



# WEEK 1

## PRESCHOOL LESSON OUTLINE

# TRUE STORY

### **BIG IDEA**

Jesus changes lives.

### **THE BIBLE**

**Saul's Conversion:** Acts 9:1-22

### THIS WEEK AT A GLANCE

## **WELCOME TIME**

- **ACTIVITY** | Outdoor Adventure Charades
- **ACTIVITY** | Blind Nature Bag

## **TEACHING TIME**

- **MUSIC** | Worship Time
- **THE BIG IDEA** | Jesus changes lives
- **OBJECT LESSON** | Seeds
- **BIBLE STORY** | Acts 9:1-22
- **ACTIVITY** | Running Pepper
- **PRAYER**

## **DISCUSSION TIME**

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Caterpillar Craft
- **MEMORY VERSE** | Palm 119:105

## **PLAY TIME**

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Blindfold Walk
- **ACTIVITY** | Changing Nature

## WELCOME TIME

### ACTIVITY | Outdoor Adventure Charades

- Welcome! Today, we're starting a fun new series called True Story, where we'll talk about people who go on big adventures!
- Raise your hand if you like to go outside. It looks like a lot of us enjoy the adventures of the outdoors! We're going to play a game called "charades." I'll act out an adventure you can do outside, and you'll guess what I'm doing.
- **INSTRUCTIONS:** *Act out the following outdoor activities for the kids: hiking, canoeing, fishing, rock climbing, swimming, camping, and skiing.*
- You guys were really good at guessing what I was doing! We're going to learn about someone who was hiking on a journey to another city, when something life-changing happened!

### ACTIVITY | Blind Nature Bag

- **INSTRUCTIONS:** *Prepare a bag of nature items. Put each item in a small brown paper bag and let the kids reach in without peeking and feel each item and try to guess what it is. Be aware of kids with allergies to grass or other items.*
- **What if you couldn't see anything? How do you think you would be able to know what was around you?** *You might have to use your hands to "see" things for you. In our game, we used our hands to feel what we couldn't see.*
- We're going to hear a story from the Bible today and learn about a man who lost his eyesight for three days. We'll learn about how God changed his life in an amazing way!

## TEACHING TIME

### MUSIC | Worship Time

- **INSTRUCTIONS:** *Spend some time singing with your preschoolers. You can sing any songs you'd like, but for this lesson, we like "Oh How I Love You" by Hillsong Kids and, "You Are Good" by Bethel Music Kids.*

### THE BIG IDEA | Jesus changes lives.

- **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 drumroll 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 to the kids.*
- This week's Big Idea: **Jesus changes lives.**

### OBJECT LESSON | Seeds

- **INSTRUCTIONS:** *Have a few seeds on hand, as well as a plant, flowers, or sprouts.*
- Today we're going to hear a true story from the Bible about how God changed a man's heart. But first, let's look at something that goes through some big changes...
- Look at these tiny seeds. **Can you tell just by looking at them what they are going to change into someday?** With some water, some sunlight, and some food, these tiny seeds will grow and change, and they will become big, beautiful flowers! You can look at the seeds if you want. **Isn't it amazing how something so small can change into something much bigger and so beautiful?** Let's read a story about someone whose life goes through a big change!

### BIBLE STORY | Acts 9:1-22

- **INSTRUCTIONS:** *To help illustrate the story, show the kids a packet of seeds and a flower. Then look up the Bible story in your Bible and read it to the kids!*
- In our story, we heard about a man named Saul. **How did Saul act at the beginning of the story?** Saul was not nice, he did bad things to hurt God's people.
- **What happened to Saul on the road as he was traveling?** A bright light took away Saul's eyesight and Jesus spoke to him.
- Jesus told Saul that when he was hurting God's people, he was really hurting Jesus. Saul had made some mistakes and had done things that hurt other people. **Have you ever done anything to someone else that hurt them? How do you think that made the other person feel?**
- Saul was blind for three days. He couldn't see anything! **Would you be scared if you were suddenly blinded? How do you think Saul felt when he suddenly couldn't see anymore?**
- Let's put our hands over our eyes so we can see what it might be like. **Can you stand up, jump up and down, and then sit down again, all with your hands over your eyes?**
- Jesus sent Saul to a man named Ananias to heal his eyes and his heart. After Saul met with Ananias, his heart was changed and his eyes were opened so he could see again.
- **What did Saul do after Ananias healed his eyes and told him that Jesus had sent him?** Saul's heart was changed, and he went out and told others about Jesus. After this, his name became Paul.
- Saul's heart was changed, and so was his name! Jesus can do the same for you! He probably won't change your name, but He wants to change your heart and your life!
- Jesus forgave Saul for all the things he did wrong, and He wants to forgive you, too. No matter what you have done wrong, God will forgive you. All you have to do is ask Him for forgiveness.

