

WEEK 1 – Sept 20 | Disciples Formed by Jesus Christ

CHILDREN’S MESSAGE

SCRIPTURE: *Psalm 119:1-8, Ephesians 4:11-16, Luke 5:1-11*

Props: Footprint cutouts or taped path; small toy fishing net or basket; small “seed” items (like paper seeds or bean pods)

Message:

Good morning, friends! Today, we are going to talk about growing in Christ. That means learning about Jesus and getting stronger in our hearts and in our actions.

I brought some fun things today! First, look at this path on the floor. Who thinks they can walk along it without stepping off? Let’s try!

(Let a few children walk along the path or footprints.)

Wonderful job! What helped you stay on the path? *(Pause for answers such as looking carefully, balancing, taking your time.)* Yes! Walking along the path slowly and carefully is like growing in Christ; it takes practice, patience, and paying attention.

In today’s Bible verse from the Gospel of Luke, chapter 5, Jesus saw some fishermen who had been working all night and hadn’t caught anything. He told them to try again. Even though they were tired, they listened to Jesus, and guess what? They caught so many fish that their nets were almost breaking!

Just like the fishermen had to grow in patience and trust to follow Jesus, we grow in Christ by listening, learning, and practicing kindness and love every day.

Psalm 119 also tells us that God shows us the path of life. God wants to help us grow in understanding and in making good choices.

Finally, in Paul’s letter to the Ephesians, chapter 4, we learn that Jesus gives gifts to people. A gift from God is something special inside you that helps you love, help, or make the world better. It’s not a toy or candy that you get on your birthday; instead, it’s something you can do with your hands, your heart, or your words. Examples of a gift from God can include:

- A gift from God can be **helping someone feel happy** when they are sad.
- It can be **listening carefully** to a friend or family member.
- It can be **drawing a picture** or **sharing something with someone** to make them smile.
- It can be **telling the truth**, **giving a hug**, or **praying for someone**.

Birthday gifts are things you receive to enjoy, like a toy, a book, or a treat.

Gifts from God are things you can give to others to help and love them, like kindness, patience, and bravery.

Remember, birthday gifts are for you to enjoy. Gifts from God are for you to share! When we use our gifts and follow Jesus, we help one another grow, too.

Now let’s do something fun. Pretend these little “seeds” are our hearts. Hold your seed in your hand. What happens when a seed grows? *(Pause for answers: it sprouts, gets taller, grows strong.)* That’s just like us! When we follow Jesus and listen to God, we grow in love, faith, and joy.

Let’s all pretend to plant our seeds. Wiggle your fingers into the “soil,” cover your seed, and then stand tall like a growing plant. Do you feel yourself getting stronger in Christ?

Today, we are talking about **growing**. Can you say it with me? **Growing!**

Growing in Christ means:

- Learning more about Jesus every day.
- Using our gifts to help others. Remember, birthday gifts are for you to enjoy. Gifts from God are for you to share!
- Practicing kindness, patience, and love.
- Listening to God and following Jesus’ path.

Let's walk our path again slowly, imagining we are growing step by step in Jesus' love. Say together: "I will grow in Christ every day!"

Blessing/Prayer:

Open your hands like you're ready to receive a gift.

**May the Holy Spirit guide you to love boldly.
May the example of Christ inspire you to serve joyfully. May the
strength of God's love help you grow in Christ.
Love boldly. Serve joyfully. Grow in Christ.
Amen.**

Between the Sundays: Family Conversation Starters and Activities

These questions and activities are designed to help families talk, play, and pray together during the week. They connect with the children's message shared on Sunday and help reinforce faith learning at home. Use them at the dinner table, in the car, at bedtime — anytime your family is together.

They are simple, short, and open-ended, so children can respond in their own ways.

These conversations help grow faith in everyday moments and remind families that following Jesus happens all week long — not just on Sundays.

Theme: We grow in Christ.

Conversation Starters:

- What did you learn about Jesus today?
- What does it mean to grow in Christ?
- How do you see God helping you grow?
- What's one thing you can do this week to grow closer to Jesus?

