

LIVE IT!

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.



soul
food

Listen, and I will tell you where to get
food that is good for your soul.
Isaiah 55:2b



Soul Food: Week One

Elementary: Grades 3 – 6

Learn It!



WHAT'S THE QUESTION?

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)

Memory Verse:

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



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. When we choose God's way and obey Him, He will help us know the right actions and words that we need to use.

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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 LIVE?

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

TALK TO US!

I HAVE A...

- PRAYER REQUEST
- QUESTION
- COMMENT

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

First Name: _____

Last Name: _____

Thanks for coming this
weekend! We hope you
had a great time! See
you soon!