### ACTIVITY | Running Pepper

- **INSTRUCTIONS:** *Take a shallow bowl or pie tin and fill with water. Then sprinkle black pepper powder all over the surface of the water. The pepper will float. Let the kids look at it. Then dip your finger in some dish soap, and put your finger in the middle of the water. Let the kids watch as the pepper scatters away from your finger.*
- **What do you see?** The pepper covers everything! This is like when we sin and make a choice that God doesn't want us to make. Sin is anything we do that we shouldn't do. Some examples of sin are when we tell a lie, disobey our parents, or don't treat others with kindness.

- Saul did a lot of things he shouldn't have done. He was really mean to God's people! Saul wasn't following God. His life was full of yucky sin, but something amazing happened. Watch what happens when I dip my finger into dish soap and then put it into the water.
- Wow! **What just happened?** The pepper scattered and now everything is clean. God forgave Saul in our story and God changed Saul's whole life! God can change your life, too! He can forgive you of your sin and help you to follow Him just like Saul.

### PRAYER

- Let's spend time talking with God in prayer.
- Dear God, thank you for loving us no matter what we have done. Thank you for forgiving us. You are awesome! We love you, God. Amen.

## 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!*
- **Who was the mean guy in our Bible story today?** (Saul.)
- **Who was Saul mean to?** (God's people.)
- **How did God get Saul's attention?** (Jesus blinded him with a bright light and told him that when he was mean to God's people, he was hurting Jesus.)
- **Did God leave Saul blind?** (No, God healed Saul's eyes and heart.)
- **Can God do the same for your heart?** (Yes! God wants to change your heart, too.)

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** Call the kids to the floor for circle time. Ask everyone to sit in a circle with you. Hold up a flashlight and if the kids are all comfortable, turn off the lights. Ask the following questions and pass the flashlight to each child as they answer.
- **What are some things Saul did wrong that we sometimes do wrong, too?**
- **Does God want us to sin, or do things wrong?**
- **How can we get God to forgive us for our sins?**
- **What are some things God might change about us?**

### ACTIVITY | Caterpillar Craft

- In our Bible story, God changed Saul's heart. Saul was no longer the same, he was like a completely different person! **Have you ever seen a butterfly outside? Aren't they beautiful?**
- **Did you know a butterfly didn't always look that way?** It starts as a little worm called a caterpillar. Caterpillars make little houses for themselves called cocoons. They get into their cocoons and come out a completely different creation: a beautiful butterfly! Just like the caterpillar changes into a beautiful butterfly, God can change us and make us new!
- We're going to make a caterpillar to take home and remind us about how God can change our lives.

- **INSTRUCTIONS:** Take plain paper plates, cut out the inside circle, and then cut in half. You will be left with a rainbow shape. You can recycle the inside circle by cutting it into a small circle to be the caterpillars head. Have the kids color the plate pieces with markers or crayons and glue the head on one end of the rainbow shape piece. Cut pipe cleaners into six-inch pieces, fold them into a V shape and staple them onto the small circle.

**MEMORY VERSE | Psalm 119:105**

- **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...

**YOUR WORD** (hold hands like an open book)

**IS A LAMP** (hands burst over head with twinkle fingers)

**TO MY FEET** (point to feet)

**AND A LIGHT** (hands burst over head with twinkle fingers)

**TO MY PATH** (hold arms to the side then lift them front of you, highlighting the path).

## 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 about the encounter Saul had with Jesus on the road to Damascus.

**ACTIVITY | Blindfold Walk**

- Let's pretend we are Saul when he is blind. He would have needed help from others to do everything.
- **INSTRUCTIONS:** Choose two kids to play at a time. One will be blindfolded and the other will help lead the blind one around the room. Make sure there is a clear, safe path for the kids to walk. Assist them as needed.
- **How did you feel when you couldn't see to walk?** You really had to trust your friend to keep you safe.

**ACTIVITY | Changing Nature**

- **INSTRUCTIONS:** Give the kids a variety of items found in nature and let them make them into something new. You can give them rocks, sticks, flowers, pinecones, and leaves. Set out supplies such as markers, paint pens, paper, and tape.

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