lives in unapproachable light, whom no one has seen or can see. To Him be honour and might for ever. Amen." - 1 Timothy 6:16 (NIV)

Game: ‘Temporary vs. Eternal’ Relay Challenge

A fast-paced game that makes the difference between temporary things and eternal things feel real and urgent.

Materials

- Two buckets/baskets labelled TEMPORARY and ETERNAL
- A pile of mixed item cards or objects (about 20-30)

Temporary Items (earthly, short-term):

- Money
- Popularity
- New phone
- Fashion
- Trophies
- Snacks
- Entertainment
- Sports
- Grades
- Comfort
- Toys

Eternal Items (things that last forever)

- God’s Word
- Faith
- Salvation
- Loving others
- Forgiveness
- Serving
- Prayer
- Generosity
- Character
- Truth
- Sharing the gospel

These can be simple cards with words on them, pictures, or small objects.

How to Play

- Spread all the item cards in a pile in the middle of the room.
- Divide the group into two or more teams.
- On 'go!', the first runner from each team runs to the middle, grabs one item, and must decide:
- Does this go into the TEMPORARY bucket?
- Or the ETERNAL bucket?
- They run to the front, drop it into one of the buckets, then tag the next person.
- Continue until all items are sorted.

Scoring

Reveal the correct answers.

- Pull each item out of the TEMPORARY bucket and say: 'These things are real and can be good… but they don't last.'
- Then pull each item from the ETERNAL bucket and say: 'These are the things God says matter forever. They never end.'

Give points.

- Correctly placed temporary items: 1 point each.
- Correctly placed eternal items: 3 points each.
- Just like eternity – worth more.

Debrief

Gather the group and ask:

- Was it easy to tell what was temporary vs what was eternal?
- Which bucket do you think the world focuses on the most?
- Which bucket does God say matters most?
- Then connect it directly to your theme:
- 'Our lives are short – like grass, like a mist. But God is eternal – past, now, and forever.
- Understanding eternity changes how we live today. It helps us invest our brief lives into things that last forever into things that last forever, instead of things that fade. When we live with eternity in mind, your priorities change. Your choices change. Your life changes.'



Notes

SESSION 23

EYES UP

God&**Me**&Us



Focus Point

In a world that only lives for today, followers of Jesus are those who live for eternity.



Icebreaker: 'Priorities Packing'

This quick, light-hearted activity gets people thinking about what they value.

Activity

- Give each kid a small piece of paper and a pen.
- **Prompt 1:** Imagine you have 5minutes to pack one small, carry-on backpack for a one-week, all-expenses-paid beach vacation. Write down the top 3 things you would pack.
- **Prompt 2:** now, imagine you only have 5 minutes to pack before leaving Earth forever, and you are allowed to take only 3 non-physical 'treasures' with you to your eternal home in heaven. What do you pack?
- **Discussion:** The first list was easy and fun, wasn't it? The second list makes us think harder about what truly matters and lasts. This reminds us we are only here temporarily, and our true priority should be storing up the treasures that we can take to our eternal home with God.



The Key Truths

In this episode we are encouraged to live looking forward, and live for eternity. We are in the world and not of it. As a follower of Jesus I may often feel like I don't fit in.

Continuing to look at eternity, but now with more emphasis on our own mortality and how we view eternity, this episode encourages us to store up treasure in heaven rather than on earth. When we do not feel like we fit in, we can take comfort in knowing we are sojourners (temporary residents) and aliens on this earth, but Jesus has gone to prepare a place for us where we will be truly at home for all eternity. Our home is with God, just as His dwelling place will one day be with us.

Scriptures to Consider

- **John 5:24 (ESV) -** *"Truly, truly, I say to you, whoever hears my word and believes Him who sent me has eternal life. He does not come into judgment, but has passed from death to life."*
- **Luke 18:29-30 (ESV) -** *"And he said to them, "Truly, I say to you, there is no one who has left house or wife or brothers or parents or children, for the sake of the kingdom of God, who will not receive many times more in this time, and in the age to come eternal life."*
- **Matthew 25:44-46 (ESV) -** *"Then they also will answer, saying, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then He will answer, 'Truly, I say to you, as you did not do it to one of the least of these, you did not do it to me.' And these will go away into eternal punishment, but the righteous into eternal life."*

Group Discussion Questions

Question 1: How do we choose whether we spend our eternity with, or without God?

