

## St Helen's family Bible time notes

Dear families,

During this time with the restrictions on our gatherings you may be asking; as a family, how might we church?

Psalm 1 speaks of the blessed man who delights in the law of the Lord. He meditates on it day and night like a tree planted by streams of water.

Our prayer for families is that each individual and the family collective would be those who continue to be fed and nourished by the word of God.

What might Sundays now look like?

- Sunday sermons. If you are a parent the live streamed Sunday sermon is for you. Be fed, encouraged, trained and challenged yourself. So that you can listen without distraction it might be worth sending your children off to entertain themselves for this time.
- 'Sunday school'. As we are unable to meet, we are unable to run Sunday school.
- Family bible times. The present situation has given us a wonderful opportunity to realign and be ambitious with our family Bible times. Do consider when you might sit down as a family to read the Bible and pray together. This will be the most valuable thing for your children. The following adapted Sunday school material might be of help.

It's worth thinking about the following:

- When might we have this family Bible time?
- Is it worth doing any preparation for this family Bible time?

Whether you use the material or not let's be a church family who continue to live out Psalm 78, teaching our children 'so that they should set their hope in God'.

Below is the material.



Contents

Dear families ..... 1

The gospel series overview ..... 3

    Week 5 ..... 5

        Pre-school age: Mark 15 ..... 5

        School age: 1 John 2:1b ..... 8

## The gospel series overview

In this gospel overview, we are aiming to show the children the core truths of the Christian gospel by looking at a selection of passages from all over the bible. No gospel overview is perfect or completely comprehensive, however we have aimed to select passages that teach the children a simple and yet solid understanding of the main story line of the Bible – God’s rescue plan for sinful man through his son Jesus Christ.

Applying the bible to children can be difficult, it can be particularly hard to avoid giving children a list of things they should do. As we go through the core truths of the gospel it should be plain to the children (and us) that ‘doing things’ does not achieve anything, only Jesus can secure salvation for sinners, even believing and faith are God’s job really. Instead we hope that the minds of the children will be changed, they will view themselves and God differently. We hope they will love and appreciate God and his gospel more as they see how wonderful and needed salvation through Jesus Christ is.

Pre school: 12 Sessions for 3-5 year olds.

Week	Lesson	Concept	Passage	Story
1	1	God made us	Genesis 2	God – he made us (and everything else)
2		Praise God		
3	2	We sin against God	Genesis 3	Us – we sin against God
4		Sorry, God		
5	3	Jesus died for sinners like us	Mark 15	Jesus – he died for sinners like us
6		Thank you God		
7	4	Jesus came alive for sinners like us	John 20	Jesus – he came alive for sinners like us
8		Thank you God		
9	5	God forgives all who trust in Jesus	Luke 18:9-14	Us – God forgives all who trust in Jesus
10		Please God		
11	6	All who trust in Jesus will live for ever and ever in a wonderful new world	Revelation 21-22	So what? – all who trust in Jesus will live for ever and ever in a wonderful new world
12				

School age: 12 Sessions for 5-11 year olds.

Week	Passage	Summary	Story
1	Genesis 2	God – who is God?	Because God made us, he owns us
2	Joshua 7		Because God is righteous, he cannot ignore wrongdoing

3	Genesis 3	Us – why do we need to be saved?	We are rebels against God
4	Romans 3:9-20		We are all unrighteous before God
5	1 John 2:1b	Jesus – what has God done to save us?	Jesus lived a perfectly righteous life, for us
6	Luke 23		Jesus died a sinner's death, for us
7	Philippians 2:9-11		Jesus was raised to life again, for us
8	Romans 5:6-8		The loving swap
9	Luke 18:9-14	Us – how do we benefit from what God has done for us?	Repentance: we need God's mercy
10	Romans 4		Faith: We are justified by faith
11	Matthew 25	So what? Where will we go in the end?	God's judgement is coming
12	Revelation 21-22		The New Creation

Week 5

Pre-school age: Mark 15

### **TEACHING CONCEPT**

(The following concept is the big teaching point of the session. Explain the concept, helping the children understand what it means. Think about which words they may not understand. Think about how you can best explain this concept with illustrations, or questions, or pictures, or examples.)

