



A Letter About Keeping Our Eyes on Jesus

Lesson Aim: To think of Jesus in all we say and do.

THE WORSHIP

Who God Is: The Spirit Who Guides Us

THE WORD

New Testament Letters: Hebrews 12:1-3

What He Has Done: God led the writer of Hebrews to write about focusing on Jesus.

BIBLE MEMORY VERSE

"With God all things are possible." Matthew 19:26b

Unit 5: The Promise of Guidance			
	Bible Story	What He Has Done	Lesson Aim
22	A Letter About Love, 1 John 4:7a, 12	God led John to write about love.	To learn to love one another.
23	A Letter About Helping Others, Galatians 6:10	God led Paul to write about helping others.	To love all people by doing good deeds.
24	A Letter About Forgiveness of Sins, 1 John 1:8-9	God led John to write about the forgiveness of sins.	To know we all have done wrong and if we admit our wrongdoing to Jesus, He always forgives us.
25	A Letter About Forgiving Others, Ephesians 4:32	God led Paul to write about forgiving others.	To know we are to forgive others.
26	A Letter About Prayer, Philippians 4:4-6	God led Paul to write about having peace of mind.	To know we can pray to God when we are worried.
27	A Letter About Keeping Our Eyes on Jesus, Hebrews 12:1-3	God led the writer of Hebrews to write about focusing on Jesus.	To think of Jesus in all we say and do.

TEACHER'S ENCOURAGEMENT

This week, read 2 Timothy 4:7-8. Please join us in praying, "Thank You, Lord, for being the author and perfecter of our faith. Strengthen the children to run the race You have set before them. Amen."

TEACHER'S TIP

To **keep your eyes on Jesus** means to think about Him in all we say and do. During class, point out when the children are keeping their eyes on Jesus, such as when they are praying, singing, talking about God and His Word, or saying and doing things that are good in God's eyes.

Prophets & Promises Lessons 22-31 (Units 5-6) feature various letters of the New Testament. Replace the Treasure Chest with a mailbox to hold THE WELCOME stamp or sticker. In THE WORD, since the letters are not Bible stories, create interest and encourage involvement by placing the letter in a mailbox known as the "Special Delivery Mailbox." See THE WORD for more details.



THE WORSHIP THE WORD & THE WAY

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Welcome	Mailbox, stamp or sticker of a pair of eyes
		Coloring Center: Seeing Jesus	Coloring pages of children with Jesus, crayons
		Play-Dough Center: I Spy	Play-dough, cookie cutters, play-dough tools
		Activity Center: My Eyes Can See	Mr. Potato Head toys (If not available, any dolls, people or animal toys, or puppets can be used.)
		Letter Games	See GOT TIME?
	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. Additional Song Suggestions: "How Great Is Our God" "Jesus Loves Me"	Praise music, optional: musical instruments Unit 5 Bible Memory Verse Song: "With God All Things Are Possible" Other Bible Memory Verse Song Suggestions: "Be Still and Know" "Do Not Let Your Hearts Be Troubled" "Guide Me" "I Will Listen" "Love One Another" "Praise Time: Love the Lord Your God" "The Lord Is Faithful" "We Love"
		Offering	Baskets
		Worship Illustration	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Prophets & Promises Unit 5, Lesson 27
THE WORD	Up to 10	Watch the Word: Hebrews 12:1-3	Visuals: Today's New Testament letter (available at ResourceWell.org), envelope, teacher's Bible, mailbox, binoculars (real or toy)
THE WAY	Up to 25	Craft: Jesus Glasses	Sturdy white paper, craft stick, glue or tape, assorted craft decorations, crayons or markers, optional: eye glasses template (available at ResourceWell.org)
		Game: Race to Jesus	Picture of Jesus or a cross, "Jesus Glasses" crafts, floor tape or chalk
		Game: Eyes on Jesus	"Jesus Glasses" crafts, Bible
		Snack: Focus Food	Donuts or any snack with a hole, picture of Jesus
	Final 5	Final Five	Ponder, Pray & Play: Unit 5, Lesson 27
GOT TIME?	Up to 10	Games: Letter Games	Today's New Testament letter in an envelope, Bible, mailbox
	Up to 10	Game: Circle Verse	None
	Up to 10	Game: Bible Memory Verse Hop	Bible
	Up to 10	Story Time	Any story about focusing on Jesus

RESOURCES: Supplemental materials are available at ResourceWell.org.