Answer: If we accept Jesus as Lord of our lives in this life, by repenting of our sin, then we will have His presence with us as long as we live on earth, and then enter into His presence for eternity as well.

Question 2: If we serve God, will we receive rewards in this life as well as eternity?

Answer: The way we live our lives on this earth has an impact on our life in eternity. We will receive rewards both in this life and in eternity, but the rewards in this life might not be the kind of things the world is looking for. The world values money and health, but these are never really enough, and they are not the things that God values. People always have some and then want more.

The rewards God gives are peace and contentment, and these are always enough. Not only that, but when we get to heaven then we'll see that the more we loved God and served others on earth, the greater the riches stored up for us will be!

Question 3: What examples can we think of in our lives that we would change, or do more of, in order to prepare for eternity?

Answer: Lead the preteens to think of practical examples of things in their lives that they spend large amounts of time or money on, but that they won't be able to take with them into the next life. Then think of practical examples of things that can be taken into the next life. (Hint: people are the only things that can go with us into the next life, not possessions.)

Word of the Day

Treasure - In the biblical context, "treasure" often refers to wealth, riches, or valuable possessions. However, the concept extends beyond material wealth to encompass spiritual riches and the treasures of the heart. The Bible provides numerous references to treasure, illustrating both its temporal and eternal significance. (Bible Hub, 2026)

Verse of the Day

"...but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also" - Matthew 6: 20 – 21 (ESV)

Game: 'Treasure Hunt for Home'

A cooperative treasure hunt that illustrates storing up treasure in heaven and remembering our true home is with God.

Materials

- 8–12 clue cards
- 8–12 'treasure tokens' (coins, jewels, stickers, or paper circles)
- A small, locked box or treasure chest
- A 'Heaven Key' (a real key or symbolic cardboard key)
- A Bible inside the treasure chest (or a note representing 'our eternal home')

Optionally: signs that say Temporary and Eternal

How to Play

Hide Clues Around the Area

- Each clue leads to the next.
- Along with each clue, hide a treasure token.
- Example clue cards:
  - "Where people gather but never stay long" (doorway)
  - "Look where water gives life" (sink)
  - "Go where people rest for a moment" (chairs)
  - "Search where light overcomes darkness" (light switch)
- Half the treasure tokens should represent temporary things (worldly honours, money, popularity).
- Half should represent eternal things (faith, love, serving, worship, character).



Give the First Clue to the Group

- This is a team game, not competitive.
- They must work together to solve each clue.
- At each location they will find:
  - the next clue
  - a treasure token
- Players collect all tokens on their journey.

After All Clues Are Done

- The final clue leads to a small treasure chest.
- But the treasure chest is locked.
- You hand the group the Heaven Key and say:
  'Earthly treasures can't open this. Only what is eternal can.'
  (You can make it symbolic; the key doesn't have to match the lock.)
- Inside the box is a Bible and a card that says:
  'This world is not your home. Your true treasure is with God for all eternity.'

Sorting the Treasure (The Lesson Moment)

Pour all the collected treasure tokens into two piles:

- Temporary: (money, trophies, popularity, comfort, possessions)
- Eternal: (faith, prayer, loving others, serving, obedience, forgiveness, generosity)
- Ask:
  - 'Which pile was bigger?'
  - 'Which pile felt more exciting to collect?'
  - 'Which pile actually matters in eternity?'
- Then deliver the core message:

  'As we travelled through this game, we passed through places but never stayed. That's exactly what life is like—we're sojourners, passing through.

  The treasures we collect on earth stay behind, but the treasures we build in heaven last forever. Jesus is preparing a place for us—our true home—and everything we do for Him now is part of that treasure.'

SESSION 24

OUR MISSION

God&Me&**Us**

Focus Point

Jesus said to go into all the world and preach the Gospel. We need to tell them about eternity and the Good News of Jesus.

