

Soul Food

Lesson 1

Elementary: Grades 3 – 6
“How’d You Like Them Apples?”

Soul Food Series Verse

Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen, and I will tell you where to get food that is good for the soul!
Isaiah 55:2 NLT

The Point of the Lesson:

Each child will learn that they have choices in life. Some choices are good for them and some choices are not. Through the story of Adam and Eve and their choices, children will understand that just because something is good it doesn’t make it right. They will understand that the more they learn about God and obey Him, making right choices will become easier to see and do.

The Power of God’s Word:

To love God means that we obey His commandments. 1 John 5:3a GWRD

The Prayer of Each Child:

Dear God, I am glad that You have given me the freedom to make my own choices. Please help me to clearly know right from wrong and to choose to do those things that are right. Don’t let the wrong people or habits keep me from obeying You. This week, give me a desire to obey You by reading Your word, listening at church, and listening to my parents and obeying them. Amen

The Lesson in a Word:

Obey

Prepare: (Before Service)

Object Lesson: Bowl of Apples (one apple with a gummy worm stuck out of the back)

Game Materials: None

Preview: (5 Minutes)

This is an introduction to the lesson.

Welcome from MC:

Hey everyone! We are starting a new series that everyone is going to love. Who likes food? Of course we all do. Who likes dessert? Me too. We all have our favorite things we like to eat. Well, for the next eight weeks, we are going to talk about "soul food". We won't just be talking about the food that nourishes our bodies, but we will also be talking about food that will feed our hearts and our souls.

Object Lesson:

(hold up bowl of apples) I just love fresh, crispy apples. It is one of my favorite snacks that I can eat anytime or anywhere. I always try to choose one that is extra big and shiny. Like this one, doesn't it look great? Should I eat this one? (slowly turn it around so that the gummy worm can be seen) What is this?! This apple has a worm in it! Even though this apple looks good from one side, it is not a good apple to eat. This reminds me of how we need to make good choices in our lives. Sometimes things that look good, really aren't. When we obey God, we will learn how to choose the right things and not get 'stuck with the worms'.

Kid Connect Question:

Would you rather eat an apple pie or a banana pie?

Play: (5 Minutes)

BOMBS AWAY!

Divide children into teams. Then designate two sides of the room with a color. Designate leaders to represent each of the colored sides. In addition, have some leaders watch for safety and call children "out" of the game. The MC will call out the color of one side of the room and the kids will need to get to that side as fast as they can. The MC will continue to call out the colors of the sides to indicate which side the groups should go to. While the groups are traveling between sides, the MC can call out the following three instructions:

FREEZE! Players must freeze right where they are.

BOMBS AWAY! Players must drop to their knees and make a cannon ball

TORPEDO! Players must drop flat to the floor and freeze.

When any of the instructions are called, the leaders watching for safety will call out of play the last person(s) of a group to get into position. Players that get into the wrong position altogether are automatically out. Continue to play until just a handful of players are left. Have the remaining players stand with their team and reward points to the team that has the most kids left in the game.

Transition for MC:

During the game there were all kinds of commands being given to you and you had to listen and obey them to stay in the game. In the same way, God has commandments for all of us to follow and obey Him. They are not rules for the sake of being rules, but God has given us guidelines for our own protection and because He loves us so much! God doesn't want to take away our FUN, but He wants to take away our pain and hurts. Following God's way instead of the world's way will save us from a lot of yucky stuff in life.

Praise: (15 Minutes)

This is a time of corporate worship through singing and music. Plug in your own worship session here.

Process: (15 Minutes)

This process includes the 10 minute teaching video, practice point and memory verse. Turn on DVD and play Lesson here.

Lesson in a Word:

Obey

What Should I See?**Adam and Eve**

In the very first book of the Bible, Genesis, we are told about God creating the first man and woman named Adam and Eve. He placed them in a beautiful garden, the Garden of Eden. God gave Adam the job of taking care of the garden. He told Adam and Eve not to eat from one certain tree in the center of the garden called the Tree of the Knowledge of Good and Evil. They could eat from any other tree, just not this particular one. God warned them that if they eat from that tree, they would die. God gave them a choice. One day a snake asked Eve what God really said about eating from the trees in the garden. Eve truthfully answered that they were not to eat from the Tree of Knowledge of Good and Evil or they would die. The tricky snake told Eve that she would not die, but that she would be wise like God and know all good and evil. Eve saw that delicious fruit and wanted to be wise, so she ate it. She gave some to Adam and he ate it also. Later on they heard the Lord walking in the garden and they were afraid and hid. God told them that because they disobeyed Him, they would have to leave the Garden of Eden forever. (Source: Genesis 3:1-24)

What's The Key?

