



# Peter and Tabitha (Dorcas)

**Lesson Aim: To learn ways our lives can point people to Jesus.**

## THE WORSHIP

**Who God Is:** The Spirit Who Changes Us

## THE WORD

**Bible Story:** Acts 9:36-42

**What He Has Done:** God restored Tabitha's life.

**Key Verse:** Acts 9:42

## THE WAY

**Christ Connection:** Jeremiah 29:11

## BIBLE MEMORY VERSE

"Where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord's glory, are being transformed into His likeness with ever-increasing glory, which comes from the Lord." 2 Corinthians 3:17b-18

<b>Unit 2: The Promise of Change</b>			
	<b>Bible Story</b>	<b>What He Has Done</b>	<b>Lesson Aim</b>
6	God Changes Saul's Heart, Acts 9:3-8, 15, 17-19	The Holy Spirit filled Saul and changed his heart.	To know God can change our hearts. (Salvation Message)
7	Saul Escapes from Damascus, Acts 9:19b-25	God made Saul a bold witness for His kingdom.	To speak boldly to others about Jesus.
8	Peter and Tabitha (Dorcas), Acts 9:36-42	God restored Tabitha's life.	To learn ways our lives can point people to Jesus.
9	Peter Visits Cornelius, Acts 10:11-12, 15, 34-36, 43-45	God proved to Peter that He saves Gentiles as well as Jews.	To know God washes away the sin of anyone who believes in Him.
10	Peter Escapes from Prison, Acts 12:5-16	God sent His angel to rescue Peter from prison.	To join together in prayer and watch for God's answers.
11	Barnabas Encourages the Church, Acts 9:26-28; 11:22-26	God led Barnabas to encourage the church and its leaders.	To show the importance of encouraging one another.

## 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."



**THE WORSHIP  
THE WORD &  
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Meet &amp; Greet</b>	None
		<b>Game:</b> Tabitha's Clothes	Two baskets or boxes, one piece of clothing per child (shirt, shoes, hat, scarf, socks, belt)
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org	<b>Unit 2 Bible Memory Verse Song:</b> "Where the Spirit of the Lord Is" <b>Other Bible Memory Verse Song Suggestions:</b> "Chosen People" "For God So Loved the World" "Praise the Lord, O My Soul" "Search Me, O God" "You Will Seek Me" <b>Additional Hymn Suggestions:</b> "Amazing Grace" "Change My Heart, O God" "Open the Eyes of My Heart, Lord"
		<b>Worship Scripture Reading:</b> Jeremiah 31:3	Bible
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	Lesson 8 Commander Cosmos script or storybook
THE WORD	Up to 10	<b>Read the Word:</b> Acts 9:36-42	Bibles, Bible Story Scripture reference poster
THE WAY	Up to 25	<b>Discuss the Word</b>	Bibles, Christ Connection Scripture reference poster
		<b>Christ Connection:</b> Jeremiah 29:11	
		<b>Golden Bowl</b>	Golden Bowl, pencils, note cards
	Final 5	<b>Final Five Minutes</b>	Treasure Treat—P.A.L. card (available at ResourceWell.org), Daily Ways, basket, paper, pencils, crayons or markers, prayer notebook, Unit 2 Bible Memory Verse Song "Where the Spirit of the Lord Is"
GOT TIME?	Up to 10	<b>Snack:</b> Kind Service	Favorite snack
	Up to 10	<b>Game:</b> Kindness Charades	Note cards or slips of paper, timer, pencil, bag
	Up to 15	<b>Craft:</b> Covered in Kindness Blankets	Flannel blanket or large flannel cloth, fabric paint, permanent markers, glitter glue, pony beads, sturdy paper, crayons or markers, scissors
	Up to 10	<b>Discussion:</b> P.A.L. Brainstorm	Chalk and chalkboard or dry erase board and marker
	Up to 10	<b>Bible Memory Verse Activity:</b> Erase It, Then Say It	Chalkboard and chalk or dry erase board and marker
	Up to 10	<b>Bible Memory Verse Activity:</b> Balloon Toss	Inflated non-helium balloon, Bible Memory Verse poster
	Up to 5	<b>Bible Timeline Review</b>	Date with story title or name printed on card

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



Getting started

## THE WELCOME

To spark anticipation, encourage arriving children to meet and greet one another with today's question.

