



WEEK 4

ELEMENTARY LESSON OVERVIEW

BLAST



BIG IDEA

We can serve others.

THE BIBLE

Jesus Washes His Disciples' Feet: John 13:1-17, 34-35
(Romans 12:6-8; Mark 12:29-33)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **ACTIVITY** | Space Race
- **ACTIVITY** | Dirty Feet Mystery
- **OBJECT LESSON** | The Opposite Direction
- **STORY** | Talk about someone who helped you.
- **BIBLE STORY** | John 13:1-17, 34-35
- **ACTIVITY** | Space Facts
- **OBJECT LESSON** | Use Your Gifts
- **SCRIPTURE** | Romans 12:6-8
- **ACTIVITY** | Cardboard Box Rocket Ships
- **ACTIVITY** | Foot-Washing
- **RESPONSE** | Compassion Challenge
- **MEMORY VERSES** | Proverbs 3:5-6, Philippians 4:13

SMALL GROUP TIME

- **DISCUSSION**
 - In today's story, why was Jesus gathered with His disciples?
 - What did Jesus do to serve His disciples?
 - Why do you think it was a big deal for Jesus to wash the disciples' feet?
 - What command did Jesus give His disciples in the story? To serve and love each other.
 - How can you help people this week?
 - What gifts and talents do you have that you can use to help other people?
- **SCRIPTURE** | Mark 12:29-33
 - What does it mean to love your neighbor as yourself?
 - Who is your neighbor?
- **ACTIVITY** | Kindness Charades
- **MEMORY VERSES** | Proverbs 3:5-6, Philippians 4:13

HOW TO HACK THIS WEEK

HACKS FOR KIDS WITH SPECIAL NEEDS

- When you encourage kids to serve others this week, consider **giving them a few ways to serve kids or families with special needs**. There are so many local and national organizations that help make dreams possible for kids with special needs — but they need volunteers. Consider giving ideas about how kids can serve kids who have special needs through a cause or organization like Wheels of the World, Best Buddies, a Special Olympics local event, or Joni and Friends.
- **ACTIVITY | Dirty Feet Mystery**
Many kids with special needs will love this sensory activity. You may want to let them continue playing with these supplies after the activity has ended to help them pay attention.
- Look for ways your **kids with special needs can help serve others at church**. Every family or child with special needs has different needs and there are many ways your church can serve them. As you teach this lesson about serving others, challenge your kids with special needs to help out around church, like helping clean up after your serving, holding the door open for others, helping pass out papers, or even leading worship during the service.

HACKS FOR PRETEENS

- **ACTIVITY | Cardboard Box Rocket Ship**
Hack this activity for preteens by either having them work together before your service to build a really awesome rocket and/or letting them help younger kids as "engineers" build theirs — but be sure to remind them that they are there to help and serve, and not to boss them around. You could also have your preteens come in earlier in the week to build (but not decorate) a few rockets for the younger kids to decorate.
- **RESPONSE | Compassion Challenge**
Add a next step to this activity by challenging your preteens to share what they wrote, then brainstorm and pray with a partner. When their compassion cards are complete, have your preteens turn to each other to talk about what they wrote and come up with action steps.
- **ACTIVITY | Foot-Washing**
At the end of your program, break your preteens into small groups to have their feet washed and discuss the experience. Split them into groups with at least one adult per group and play some soft music. First, wash their feet and pray for them (but let them keep their shoes on if they're not comfortable getting their feet washed). Pray again as a group and discuss:
 - What was it like to have your feet washed?
 - Why do you think washing someone's feet was an act of service in Jesus' time?
 - Why should we wash each other's feet today?Encourage them to go home, wash a family member's feet, and explain why it matters.

