

WEEK 5 - ROCK SOLID - ELEMENTARY

Lesson in a Word: Follow

What Should I See?

God wanted Jonah to go to the city of Nineveh and preach against all the bad things that were happening there. Jonah decided that he didn't want to do that. Instead, he got on a ship to try to escape from God. Then God sent a big wind over the sea. The only way the sailors on the boat could get the storm to stop was to throw Jonah overboard. Then God sent a huge fish to swallow Jonah. He lived inside of this fish for three days and three nights. While he was in the fish, Jonah did a lot of praying and asked God to forgive him. Finally, the fish spit Jonah out onto the shore and Jonah made the choice to obey God and go to Nineveh. (Source: Jonah 1-4)

Memory Verse:

So put out of your life every evil thing and every kind of wrong you do. James 1:21a NCV

What's The Key?

Jonah did not want to obey and follow God. He thought he could push God away. However, we can never get away from God. He sees and knows everything we do. The good news is that He loves us no matter what! However, God may try and get our attention, just like He did with Jonah.

What's That To Me?

God wants us to pull up and draw closer to Him. When we listen and follow what God wants us to do, we get closer to Him.

How Should I Be?

We pull closer to God by going to church regularly, choosing good friends, and praying regularly. Just like a friend, we can tell Him anything. Another great way we can learn how to follow God is by reading the Bible every day.

Practice Point:

I will pull up to God
and I will obey!

Pull Up!

Day 1: Learning To Walk

Read It

Have you ever watched a child who was learning how to walk? It takes them time to learn how to pull up and stand on their feet before they can walk on them! My niece is just beginning to learn how to walk. It is so much fun to watch her crawl, slowly pull herself up to her feet, stand until she is confident enough to let go and take off walking! One time she tried to pull up on a rocking chair. Because the rocker was not stable, she fell backwards! But she did not give up! The next time, she crawled back toward the coffee table and very slowly pulled herself to her feet. The coffee table was stable and did not move. She learned quickly that the key was to find something stable to pull up on!

Say It

So put out of your life every evil thing and every kind of wrong you do. James 1:21a NCV

Ask It

Thank You, Lord for being stable and someone I can always pull up on for help!

Obey It

It is encouraging to know that, in our spiritual walk with Christ, we can always pull up on Him to find stability! Christ never changes and will always be there for us. Even when we try to do things our own way or depend on others who are not stable, Christ will always be there – ready for us to pull up on! When you are tempted to make a bad choice, remember you can depend on Jesus Christ to give you the strength to make the right choice instead!

Pull Up!

Day 2: Growth Spurt

Read It

Beginning in third grade, we used to have physical fitness tests during P.E. classes twice a year. We were tested on how many sit ups, push ups and pull ups we could do in one minute. My first test, I did great at the sit ups and fairly good at the push ups. But I failed the pull up test! I was lucky to be able to complete two pull ups in one minute. Each year after that, I dreaded the physical fitness test because I knew I would struggle with the pull up portion of the test. And sure enough, each year I would fail. But my sixth grade year, I had a huge growing spurt! I grew six inches that year and before I left sixth grade, I finally passed the pull up portion of the physical fitness test! I realized my growth spurt and not giving up had a lot to do with why I was finally able to pass the physical fitness test!

Say It

So put out of your life every evil thing and every kind of wrong you do. James 1:21a NCV

Ask It

Dear God, I may not always pull up to You the way I should, but I am willing to grow and learn how to be better at depending on You. Thank You for being patient with me and for giving me opportunities to learn!

Obey It

Just like I had difficulty doing pull ups for my physical fitness tests, you may find it difficult to pull up to God when you need Him. Don't be discouraged! Allow yourself to grow in the Lord and continue to practice how to pull up better to Him!

Pull Up!