Object Lesson: 'The Power of the Holy Spirit'

This lesson highlights that we can't effectively share the Gospel in our own strength but need the power of the Holy Spirit.

Materials

- A shallow dish or plate
- Milk
- Different colors of food coloring (representing the Good News/love of Jesus)
- Dish soap
- A cotton swab (Q-tip)

Instructions

- **Set the scene:** Pour milk into the dish, enough to cover the bottom. This represents the vast, lost world waiting for the Good News.
- **Add the message:** Add several drops of different food coloring into the milk. Explain these are the aspects of the Gospel (Jesus' **love, sacrifice, resurrection, hope).**
- Attempt with human strength: Take a cotton swab and dip it into the milk, trying to make the colors mix and spread using only your own effort. Little happens, maybe just a cloudy swirl. This illustrates how difficult and limited our efforts are when we try to evangelize solely through our own strength and cleverness.
- **Introduce the Holy Spirit:** Put a drop of dish soap on a new cotton swab. Explain that the soap represents the power of the Holy Spirit given to believers (Acts 1:8).
- **Demonstrate the power:** Dip the soapy cotton swab into the center of the milk. The colors will immediately burst outward and mix vibrantly. This demonstrates how, empowered by the Holy Spirit, the message spreads dynamically and effectively, having a much greater impact than we could ever achieve alone.
- **Application:** We 'go into all the world' relying not on our own might, but on the power God has given us through His Holy Spirit.



The Key Truths

Go into all the world. Speak of eternity. Tell them that today is not all there is. Preach the Gospel, love your neighbour, glorify God.

Using scriptures that speak of the commission to preach the gospel, the need for people to hear so they can be saved, and the great power God has given us in His Holy Spirit, this episode focuses on the command of Jesus to go into all creation and spread the Good News of the Kingdom. We cannot selfishly hold on to what we have learned, but we have to share it with a lost and dying world, who, without our witness, will continue to move towards a lost eternity.



Scriptures to Consider

- **Matthew 5:15-16 (NIV) -** *"Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*
- **Matthew 28:19-20 (NIV) -** *"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*
- **Romans 1:16 (NIV) -** *"For I am not ashamed of the Gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile."*
- **Romans 10:14-15 (ESV) -** *"How then will they call on Him in whom they have not believed? And how are they to believe in Him of whom they have never heard? And how are they to hear without someone preaching? And how are they to preach unless they are sent? As it is written, "How beautiful are the feet of those who preach the good news!"*



Group Discussion Questions

Question 1: What is the Gospel and why is it good news?

Answer: It is the good news that Jesus paid the price for our sin, which was death and which we were not able to pay, so that if we repent and turn from our sin, we can be forgiven and declared not guilty. It is good news because it means that we can now live an eternity in relationship with Jesus, rather than an eternity separated from Him.

Question 2: Who do you know that you can share the Gospel with?

Answer: Remind the preteens that people who are living "good" or moral lives will not qualify for an eternity with Jesus. Only those who have yielded their lives to Him. Each of them should know someone who falls into this category.

Question 3: What things make it hard to share the Gospel?

Answer: Talk about situational and social/emotional factors. At this age, peer acceptance becomes even more important to them and can be an inhibiting factor.

Question 4: What is your story/testimony?

Answer: Help the preteens develop their own testimony and practice sharing with each other a tool for evangelism. Focus on what God has done and the change He had brought about, not the depravity of their behaviour, or lives before knowing Him. A story of salvation should point towards Jesus and bring Him honour..

Word of the Day

Authority - Authority, as presented in the Bible, is a multifaceted concept that encompasses divine, governmental, ecclesiastical, and familial dimensions. It is established by God for the purpose of order, justice, and the flourishing of His creation. Believers are called to recognize and respect authority while ultimately submitting to God's supreme authority. (Bible Hub, 2026)

Verse of the Day

"All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations..." - Matthew 28:18 (NIV)

Game: 'Go into All the World' Map Run

A fast-paced tag/treasure-hunt style game.

Purpose

To emphasize that Jesus sends us into every part of the world, and reaching others requires movement, effort, and willingness to 'go'.