The Spirit who guides us

THE WELCOME

WELCOME

Welcome each child as they arrive. **Hello _____. I'm glad you are here! Come open the mailbox to find today's special delivery.** Child opens the mailbox to receive a stamp or sticker of a pair of eyes. **Let this stamp (or sticker) of a pair of eyes help you remember to keep your eyes on Jesus by thinking of Him in all you say and do.**

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: SEEING JESUS

SUPPLIES

Coloring pages of children with Jesus, crayons

DO

Children color as they talk about seeing Jesus.

TALK ABOUT

Who are the children looking at? (Jesus.) **What do you think Jesus is telling them?** (Children respond.) **Jesus may be telling them how much He loves them or maybe He is teaching them a favorite Bible story. Can we see and listen to Jesus like the children in this picture?** (No. We will not be able to see Jesus with our eyes until the day we see Him in heaven.)

How do we know Jesus loves us? (The Bible, people who tell us about Jesus' love.) **How do we learn Bible stories?** (The Bible, people who read us the stories.) **When we read the Bible and listen to people who love Jesus, we learn about Him and what He wants us to say and do.**

PLAY-DOUGH CENTER: I SPY

SUPPLIES

Play-dough, cookie cutters, play-dough tools

DO

Children play with the play-dough while discussing today's lesson aim. Play "I Spy" with the cookie cutters.

TALK ABOUT

Lay the cookie cutters on the table so the children can see them. Play "I Spy." Without revealing which cookie cutter you have chosen, say, **"I spy with my little eye, something that is name the color of the cookie cutter."** Have children take turns guessing which cookie cutter you chose. Play as many times as you like.

In our game, you kept your eyes on the cookie cutters to try to guess which one I had chosen. In our lesson today, we will learn God wants us to keep our eyes on Jesus. That means to do and say things that are pleasing to Him.

THE WELCOME *continued...*

ACTIVITY CENTER: MY EYES CAN SEE

SUPPLIES

Mr. Potato Head toys (If these toys are not available, any dolls, people or animal toys, or puppets can be used.)

DO

Children play with Mr. Potato Head while talking about today's lesson aim.

TALK ABOUT

Where are Mr. Potato Head's eyes? (Children respond.) **Where do they go?** (Children respond.) **Where are your eyes?** (Children respond.) **What do we use our eyes for?** (Children respond.) **What do you like to look at with your eyes?** (Children respond.) **In our lesson today, we will learn to keep our eyes on Jesus. Can we see Jesus?** (No.) **We will not be able to see Jesus with our eyes until the day we see Him in heaven. When we keep our eyes on Jesus, we think of Him in all we do and say.**

LETTER GAMES

SUPPLIES

Today's New Testament letter in an envelope, Bible, mailbox

DO

Play one of the Letter Games listed in GOT TIME?

TALK ABOUT

Use the letter games to help children understand the letters we are learning are found in the Bible and are God's letters to us.

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)

"With God	(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.
all things	(all) Hold one hand, palm open, facing chest. The other hand circles around the first hand, coming back to touch the palm.
are possible."	(possible) Both fists move down in a repeated motion.
Matthew 19:26b	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 guides 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.



In Bible Time today, we will learn Jesus wants us to keep our eyes on Him. Keeping our eyes on Jesus means to think about Him in all we say and do. Do you think He wants us to pray to Him? (Yes.) Then, let's pray right now! Have the children bow their heads and close their eyes. **Dear Jesus, thank You for teaching us how to keep our eyes on You. Help us to think about You in all we do and say. Amen.**



We can keep our eyes on Jesus as we sing songs about Him. Let's sing a song now. Sing: "I Will Listen."

