



Peter and Tabitha (Dorcas)

Lesson Aim: To know we can help others.

THE WORSHIP

Who God Is: The Spirit Who Changes Us

THE WORD

Bible Story: Acts 9:36-42

What He Has Done: God helped Peter bring Tabitha back to life.

THE WAY

"If anyone is in Christ, he is a new creation." 2 Corinthians 5:17a

Unit 2: The Promise of Change			
	Bible Story	What He Has Done	Lesson Aim
6	God Changes Saul's Heart, Acts 9:1-7	Jesus spoke to Saul from heaven.	To know God can change our hearts to want to be more like Jesus.
7	Saul Escapes from Damascus, Acts 9:19b-25, 28	God protected Saul as a witness for His kingdom.	To keep telling others about Jesus.
8	Peter and Tabitha (Dorcas), Acts 9:36-42	God helped Peter bring Tabitha back to life.	To know we can help others.
9	Peter Visits Cornelius, Acts 10:9-12, 15, 22-35	God showed He does not have favorites.	To know God loves everyone the same.
10	Peter Escapes from Prison, Acts 12:1-19	God sent His angel to rescue Peter from prison.	To know praying together is important.
11	Barnabas Encourages Saul, Acts 9:26-28; 11:22-26	God sent Barnabas to help Saul.	To be a true friend to others.

TEACHER'S ENCOURAGEMENT

This week, read 1 Peter 1:3-9. Please join us in praying, "Lord, open our eyes to see each opportunity You give us to point to You as Tabitha and Peter each did. Use this story to inspire children to make a difference in Your kingdom. Amen."

TEACHER'S TIP

We can help. Today's story focuses on how we can be like Tabitha and help others. Offer opportunities throughout class time for the children to help you or to help others in the classroom. Thank them for their help or let them know how what they did helped those around them, such as "I'm sure Ella appreciated you helping her pick up the blocks."



**THE WORSHIP
THE WORD &
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Welcome	Treasure chest, stamp or sticker of clothes
		Coloring Center: Peter and Tabitha (Dorcas)	Coloring pages of Peter by Tabitha's bedside, crayons
		Play-Dough Center: Helping Hands	Play-dough, cookie cutters, play-dough tools
		Activity Center: Making Clothes Match	Two laminated pictures each of five different clothing items
		Dramatic Play Center: We Can Help	Dishes, cups, napkins, play food
	Up to 5	Prepare for Worship	None
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Praise music, optional: musical instruments Unit 2 Bible Memory Verse Song: "A New Creation" Other Bible Memory Verse Song Suggestions: "Give Thanks to the Lord" "He Is Mighty to Save" "How Wide?" "I Can Do Everything" "Let Everything That Has Breath" "Praise Time: Love the Lord Your God" "We Love" Additional Song Suggestions: "Jesus Loves Me"
		Offering	Baskets
		Worship Illustration	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Prophets & Promises Unit 2, Lesson 8
THE WORD	Up to 10	Watch the Word: Acts 9:36-42	Teacher's Bible with bookmark at Acts 9:36 Visual: Picture of the Bible story
THE WAY	Up to 25	Craft: "Tabitha, Get Up!" Puppet	Small paper bag, square of fabric, yarn, label or small strip of paper, glue or tape, crayons or markers
		Game: "Tabitha, Get Up!"	"Tabitha, Get Up!" Puppet" crafts
		Game: "We Can Help" Rhyme	None
		Snack: Help Serve Snacks	Favorite snack
	Final 5	Final Five	Ponder, Pray & Play: Unit 2, Lesson 8
GOT TIME?	Up to 10	Say & Do: Acts 9:36-42	None
	Up to 10	Game: New Hearts	None
	Up to 10	Game: "New Creation" Ball Toss	Soft ball
	Up to 10	Story Time	Any story about telling others about helping others

RESOURCES: Supplemental materials are available at ResourceWell.org.



The Spirit who changes us

THE WELCOME

WELCOME

Welcome each child as they arrive. **Hello _____.** I'm glad you are here! **Come open the Treasure Chest to find today's treasure.** Child unlocks the Treasure Chest to receive a stamp or sticker of clothes. **Let this stamp (or sticker) of clothes help you remember that Tabitha helped others by making clothes for them.**

Teacher's Note: These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

COLORING CENTER: PETER AND TABITHA (DORCAS)

SUPPLIES

Coloring pages of Peter by Tabitha's bedside, crayons

DO

Children color their picture as they talk about today's story.

