



3rd – 5th

January 4-5, 2014

DATE

Jesus Lived A Balanced Life

LESSON TITLE

Luke 6:12-19; Micah 6:8

WHERE TO FIND IT

Jesus spent time with God, with friends, and serving others.

MAIN POINT

schedule

Connect Time (15 minutes): Five minutes after the service begins, split kids into groups and begin their activity.

Large Group (30 minutes): Model what it looks like to be engaged in large group. And don't be afraid to redirect kids who aren't!

Small Group (15 minutes): Keep kids in small groups until parents arrive. If you *all* have extra time at the end, you can review the video and songs together.

tips

Tell kids you're excited to see them again. Ask about how their Christmas breaks went—and how it's going now that they're back in school.

check-in/out

As kids leave, remind them to tell their parents how Jesus lived a balanced life.

large group heads up

One of the reasons Jesus came to earth was to show us how to live. He lived a balanced life (spent time with God, spent time loving his friends, and spent time serving others). We should live like him and balance our lives too!



connect time

GOAL: *Connect Time is all about engaging kids in an activity that allows them to connect with each other right away while simultaneously piquing their curiosity for Large Group and preparing their minds for what they're going to hear.*

DON'T LOSE YOUR BALANCE

Here are two balance activities. Try to play both if you have time.

Activity #1:

- Small groups of kids should sit in a circle, with their backs toward the center of the circle.
- Link arms together
- Stand up! (It'll be harder than it sounds.)
- You can make it a competition between small groups if you want.

Activity #2:

- See who can stand on one foot the longest. (No pushing each other over!)

Gather kids and debrief:

Was that activity hard? Why or why not?

What did you need to stand up quickly or stay on one foot the longest? (Balance!)

How would you define balance?

This is also a time for you to connect with kids: as kids are playing or transitioning, ask about the best part of their week or remind them of the expectations you have for Large Group behavior: (1) be kind, (2) listen when somebody speaks, and (3) follow the leader's instructions.



instructions

Goal: To help kids understand (1) how Jesus balanced his life and (2) identify ways they can follow his example

Why? Sometimes “living like Jesus” can sound tough. Today’s activity will help kids apply it to their own lives!

Tip: Plan ahead for the activity, because it involves movement and timing. Keep in mind, the discussion at the end is incredibly important for kids—watch the clock today so that you don’t run out of time to debrief.

small group

We’re trying out stations today. Before kids arrive, set up 3 stations with 1-2 **tear-off sheets of paper, whichever best fits your group (so that you can bring 1 or 2 small groups to one station). Begin small groups at one station, but choose ONE leader to keep time and yell “SWITCH.” Instructions for the activity are included below.*

FIRST: REVIEW TODAY’S LESSON

1. Why did Jesus come to earth?
2. Describe the way Jesus lived his life. (If kids say “balanced,” ask them to describe what that means.)
3. Why is it important to get time with God (besides the fact that Jesus did it)?
4. What does it mean to love others faithfully?
5. How can we treat others fairly and show them God’s Kingdom?

ACTIVITY: APPLY IT TO YOUR LIFE

Explain to kids that in order to balance our lives, we need to get ideas of things we can do to spend time with God, love our friends and families, and serve others. At each station, that’s what we’re going to try to do. (You may need to give hints to get kids started.)

There are three stations (use the **three signs**). Start where you are and spend 3 minutes at each one (*if you have 6 stations in your room, there are duplicates, so you only need to hit 3 unique stations*). If large group went long, change the time per station accordingly. The timekeeper should keep track on his/her phone or a clock. At the end of each 3-minute segment, yell “SWITCH.” Here’s what to do at each station:

1. Spend 2 minutes writing
2. Spend 1 minute at the end looking at what others wrote (including groups before you)

(continue on the following page)

Station 1: Time with God

- Write down places you can be quiet AND/OR
- Write down ways you can spend time with God; things you can “do” with God

Station 2: Time loving friends

- Names of family and friends you enjoy being with AND/OR
- Things you can do together (that honor God)

Station 3: Time serving others

- People you can serve/people who are in need AND/OR
- Ways that you can help others (think of things close to home, like neighbors who need help when it snows, and far away, like people in South Africa who are in poverty)

DEBRIEF

Give each kid a **card with a circle split into thirds**. Let kids go around and choose one thing from each station to write down. Then ask them to find their small groups again and sit together. Encourage them to try to do all three this week to strive for “balance” like Jesus.