HOW TO PREP FOR THIS WEEK

WHAT TO GET

ACTIVITY | Space Race

- [Rain boots](#)
- Scissors
- Aluminum foil
- Tape
- [Construction paper](#)

ACTIVITY | Dirty Feet Mystery

- Aluminum [pie tins](#)
- Five mystery materials (like Spaghetti-O's, mandarin oranges, marshmallows, pudding, sand, shampoo, olives, or cereal)
- Two [blindfolds](#)
- A [tarp](#)
- [Baby wipes](#)
- Two chairs

OBJECT LESSON | Opposite Direction

- One piece of paper
- One black marker
- A tall clear glass of water

OBJECT LESSON | Use Your Gifts

- A small [gift bag](#)
- Gifts of the Spirit* printable (cut)

ACTIVITY | Cardboard Rocket Ships

- [Cardboard boxes](#) in various sizes (see the image on the right)
- [Duct tape](#)
- OPTIONAL:** cardboard tubes, construction paper, streamers, markers, crayon, etc.

ACTIVITY | Foot-Washing

- Small (feet-sized) basin of water
- Wash cloth(s) and towel(s)

RESPONSE | Compassion Challenge

- [Butcher paper](#)
- Tape
- Markers, pencils, and/or crayons
- Compassion Challenge* printable (one per kid)



WHAT TO DO IN ADVANCE

ACTIVITY | Space Race

- Cover two pairs of rain boots with aluminum foil.
- Cut circles (which will become planets) out of construction paper and tape them to the floor in random places.

ACTIVITY | Dirty Feet Mystery

- Lay down a tarp.
- Choose five mystery materials.
- Place chairs behind each pie tin.

OBJECT LESSON | Opposite Direction

- Use a black marker to draw an arrow on a piece of paper.
- Fill a glass with water.

OBJECT LESSON | Use Your Gifts

- Print the *Gifts of the Spirit* printable, cut it apart, and place the pieces in the gift bag.

ACTIVITY | Cardboard Rocket Ships

- Prepare a set of supplies for each group.

ACTIVITY | Foot-Washing

- Fill a small basin with water and gather a wash cloth and towel.

RESPONSE | Compassion Challenge

- Print the *Compassion Challenge* printables.
- Tape butcher paper to the wall.



WEEK 4

ELEMENTARY LESSON GUIDE

BLAST



BIG IDEA

We can serve others.

THE BIBLE

Jesus Washes His Disciples' Feet: John 13:1-17, 34-35
(Romans 12:6-8; Mark 12:29-33)

LARGE GROUP TIME

WHAT?

ACTIVITY | Space Race

- Ready to play a game? All you have to do is race to the other side of the room without stepping on a planet, stepping on a star, or getting hit by an asteroid!
- **INSTRUCTIONS:** *Wrap your rain boots in aluminum foil to look like astronaut boots. Cut circles and stars out of construction paper, then have kids help you tape them to the floor in random locations. For each race, let two kids put on the pairs of rain boots and race across the room. If they step on a star or planet, they have to start over. To make it even more challenging, make asteroids out of crumpled tin foil and toss them in their direction.*

ACTIVITY | Dirty Feet Mystery

- That was pretty fun, but now let's try another game. I need two contestants!
- **INSTRUCTIONS:** *Before your program, fill five aluminum pie tins with different mystery materials. Don't let any kids see them! Choose two kids to come to the front, blindfold them, and have them sit down in chairs. Let them put their feet in the pie tins and try to guess what they're stepping in. The player who guesses the most correctly wins. Then let them clean their feet using baby wipes.*
- **Does anyone want to volunteer to come clean their feet for them?** No? Why not?
- Today, we're going to hear a story about some people who had really dirty feet, and someone who decided to help them get their feet clean.