TALK ABOUT

Today, we want to remember that God loves when we help others. Peter (point to Peter) **helped a woman named Tabitha** (point to Tabitha) **by praying and asking God to make her well. Do you know someone who is sick?** (Children respond.) **You can pray and ask God to make that person well.** If there is time, lead the children in a short prayer for the people they have mentioned.

PLAY-DOUGH CENTER: HELPING HANDS

SUPPLIES

Play-dough, cookie cutters, play-dough tools

DO

Children play with the play-dough while discussing today's story. Encourage children to press their hands into the play-dough to make a hand print.

TALK ABOUT

Our story today is about a woman named Tabitha who used her hands to help others. Can you press your hand into the play-dough to make your hand print? Show children how to press their hands into the play-dough.

Tabitha made clothes to give to people who needed them. How could you use your hands to help someone? You may want to ask more specific questions such as, "How could you help your Mom clean the house?" or "How could you help a friend who is sad?"

THE WELCOME *continued...*

ACTIVITY CENTER: MAKING CLOTHES MATCH

SUPPLIES

Two laminated pictures each of five different clothing items

DO

Lay the pictures out face down in random order on the floor or the table. Take turns turning two pictures over to try and find matches. Have the children identify each clothing item when they make a match.

TALK ABOUT

Tabitha made clothes for people who needed them. She showed God's love by caring for those around her. Let's see if we can match these pictures of clothing items. This activity could be extended by asking the children to name the pieces of clothing they are wearing (shirt, pants, belt, shoes, etc.). Ask questions such as, "What color is your shirt?" or "What are you wearing that is blue?"

DRAMATIC PLAY CENTER: WE CAN HELP

SUPPLIES

Dishes, cups, napkins, play food

DO

Teacher or a helper asks children to complete specific chores to help each other.

TALK ABOUT

God loves when we help others. Let's see how we can help each other. Give the children specific instructions such as, "Jimmy looks hungry. Can you make Jimmy some lunch?" "Jane is all done eating her lunch. Can you wash her dishes?" Or, have the children pair up and guide them in taking turns making a meal for the other child, setting the table, or cleaning up.

PREPARE FOR WORSHIP

It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away. Praise children as they help clean.

**Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!**

BIBLE MEMORY VERSE SIGN LANGUAGE

(For visual demonstrations, see www.signingsavvy.com)

**"If anyone
is in Christ,**

(one) Index finger is held upright.

(Christ) Make "C" shape with hand. Move "C" from left shoulder to right hip as a royal sash.

**he is a new
creation."**

(new) Back of right hand makes a scooping motion across palm of left hand.

Both fists make a twisting motion as they bounce on top of each other.

2 Corinthians 5:17a

Hold hands open, as if holding a Bible.

Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



The Spirit who changes us

THE WORSHIP

Supplies: Praise music, optional: musical instruments

Teacher Tip: To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



It's Praise Time! Before we begin, let's talk to Jesus. Have the children bow their heads and close their eyes. **Dear Jesus, help us to grow more and more like You each and every day. Amen.**



Sing: "Praise Time: Love the Lord Your God."

Today, we're going to hear a story about a woman who loved God and helped people. One way we can help others is to give our offering. Sing: "I Can Do Everything" while collecting the offering.



Let's see if Delbert and Lello have heard the story of Peter and Tabitha. Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 2, Lesson 8.



If we love Jesus, He will help us to be more like Him each day. 2 Corinthians 5:17a says, "If anyone is in Christ, he is a new creation." Let's say our verse together. Say verse together two or three times.

"If anyone is in Christ,	(one) Index finger is held upright.
he is a new	(Christ) Make "C" shape with hand. Move "C" from left shoulder to right hip as a royal sash.
creation."	(new) Back of right hand makes a scooping motion across palm of left hand.
2 Corinthians 5:17a	Both fists make a twisting motion as they bounce on top of each other.
	Hold hands open, as if holding a Bible.



Sing Unit 2 Bible Memory Verse Song: "A New Creation."



God brings Tabitha back to life

THE WORD

Supplies: Teacher's Bible with bookmark at Acts 9:36, picture of the Bible story

Before we begin our Bible Time, let's say our Classroom Promise with the motions.

With my eyes on my teacher;	Point to eyes.
My mouth quiet as can be,	Place index finger over mouth as quiet sign.
I will listen to hear,	Cup hand around ear.
How God loves you and me.	Hug self, point to others, and then self.

Let's reach deep in our pockets and pull out our listening ears. Reach in your pocket and cup your hands behind your ears as if listening.

Before you start, leave the storybook on a nearby table or a place where the children can easily find it.