We can also keep our eyes on Jesus by remembering and doing what He has taught us. As we give our offering today, let's ask God to guide us. Sing: "Guide Me" while collecting the offering.



I think I saw Lello searching for something. Let's see whether she has found it.

Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 5, Lesson 27.



It's not easy to always say or do the right things. Our Bible verse tells us who can help us. Can we say it together? Practice several times.

"With God

(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.

all things

(all) Hold one hand, palm open, facing chest. The other hand circles around the first hand, coming back to touch the palm.

are possible."

(possible) Both fists move down in a repeated motion.

Matthew 19:26b

Hold hands open, as if holding a Bible.



Sing: Unit 5 Bible Memory Verse Song, 'With God All Things Are Possible.'



Keeping your eyes on Jesus

THE WORD

Supplies: Today's New Testament letter (available at ResourceWell.org), envelope, teacher's Bible, mailbox, binoculars (real or toy)

Prepare: Today's New Testament letter is available at ResourceWell.org or you can create your own by writing the words in the box below on a piece of paper. Enclose the letter in an envelope and place it inside the teacher's Bible. Place the Bible in the mailbox used for THE WELCOME.

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.

Look through the binoculars at the children. **I see** child's name, **and** another child's name. Name several or all the children. **When I look at you through the binoculars, I am keeping my eyes on you.**

Let's play a game. This time, I want you to keep your eyes on me and do everything I do. Lead the children through several motions such as clapping, tapping your head, touching your nose, wiggling your fingers, or raising a hand in the air. **That was an easy game, wasn't it? As long as you kept your eyes on me, you knew exactly what I wanted you to do.**

In the Bible, there are special letters written by believers to people like you and me. In today's letter, we will learn to keep our eyes on Jesus. Can we see Jesus? (No.) Someday we will see Him in heaven, but until then we have the Bible to tell us what Jesus wants us to say and do. Who would like to open the Special Delivery Mailbox for this week's letter? Choose a child to open the mailbox, remove the Bible, and hand it to you. **We can find it in Hebrews 12:1-3.** Read the letter.



Dear brothers and sisters in the family of God,

All around us are people who love Jesus. Keep your eyes on Him. Jesus is the champion. Think of all He has done for you, then you won't ever get tired and give up.

**Love,
A friend who believes**

Who should you keep your eyes on? (Jesus.)



Always think about Jesus

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: JESUS GLASSES

Purpose: To remind the children they should focus on Jesus as instructed in the letter to the Hebrews.

Supplies: Sturdy white paper, craft stick, glue or tape, assorted craft decorations (sequins, craft jewels, ribbon, foam shapes, stickers, eyes, etc.), crayons or markers, optional: eye glasses template (available at ResourceWell.org)

Prepare: On sturdy paper, print or draw a picture of Jesus. Cut out the picture. On sturdy paper, print and cut out the eye glasses template or cut sturdy paper into the shape of eye glasses. On the eye glasses, print:

Keep your eyes on Jesus.

Hebrews 12:1-3

Directions:

1. Color the picture of Jesus.
2. Use crayons or markers and assorted craft decorations to decorate the glasses.
3. Tape or glue the picture of Jesus to a craft stick.
4. Hold the picture of Jesus in front of you. Look through the glasses to focus on Jesus.

Craft Discussion:

- **Who should you keep your eyes on? (Jesus.)**
- **Put on your glasses. Look at the picture of Jesus.**
- **When we say we are “keeping our eyes on Jesus,” do we mean we will never stop looking at this picture of Jesus? (No.) Do we mean the eyes on our faces can see Jesus right now? (No.) Do we mean we are thinking of Jesus in all we say and do? (Yes.)**
- **Don’t put your “Jesus Glasses” away. We are going to use them in our games today.**

THE WAY *continued...*

GAME: RACE TO JESUS

Purpose: Children will learn to focus on Jesus instead of being distracted by what is around them.

Supplies: Picture of Jesus or a cross, "Jesus Glasses" crafts, floor tape or chalk

Prepare: Display the picture of Jesus at one end of the play area. Place floor tape or use chalk to mark a straight path from the picture of Jesus to the opposite end of the play area.