- Jesus died for sinners like us

### **ACTION RHYME**

(Singing with actions is a great way to cement in and remember what one has been learning. Come up with actions for the following rhyme. Maybe you'll want to sing it with different voices e.g. quiet and loud.)

\* To the tune of 'A Sailor Went to Sea, Sea, Sea'

King Jesus came so he could die  
To save sinners like you and I  
On the cross King Jesus died  
To save sinners like you and I

### **BIBLE VERSE**

(Before the talk, it might be worth reading the following verse from the Bible and linking it with the concept. This does two things: (1) It helps the children see that what is being said is from the bible, and (2) It helps the children become familiar with the ideas and words that the talk will expand on. This familiarity will help them process the information more efficiently and take more in.)

'Christ Jesus came into the world to save sinners.' 1 Timothy 1:15

**STORY: JESUS- HE DIED FOR SINNERS LIKE US**

(The following is a short talk on the passage. Sunday school leaders use this talk material in a number of ways. Sometimes they will read it out using visuals and audience participation. Sometimes they will adapt it to focus on a particular idea or application. Sometimes they will write their own talk using this one as an example of how to write a talk from the given passage. How might you use it for you and your family?)

We are going to hear good news today! Remember what we've been learning so far this term. We began with 'Praise God – He made us'. Then we said 'Sorry God – We sin against you.' Today we are going to say 'Thank you God – Thank you that Jesus died for sinners like us.' It is good news that Jesus died for sinners like us.

The Bible says our hearts are bad; we all do things that make God sad. From our heart comes all our sin; all our sin comes from within. We all sin against God. I sin. You sin. We all sin. God is kind and good but he must punish sin because sin is bad. Everyone who sins deserves to be punished by God.

There is only one person who has never sinned; Jesus. Jesus does not need to be punished by God because he never sinned. Jesus never did anything wrong. In the Bible, we hear what happened to Jesus.

(Scene 1 – Show a picture of a cross with a background including a sun in the sky) Jesus never did anything wrong. God sent him to earth to tell us good news. Jesus told people that God made us. Jesus told people that we all sin against God. Jesus told people how they could be friends with God. But some people did not like Jesus. They were very angry. They said Jesus must die. So Jesus was put up on a cross to make him die. When Jesus was dying on the cross some people laughed at him. Next to Jesus there were two more crosses.

(Scene 2 – Add two more crosses to the picture) On these crosses there were two robbers who were dying. Even though they were dying one of them laughed at Jesus and made fun of him. Some people walked past Jesus dying on the cross and they didn't like the good news either. They laughed at him. [Add people around the bottom of the crosses]

Even the leaders of the people made fun of Jesus as he died on the cross. This was very mean and nasty. Lots of people laughed at Jesus when he was dying on the cross. But then a strange thing happened. It went dark outside in the middle of the day. The sun stopped shining. It turned to night in the middle of the day [change background to a dark version of the background with no sun].

(Scene 3 – Dark clouds above the cross) Why did it get dark? The darkness showed that God was angry. God was angry at sin. God was punishing someone for sin. But what a surprise! God was punishing Jesus. God punished Jesus for the sin of all his people. Jesus did not deserve to be punished, but he died on the cross instead of sinners like us. If we say sorry to God for our sin and if we trust in Jesus, then we can be friends with God! We won't be punished for our sin, because Jesus has already taken our punishment.

This is good news! Let's thank God that Jesus died for sinners like us.



**GAME**

(Games are a light and fun way to re-enforce the teaching concept. Practice the concept together until all the children are confident saying it from memory, and then play the following game.)

Challenge your child/children to pack a bag in 5 minutes with the heaviest objects you can find in the house. Get your child/children to try and carry the bag. (Make sure it's heavy enough!) When they struggle, offer to place the objects in your own bag and carry it for them.

**CRAFT**

Cut out and colour in the clouds.

(Looking for something a bit more ambitious? Why not recycle some fairy lights and make a cloud light as a visual aid: <https://www.youtube.com/watch?v=EPODAmpW5lw>)

School age: 1 John 2:1b

### **JESUS LIVED A PERFECTLY RIGHTEOUS LIFE, FOR US**

(The following is a short talk on the passage. Sunday school leaders use this talk material in a number of ways. Sometimes they will read it out using visuals and audience participation. Sometimes they will adapt it to focus on a particular idea or application. Sometimes they will write their own talk using this one as an example of how to write a talk from the given passage. How might you use it for you and your family?)