- **FOR KIDS WITH SPECIAL NEEDS:** *Allow them to continue playing with the ingredients of this game for the rest of the lesson, if they'd like.*

OBJECT LESSON | The Opposite Direction

- If someone asked me to clean their dirty feet, I would probably say no. I'd say no because it's gross, but I'd also say no because I'm way too important to be cleaning someone else's feet! (Or, at least, I like to *think* I'm really important sometimes —like a king or queen.)
- When people think of a king or queen, they think of someone really important and fancy. They think of someone with lots of money, cool clothes, a crown, and a lot of servants.
- When God came to earth as Jesus, a lot of people didn't recognize how important He was right away because Jesus didn't act like most "important" people.
- Instead of having lots of money, clothes, or crowns, he gave His stuff away.
- Instead of having tons of servants, Jesus decided to spend His whole life serving others.
- **INSTRUCTIONS:** *Fill a tall, clear glass with water and draw a big arrow on a piece of paper. To begin, hold the arrow beside the glass of water, then behind. When you hold the arrow behind the glass of water, the arrow will appear to change directions.*
- Jesus is kind of like this glass of water. He lived life in the opposite direction than the rest of the world. He was the opposite of what everyone thought He would be!
- **What happens when we look at this arrow through the glass of water?** *It changes direction.*
- Jesus was King, but He wasn't like any king anyone had ever seen before. He was the opposite.
- **Did your life "change directions" when you got to know Jesus?**
- **Has knowing Jesus changed how you treat others?**
- **What are some ways our lives should change once we know Jesus?**
- **How should the way we treat others change once we know Jesus?**

SO WHAT?

STORY | Talk about someone who helped you.

- In today's Bible story, we're going to talk about one of the many times when Jesus treated people differently than the rest of the world probably expected.
- **INSTRUCTIONS:** *Tell a story (or have another adult tell a story) about a time when someone treated them more kindly than they expected by helping them, maybe when they were sick, hurt, or sad.*
- When we help others, we sometimes say we are "serving" them.
- In today's story, we're going to see one way Jesus loved and served His closest friends.

THE BIG IDEA | We can serve others.

- **INSTRUCTIONS:** *Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:*
 - *Ask the kids to give you a drum-roll by stomping their feet or patting their laps.*
 - *Shout the Big Idea, then point to the kids and have them shout it back. (Change it up by using funny voices, different volumes, or inflections.)*

- Have a character (either recurring or rotating) come out every week to reveal the Big Idea.
- Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a "hunt" for it. When it's found, ask someone to come up and read it.
- This week's Big Idea: **we can serve others.**

BIBLE STORY | John 13:1-17, 34-35

- **INSTRUCTIONS:** Look up the story in your Bible and encourage kids to do the same. Read it!
- Jesus gave us an example of what it looks like to serve others by washing the disciples' feet.
- People in the Bible days wore sandals everywhere, instead of boots, sneakers, or tennis shoes, like we have today. They walked almost everywhere they went, so their feet got very, very dirty.
- It was normal for the servant or the least important person in the room to do the dirty work of washing people's feet when there were guests.
- It was not expected for Jesus – the Son of God, the King of Kings – to get on the ground and do something gross like washing his friends' dirty feet.
- But Jesus washed their feet anyway. Why? To show that He loved them and was there to serve.
- Jesus told us to follow His example and do the same. **Do you think He meant we should wash people's feet every day?** No! He meant we should love people by serving and helping them.
- Think about the people you spend the most time with: your family, friends, neighbors, classmates. These are people who are already in your life. You can serve and help them.
- When you help and serve people, it will sometimes be the opposite of what they expected, but that's how Jesus lived too.

ACTIVITY | Space Facts

- Speaking of that, let's play a quick game. I'm going to read you a list of "facts" about space. Stand up if you think it's true, but sit down if you think it's false.
- **INSTRUCTIONS:** Read this list of statements, one at a time. You may want to have every stand up at the very beginning of the game.
 1. Even though the sun looks big, it's actually smaller than the moon. (False.)
 2. If you could fly a plane to Pluto, it would take 800 years! (True.)
 3. If you were watching a sunset from Mars, it would look blue. (True.)
 4. Any airplane could become a rocket ship and travel into space. (False.)
 5. The moon has weather (rain, wind, storms, snow) just like the earth. (False.)
 6. The sun is actually a star – a very big and hot star. (True.)
 7. Stars can come in many colors – not just white. (True.)
 8. If astronauts cry in space, their tears don't fall – they stay in their eyes. (True.)
 9. The rings around Saturn are made of fire. (False – they are made of ice crystals.)
 10. There are millions of stars, but only one moon in our solar system. (False – there are hundreds of moons in our solar system.)
- Did anyone get every fact correct? Some of them were the opposite of what you thought they'd be, weren't they?
- When Jesus came to earth, He did the opposite of what some people expected the King of Kings and the Son of God to do. They thought he would rule over people and make people serve Him. Instead, Jesus did the opposite.