Thinking of Jesus in all you say and do is like running a race. Imagine there is a crowd of people who love Jesus cheering for you each day as you keep your eyes on Him. In this game, we will run a race as we keep our real eyes on a picture of Jesus.

Directions:

1. Choose two children to be the first "runners" and stand at the opposite end of the play area from the picture of Jesus.
2. As the "witnesses," the remaining children stand on either side of the line to cheer.
3. The two runners put on their "Jesus Glasses."
4. To the runners: **Run through the crowd of witnesses. As you run, keep your eyes looking at the picture of Jesus.**
5. The runners run through the witnesses to the picture of Jesus. Encourage the other children to clap and cheer.
6. Repeat until each child has a turn as a runner.

GAME: EYES ON JESUS

Purpose: Children will realize they can keep their eyes on Jesus by listening to and obeying His Word.

Supplies: "Jesus Glasses" crafts, Bible

Who knows what we mean when we say, "keep your eyes on Jesus"? (Children respond.) To keep your eyes on Jesus means to think of Jesus in all you say and do. When you think of Jesus, ask yourself, "What would Jesus want me to do?" In this game, we will put on our "Jesus Glasses" when we hear something Jesus WOULD want us to do and we will take them off when we hear something Jesus WOULD NOT want us to do.

Directions:

1. Stand or sit where the children can see you. Hold the Bible open in front of you.
2. Read this statement: **"Love God with all your heart."**
 - a. If the children think Jesus would want them to do it, they put on their Jesus Glasses.
 - b. If the children think Jesus would not want them to do it, they take off their Jesus Glasses.
3. Repeat step 2 with each of the statements below.
 - **"Don't give others a turn on the swing."** (Take Jesus Glasses off.)
 - **"Read your Bible."** (Put "Jesus Glasses" on.)
 - **"Break a friend's favorite toy because you are angry."** (Take Jesus Glasses off.)
 - **"Help a neighbor sweep her sidewalk."** (Put Jesus Glasses on.)
 - **"Don't share your crayons with others."** (Take Jesus Glasses off.)
 - **"Help people who are in need."** (Put Jesus Glasses on.)
4. If you have additional time, have the children take turns coming up with their own statements.

THE WAY *continued...*

SNACK: FOCUS FOOD

Purpose: Children will realize they can focus on Jesus to know how to live every day.

Snack Suggestion: Donuts or any snack with a hole, picture of Jesus

Serve the snacks and drinks. Hold up the picture of Jesus where children can see it. **Look through the hole in your snack. Whose picture do you see?** (Jesus.)

Directions:

1. **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.**
2. Pray. Lead discussion below while children enjoy their snack.
 - **What does it mean to keep your eyes on Jesus?** (To think of Jesus in all you say and do.)
 - **We can think about Jesus no matter what we are doing. Let's see how many places and situations we can name where we can think about Him.** Children list daily activities and conversations such as playing with friends, working at school, talking to a sibling, etc.
 - **Can you think of Jesus in all you do?** (Yes!)



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.

"With God	(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.
all things	(all) Hold one hand, palm open, facing chest. The other hand circles around the first hand, coming back to touch the palm.
are possible."	(possible) Both fists move down in a repeated motion.
Matthew 19:26b	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?

GAME: LETTER GAME #1

Purpose: Children play a hiding game using today's New Testament letter.

Supplies: Today's New Testament letter in an envelope, Bible, mailbox

Remove the Bible with today's New Testament letter from the mailbox used in THE WORD. Open the Bible in your lap with the New Testament letter laying on top. **God helped a man named John write a letter about love. We find it in the Bible. The letter guides us in how to love one another. Let's play a game of hiding the letter. When we find it, we will read the letter together.**

Directions:

1. Choose a child to hide the letter in the envelope.
2. While the other children close their eyes, assist that child in hiding the letter.
3. On your signal, the other children open their eyes and search for the letter.
4. The child who finds the letter opens the envelope and hands the letter to you.
5. Read today's letter to the children and put it back in the envelope.
6. Choose a different child to hide the letter and play again.