So far this term we have heard about God and about us. We heard that God is our righteous creator. Last week we heard about three people; Never Norris, Sometimes Sally and Usually Eugene. Norris, he never told the truth; Sally, she sometimes told the truth and Eugene, he usually told the truth. But none of them always told the truth. Last week we learnt that no one is righteous, not even one. No matter how hard we try or how good we think we are. No one is righteous. No one does what is right all the time. Because of our unrighteousness God is angry. That was the bad news, we are unrighteous.

This week we are going to think about the good news. We are going to meet someone who is righteous. Someone that the bible says is 'the Righteous One' [1 John 2v1]. This person always does the right thing, this person has never lied, this person has never been mean to anyone, best of all this person has always done what God said they should do. This person is Jesus.

This week is the first part of the good news about Jesus. Jesus lived a perfectly righteous life. He is like the opposite of Adam. When Adam was in the Garden of Eden he was tempted by Satan to do wrong, to eat from the tree God had told him not to. Adam listened to Satan and turned away from God. Adam did not want to do what God wanted so he disobeyed God, eating the fruit of the forbidden tree. I want to show you two parts of Jesus life that show he is perfectly righteous, how he is not like Adam and not like us.

[Show the following heading on a sign: 'Jesus in the wilderness talking with Satan'] A wilderness is a place where nothing grows very well. It's like a desert. Jesus went into the wilderness just after he was baptised. This is what Matthew says in his gospel, [read Matthew 4v1]. When Satan tempted Jesus he was trying to get Jesus to do something wrong. Satan was trying to make Jesus disobey God. Just like Satan tried to make Adam disobey God in the beginning. If Jesus did something wrong then he would be unrighteous. God would have to be rightly angry with Jesus and punish Jesus along with everyone else.

Matthew tells us what happened. Three times Satan tempted Jesus. In the wilderness Jesus got very hungry because there was no food. So Satan tempted him, [read Matthew 4:2-3] Jesus hadn't had any food for forty days and forty nights. Jesus was hungry. Satan was trying to get Jesus to think that God did not care about Jesus. Satan was trying to get Jesus to not trust God to give him what he needed. But Jesus did not disobey God. He did the right thing.

Then Satan took Jesus to the top of the temple and told him to jump off. This would be a test for God to see if he really would help Jesus. But Jesus did not do what Satan said. Jesus knew it was wrong to give God tests like this. For a third time Satan tempted Jesus. He took him to a very high place and showed him all the kingdoms in the world. Satan told Jesus that he would give Jesus all the kingdoms if he just bowed down and worshipped Satan. To have all the kingdoms in the world would be an amazing thing to have. But Jesus knew it would be wrong to bow down and worship Satan, so he didn't. Again Jesus did the right thing.



Satan managed to get Adam to do the wrong thing, but he could not manage to get Jesus to do the wrong thing. Jesus was righteous; he always did the right thing. Jesus Christ is 'the Righteous One'. God, his father, was pleased with him. God did not have to be rightly angry with Jesus because Jesus had done nothing wrong. There was another big test for Jesus though. This did not happen in the wilderness, it happened in a garden called Gethsemane.

[Show the following heading on a sign: 'Jesus in the garden of Gethsemane talking with God'] God had given Jesus a very important, but very difficult job to do. God wanted Jesus to die on the cross. There Jesus would be mocked and humiliated, and then Jesus would face God's anger as he died. Jesus knew that is what he must do, but it was very hard for him. If Jesus was righteous, then he must do what is right, including going to die on the cross. But this was not easy for Jesus. Just before he was arrested, Jesus went to the garden of Gethsemane. It was dark and late. Jesus wanted to pray to God about what was about to happen. Jesus was very troubled.

Matthew tells us what he prayed [read Matthew 26v39a - 'My Father if it is possible, may this cup be taken from me']. Jesus is talking here about dying. He is asking God his father not to send him to die. But then Jesus says something that shows he is still 'The Righteous One'. He said to God, [read 26v39b - 'Yet not as I will, but as you will']. Jesus says he will do what God wants him to do, not what he wants. 'Yet not as I will, but as you will.' Jesus wants to obey God; he wants to do what is right. That night in the garden of Gethsemane, Jesus prayed this prayer three times. He did not disobey God. Jesus did the right thing.