**Meet & Greet Question: What is the kindest thing someone has done for you?**

### **GAME: TABITHA'S CLOTHES**

**Purpose:** Children will play a clothing relay game to introduce the story of Peter and Tabitha.

**Supplies:** Two baskets or boxes, one piece of clothing per child (shirt, shoes, hat, scarf, socks, belt)

**Prepare:** Place an equal number of items in each basket or box. Mark the starting line.

**Today, we will learn about Tabitha. She was always doing good for others and making clothes for the poor. Let's think of Tabitha as we play this clothes relay.**

#### **Directions:**

1. Divide the children into two teams of equal number.
2. Teams line up behind a shared starting line.
3. Place each team basket several feet away from the starting line.
4. On your signal, the first child in each line races to their team's basket, puts on one item over his or her clothes, and races back to tag the next child in line.
5. Repeat step 4 until each child on the team has run the relay.
6. The first team to have every child run the relay wins the game.

**After Tabitha died, God sent Peter to help her in a way that caused many people to believe in Jesus. Let's find out what happened!**

**Limited space?** Collect several clothing items in one basket or box. Form teams of 5-7 children. Each team takes a turn while the other teams cheer. The team chooses one member to be the one they will dress. Time how long it takes for the team to help that child put on all the clothing items (over his or her own clothes). Record the time for each team. The team with the fastest time wins the game.



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 music as children move to the designated area.



**Today, we worship the Spirit who changes us. He changes us to become more and more like Jesus. The Holy Spirit helps us “all reflect the Lord’s glory.” That means our lives show God’s greatness to those around us. That is an important way to worship Him—with our lives!** Sing Unit 2 Bible Memory Verse Song: “Where the Spirit of the Lord Is.”

**Our Bible story will show us how people saw God’s greatness through the lives of Peter and Tabitha. Through Tabitha’s kindness, people saw the great kindness of Jesus. Let’s worship Jesus today for His kindness and ask His Spirit to help us be more and more like Him.** Sing: “Change My Heart, O God” as the offering is collected.



Read Jeremiah 31:3.



Perform Commander Cosmos script or read storybook: Prophets & Promises Unit 2, Lesson 8.



You may also choose to sing songs that focus on God’s great kindness.



Tabitha is raised to life

## THE WORD

**Teacher Tip:** As you move from worship to instruction, change rooms or locations within a room to help redirect the children's focus to the Bible story. During this transition time, have each child write his or her name on a card and place it in the Golden Bowl.

**Before we read God's Word, let's go over our Class Covenant. A covenant is an agreement. Just as God made a covenant with His people, I ask each of you to make this covenant promise with me today. Listen as I read our Class Covenant: "I will keep my eyes on my teacher, my mouth in control, my ears on God's Word—knowing God is my goal."**

**Last time, we learned Saul spoke boldly about Jesus in Damascus. What did the followers do to help Saul escape from there?** (They lowered him in a basket through an opening in the city wall.)

If a Bible Timeline is available, point out Peter and Tabitha. For a Bible Timeline Review activity, see the Got Time? segment of this lesson. **Today, we will learn that the kind acts of Tabitha and the bold acts of Peter pointed many people to Jesus.** If a map is available, point out Joppa, Israel. **In the city of Joppa, a woman named Tabitha was well known for her kindness. As we read, listen for ways God used her and Peter to point the people of Joppa to Jesus.**



**If you brought your Bible, open it now and share with others.** Hand out spare Bibles. **Today's Scripture verse is behind the curtain** (or secret door, secret window, etc.). Child reveals the Bible Story Scripture reference: Acts 9:36-42.

**Before we read, let's stand and ask God to open our eyes, ears, hearts, and minds to His Word today. Who would like to pray that for us?** Child prays aloud. **Be seated.** Read Acts 9:36-42.