- Jesus came to serve, love, and help others, and He tells us to do the same.
- We can be like Jesus when we decide to serve, love, and help others.

NOW WHAT?

OBJECT LESSON | Use Your Gifts

- May you're thinking, "I don't know how to do that. What do I have that can help someone else?"
- The truth is, you have gifts you can share with the world.
- **When do we normally receive gifts?** We get gifts at our birthday or a holiday.
- We don't usually have to earn our gifts by doing anything special. Gifts are usually given freely by the person giving them. They are given to us out of love.
- God gives us gifts too. We all have gifts that we can use to help others. Our gifts from God aren't LEGO sets, dolls, or a new video game. Our gifts from God are different.
- Some of the gifts we receive from God are things like being artistic, being a good singer, or being good at sports. We can use those talents to help others and praise God.
- Then there are other things we might be good at, called gifts of the Spirit. These are things the Holy Spirit puts inside of us that to help people know God.
- The Bible says we are given different gifts, so you may not have the same gifts as the person sitting next to you. And that's a good thing!
- **INSTRUCTIONS:** *Before your program, print the image for this activity (in your Week 4 folder) and cut out the boxes. Put them in a small gift bag. Draw the cards out of the bag one by one, showing the kids, or ask kids to come up and draw each card in front of the group. Each time a card is drawn, ask the kids to help you think of ways each gift could be used to help others. For example, the gift of wisdom could be used to help a friend who needs advice. The gift of teaching could be used to teach others about God and the Bible. The gift of giving could be used to give money or clothes to help people in need.*

SCRIPTURE | Romans 12:6-8

- **INSTRUCTIONS:** *Look up the verse in your Bible and encourage kids to do the same. Read it!*

ACTIVITY | Cardboard Box Rocket Ships

- To get us thinking about what our gifts are, and how our gifts can all work together, let's make something together.
- **INSTRUCTIONS:** *Split kids into groups. Give each group a large cardboard box and several smaller boxes, some duct tape, and any art supplies you'd like to give them. Tell them to use their supplies to create a rocket ship. Remind them to work together and help each other!*
 - **Were some people in your group more artistic than others?**
 - **Did anyone in your group take charge and show leadership?**
 - **Did anyone help keep the supplies neat and organized?**
 - **How did you all help each other while you made your rocket ships?**

- You may have seen that some of you have different gifts than others, and that's a good thing! We all need each other and each other's unique gifts.
- **FOR PRETEENS:** *Have your preteens work together before your service to build a really awesome rocket and/or let them help younger kids as "engineers" build theirs.*

ACTIVITY | Foot-Washing

- Now let's go back to today's story.
- After Jesus washed his disciples' feet, He said, "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him."
- Jesus made it clear that He was setting an example for us to follow.
- **Why do you think He chose to wash the disciples' feet?**
- Foot washing was a gross and lowly job. The most important guest at a dinner party would not be on the floor washing feet.
- Jesus did the job that was the least important and the most gross because He wanted to show everyone that He came to serve and love others — not to be served by others.
- Think of a job that no one wants to do at your house or your school, like washing the dishes, taking out the trash, helping your teacher, or becoming friends with someone who needs friends. **How can you be like Jesus in those circumstances?**
- Today, our feet don't really get as dirty as they used to get during Jesus' time, so foot-washing isn't as important as it used to be. But sometimes people still do something called a foot-washing ceremony.
- In a foot-washing ceremony, people wash one another's feet as an example of their willingness to serve each other. You can take a wash cloth and wash someone's feet to show them that you are willing to serve them too.
- **INSTRUCTIONS:** *Fill a small basin with water. Use a wash cloth to wash the feet of a kid or volunteer.*
- **FOR PRETEENS:** *Do a foot-washing ceremony for your preteens where you or their small group leaders wash their feet.*