- Share balance plans
- ***Discuss: Is balance hard or easy? Why? Why is it important to live a balanced life (besides the fact that Jesus did it!)? What happens when one area is unbalanced (choose one area and play out what could happen)?***

***Pray with the kids, asking God to help us remember that the most important part of the season is the fact Jesus came to earth to rescue us.**

Extra time? Play the activities from Connect Time again. Or have kids add to their card with “thirds.” Or flip the card over and try to assign a certain time to a particular activity.

LARGE group



special notes

The small group activity may take longer than normal. Start Large Group on time! And if you want to allow extra time, start 15 minutes after the service's start time.

presenter tips

From now until Easter, we're going to talk about Jesus: how he lived, what he taught, how he loves us, and how we can be like him.

script

Hi everybody! Welcome to Kids' Club. It's great to see you here. I've really missed you guys! Today, as you might have guessed, we're going to be talking about balance. You guys did some balancing in Connect Time. And then you talked about what balance means. What does it mean to be balanced? (Let kids respond.)

Yes, it means to be even. Like when I stand like this, on two feet, it's easy: I put the same amount of weight on each leg. But when I stand on one foot, it's harder. (Demonstrate.) I have to shift my weight so that it's all leaning on this leg. You know what? Let's watch a little video about this to help us understand:

Video: Balanced Scales (31 seconds)

OK, what does Blue need to enjoy the balance beam? (Let kids respond.) That's right, somebody with the same mass—or somebody who weighs about the same as him!

JESUS LIVED A BALANCED LIFE

(Show picture of scales.) So today, we're going to talk about having a balanced life and how to spend our time equally on important things...kind of like putting equal weights on a scale. And there's a reason we're going to talk about that.

See, we've just talked about Christmas and how God sent Jesus, the Rescuer, to come to earth! And we know God sent Jesus to Rescue us from all the wrong things in the world. But while Jesus lived on earth, he also showed us how to live a life that honors and brings God glory. In Micah 6:8, God tells us what he wants our lives to look like. Here's what it says:

SLIDE: Micah 6:8 The LORD has shown you what is good. He has told you what he requires of you. You must treat people fairly. You must love others faithfully. And you must be very careful to live the way your God wants you to.



script continued

Sometimes, it's hard to know HOW to treat people fairly and love others faithfully—not to mention knowing what God wants us to do! So Jesus came and gave us examples of how to do that. Let's check out some of the things Jesus did!

JESUS SPENT TIME WITH GOD (UP)

(Click to show verse like this): SLIDE: Micah 6:8 The LORD has shown you what is good. He has told you what he requires of you. You must treat people fairly. You must love others faithfully. **And you must be very careful to live the way your God wants you to.**

Let's look at the end of this verse first. (Read the bolded portion.) How do we figure out what GOD wants us to do? (Let kids say: we have to learn who God is and listen to what he tells us). If we are going to live the way God wants us to, we have to first *know* God, right?! We have to read what he says in the Bible. And we have to talk to him and hear from him regularly. So one of the things Jesus did was *spend time with God*.

QUIET TEST: Now, how can we spend time with God? It's very hard to even find a place to be quiet. Let's try it here: See how quiet we can be. (Get as quiet as possible.) Was that hard? Why? (Let kids respond.) Was it perfectly silent even though you were being perfectly silent? (Let kids say no and share other things they heard.) No...it's hard to find the peace and quiet we need to hear from God.

In fact, here's a little video clip that shows us just how hard it can be to spend time with God. Watch for everything that distracts the guy in this video:

Video: Getting Away from Distractions (about 2 minutes and 30 seconds)

So what kinds of things got in the way of this guy hearing from God? (phone, TV, pet, little brother and sister, and music). Yep, and how did he get away from the distractions so that he could get time with God? (Let kids say: he went to his room alone) That's right, he found a place where he could be alone and quiet. For you that might be a closet or a place outside...or even just a corner of your living room, under a blanket. Maybe it's not perfectly quiet, but you can at least be alone.

And you know what? *That's exactly what Jesus did!* Jesus would wake up early and go pray. **(Show picture of the mountainside.)** He would find a garden or a mountainside where he could sit alone with God. He did this *a lot!* We don't have mountains here, but come up with one place you can spend time with God—and make time to do it! Think for a minute. (Pause.)

JESUS SPENT TIME WITH FRIENDS (IN)

OK, let's move on. **(Click to show verse like this): SLIDE:** Micah 6:8 The LORD has shown you what is good. He has told you what he requires of you. You must treat people fairly. **You must love others faithfully.** And you must be very careful to live the way your God wants you to.

The middle part of this verse talks about loving others faithfully. (Read the bolded part.) That



script continued

means spending time with our friends. Did you guys know that Jesus actually *wants* us to spend time with our friends and family? Pretty cool, huh?