The key to unlocking this lesson today is making right choices. God gives us the freedom to make choices, just like he gave freedom to Adam and Eve. We have lots of things that we can choose from each day in our lives. When we choose God's way and obey Him, He will help us know the right actions and words that we need to use. Adam and Eve were told to avoid one tree and not eat from it. They had many choices with all the other trees. But they thought the fruit looked good and ate it anyway – they did not obey God. They made the wrong choice.

What's That To Me?

We are always going to have choices. We will always have temptations to choose between right and wrong things. We need to know how to make the right choices at the right times. When we get closer to God, we will want to obey Him. When we obey God and make right choices it makes God happy and our lives better.

How Should I Be?

We need to know God better so that we will want to obey Him. We can get to know God better by going to church and learning about Him, reading the Bible, learning Bible verses and talking to other Christians. When we feel closer to God, we will want to listen to Him and obey Him. When we know God better we will be able to choose the right thing to do. There are some things in life that might look good but really aren't—things like movies or TV shows we shouldn't see, putting others down to be part of the group, copying someone else's homework just to get a good grade, or lying to get out of trouble. These are things that are like the bad fruit. This week we need to obey God and make wise choices with our lives.

Practice Point:

An apple a day will keep the doctor away
And reading God's word will help me to obey.

Memory Verse:

To love God means that we obey His commandments. 1 John 5:3a GWRD

Practice: (35 Minutes)

Total Recall (10 Minutes)

Turn on PowerPoint game here.

- Question 1: What was the name of the garden Adam and Eve live in? (The Garden of Eden)
Question 2: Whose job was to water the garden? (Adam)
Question 3: How many trees in the garden were Adam and Eve forbidden to eat from? (One)
Question 4: Which tree were they forbidden to eat from? (The Tree of Knowledge)
Question 5: What animal talked to Eve about the apple? (Snake)
Question 6: True or False: The snake told Eve that she could be as wise as God. (True)
Question 7: In what book of the Bible is this week's verse found? (1 John)
Question 8: The lesson in a word is _____. (Obey)

Live It Live (5 Minutes)

Pass out the student handout templates. Kids go through and answer these three questions.

Things To Do Here:

- Question 1: Why is it hard to obey God at times?
Question 2: How do you feel when you make bad choices?
Question 3: How can you be better at making good choices?

Things To Do At Home:

Question 1: Read Colossians 3:20 and John 15:14. What do these verses say about obeying?

Question 2: Memorize this week's Bible verse and say it to three people. To whom did you say it?

Question 3: Write down four ways that you can obey your parents. Put a check by each action when you do it this week.

Prayer (5 Minutes)

Have children write out their own personal prayer requests on the tear off portion of the student handout and turn it in. At the end of the service, leaders are given the prayer requests to pray specifically for the children throughout the week.

Live It Video (5 Minutes)

Turn on DVD and play Live It here.

Question 1: Why is it hard to obey God at times? (I don't want people to laugh at me; I want my friends to accept me; it's easier to go along with the crowd)

Question 2: How do you feel when you make bad choices? (Sad, guilty, like I've let God down, weak)

Question 3: How can you learn to make good choices? (Come to church, read the Bible, ask God for help, memorize verses, choose good friends)

Memory Madness (10 Minutes)

Each team participates in their group trying to recite the week's verse with the hand motions.

To love God means that we obey His commandments. 1 John 5:3a GWRD

G3 (5 Minutes)

Turn on DVD and play G3 here.

Question 1: Who was the first man God created? (Adam)

Question 2: Where was the Tree of Knowledge of Good and Evil located? (In the middle of the Garden of Eden)

Question 3: Who ate the fruit first? (Eve)