You can point others to Jesus

## THE WAY

**What did Tabitha do to show God's kindness to others?** (She was always doing good and helping the poor.) **What did she make?** (Clothes.) **The people of Joppa knew Tabitha believed in Jesus. Her kindness showed them the kindness of Jesus. Just as Tabitha's life pointed people to Jesus, our lives can do the same. What can you do to show the kindness of Jesus to others?** (Children respond.) **What can you do to help the poor?** (Children respond.) **Who gave Tabitha her sewing talent?** (God.) **Who gave her a heart to do good and help the poor?** (God.)

**God makes each one of us special with different talents and interests. He makes each of our hearts to want to do good in different ways such as helping, healing, teaching, or encouraging others. What special talents and interests has God given you?** (Children respond.) **How might those point others to Jesus?** (Children respond.)

**God had a plan for Tabitha's life that would point others to Jesus. God had a plan for Peter's life, too. Peter was one of Jesus' first followers. God made Peter a good leader that boldly took action. God gave Peter a heart to want everyone to follow Jesus and a talent to speak boldly about Jesus. What is the first thing Peter did once he was alone with Tabitha?** (He prayed.) **When Peter prayed, God brought Tabitha back to life. Through this miracle, many people in Joppa believed in Jesus. Peter did three things when he was with Tabitha:**

- **First, Peter PRAYED. Why is it important for us to pray first?** (We come closer to God and are more able to do things His way.)
- **Then, Peter boldly ASKED Tabitha to get up. When we trust God, we can boldly ask others to trust God and make a choice or take action.**
- **Finally, Peter LENT A HAND to Tabitha. He helped her do what he challenged her to do. It's important to help others with their challenges so they don't get discouraged.**

**By doing these three things, Peter pointed many people to Jesus. With the help of the Holy Spirit, all of you can do these three things and point people to Jesus. Who can you pray for this week?** (Children respond.) **This week, you may see someone who needs to trust God in a new way. You can ask them to trust God. How can you lend someone a hand this week?** (Children respond.) If time allows, see the P.A.L. BRAINSTORM discussion located in the GOT TIME? segment of this lesson.



Connecting the Old Testament, the New Testament, and Us

## CHRIST CONNECTION

**God had a plan for both Tabitha and Peter. Part of that plan was to use their actions to point the people of Joppa to Jesus. Many in Joppa believed in Jesus because of this plan. God promises that He has plans for your life, too. Let's find that promise in the Bible.**



**Everyone, place your Bible on your lap. Choose a child to reveal the Christ Connection Scripture reference: Jeremiah 29:11. Let's find this scripture.** Read Jeremiah 29:11.

# THE WAY *continued...*



Revelation 5:8

## GOLDEN BOWL

**Teacher Tip:** Write the names of classmates, local church leaders, and children in other nations or others who need prayer on small pieces of paper. Place the papers in a golden bowl.

**Revelation 5:8 says our prayers are like sweet smelling incense in the golden bowls at God's throne. I'm going to lift each one of your names to God's throne as you pray for each person silently. Then, we will pray the Lord's Prayer (Matthew 6:9-13) aloud together. Let's pray.**

**Lord God, we lift up to Your throne the name of each child here. We trust You to watch over us and our needs, the ones we say aloud and the ones hidden in our hearts. First, we lift up to You \_\_\_\_, \_\_\_\_, \_\_\_\_. Read names in Golden Bowl.**

**Now, we pray the prayer Your Son taught us: Our Father, who art in heaven, hallowed be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.**



When only 5 minutes remain, begin this segment.

## FINAL FIVE MINUTES

**TREASURE TREAT:** Today, your Treasure Treat is a P.A.L. card. This week, ask God to show you someone in need. Then be a P.A.L. to that person: Pray for that person. Ask if he or she would like to make a change or a choice. Lend a hand to help them do that. Write the name of your P.A.L. on your card.