Materials

- A world map (large floor map, projected map, or taped sections labelled 'Africa', 'Asia', 'Europe', etc.)
- Slips of paper or cards with 'people groups' or 'countries' on them (e.g., 'neighbors', 'friends at school', 'people in Africa', 'people in Asia', 'people on your street', etc.)

How to Play

- Scatter the cards around the room.
- When you shout, 'GO INTO ALL THE WORLD!', players run and collect as many cards as they can – but only one at a time.
- Each time they grab a card, they must run to the correct continent on the map and drop it there.
- After 2-3 minutes, stop and count which team gathered the most 'people to reach'.

Debrief

- There are people everywhere who need the Gospel.
- The world is big, but God sends us in the power of the Holy Spirit.
- Each card represents a real soul – someone moving toward eternity who needs to hear.

Scripture Tie-In

- Matthew 28:19 – 'Go and make disciples of all nations.'
- Mark 16:15 – 'Go into all creation.'
- Acts 1:8 – 'You will be my witnesses…to the ends of the earth.'

Notes

SESSION 25

COMING SOON

God&Me&Us

Focus Point

Although Jesus promised to come back, and He gave us signs so we could know when to expect Him, we need to stay alert!

Object Lesson: 'The Torch That Must Stay On'

A memorable visual about staying awake, watching, and not letting hope go dim.

Materials

- A flashlight
- A lamp or lantern (optional)
- Batteries – one set strong, one set old/weak

How To Do It

- Turn on the flashlight with strong batteries. Say: 'This torch is shining brightly – just like our hope in Jesus when we stay close to Him.'
- Switch to the weak batteries; the light flickers or dims. 'But when we get distracted, deceived, or stop paying attention to God's Word, our light starts to fade.'
- Replace the strong batteries. 'Jesus tells us to stay alert, keep watch and be ready – so our hope stays bright until He returns.'
- Optional: Turn off room lights briefly, showing how obvious the bright torch becomes in darkness. 'As the world gets darker, those who stay awake and alert will shine even brighter.'

Scripture Tie-Ins

- Mark 13:35-37 – 'Keep watch…What I say to you, I say to everyone: Watch!'
- Matthew 25:1-13 – The wise virgins kept their lamps ready.
- John 14:3 – Jesus promised, 'I will come again.'
- Hebrews 10:23 – 'Hold fast the confession of our hope without wavering.'

Debrief

Jesus is coming back. The signs remind us to stay awake, stay prepared, and keep our hope in Him burning brightly – not dimmed by fear or deception.

The Key Truths

The truth is that Jesus is coming back. As that time comes closer, we must not be deceived or misled by false ideas and fake news. Don't be alarmed, but be prepared and alert for His second coming. Don't let our hope be dimmed, but place it in the rock of Jesus. This episode discusses what the signs are that point to Jesus' return and how we can stay aler.

Scriptures to Consider

- **Romans 8:19 (NLT) -** *"For all creation is waiting eagerly for that future day when God will reveal who His children really are."*
- **Matthew 24:30-31 (NLT) -** *"Then will appear in heaven the sign of the Son of Man, and then all the tribes of the earth will mourn, and they will see the Son of Man coming on the clouds of heaven with power and great glory. And He will send out His angels with a loud trumpet call, and they will gather His elect from the four winds, from one end of heaven to the other."*
- **Hebrews 10:23-25 (NLT) -** *"Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*

Group Discussion Questions

Question 1: How do you know if something you hear or read about God is true? How do you know if what God says about you is true?

Answer: God gave us the Bible, which tells us about God, and conveys what He thinks of us. He also gives us His Holy Spirit to guide us. John 14:16 says: *"But the Helper, the Holy Spirit, whom the Father will send in my name, He will teach you all things and bring to your remembrance all that I have said to you."*

It is important, especially in the last days, to measure everything we hear or read against what God's Word says, as that is what determines truth.

Question 2: What signs of Jesus' second coming do you think we see in the world today?

Answer: (Read Matthew 24:3-14) Wars, rumours of wars, nation against nation, kingdom against kingdom, famines, earthquakes. Take a look at the news from the last week and see which of these have featured. Many of these things have been happening for a long time, so we can't know for certain when Jesus will return but we do know that He will return.