Jesus is 'the Righteous One'. Jesus was tempted by Satan in the wilderness three times, but he did not turn away from God. Jesus was tested three times in the garden of Gethsemane, but he still did not turn away from God. Jesus was righteous. He always did the right thing and he never did the wrong thing. Jesus did what God his father wanted. Jesus went to die on the cross.

We started by remembering the bad news, that we are not like God, that we are unrighteous and God is rightly angry at us. Today we have started to hear the good news. Jesus is not like us, he is like God, he is righteous. It is good news for us that Jesus lived a righteous life. He always did what God wanted and this included going to die on the cross. If Jesus was not righteous he could not save us. We'll hear more about this next week.

For now – let's praise God for the good news that Jesus is righteous, that he has never done the wrong thing.

**ACTS PRAYER (DISCUSSION FOR YEARS 1–3)**

(Each week, after hearing the Bible story retold, this age group thinks about what they've just heard. The idea is to cement the teaching in, to think through application, and to pray together. Here's an example of the kinds of questions that could be asked:)

Think tank: questions to keep us thinking

- Write down some of the things you've done this week (e.g. lessons, screen time, walks, playing with brothers or siblings, etc.) In each of these things, how much were you living for God (being righteous) or living for yourself? Choose a number between 1 & 10, with 10 being perfectly righteous.
- Did you live perfectly righteously in each of them?
- How is Jesus different from you and me? Pick one of these sentences:
  - Jesus is never righteous
  - Jesus is sometimes righteous
  - Jesus is often righteous
  - Jesus is always righteous
- Jesus always did the right thing which pleased God. When did Jesus obeyed God perfectly (can you remember from the talk)?

**ACTS PRAYER (ADORATION, CONFESSION, THANKSGIVING, SUPPLICATION)**

Here's an example of the kinds of things we could pray to God in response to the story:

- A      We praise you for Jesus, who was perfectly righteous.
- C      We are sorry for all the times we are unrighteous against you.
- T      Thank you that Jesus lived a perfectly righteous life and so could save us on the cross.
- S      Please help us remember that we are not perfect.

**DIGGING DEEPER (DISCUSSION FOR YEARS 4–6)**

(Each week, after hearing the Bible story retold, this age group looks at part of the Bible together. The idea is to get the children familiar with looking at Bible passages and thinking about applications. Here's an example of the kinds of questions that could be asked:)

Read 1 John 2:1b

- In what way was Jesus unlike any other human being?
- What does it mean that Jesus is 'the Righteous One'?

Think:

- Think of all the ways in which we haven't pleased God this week.
- How is Jesus different from you and me?

- Why is it only Jesus who can save us on the cross?
- Spend some time thanking Jesus that he can save us from our unrighteousness because he was perfectly righteous.

### **ACTIVITY: GAME**

(Activities are another way to think over the teaching and application. They are designed to be light and fun, yet still further engage the children with what has been taught.)

#### Piggy Back Balloon Tennis

1. Make a racquet/racquets by sticking a lollipop stick to a paper plate. Inflate a balloon as a 'tennis ball'.
2. Give your child/children a racquet and give them a piggy back.
3. Throw the balloon into the air and attempt to keep the balloon in the air for as long as possible with the racquet.
4. Ask a recap question every time the balloon falls onto the ground.
5. If there's a few of you in the house, why not play against each other?

Example recap questions:

- What does righteousness mean?
- Jesus is unlike any other human being that has ever lived. How is he different from you and me?
- What did Jesus do when he was tempted by Satan in the wilderness?
- What did Jesus do in the Garden of Gethsemane?

