



# 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.

## THE WAY

**Whisper Verse:** "Keep your eyes 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 Tips:** Prophets & Promises Lessons 22-31 (Units 5-6) feature 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 symbol and the envelope with the printed letter in a mailbag or tote bag known as the "Special Delivery Mailbag."



Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Mailbox</b>	Treasure chest, stamp or sticker of a pair of eyes
		<b>Whisper Verse</b>	Sign language for "Keep your eyes on Jesus."
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	<b>Unit 5 Bible Memory Verse Song:</b> "With God All Things Are Possible" <b>Other Bible Memory Verse Song Suggestions:</b> "Do Not Let Your Hearts Be Troubled" "Everyone Who Calls" "Guide Me" "He Is Mighty to Save" "Love One Another" "Praise Time: Love the Lord Your God" "Sing Praises" "The New Testament Overture" (Ages 6-12 BMVS) "We Love" <b>Additional Hymn Suggestions:</b> "How Great Is Our God" "Jesus Loves Me"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Prophets & Promises Unit 5, Lesson 27
THE WORD	Up to 10	<b>Special Delivery:</b> Hebrews 12:1-3	Visuals: New Testament letter (available at ResourceWell.org), Bible, mailbag or tote bag, "Jesus Glasses" craft sample
THE WAY	Up to 25	<b>Craft:</b> Jesus Glasses	Sturdy white paper, craft stick, glue or tape, assorted craft decorations, crayons or markers, optional: eye glasses template (available at ResourceWell.org)
		<b>Game:</b> Race to Jesus	Picture of Jesus or a cross, "Jesus Glasses" crafts, floor tape or chalk
		<b>Game:</b> Eyes on Jesus	"Jesus Glasses" crafts, Bible
		<b>Snack:</b> Focus Food	Donuts or any snack with a hole, picture of Jesus
		<b>Circle of Prayer</b>	None
	Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 5, Lesson 27 Color This Story: "A Letter About Keeping Our Eyes on Jesus." (Picture of Jesus)
GOT TIME?	Up to 10	<b>Game:</b> Letter Games	Today's New Testament letter in an envelope
	Up to 10	<b>Game:</b> Collect the Letters	"The New Testament Overture" Song, 27 sheets of paper or sealed envelopes, Bible
	Up to 10	<b>Game:</b> Circle Verse	None
	Up to 10	<b>Game:</b> Bible Memory Verse Hop	Bible
	Up to 10	<b>Story Time</b>	Any story about focusing on Jesus

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



Keep your eyes on Jesus

## THE 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 unlocks 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 think of Jesus in all you say and do. Today's Whisper Verse is "Keep your eyes on Jesus."** 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: "Keep your eyes on Jesus."**

(For visual demonstrations, see [www.signingsavvy.com](http://www.signingsavvy.com).)

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

- "Keep your eyes on"** The hands come together to show that the attention of someone is focused on something. This is the sign language for "focus on."
- "Jesus."** The middle finger of one hand touches the middle of the palm of the other hand. Repeat with the middle finger of the other hand. This action indicates the wounds in Jesus' hands after he was nailed to the cross.

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:** "Keep your eyes on Jesus," Hebrews 12:2 (NLT). 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 guides 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 guides us. The Holy Spirit guides us to keep our eyes on Jesus. That is our Whisper Verse today. Let's try it together.** Review Whisper Verse together: “Keep your eyes on Jesus.” Include sign language.



To “keep your eyes on Jesus” means to think of Him in all you say and do. We will not be able to see Jesus with the eyes on our faces until we get to heaven. Until then, we can keep our eyes on Jesus by always remembering and doing what He has taught us. As we give our offering today, let's keep our eyes on Jesus by singing this song to Him. Sing: “Guide Me” while collecting the offering.

**When we keep our eyes on Jesus, we can remember He taught us to love one another.** Sing: “Love One Another.”

**When we keep our eyes on Jesus, we can remember how much He loves us.** Sing: “Jesus Loves Me.”



**I think I saw Lello searching for something. Let's see what she is looking for.** Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Prophets & Promises Unit 5, Lesson 27.



**Jesus loves when we keep our eyes on Him. That means He loves when we think of Him in all we say and do. It can be difficult to always be thinking of Jesus. God can help us do that because nothing is impossible with God.** Sing: Unit 5 Bible Memory Verse Song, ‘With God All Things Are Possible.’



Keeping your eyes on Jesus

## THE WORD

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

With my eyes on my teacher;  
My mouth quiet as can be,  
I will listen to hear,  
How God loves you and me.

Point to eyes.  
Place index finger over mouth as quiet sign.  
Cup hand around ear.  
Hug self, point to others, and then self.

In the Bible, there are special letters which were written by believers to people like you and me. Last time, we learned to pray to God when we are worried. In today's letter, we will learn to keep our eyes on Jesus. That means to think of Jesus in all we say and do.

### **SPECIAL DELIVERY: HEBREWS 12:1-3**

**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 and a "Jesus Glasses" craft sample in a mailbag or tote bag (Special Delivery Mailbag).

Let's open the Special Delivery Mailbag to read this week's letter from the Bible. Choose a child to open the mailbag, remove the Bible, and hand it to the leader or teacher. Read the letter.



Dear brothers and sisters in the family of God,

Since we are surrounded by such a huge crowd of witnesses to the life of faith, let us run the race God has set before us. We do this by keeping our eyes on Jesus, the champion. Think of all He has done for us; then you won't become weary and give up.