Question 3: What do you think heaven and the new earth will be like?

Answer: Revelation 21 describes it as a beautiful place, made of precious gems and gold, and that God will dwell there. A place where God dwells will have no tears, no mourning and no night. Only God's people, who belong to Him, will dwell in it. We will live in perfect unity with God forever.



Word of the Day

Rejoice - The term "rejoice" in the Bible is often used to express a deep, heartfelt joy and gladness. It is more than mere happiness; it is a profound sense of joy that is rooted in spiritual realities and divine truths. (Bible Hub, 2026)



Verse of the Day

"And so, dear friends, while you are waiting for these things to happen, make every effort to be found living peaceful lives that are pure and blameless in His sight." - 2 Peter 3:14 (NLT)



Game: 'Mission Until the Master Returns'

A team challenge with distractions, false signals, and a final arrival moment.

Purpose

To show how we must keep focused on what Jesus has asked us to do until He comes back, even when many things try to distract, deceive, or divert us.

Setup

What you'll need:

- 2-4 Teams
- A list of simple 'mission tasks (see examples below)
- Several 'distraction cards'
- A stopwatch or timer
- One leader who plays 'THE MASTER' (representing Jesus)
- A bell, whistle, or loud sound for the Master's return.

Mission task examples:

- Each is simple but must be done with teamwork.
- Build a tower of cups
- Complete a 10-piece jigsaw
- Collect 15 items of a certain colour
- Solve a short, coded message (e.g., a Bible verse)
- Arrange chairs in a specific pattern
- Carry a balloon across the room without dropping it
- Draw a simple map or symbol as a team
- These represent the good works, faithfulness, and focus Christians are called to keep doing.



Distraction cards (false signs, temptation, noise:

- Place these envelopes or hand them out randomly during the game.
- 'STOP! You heard a rumour – go to the other side of the room and wait.'
- 'A fake messenger says the Master is coming right now – drop everything and hide.'
- 'Someone claims they have secret instructions – follow them (even though they're wrong).'
- 'You get distracted. Walk in circles for 10 seconds.'
- 'Confusion hits – switch jobs with someone else.'
- These represent false teachers, rumours, fear, worldly distractions, and spiritual confusion.

How to Play

Teams begin working on their mission tasks: They must complete as many as they can before 'The Master Returns'.

At random times, the leader hands out Distraction Cards:

- Some teams will follow them.
- Some will resist.
- Some will waste time.
- Some will stay focused.

The leader occasionally shouts FALSE SIGNALS:

- 'He's coming now!'
- 'Stop everything!'
- 'Time is up!'
- 'Someone knows the date!'
- These are NOT actually the end.
- At an unpredictable moment, the leader blows the whistle/bell: THE MASTER RETURNS!
- All work must stop instantly.
- Teams show what they accomplished.

Winning

The winning team is not the fastest; it is:

- The team that stayed faithful to the mission.
- Kept working despite distractions.
- Ignored false signs.
- Stayed focused until the true return signal.
- Teams don't win by knowing the time – but by staying ready all the way through.



Debrief

Use these questions to tie the game to Scripture:

- What made it hard to stay focused?
- How did distractions slow you down?
- How did the false return signals affect you?
- What helped you stay calm and committed?

'Jesus told us that no one knows the day or hour of His return. But He commanded us to stay faithful, alert, and focused. Many false signs and distractions will try to pull our attention away, but our job is to keep doing what He's asked us to do – until He really comes.'

Scripture Tie-Ins

- Matthew 24:42 – 'Keep watch, because you do not know the day your Lord will come.'
- Mark 13:33 – 'Be on guard! Be alert!'
- Luke 12:35-37 – 'Let your lamps be burning…blessed are the servants whom the Master finds watching.'
- 1 Thessalonians 5:6 – 'Let us not be asleep, but awake and sober.'