I need your help today. Can you help me find our storybook? Ask one of the children to get it for you. **Thank you so much for helping me. God loves when we help each other. Today, we will hear about a woman who was always helping others. Let's listen.** Handle the Bible as a special treasure, leaving it open to Acts 9:36.



WATCH THE WORD: ACTS 9:36-42

Read the story below or retell the passage in your own words. To illustrate the story, show a picture of the Bible story from a children's Bible, the coloring page, or other source.

- **There once was a lady named Tabitha.**
- **Everyone knew she was kind.**
- **She made clothes and helped the poor,**
- **Doing good for others all the time.**

- **When Tabitha died, her friends all cried.**
- **They asked Peter to come to her bed.**
- **He got down on his knees and prayed.**
- **"Tabitha, get up!" was all he said.**

- **He reached out his hand and helped her up.**
- **Her friends saw she lived once more.**
- **When everyone heard that she was alive,**
- **Many believed in her Lord.**

Who helped the poor people in this story? (Tabitha.) Tabitha helped others. Can you help others, too? (Yes.)



We can help others

THE WAY

Teacher Tip: Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

CRAFT: "TABITHA, GET UP!" PUPPET

Purpose: To remind the children that God brought Tabitha back to life.

Supplies: Small paper bag, square of fabric, yarn, label or small strip of paper, glue or tape, crayons or markers

Prepare: Lay the bag with the bottom facing up and the opening facing you. Draw two closed eyes with eyelashes on the bottom of the bag. Bend the bottom of the bag back. Under the flap, draw two open eyes. Below the eyes on the body of the bag, draw a nose and a mouth. Cut yarn in 12-inch lengths for hair. On a label or strip of paper, print:

**God brought Tabitha back to life.
Acts 9:36-42**

Adaptation for Ages 2-3: This craft has been adapted from the curriculum for ages 4-5.

Directions:

1. Color Tabitha's face: open eyes, nose, and mouth.
2. For Tabitha's hair, attach yarn.
3. For Tabitha's robe, attach a square of fabric to the bag.
4. Attach the label or paper strip to the bag.

Craft Discussion:

- **Who did Tabitha help?** (The poor people.)
- **What did Tabitha make to help the poor people?** (Clothes.)
- **What did Tabitha's friends do when she died?** (They cried.)
- **What miracle did God do when Peter said, "Tabitha, get up"?** (God brought Tabitha back to life.) **God brought Tabitha back to life!**
- **You can help others as Tabitha did.**

Teacher Tip: The children's crafts are needed for the first game.
Be sure to write their names on their crafts.

THE WAY *continued...*

GAME: "TABITHA, GET UP!"

Purpose: Children will help serve snacks to each other just as Tabitha helped others.

Snack Suggestion: "Tabitha, Get Up!" Puppet" crafts

Let's act out our story using our Tabitha puppets.

Directions:

1. Children lay their "'Tabitha, Get Up!' Puppets" in front of them, face up with the closed eyes showing.
2. **Tabitha helped others. She made clothes for the poor people.** Can you show me the clothes you made for your Tabitha puppet? Children point to cloth on Tabitha puppet.
3. **Tabitha's friends were very sad when she died. Can you show me what her friends did?** Children pretend to cry.
4. **Pretend you are Peter. Say, "Tabitha, get up!" to your Tabitha puppet.** Children say, "Tabitha, get up!" to their Tabitha puppets.
5. **What miracle did God do?** (Brought Tabitha back to life.) Children each put one hand inside the puppet and lift it up while raising the flap to show Tabitha's open eyes.
6. **God brought Tabitha back to life. Now, she can help more people!**

GAME: "WE CAN HELP" RHYME

Purpose: Children consider ways they can help others.

Supplies: None

Tabitha helped others by making clothes. We can help others, too. Let's think of some of our favorite ways to help.

Directions:

1. Stand in a circle with the children.
2. As you sing or chant the rhyme below, act out the motions.
We Can Help (Tune: Mary Had a Little Lamb)
We can help by sweeping the floor,
Sweeping the floor, sweeping the floor.
We can help by sweeping the floor,
And showing Jesus' love.
3. Ask the children who they can help and how they can help that person.
4. Sing the rhyme again, inserting one of the children's suggestions or one of the ideas below.
We can help by raking the leaves,
We can help by washing the windows,
We can help by giving a hug,
We can help by sharing our toys,
5. Play as many times as you like.

THE WAY *continued...*

SNACK: HELP SERVE SNACKS

Purpose: Children will help serve snacks to each other just as Tabitha helped others.

Snack Suggestion: Favorite snack

Let's be like Tabitha and help others by serving our snack to each other.

