



WEEK 4

PRESCHOOL LESSON OVERVIEW

BLAST



BIG IDEA

We can serve others.

THE BIBLE

Jesus Washes His Disciples' Feet

John 13:1-17, 34-35

THIS WEEK AT A GLANCE

WELCOME TIME

- **ACTIVITY** | Dirty Feet
- **ACTIVITY** | Space Race

TEACHING TIME

- **MUSIC** | Worship time
- **BIBLE STORY** | John 13:1-17
- **ACTIVITY** | Kindness Charades
- **PRAYER**

DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Guess Whose Shoes
- **MEMORY VERSE** | Philippians 4:13

PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Trace Your Feet
- **ACTIVITY** | Serving Your Friends

HOW TO PREP FOR THIS WEEK

WHAT TO GET**ACTIVITY | Dirty Feet**

- Aluminum [pie tins](#)
- Five "dirty" but not messy materials (like rocks, sand, Cheerios, pom poms, or cotton balls)
- Two chairs

ACTIVITY | Space Race

- Space Race* printable
- Red paper
- Green paper

MUSIC | Worship Time

- "Gonna Serve," by Yancy
- "Love Each Other," by KidSpring Children's Ministry

OBJECT LESSON | Dirty Hands

- Dirt
- A wet washcloth

ACTIVITY | Kindness Charades

- Kindness Charades* printable
- A bowl

ACTIVITY | Snack Time

- A yummy snack

WHAT TO DO IN ADVANCE

- Print your *Space Race* printable once on red paper and once on green paper.
- Print one set of the *Kindness Charades* printable and cut.
- Prepare your snack.
- Print your Coloring Page.
- Set out supplies for Play Time.



WEEK 4

PRESCHOOL LESSON GUIDE

BLAST



BIG IDEA

We can serve others.

THE BIBLE

Jesus Washes His Disciples' Feet

John 13:1-17, 34-35

WELCOME TIME

ACTIVITY | Dirty Feet

- Hello! We're going to play a game and get our feet a little dirty this morning!
- **INSTRUCTIONS:** Fill a few pie tins with objects or substances that are "dirty" but not too messy, like rocks, sand, Cheerios, pom poms, or cotton balls. Have your preschoolers take their shoes off and sit in a chair on top of a tarp. Put the pie tins under their feet, let them dip their feet in, and then have them try to guess what their feet are in, without looking.
- Your feet got dirty and stinky in this game!
- Our Bible story today has to do with some people who had dirty feet, and how they got their feet clean again.

ACTIVITY | Space Race

- We've been talking a lot about outer space this month. That's because we're talking about how to launch our faith to new heights, like you'd launch a rocket ship into space. To get us thinking about what it means to "launch" our faith, let's pretend we're rocket ships.
- **INSTRUCTIONS:** Before your program, print two copies of your Rocket Ship printable — one on red paper and one on green paper. Explain that you're going to play Red Light, Green Light, but everyone is going to pretend they are rocket ships on their way to the moon. Have your preschoolers all stand on one side of the room. When you say "Blast off," and hold up the green rocket, they will need to take off and make a rocket blasting sound. When you say "Freeze," and hold up the red rocket ship, they will need to freeze. Keep doing that until everyone gets to the other side of the room.

- It's pretty fun to launch across the room like we are rocket ships. Remember that as we learn more about how to "launch" our faith in Jesus today.

TEACHING TIME

MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing with your preschoolers. You can single any songs you'd like, but for this lesson we like, "Gonna Serve," by Yancy and, "Love Each Other," by KidSpring Children's Ministry.

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, read it out loud.
- 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 read it to your preschoolers. After you finish the story, wipe some dirt on your hands and show it to your preschoolers.
- **How many of you would want to come up and shake hands with me right now?** Would you want to get all yucky and dirty? Probably not.
- Back in the Bible times, people didn't have good shoes like we have now, and they didn't have cars to take them places. So wherever they went, they had to walk through lots of sand and mud and grass, so their feet got really dirty and stinky.
- **Does anyone in here have stinky feet?**
- In this story, we learned that Jesus sat down to have a meal with His friends, the disciples. And then He did something amazing.
- He got down on the ground, took a washcloth, and washed His disciples' feet, kind of like how I'm wiping all of this dirt off my hands right now.
- Yeah! Gross! Jesus started to wash His disciples' dirty, stinky feet. Jesus was the King — the most important person in the room!
- **Why do you think Jesus was doing that dirty job of washing their feet?**
- Jesus did it to show His disciples that it's important to serve and help others. He told them to go out and follow His example by serving others.
- Jesus said that when we serve other people, the whole world will know we love Him, because they will see His love in us.