Day 3: Fear Of Heights

Read It

Sometimes people refer to problems as “mountains.” We all have mountains in our lives. Maybe your family’s mountain has to do with an ill parent or grandparent, or maybe it is a mountain of financial difficulties because your mom or dad has lost their job. Or maybe your mountain is that your mom or dad are not getting along well or maybe even divorcing. How do you view these mountains in your life? Do you see them as too big to climb? Do you try to ignore them and pretend they don’t exist? There is no mountain too large for God! Accept the challenge to climb the mountains in your life and allow God to help you! He will be right there with you, waiting for you to reach up. With His strength, you will be able to pull up to Him. He will help you with your fears and the challenge of climbing your mountains! Don’t allow your fears to prevent you from reaching the top and God’s blessings that will be waiting there for you!

Say It

So put out of your life every evil thing and every kind of wrong you do. James 1:21a NCV

Ask It

Jesus, you know the “mountains” in my life right now. Please help me to be courageous and to let go of my fears long enough to pull up to You for the strength I need to make it to the top!

Obey It

What are the “mountains” in your life right now? Write them down on a piece of paper and put it somewhere where you will remember to pray and ask for God’s help each day. Then, watch as He helps you through these mountains in your life!

Pull Up!

Day 4: Amazing Rescue

Read It

I once heard about an 11-year old boy, named Boyd, who rescued a friend from the freezing waters of the Black River in Canada. While riding his bicycle, Boyd had stopped to talk to two friends. One of them ventured onto the river to retrieve a bicycle helmet that the wind had blown onto the frozen surface. As the friend grabbed the helmet, the ice gave way and he fell into the water. The boy held on to the side of the breaking ice as the current forced off his boots and pulled at his legs. Without thinking twice, Boyd jumped off his bike, raced down the embankment and crawled on the uneven thin surface until he reached his friend. Despite the pulling force of the current and the cracking ice, Boyd managed to grab his friend's hand and pull him up to safety.

Say It

So put out of your life every evil thing and every kind of wrong you do. James 1:21a NCV

Ask It

Thank You, God, for always being there for me. Thank You for dying on the cross and forgiving me of my sins. Help me to look for ways to share what You have done for me with others.

Obey It

Boyd was willing to sacrifice his own life to save the life of his friend. Did you know that if you are a Christian, you can also help save the life of one of your friends by helping them pull up to God and away from their sin? Look up John 3:16 and share the verse with a friend who doesn't know Christ. Ask your friend to pray and invite Christ into their life to save them and forgive them of their sins!

Pull Up!

Day 5: Don't Push Away!

Read It

When my son was young he wanted to do everything by himself with no help from mom or dad. When he was first learning to walk, we would take him to the park to practice walking. When he would fall down and we would try to pick him up, he would push us away. He wanted to get up all by himself. My son thought it was fun to run away from us and make us chase him. It became a game, and every time we would catch him he would push us away. One day, when he was running, we noticed a snake just ahead of him. My husband ran after him, but my son thought he was playing. So he ran even faster – right toward the snake! My son had no idea he was headed toward danger. Just as he was about to reach the snake, my husband was able to grab our son and pull him up by his overalls away from the snake. When my son saw the snake, he did not push away, but instead held on tight!

Say It

So put out of your life every evil thing and every kind of wrong you do. James 1:21a NCV

Ask It

Thank You Lord, that even when I want to do things my own way and I often push You away, You never push me away. Instead, You are ready to pull me up and away from things that could harm me.

Obey It

Sometimes it is easier to do things our own way and push God out of the way in the process. Remember to depend on God and to pull up to Him for daily guidance and direction.

TALK TO US! WE WANT TO HEAR FROM YOU!

(We will remove and keep this form. No one will see this except for your Kids Rock teacher. **You must turn this in to receive all points for turning in your packet.** Answers may be as short as one sentence, but please write SOMETHING and be honest! You do not have to have a prayer request, comment, and question. Circle at least one each week though; even if you just circle 'comment' and write, 'I liked Tuesdays activity.' *Parents of preschoolers and kindergarteners:* You can help your child write their answers and / or give us your thoughts.)

Name (First and Last): _____

How has God spoken to you this week?

How have you responded to what He has said?

I HAVE A...
(circle all that apply)

Prayer Request

Comment

Question

Please write your prayer requests, questions and/or comments on the back.

Thanks for coming to Kids Rock this week!
We had a great time. We hope you did too.
We will see you next time!