Directions:

1. Children help serve snack and drink to one another.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or another familiar tune.
**God our Father, God our Father. Once again, once again,
Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Pray. Lead discussion below while children enjoy their snack.
 - **Great job! Thank you for helping each other.**
 - **We can be like Tabitha and help the people around us.**
 - **How could you help someone who is hungry?** (Children respond.)
 - **How could you help someone who is sad?** (Children respond.)
 - **Who else could you help?** (Children respond.) **How can you help that person?** (Children respond.)



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

BIBLE MEMORY VERSE

Gather children in a circle sitting or standing and practice the words and motions.

"If anyone is in Christ,	(one) Index finger is held upright. (Christ) Make "C" shape with hand. Move "C" from left shoulder to right hip as a royal sash.
he is a new creation."	(new) Back of right hand makes a scooping motion across palm of left hand. Both fists make a twisting motion as they bounce on top of each other.
2 Corinthians 5:17a	Hold hands open, as if holding a Bible.

PRAY

Let's pray together. Say a closing prayer with the children.

PLAY

Allow children to play with selected toys or centers or choose a book to read to them.

DISMISSAL

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

GOT TIME?

SAY & DO: ACTS 9:36-42

Purpose: This pantomime version of the Bible Story helps children remember the story details.

Supplies: None

Directions: With each phrase, the teacher says the phrase and leads the children in doing the hand motions.

- **There once was a lady named Tabitha.** (Raise index finger.)
- **Everyone knew she was kind.** (Place both hands on heart.)
- **She made clothes and helped the poor,** (Pretend to sew.)
- **Doing good for others all the time.** (Nod head yes.)

- **When Tabitha died, her friends all cried.** (Pretend to wipe tears.)
- **They asked Peter to come to her bed.** (Beckoning motion with hand.)
- **He got down on his knees and prayed.** (Kneel and fold hands in prayer.)
- **"Tabitha, get up!" was all he said.** (Stand up.)

- **He reached out his hand and helped her up.** (Offer a hand.)
- **Her friends saw she lived once more.** (Point to eyes.)
- **When everyone heard that she was alive,** (Point to ears.)
- **Many believed in her Lord.** (Point to heaven.)



BIBLE MEMORY VERSE ACTIVITIES

"If anyone is in Christ, he is a new creation."

2 Corinthians 5:17a

GAME: NEW HEARTS

Purpose: Children learn the meaning of the Unit 2 Bible Memory Verse.

Supplies: None

Directions:

1. Seat children in a circle.
2. First child stands in the center of the circle with both hands covering his or her own heart.
3. All the children repeat the Bible Memory Verse after you, replacing the word "anyone" with the name of the child standing in the center of the circle.
 - If child's name is in Christ,** (Children repeat.)
 - He/She is a new creation.** (Children repeat.)
 - The old has gone.** (Children repeat.)
 - The new has come! Hooray!** (Children repeat.)
4. Child in the center removes his or her hands to uncover his or her heart.
5. Play until each child has a turn.

GOT TIME? *continued...*

GAME: "NEW CREATION" BALL TOSS

Purpose: Children learn the meaning of the Unit 2 Bible Memory Verse.

Supplies: Soft ball

Our Bible Memory Verse says, "If anyone is in Christ, he is a new creation." That means if you have Jesus in your heart, He will help you grow to be more like Him.

Teacher Tip: Two and three-year-olds are still learning motor skills such as tossing and catching. You may choose to have the children sit in a circle and roll the ball depending on the age and skill level of the children.

Directions:

1. Children stand in a circle.
2. Toss the ball to the first child.
3. While child holds ball, child recites the Bible Memory Verse: **"If anyone is in Christ, he is a new creation."** If a child is uncomfortable saying the verse alone, have the class say it together.
4. Child tosses the ball back to you or to another child.
5. Repeat until each child has at least one turn.



STORY TIME

Gather the children and read a favorite story. This can be a Bible story, a chapter from *The Adventures of Delbert & Lello*, or a story about helping others.

PONDER, PRAY & PLAY

Unit 2, Lesson 8: Peter and Tabitha (Dorcas)

PONDER! God helped Peter bring Tabitha back to life (Acts 9:36-42). What did Tabitha do to help others? (She made clothes for the poor.)

PRAY! Pray this prayer each day this week: "Lord, we are thankful for people like Tabitha who help others. Be with us as we help others, too. Amen."

PLAY! Together, collect non-perishable food items and take them to a donation center or make a meal for someone in need. Or, choose items that belong to each of you that you can give to someone in need.

BIBLE MEMORY VERSE

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**he is a new
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2 Corinthians 5:17a

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