ACTIVITY | Kindness Charades

- Let's play a game to help us think about some ways we can love and serve others.
- **INSTRUCTIONS:** *Gather your preschoolers in a circle. Before your program, print and cut the kindness cards provided in this week's folder and fold them up. Put them in a bowl in the middle of the room, then let kids take turns drawing cards. When they draw a card, tell them to look at it but not show it to the other kids. When it's their turn, have them act out their act of kindness while the other kids try to guess what they're doing. After the game, go through each scenario on the cards and ask your preschoolers to help you come up with a list of all the ways you could serve others in that scenario.*
- In this game, we got to practice serving others.
- When we help others, we are showing them the love of God. God can help us know how to serve others.

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.

PRAYER

- Dear God, thank you for the example of Jesus when He showed us that we can serve others. Help us to see opportunities to serve and love other people. In Jesus' name, amen.
- Would you like to pray? Is there anything I can pray for you about or thank God for?

DISCUSSION TIME

DISCUSSION | Snack and Discussion

- **INSTRUCTIONS:** *Pass out a snack to all of your preschoolers and ask them to sit and listen while they eat. Your discussion will be more effective when they're busy sitting and snacking!*
- **What was Jesus doing at the beginning of the Bible story?** *He was sharing a meal with His disciples.*
- **What did Jesus do that was amazing?** *He washed the feet of the disciples.*
- **What did Jesus say we should do?** *He said we should serve one another.*

- **How did Jesus say people would know we follow Him?** *By the way we love one another.*
- **What did Jesus say would happen to people who serve others?** *They will be blessed.*

ACTIVITY | Circle Time

- **INSTRUCTIONS:** *After their snack, gather the kids together in a circle and play this simple game while you continue to discuss. Have your preschoolers sit or stand in a circle. Give them a washcloth to pass around the circle, but they have to pretend to wash their neighbor's hands with the wash cloth before they pass it to the next person. When you call, "Stop," whoever is holding the washcloth must answer a question.*
 - **Tell us about a time you have served or helped someone else.**
 - **Why is it important to serve others?**
 - **How can you serve others at your home?**
 - **How can you serve others at school?**
 - **How can you serve others at church?**
 - **How can you serve others in your community?**
 - **How can you serve people around the world?** *If your church is involved in any missions projects, tell them about opportunities they have to serve those missionaries.*

ACTIVITY | Guess Whose Shoes

- **INSTRUCTIONS:** *Tell the kids to take off their shoes and put them on the other side of the room. Have them go get a pair of shoes, bring it back to the other kids, and try to guess whose shoes they are. To make it harder, you could have them do it while blindfolded or with their eyes closed.*

MEMORY VERSE | Philippians 4:13

- **INSTRUCTIONS:** *Check out the Memory Verse Guide in your Programming Folder for ideas on how to help your preschoolers memorize Bible verses. Here are the hand motions for this month's memory verse . . .*

I CAN (make a fist on an open hand)
DO ALL THINGS (open both hands facing upward)
THROUGH CHRIST (point up with both hands)
WHO GIVES ME STRENGTH (flex those muscles).

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page of the Week

- **INSTRUCTIONS:** *Give every kid a Coloring Page, plus markers or crayons. As they color, remind them how important it is to serve others."*

ACTIVITY | Trace Your Feet

- **INSTRUCTIONS:** *Have the kids take their shoes off and use crayons to trace their own feet on sheets of paper. You can also have them trace each other's feet. They can color them in with crayons or draw shoes on their feet.*

ACTIVITY | Serving Your Friends

- **INSTRUCTIONS:** *Have some kids sit down and pretend to be hungry, while the other kids use play food to serve their friends a meal. Tell them that Jesus said one of the ways we can serve people is by giving them food if they are hungry. If your church partners with a soup kitchen, you can encourage the kids to bring in food or canned goods to donate it. This is a great way they can serve hungry people in your community.*

Encourage your preschoolers to help clean up the room while they wait for their parents.