**DAILY WAY CHALLENGE:** Did anyone bring in a completed Daily Way from last time? Praise or reward those who return a Daily Way. Distribute Lesson 8 Daily Way 5-day Bible study. **Complete this week's Daily Way at home and let God speak to you through His own words in the Bible. Join the Daily Way Challenge by returning your completed Daily Way.**

**Teacher Tip:** Collect Daily Ways in a basket or other container and periodically reward children as a group for completing the challenge.

**OFFERING OF ART:** Until it is time to be dismissed, make an Offering of Art. For your offering, draw a picture of Peter lending his hand to Tabitha to help her out of bed.

**PRAYER REQUESTS:** As children work on their Offering of Art, ask how you can pray for them this week. Write requests in a prayer notebook.

**BIBLE MEMORY VERSE SONG:** Play the Unit 2 Bible Memory Verse Song, "Where the Spirit of the Lord Is," in the background as children wait to be dismissed.



If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SNACK: KIND SERVICE**

**Purpose:** Children serve each other a snack to connect with Tabitha's life of service to others.

**Snack Suggestion:** Favorite snack

**What did people in Joppa know about Tabitha's life?** (She was always doing good and helping the poor.) **Who did God use to bring Tabitha back to life?** (Peter.) **What did many people in Joppa do when they heard God brought Tabitha back to life?** (Believed in the Lord.) **Each good thing we do helps people see God's greatness! Let's show God's kindness right now by serving each other our snack.**

#### **Directions:**

1. Assign tasks for children to help serve the snack and drink (such as pour and serve drinks, set out napkins, or place the snack on plates).
2. Child prays to thank God for the snack.
3. Ask each child to answer this question: **"What is a kind act you have done for someone?"**

### **GAME: KINDNESS CHARADES**

**Purpose:** This version of charades reinforces specific ways we can show kindness to others.

**Supplies:** Note cards or slips of paper, basket or bag, timer, pencil

**Tabitha was always doing good and giving to the poor. In this game, we will act out some good deeds and acts of kindness we can do to show the goodness and kindness of Jesus.**

**Option:** To make the game more difficult, set the timer for 30 seconds. For a competitive version, divide the children into 2 teams. The team with the most correct guesses is the winner.

#### **Directions:**

1. As the children brainstorm good deeds and acts of kindness, the teacher writes each one on a separate note card.
2. Teacher prints each good deed and act of kindness on a different notecard.
3. Place the note cards in a basket or bag.
4. Divide the children into pairs.
5. The first pair chooses a note card and silently acts out the good deed or act of kindness as the remaining children guess what they are acting out.
6. Repeat until each pair has a turn.

# GOT TIME? *continued...*

## **CRAFT: COVERED IN KINDNESS BLANKET**

**Purpose:** By making a blanket for someone in need, children point others to Jesus as Tabitha did.

**Supplies:** Flannel blanket or large flannel cloth, fabric paint, permanent markers, glitter glue, pony beads, sturdy paper, crayons or markers, scissors

**Prepare:** Locate a ministry or an individual needing a warm blanket: homeless person, elderly person, or someone needing comfort. If appropriate, children might accompany the teacher to deliver the blanket. A photo of the person receiving the blanket would be an added encouragement and inspiration for the children.

**Options:** Older children may use a large, plastic threading needle to sew buttons or similar decorations to the blanket. Decorate t-shirts to give away instead of a blanket.

**By doing good and helping the poor, Tabitha's kindness pointed people to Jesus. Tabitha made clothing. Let's make a blanket for someone who needs one. We will pray that God will use this gift to help the person grow closer to Jesus.**

### **Directions:**

1. Spread the blanket on the floor. Divide the children into three groups:

**Artists:** Use paint, markers, or glitter glue to decorate one side of the blanket. Decide if you want them to draw a picture or write and decorate a message. You may wish to outline a picture or message for them to color and decorate.

**Tailors:** Children each pick one of the following tasks.

- Cut a fringe on all edges of the blanket. Make cuts 1-inch apart and 4 to 5-inches deep.
- Thread one pony bead onto each fringe stand.
- Tie a knot on each fringe stand over the bead to secure it in place.