That sounds easy—and sometimes it is. But sometimes it's not. It doesn't just mean hanging out, it means loving others and helping each other follow Jesus. Let's imagine this for a second.

Everybody to close to your eyes. (Let kids respond. Then read the following scenario): *Picture yourself in your home. You've invited a brother or sister or friend to hang out with you. You guys are laughing, having the best time! At one point, the person suggests something you don't feel comfortable doing. Maybe they want to watch a movie you're not supposed to watch. Maybe they want to make fun of another friend or teacher. Whatever it is, you know it's not something Jesus would have done. So you nicely say, "Actually, why don't we watch this movie instead" or "Hey, you know what I like about that person?" You simply invite them to live like you. (Pause.) And guess what?! They do! Together, you guys are following Jesus and living like HIM! How would that feel? Imagine that for a second.*

Now open your eyes. That's what loving your friends faithfully feels like: inviting them to follow Jesus with you...without even saying that! That's what Jesus did (**show picture of Jesus and disciples**). He invited 12 friends to spend time with him and live life with him. They ate together and did fun things together. And they followed God together. (Yep, even Jesus followed God!)

JESUS SPENT TIME WITH OTHERS (OUT)

(Click to show verse like this): SLIDE: Micah 6:8 The LORD has shown you what is good. He has told you what he requires of you. **You must treat people fairly.** You must love others faithfully. And you must be very careful to live the way your God wants you to.

Treating people fairly is another thing Jesus showed us how to do. **(Click to show picture of Jesus serving.)** Jesus went out into crowds of people he didn't even know. When he met somebody who was sick, he healed them. He gave food to people who were hungry. He told people that he forgave their sin. See, when God re-creates the world, there will be no sickness or hunger or death or pain or anything bad. Right now, we have to live in a broken world, but Jesus showed us what it was like in God's Kingdom.

And guess what? That's our job too! God wants us to tell others about Jesus' rescue, feed the hungry, pray for God to heal the sick, give to the poor, help those who need it, and forgive those who hurt us. There are lots of different ways to help other people, but one way people around here help others is by being a part of GO Cincinnati. It's where teams of people go all over the city helping in different ways. Let's watch a video about it together.

Video: GO Cincinnati

Wow, did anybody see something that you could do? (Let kids respond.) That's great! God wants us to do things like that.

CONCLUSION



script continued

(Back to scales picture.) Jesus balanced his time between spending time with God, loving his friends and family, and serving others. And that's how he wants us to live too! When we are careful to spend time in all three ways, we are living like Jesus lived! And that's exactly what he wants from us.

WORSHIP

Let's spend some time with God right now by worshiping him.

Music Video: I'm Yours

Song: Before I Go, I Stop

PRAY

In a minute, we're going to head to small groups and spend time with our friends. But first, let's see if we can get as quiet as possible again and hear from God. After a minute, I'll close us in prayer. (Sit quietly for a moment; then close kids in prayer.)

PREP needs



connect time supplies

Balance games: No supplies needed

small group supplies

Bible
Markers
6 pieces of tear-off paper
1 card (print template in color on cardstock and cut into fourths; kids can choose color)
3 signs (print 1 template with 3 signs on regular

computer paper to be folded in half and set on table)

large group supplies

Bible

a/v needs

1. Video: Balanced Scales (first 31 seconds of this video: <http://www.youtube.com/watch?v=m-RW2A3oPSE>)
2. Picture of balanced scales
3. SLIDE: Micah 6:8 The LORD has shown you what is good. He has told you what he requires of you. You must treat people fairly. You must love others faithfully. And you must be very careful to live the way your God wants you to.

4. SLIDE: Micah 6:8 AGAIN, but this time bold this part: And you must be very careful to live the way your God wants you to.
5. Video: Getting Away from Distractions Channel 34: Episode 3 (6:04-8:40)
6. Image: mountainside
7. SLIDE: Micah 6:8 AGAIN, but this time bold this part: You must love others faithfully.
8. Image: Jesus with disciples
9. SLIDE: Micah 6:8 AGAIN, but this time bold this part: You must treat people fairly.
10. Image: Jesus serving
11. Video: GO Cincinnati promo
12. Image: Balanced scales
13. Music Video: I'm Yours
14. Song: Before I go I Stop

connect questions

Tell me about how Jesus balanced his life.
Why is it important for us to act like Jesus?

parent page

One of the reasons Jesus came to earth was to show us how to live a life that honors God. One thing Jesus did was balance his time between spending it with God, with friends, and serving others. God tells us why this is important in Micah 6:8; Jesus shows us how to do it in Luke 6:12-19. Ask your kids how they plan to balance their time this week.