



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

Whisper Verse: "Help others."

BIBLE MEMORY VERSE

"If anyone is in Christ, he is a new creation; the old has gone, the new has come!" 2 Corinthians 5:17

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 12:5-17	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."

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**THE WORSHIP
THE WORD &
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Treasure Chest	Treasure chest, stamp or sticker of clothes
		Whisper Verse	Sign language for "Help others."
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Unit 2 Bible Memory Verse Song: "A New Creation" Other Bible Memory Verse Song Suggestions: "Give Thanks to the Lord" "How Wide?" "I Can Do Everything" "Let Everything That Has Breath" "He Is Mighty to Save" "Praise Time: Love the Lord Your God" Additional Hymn Suggestions: "Change My Heart, O God" "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: Robe or hand sewn garment
THE WAY	Up to 25	Craft: "Tabitha, Get Up!" Puppet	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: "Help Others" Ball Roll	Soft ball for rolling
		Snack: Help Serve Snacks	Favorite snack
	Circle of Prayer	None	
	Final 5	Final Five	Ponder, Pray & Play: Unit 2, Lesson 8 Color This Story: "God Brought Tabitha Back to Life"
GOT TIME?	Up to 10	Say & Do: Acts 9:36-42	None
	Up to 10	Game: New Hearts	None
	Up to 10	Game: "New Heart" Memory Pass	Heart-shaped item (pillow, toy, or sturdy paper cut-out)
	Up to 10	Story Time	Any story about telling others about helping others

RESOURCES: Supplemental materials are available at ResourceWell.org.



Help others

THE 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 sticker of clothes help you remember that Tabitha helped others by making clothes for them. Today's Whisper Verse is "Help others."** Teach the Whisper Verse in spoken language and in sign language below. **We call it the Whisper Verse so you can whisper it to others.***

SIGN LANGUAGE: "Help others."

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

Each time we say today's Whisper Verse, let's say it with two hand motions:

- "Help"** The right hand makes a fist with the thumb pointing up. Place the left palm under the right fist. Push the right fist up with the left palm.
- "others."** The right hand creates the letter "A" hand shape by making a closed fist with the thumb resting on the outside of the index finger. Beginning with the thumb pointing to the left, rotate the arm and wrist outward so the thumb ends pointing to the right.

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

**"Clean Up Song": Clean up! Clean up! Everybody, everywhere!
 Clean up! Clean up! Everybody do your share!**

Gather and seat children in Praise Time area.

***Today's Whisper Verse:** "Help others," 1 Corinthians 12:28. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



The Spirit who changes us

THE WORSHIP

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—our time to sing praise to the Holy Spirit who changes us. He changes us to be more and more like Jesus. One way we can be more like Jesus is to help others. That is today’s Whisper Verse. Let’s try it together. Review Whisper Verse together: “Help others.” Include sign language.



God will give us the strength to help others. Sing: “I Can Do Everything.”

One way we can help others is to give our offering. These offerings are used to help people grow closer to Jesus. Sing: “Change My Heart, O God” or “How Wide?” while collecting the offering.

Today, we will hear a story about a lady named Tabitha. She was always doing good. She made clothes and helped the poor. When she died, Peter said, “Tabitha, get up!” and God did a miracle—she came back to life! Our God is mighty! Sing: “He Is Mighty to Save.”



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.



Tabitha and Peter both believed in Jesus. When others heard what happened to Tabitha, they believed in Jesus, too. The Bible says that anyone who believes in Jesus is a new creation. Sing Unit 2 Bible Memory Verse Song: “A New Creation.”



God brings Tabitha back to life

THE WORD

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.

Last time, we learned God kept Saul safe while he told others about Jesus. Today, we will see how Tabitha helped others. Handle Bible as a special treasure, leaving it open to Acts 9:36.

WATCH THE WORD: ACTS 9:36-42

Read the points below or retell the passage in your own words using the points below as a general guide. To illustrate the story, display a robe or hand sewn garment. Other visual options include the craft sample, Color This Story, or any related picture.

- **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.) Let's find our answer in the Bible. Read Acts 9:36 from the teacher's Bible.

Tabitha helped others. Can you help others, too? (Yes.) Let's say our Whisper Verse together: "Help others." Include sign language or hand motions.



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

Prepare: Lay bag with the bottom facing up, 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**

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. That's what our Whisper Verse tells us to do! Let's say it with our motions right now!** Say the Whisper Verse together with the hand motions.

THE WAY *continued...*

GAME: "TABITHA, GET UP!"

Purpose: Children will use their crafts to act out the healing of Tabitha.

Supplies: "'Tabitha, Get Up!' Puppet" crafts

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.**
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: "HELP OTHERS" BALL ROLL

Purpose: Children consider ways they can help others.

Supplies: Soft ball for rolling

Tabitha helped others by making clothes. We can help others, too. Let's learn everyone's favorite way to help others.

Directions:

1. Sit in a circle with the children. You may choose to stand in a circle and toss the ball to the children for this game.
2. Roll the ball to a child.
3. When the child catches the ball, ask: **"What is your favorite way to help others?"** (Child responds.) Some children may need a more specific question such as "How do you help your Mom at home?" or "How can you help a friend who is sad?"
4. Repeat the game with each child.

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 other 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. Lead discussion below while children enjoy their snack.
 - **Thank you for helping each other! You did what our Whisper Verse tells us to do. Who remembers our Whisper Verse?** Choose a child to demonstrate the Whisper Verse motions: "Help others."
 - **Can you think of some ways you can help others?** (Children respond.)
 - **How can you help others at church?** (Serve snacks, be kind to a new child, help with the craft, help the teacher clean up.)
 - **How can you help others at home?** (Help set the table for a meal, help a sad brother or sister be happy, help carry groceries.)



CIRCLE OF PRAYER

God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for ____, ____, ____ (say each name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

COMPLETED CRAFT: Take home your "'Tabitha, Get Up!' Puppet" craft. Tell someone how God brought Tabitha back to life.

PONDER, PRAY & PLAY: Distribute Ponder, Pray & Play cards, if available. **Show this card to your family. Talk about how Tabitha helped others.**

COLOR THIS STORY: "God Brought Tabitha Back to Life." Discuss the Bible story and play the Unit 2 Bible Memory Verse Song, "A New Creation," as children color.



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 acts it out with hand motions; then repeats the same phrase and motions with the children.

- **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 that 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; the old has gone, the new has come!”

2 Corinthians 5:17

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 HEART" MEMORY PASS

Purpose: To help children memorize and review the Unit 2 Bible Memory Verse.

Supplies: Heart-shaped item (pillow, toy, or sturdy paper cut-out)

Directions:

1. Children sit in a circle.
2. Give the heart to a child. Lead the children in saying the first word of the verse: "If."
3. Child passes the heart to the next child. Lead the children in saying the next word in the verse: "anyone."
4. Continue passing the heart with each word until the children have repeated the entire verse.
5. Play again. Each time you play, try to say the verse faster.



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! Read Acts 9:36-42 with your family. What did Tabitha do to help others? You can help others, too. When Peter said, "Tabitha, get up!" what miracle did God do?

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! "Help others!" Tabitha made clothes and she helped the poor. Talk with your family about ways you can help people who live near you. You could help serve food to people who are hungry or sort and give away donated food. Maybe you could collect clothes and blankets and give them to people who need them. Think of other ideas with your family. Choose one and help others as Tabitha did.

Unit 2 Bible Memory Verse:

"If anyone is in Christ, he is a new creation; the old has gone, the new has come!" 2 Corinthians 5:17