**Writers:** Write the following note on a large piece of sturdy paper and decorate it:

**Dear Friend,**

**We made this blanket especially for you so we could wrap you in the love of Jesus!**

**Love, children sign their first names.**

2. After the blanket is finished, gather around it and pray for the person receiving it. Let the children take turns praying their own prayers or pray the following prayer for the class: **"Dear God, we pray You will use this blanket to help the person receiving it know You love them. Help them grow closer to You. Amen."**

# GOT TIME? *continued...*

## **DISCUSSION: P.A.L. BRAINSTORM**

**Purpose:** To brainstorm ways to show kindness that will point others to God.

**Supplies:** Chalk and chalkboard or dry erase board and marker

Peter prayed, asked Tabitha to get up, and lent her a hand. When Peter did those three things, he was trusting God to do a miracle and bring her back to life. Who gave Peter such bold faith to ask God for miracles? (God.) This miracle pointed many people to Jesus. It's easy to remember the three things Peter did when he was with Tabitha. Pray, Ask, and Lend a hand spells "P.A.L." You can be a pal, a true friend. Each letter stands for a way we can point others to Jesus.

**"P"** stands for PRAY. Peter prayed before he took any other action. We can pray.

**"A"** stands for ASK. Peter asked Tabitha to get up because he trusted God to answer his prayer. We can trust God and ask others to make a choice to trust God and take action.

**"L"** is for LEND A HAND. Peter lent a hand to Tabitha to help her stand up. We can help others take action or make choices that are right in God's eyes.

### **Directions:**

1. **Let's brainstorm ways we can be a P.A.L. in different situations.**
2. At the top of the board, write the letter "P." Write "A" in the middle and "L" at the bottom.
3. One at a time, introduce the following scenarios (or make up your own):
  - A new student has no friends.
  - A family member is sick.
  - A friend is gossiping.
  - A friend wants to know more about God.
4. For each scenario, ask the following questions and write the children's answers next to the corresponding letter on the board:
  - **P. How would you PRAY for them?**
  - **A. What good choice would you ASK them to make?**
  - **L. How would you LEND a hand to help them to do it?**

# GOT TIME? *continued...*



## BIBLE MEMORY VERSE ACTIVITIES

"Where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord's glory, are being transformed into His likeness with ever-increasing glory, which comes from the Lord." 2 Corinthians 3:17b-18

**Teacher Tip:** During both activities, review the meaning of each phrase in the Bible Memory Verse.

**Where the Spirit of the Lord is, there is freedom.** (The Holy Spirit frees us to follow Jesus.)

**And we, who with unveiled faces** (As believers, we can see Jesus is the Lord.)

**all reflect the Lord's glory,** (Our lives show others His greatness.)

**are being transformed into His likeness** (We are being changed to be even more like Jesus.)

**with ever-increasing glory, which comes from the Lord.** (We will keep showing more and more of His greatness because His Spirit is in us.)

## GAME: ERASE IT, THEN SAY IT

**Purpose:** Children learn the Unit 2 Bible Memory Verse.

**Supplies:** Chalkboard and chalk or dry erase board and marker

### **Directions:**

1. Write the words of 2 Corinthians 3:17b-18 on the board. As you write each word, lead the children in saying it with you.
2. Say the whole verse together.
3. Review the meaning of the Bible Memory Verse as explained in the Teacher Tip above.
4. Choose a volunteer to erase one word. Children say the verse again, filling in the erased word.
5. Continue having children erase words and recite the verse until all the words are erased.
6. Choose a few volunteers to say the verse from memory by themselves or as a small group.
7. Say the whole verse together, one more time.