### **ACTIVITY: CRAFT**

#### Sock People

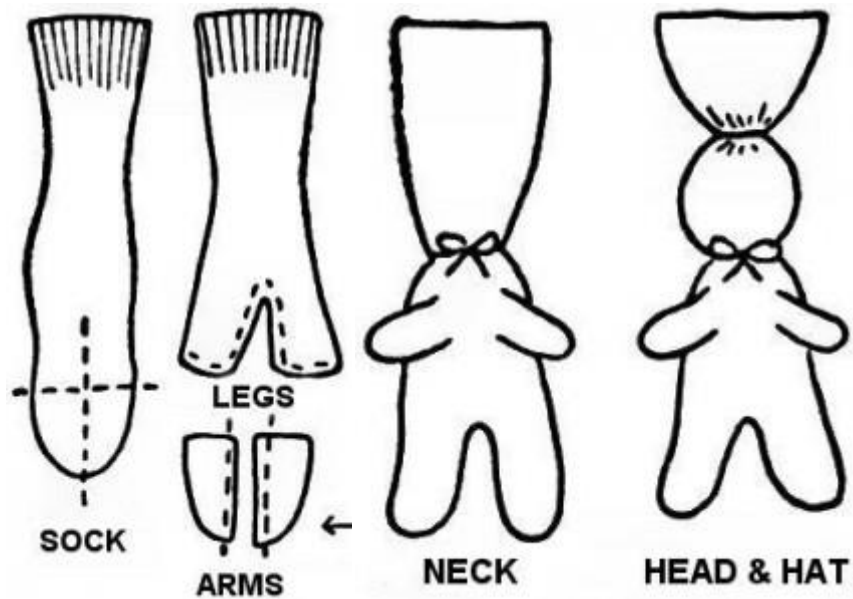
You will need:

- Two old socks
- Scissors
- Either needle and thread, or tape
- Small pieces of string
- Stuffing (scrap paper, cotton wool etc.)
- Name label sticker

How to make:

1. Cut the socks as shown in the diagram below to create limbs.
2. Sew/stick the arms onto the torso of the doll. Seal the legs.
3. Stuff the doll's torso with your stuffing of choice.
4. Create a neck by tying a knot with a piece of string to seal the torso. Stuff the head and tie off with another piece of string. (It doesn't need to be perfect! It just needs to look recognisably humanoid.)

5. On one sock, write 'righteous' on a label sticker and stick it on. On the other, write 'unrighteous' and stick it on.
6. Use the sock people to tell the story: Jesus lived a perfectly righteous life to save unrighteous sinners like us. Though he was a man like us, he did not sin, unlike Adam and ourselves.
7. Tip: Why not make the sock people ahead of time and use them as a visual aid during the Bible story?



### SONG OF THE WEEK

'So Great Is Jesus' Love' by Emu Music - <https://www.youtube.com/watch?v=-a6wEEnlIOs>

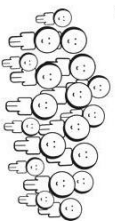
## The Gospel

Week 5: Worksheet years 1-3

# Jesus lived a perfectly righteous life, for us

## ? Get thinking

How is Jesus unlike any other human being who has ever lived?



## + Get reading

Read 1 John 2:1. What does it say about us? What does it say about Jesus?

## Think tank

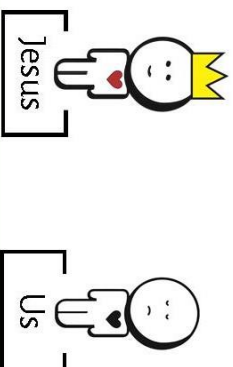
What does being 'perfectly righteous' mean? Circle the correct answer:

1. Doing most things right and getting a few things wrong.
2. Doing everything right and always pleasing God.
3. Doing everything wrong.

## Activity

Match the words and the people:

- \*Righteous
- \*Perfect
- \*Sinful
- \*Always pleases God
- \*Unrighteous
- \*Not always pleasing to God



## Apply

- How are you and Jesus different?
- What about Jesus makes you go 'WOW'?

## Pray

Here's a prayer you could pray:  
We praise you God that your Son is perfectly righteous.

## The Gospel

Week 5: Worksheet years 4-6

# Jesus lived a perfectly righteous life, for us

## ? Get thinking

What does being 'perfectly righteous' mean?

## + Get reading

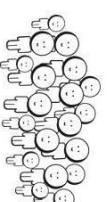
Read 1 John 2:1. What does it say about us? What does it say about Jesus?

## Think tank

When did Jesus obey God perfectly?



How is Jesus different to our friends, family, and everyone we know?



## Activity

Rearrange these letters to form words that make sense!

SUSE] DIVEL A YELTFCREP  
GEIRTSYOU ELFI, ROFSUJ!

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Apply

- How are you and Jesus different?
- What about Jesus makes you go 'WOW'?

## Pray

How can we thank God for who Jesus is?