Notes



Notes

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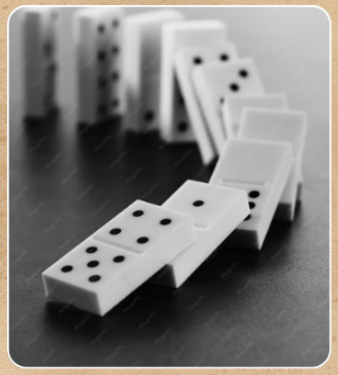
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ADDENDUM A


DETECTIVE
ACTIVITY
CARDS
Case File D
Humans can think about thinking.
Case File B
Scorecard
Examine the clues people say point to God and decide whether the case is strong, weak or interesting.
Strong
Weak
Interesting
Case File A
The uni erse is exp ding.
EVIDENCE #001
The Universe Had a Beginning

Case File A

Anything that begins to exist needs a cause (something cannot come from nothing).



EVIDENCE #003

The Universe Had a Beginning

Case File A

The universe is expanding.



EVIDENCE #001

The Universe Had a Beginning

Case File A

Why some think this points to God:

A cause outside time, space, and matter sounds like a Creator... God.



EVIDENCE #004

The Universe Had a Beginning

Case File A

Space, time & matter all began.



EVIDENCE #002

The Universe Had a Beginning

Case File B

A universe suitable for life is extremely unlikely by chance.



EVIDENCE #003

Fine-Tuning for Life

Case File B

Gravity is exactly right for stars and planets to exist.



EVIDENCE #001

Fine-Tuning for Life

Case File B

Fine-tuning looks like a deliberate setup, not an accident.

Why some think this points to God:



EVIDENCE #004

Fine-Tuning for Life

Case File B

If the nuclear forces were slightly stronger or weaker, atoms couldn't form.

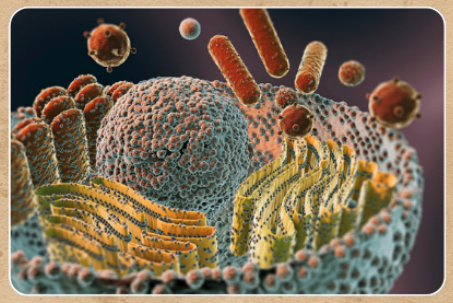


EVIDENCE #002

Fine-Tuning for Life

Case File C

Even the first living cell requires complex machinery.



EVIDENCE #003

DNA & the "Language of Life"

Case File C

DNA stores information in a coded sequence.



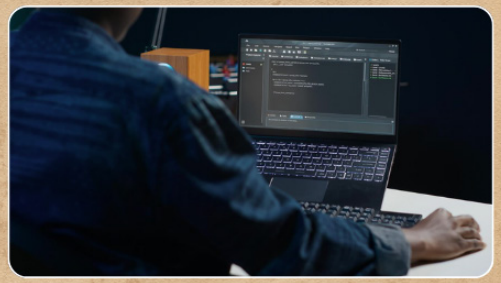
EVIDENCE #001

DNA & the "Language of Life"

Case File C

Why some think this points to God:

A code suggests a codemaker.



EVIDENCE #004

DNA & the "Language of Life"

Case File C

Information always comes from a mind (books → authors, software → programmers).



EVIDENCE #002

DNA & the "Language of Life"

Case File D

Humans can think about thinking.



EVIDENCE #001

Human Consciousness & "Who Says what is Right or Wrong"

Case File D

We have a sense of right and wrong across cultures.



EVIDENCE #002

Human Consciousness & "Who Says what is Right or Wrong"

Case File D

People sacrifice for justice, love, & goodness.



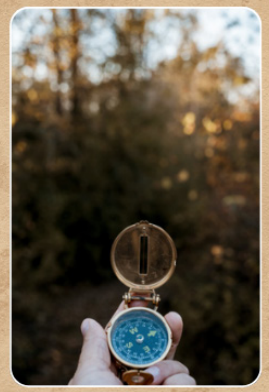
EVIDENCE #003

Human Consciousness & "Who Says what is Right or Wrong"

Case File D

Why some think this points to God:

Our inner moral compass and consciousness seem to go beyond biology & survival.



EVIDENCE #004

Human Consciousness & "Who Says what is Right or Wrong"

Scorecard

Examine the clues people say point to God and decide whether the case is strong, weak, or interesting.

- ☐ Strong
- ☐ Weak
- ☐ Interesting

NOTES:

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