Love,  
A friend who believes

Keeping your eyes on Jesus means to think of Jesus in all you say and do. Paul says it is like running in a race. Imagine the crowd who loves Jesus is cheering for you each day as you keep your eyes on Him. Will we become tired and give up? (No.) Let's find our answer in today's letter from the Bible. Read the answer from today's New Testament Letter.

Who should you keep your eyes on? (Jesus.) Our Whisper Verse tells us the answer. Let's say it together: "Keep your eyes on Jesus." Include sign language or hand motions.

**PASS THE GLASSES:** Our symbol for today's letter about keeping our eyes on Jesus is a pair of eyeglasses. Invite a child to reach into the mailbag to find today's symbol ("Jesus Glasses" craft sample). If you know the answer to the question I ask, raise your hand. When someone passes you the "Jesus Glasses," put them on and tell us your answer. Ask the question below and give the glasses to a child whose hand is raised. The child puts on the glasses, gives his or her answer, and then gives the glasses to another child whose hand is raised.

- How can you keep your eyes on Jesus?



Always thinking 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 and bend sturdy paper into the shape of glasses. On the side of the glasses, print: **Keep your eyes on Jesus. Hebrews 12:1-3**

#### **Directions:**

1. Color the picture of Jesus.
2. Tape or glue the picture of Jesus to a craft stick.
3. Use assorted craft decorations to decorate the glasses.
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.) That's like our Whisper Verse! Let's say it with our motions right now!** Say Whisper Verse together with hand motions.
- **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 that the eyes on our faces can see Jesus right now in heaven? (No.)**
- **Does it mean that 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."**
  - If the children think Jesus would want them to do it, they put on their "Jesus Glasses" and say the Whisper Verse with the motions.
  - 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.
  - **"Love yourself with all your heart."** (Take "Jesus Glasses" off.)
  - **"Love God with all your soul."** (Put "Jesus Glasses" on. Say the Whisper Verse.)
  - **"Love your toys more than God."** (Take "Jesus Glasses" off.)
  - **"Love your neighbor."** (Put "Jesus Glasses" on. Say the Whisper Verse.)
  - **"Don't share your favorite things with others."** (Take Jesus Glasses off.)
  - **"Help people who are in need."** (Put "Jesus Glasses" on. Say the Whisper Verse.)
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

### **Directions:**

1. Serve the snacks and drinks.
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.
  - **Who remembers our Whisper Verse?** Choose a child to demonstrate motions to the Whisper Verse: "Keep your eyes on Jesus."
  - **What does it mean to keep your eyes on Jesus?** (To think of Jesus in all you say and do.)
  - Hold up the picture of Jesus. **Look through the hole in your snack. Whose picture do you see?** (Jesus.)
  - **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!)



## **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 "Jesus Glasses" craft. Tell someone what it means to "Keep your eyes on Jesus."

**PONDER, PRAY & PLAY:** Distribute Ponder, Pray & Play cards, if available. **Show this card to your family.** Talk about how you can keep your eyes on Jesus by thinking of Him in all you say and do.

**COLOR THIS STORY:** "A Letter About Keeping Our Eyes on Jesus." For today's Color This Story, use a picture of Jesus. Discuss the Bible story and play the Unit 5 Bible Memory Verse Song, "With God All Things Are Possible," as the children color.





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

**Directions:**

1. Choose a child to hide the letter.
2. While the other children close their eyes, assist that child in hiding today's New Testament letter in the play area.
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

**Imagine how excited the people were to get a letter from one of Jesus' friends. Isn't it wonderful to know that same letter was delivered to us through the Bible?** (Children respond.)  
**To practice delivering special letters, let's play "No Mail, No Mail, Mail!"**

**Directions:**

1. Children sit 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...*

## **GAME: COLLECT THE LETTERS**

**Purpose:** To familiarize children with the concept that the New Testament contains stories about Jesus and many letters from those who believe in Him.

**Supplies:** "The New Testament Overture" song, 27 sheets of paper or sealed envelopes, Bible

**Prep Steps:** Fold each sheet of paper in half to look like a letter. Scatter the letters (or envelopes) around the play area.

**Optional:** Write the name of one of the New Testament books of the Bible on each of the sheets of paper or envelopes.

Hold up the Bible. **God gave us the Bible. The first part of the Bible is filled with true stories about God and His people. The second part of the Bible is filled with true stories about Jesus and letters from some of His followers. Let's see if we can pick up all the Bible letters before the music stops!**

### **Directions:**

1. Place the Bible on a table or chair in the center of the play area.
2. Play "The New Testament Overture."
3. Children collect the letters as fast as they can and stack them on top of the Bible.
4. After the letters are stacked, have the children hold hands and form a circle around the Bible.
5. Skip or move in a circle until the song is done.



## **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 hand motions 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"** (Point to heaven.)  
    **"all things"** (Stretch arms in a wide circle.)  
    **"are possible."** (Thumbs up motion.)
3. Turn to the child on your left and say the Bible Memory Verse with the hand motions.
4. That child turns to the child on his or her left and says the Bible Memory Verse with the hand motions.
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.

# GOT TIME? *continued...*

## **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.



## **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!** Read Hebrews 12:1-3 with your family. This letter was written to the Hebrew people, but the message in the letter is for us, too. "Keep your eyes on Jesus" does not just mean to look at a picture of Jesus. It means to think of Jesus in all you say and do. When we are thinking about Jesus throughout the day, we make choices He would make. Can you do that today?

**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 of a cross. You can color it and put it in a special place you will see each day. Let it remind you to think of Jesus in all you say and do. That's keeping your eyes on Jesus!

### **Unit 5 Bible Memory Verse:**

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