RESPONSE | Compassion Challenge

- Jesus washed the feet of the disciples, which was a very loving act of service.
- Jesus also told His disciples that the world will know us by our love.
- It was a dirty job to wash the disciples' feet. Just like Jesus, sometimes when we serve others, we will be inconvenienced.
- In order to serve and love others, we might choose to give up our toys to give to kids who don't have toys. We might choose to give our money to people in need. We might go out of the way to help someone who has fallen down on the playground, or befriend someone who needs friends. You don't have to wash people's feet to serve them.
- Let's think together about ways we can serve others and show them Jesus' love.
- For the next few minutes, we're going to work together to brainstorm some ways we can serve others — our families, our friends, our teachers, and even strangers.

- **INSTRUCTIONS:** *Tape butcher paper to the wall. Print and cut out the rocket cards provided in your Week 4 folder for this activity and give at least one to each kid. Help them write down their ideas. You can either display all of the rocket cards on the butcher paper or you can give kids their rocket ships to take home as a reminder to serve others.*
- In today's story, Jesus said that others would know we are His followers by how well we love and serve others.
 - When you choose to serve others, you'll be doing a few really important things:
 - You'll help someone in need.
 - You'll show the world you love Jesus.
 - You'll show Jesus that you love Him.
 - You'll help your own faith grow.
- When we serve others by using our gifts, we launch our own faith to greater heights.
- **FOR PRETEENS:** *Give your preteens a next step by having them share and discuss their ideas together in groups.*

RECAP OF THE MONTH

- We've learned so much this month! We've been talking all about how to "launch" your faith, like a rocket ship launching into outer space. Let's see if you can remember what we talked about.
 - When we heard the story of Jesus visiting Mary and Martha, we learned that **we can spend time with God** – and that spending time with Him makes our faith grow.
 - When we heard the story of the paralyzed man, we learned that **people can grow our faith** – and that we can help other people grow their faith too.
 - When we heard the story of Peter and John sharing the Gospel, we learned that **we can share God's story** – and that sharing His story helps us grow our faith and others' faith too.
 - And today, when we heard the story of Jesus washing His disciples' feet, we learned that **we can serve** – and that serving others lets the world know about Jesus' love and helps our faith grow too.

MEMORY VERSES | Proverbs 3:5-6; Philippians 4:13

- **INSTRUCTIONS:** *Give every kid memory verse magnets or stickers. Then work on the memory verse together. For ideas on how to do this well, check out the Memory Verse Guide in your Programming Folder and give them to your small group leaders, if you'd like.*

SMALL GROUP TIME

DISCUSSION

- **In today's story, why was Jesus gathered with His disciples?** *To celebrate Passover.*
- **What did Jesus do to serve His disciples?** *He washed their feet.*
- **Why do you think it was a big deal for Jesus to wash the disciples' feet?**
- **What command did Jesus give His disciples in the story?** *To serve and love each other.*

- How can you help people this week?
- What gifts and talents do you have that you can use to help other people?

SCRIPTURE | Mark 12:29-33

- **INSTRUCTIONS:** Look up the verse in your Bible and encourage kids to do the same. Read it!
- What does it mean to love your neighbor as yourself?
- Who is your neighbor?

ACTIVITY | Kindness Charades

- **INSTRUCTIONS:** Give each kid a random act of kindness to act out silently while the rest of the group guesses what it is.
 - Doing the dishes for your parents.
 - Picking up toys for your sibling.
 - Helping a friend with homework.
 - Giving a compliment to a friend.
 - Giving food to someone who is hungry.
 - Picking up after yourself.
- Remember, **there are so many ways you can serve others!** When you serve others, you not only show them God's love, but you also help launch your faith to greater heights.

MEMORY VERSES | Proverbs 3:5-6; Philippians 4:13

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