GAME: LETTER GAME #2

Purpose: Children play a variation of Duck, Duck, Goose using today's New Testament letter.

Supplies: Today's New Testament letter in an envelope, Bible, mailbox

Remove the Bible with today's New Testament letter from the mailbox used in THE WORD. Open the Bible in your lap with the New Testament letter lying on top. **God led John to write a letter to people about love. That special letter was delivered to us through the Bible. Let's practice delivering special letters by playing, "No Mail, No Mail, Mail!"**

Directions:

1. Children stand in a circle.
2. Pick a child to be the Mail Deliverer.
3. The Mail Deliverer walks around the outside of the circle, gently tapping each child once on the shoulder with the letter while repeating **"No Mail"** with each tap.
4. When the Mail Deliverer says **"Mail!"** and drops the letter in a child's lap, that child grabs the letter, jumps up, and runs around the circle chasing the Mail Deliverer.
 - If the Mail Deliverer runs all the way around the circle and sits in the spot where the child with the letter was sitting, then the child with the letter takes a turn as the Mail Deliverer.
 - If the child with the letter tags the Mail Deliverer, then that child returns to his or her place in the circle and the Mail Deliverer tries again to deliver the letter without being tagged.
5. Play until each child has a turn as the Mail Deliverer.

GOT TIME? *continued...*



BIBLE MEMORY VERSE ACTIVITIES

"With God all things are possible." Matthew 19:26b

GAME: CIRCLE VERSE

Purpose: To help children learn the meaning of the Unit 5 Bible Memory Verse.

Supplies: None

"With God all things are possible." That's our Bible Memory Verse. Let's add the sign language and pass the good news around the circle.

Directions:

1. Children stand in a circle.
2. Teach the hand motions as you say the verse:

"With God	(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.
all things	(all) Hold one hand, palm open, facing chest. The other hand circles around it comes back to touch the palm of the hand.
are possible."	(possible) Both fists move down in a repeated motion.
3. Turn to the child on your left and say the Bible Memory Verse with the sign language.
4. That child turns to the child on his or her left and says the Bible Memory Verse with the sign language.
5. When the message has made its way around the whole circle, lead the children in saying the Bible Memory Verse together with the motions and cheer.

GAME: BIBLE MEMORY VERSE HOP

Purpose: To help children memorize and review the Unit 5 Bible Memory Verse.

Supplies: Bible

Let's review our Bible Memory Verse. After I say each word, repeat it and take one hop toward me. When you get close enough to touch the Bible I'm holding, you may sit.

Directions:

1. Children stand shoulder to shoulder at one end of the room. If you have a large class, divide them into groups, and have the groups take turns playing.
2. Stand at the opposite end of the room, holding an open Bible.
3. Say each word of the Bible Memory Verse, one at a time. As the children repeat each word, they take one hop toward you.
4. When each child is close enough, he or she touches the Bible and sits down.
5. Continue until each child has touched the Bible, repeating the Bible Memory Verse from the beginning as needed.

GOT TIME? *continued...*



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 focusing on Jesus.

PONDER, PRAY & PLAY

Unit 5, Lesson 27: A Letter About Keeping Our Eyes on Jesus

PONDER! Jesus wants us to keep our eyes on Him. That means to think of Jesus in all we say and do (Hebrews 12:1-3). What are some things you like to remember about Jesus?

PRAY! Pray this prayer each day this week: "Lord Jesus, thank You for this letter that reminds us to keep our eyes on You. Help us to do that by thinking of You in all we say and do. Amen."

PLAY! Have someone in your family draw a picture of Jesus or a cross. Color the picture and put it in a special place where you will see it each day. Let it remind you to think of Jesus in all you say and do.

BIBLE MEMORY VERSE

"With God

(God) The open right hand, fingers together and palm facing left, moves upward and then down the center of the face with fingers facing up.

all things

(all) Hold one hand, palm open, facing chest. The other hand circles around the first hand, coming back to touch the palm.

are possible."

(possible) Both fists move down in a repeated motion.

Matthew 19:26b

Hold hands open, as if holding a Bible.