## GAME: BALLOON TOSS

**Purpose:** Children learn the Unit 2 Bible Memory Verse.

**Supplies:** Inflated non-helium balloon, Bible Memory Verse poster

### **Directions:**

1. Review the meaning of the Bible Memory Verse as explained in the Teacher Tip above.
2. Divide children into five teams.
3. Assign each team one of the following five phrases: **Where the Spirit of the Lord is,/ there is freedom. And we, who/ with unveiled faces all reflect the Lord's glory/ are being transformed into His likeness with/ ever-increasing glory which comes from the Lord.**
4. Give the teams time to memorize their phrase.
5. Children stand in a circle. Teams should be spread out within the circle.
6. The team with the first phrase tosses a balloon high into the air. They must recite their phrase before the balloon touches the floor.
7. As soon as the team completes its phrase, a member of the next team taps the balloon as high as possible. That team recites their phrase before the balloon touches the floor.
8. Continue until all five phrases have been recited.
9. Play again, as time allows.

# GOT TIME? *continued...*



## BIBLE TIMELINE REVIEW

Prophets & Promises Part One studies the miracles and stories of the Bible from Acts through Revelation. Specific dates and a confirmed chronological order of all events covered in Lessons 1-21 are not available. Events will be ordered as they appear in the Bible. Review recent Bible stories to see the continuing story of who God is and what He has done.

**God Changes Saul's Heart (Circa 33-34 A.D.)** What happened to Saul on the road to Damascus? (A bright light blinded him and Jesus spoke to him.) **That day, Saul realized that Jesus was the Lord. What happened to Saul when he met with Ananias?** (He was filled with the Holy Spirit. Scales fell from his eyes and he could see again.) **What was the first thing Saul did once he could see?** (He was baptized.) **God changed Saul from a man who hurt believers into a man who helped others believe in Jesus.**

**Saul Escapes from Damascus (Circa 33-34 A.D.)** In Damascus, Saul preached boldly that Jesus was the Son of God. The Jews there were surprised Saul had changed his mind about Jesus. They made an evil plan to stop him from telling others about Jesus. How did his followers help Saul escape from Damascus? (They lowered him in a basket through an opening in the city wall.)

**Peter and Tabitha (Circa 34-37 A.D.)** In Joppa, there was a woman named Tabitha. How did her life of doing good and helping the poor point the people of Joppa to Jesus? (Tabitha's kindness showed them the kindness of Jesus.) **What did Peter say and do at her bedside after she died?** (He prayed, asked Tabitha to get up, and lent her his hand to help her get up.)

How to create a Bible Timeline from Acts through Revelation:

1. Download and print the Bible Timeline for Prophets & Promises (available at [www.resourcewell.org](http://www.resourcewell.org)).
2. Print each scroll on sturdy paper.
3. Choose a wall or other visible location to display the timeline.
4. Before each lesson, add the scroll for that lesson to the Bible Timeline using the list below.
5. To review, ask the corresponding questions as you point to the associated scroll.

**Acts – Revelation:** Jesus on Earth (Circa 2 B.C.-33 A.D.) > Jesus Ascends (Circa 33 A.D.) > The Holy Spirit Comes (Circa 33 A.D.) > Peter and the Lame Man (Circa 33 A.D.) > The Stoning of Stephen (Circa 33 A.D.) > Philip and the Ethiopian (Circa 33 A.D.) > God Changes Saul's Heart (Circa 33-34 A.D.) > Saul Escapes from Damascus (Circa 33-34 A.D.) > Peter and Tabitha (Circa 34-37 A.D.) > Peter Visits Cornelius (Circa 38 A.D.) > Peter Escapes from Prison (Circa 41-44 A.D.) > Barnabas and Paul (Circa 46-47 A.D.) > Paul Visits Macedonia (Circa 48-49 A.D.) > Paul and Lydia (Circa 48-49 A.D.) > Paul and Silas in Prison (Circa 48-49 A.D.) > Priscilla and Aquila (Circa 49-54 A.D.) > Paul's Third Journey (Circa 52-57 A.D.) > Paul's Arrest in Jerusalem (Circa 57-59 A.D.) > Paul and King Agrippa (Circa 57-59 A.D.) > Paul and the Shipwreck (Circa 60 A.D.) > Paul Imprisoned in Rome (Circa 62 A.D.)