Family Activities:

1. Measure Your Growth

Stand your child against a wall and mark their height with tape or pencil. Talk about how bodies grow little by little, and hearts grow, too.

Ask:

- "What helps your body grow?"
- "What helps your heart grow in Jesus?" (prayer, kindness, learning, love)

Say together: "Jesus helps us grow every day."

2. Net Full of Blessings

Use a small basket, bowl, or a pretend fishing net.

Throughout the week, add slips of paper with drawings or words that show how your family noticed God at work (*helping, learning, listening, forgiving*).

At the end of the week, look at the "full net" and say: "Look how much God helped us grow!"

3. Growing-in-Christ Routine Chart

Create a simple chart with pictures or words like:

- Pray.
- Be kind.
- Help others.
- Listen.

- Learn.

Each day, let your child place a sticker next to one way they practiced growing in Christ. Talk about how growth happens a little at a time, just like learning something new.

Prayer for the Week:

Jesus, thank you for loving us first. Help our family love others boldly, just as you do. Amen.

WEEK 2 – Sept 27 | Disciples Empowered by the Holy Spirit

CHILDREN’S MESSAGE

SCRIPTURE: Psalm 16, John 10:10, Colossians 2:6–10

Adverb: *Faithfully*

Props: A taped path or ribbon on the floor; a small sign that says “Jesus’ Way;” footprint cutouts

Message:

Good morning, friends! I brought something fun for us to look at again today. Do you see this path on the floor? Do you remember this from last week? Who thinks they can walk along it without stepping off? Let’s see who can do it! Let’s select some different people from last week.

(Use either a taped path or place the footprints in a straight line on the floor. Let two or three different children try walking the path slowly.)

Fantastic job! Now, I wonder... what helped you stay on the path? *(Pause for answers like “watching,” “balancing,” “going slow.”)* Yes! Those are all things that helped you stay on track.

You know, this path reminds me of something in the Bible. Psalm 16 says that God shows us the path of life. That means God wants to help us know the best way to live, just as this path helps us know where to step.

Jesus said in John 10:10, “I came so they may have life” — life full of joy! Isn’t that wonderful? Jesus wants us to have a full, happy, meaningful life. How does that make you feel? *(Let kids respond.)*

Colossians 2:6-7 says, “You received Christ Jesus as Lord. So keep on living your lives in him. Have your roots in him.” When I think about roots, I think about trees. Tall, strong trees have deep roots underground. Can everyone stand up and pretend to be a tree with roots? Wiggle your feet like roots growing deep into the ground.

(Children wiggle their feet, pretending to grow roots.)

Wow! You are amazing trees. Roots help a tree stay strong. Jesus helps us stay strong.

For the next few weeks, we’re going to learn a special kind of word each Sunday. These words are called adverbs. Can you say “adverb”? *(Let the children repeat the word.)*

Now, that’s a big word, so let’s make it easy.

A verb is an action — something you do.

Let’s think of some actions: can you *jump*? *Clap*? *Wave*? *(Let the children show actions.)*

Great! “Jump,” “clap,” and “wave” are verbs; they are things we *do*.

Now, an **adverb** is a word that tells us **how, when, or where** we do something. It gives us a little more information.

So, if I *jump*, I can jump **quickly**.

If I *clap*, I can clap **loudly**.

If I *walk*, I can walk **slowly**.

Did you hear those words — *quickly, loudly, slowly*?

Those are **adverbs**. They help us understand *how* the action is done.

Now let’s think about *following* Jesus.

“Follow” is the action. That’s our verb.

Following Jesus is something we *do* every day.

So, what kind of word can tell us **how** we follow Jesus?

(Pause for children to think.)

We follow Jesus...**faithfully!**

Let's say it together: **Faithfully!**

That's right! We follow Jesus faithfully. Let's say it together again: Faithfully!

Living faithfully means:

- We try to follow Jesus every day.
- We listen for God.
- We try to choose kindness.
- We keep going, even when things get hard.
- When we make mistakes, God helps us get back on the path.

Now, let's do something fun. Let's all walk the path together slowly, pretending we are walking faithfully with Jesus beside us. *(If space allows, have the children walk the path. If there's not enough space, have them walk in place.)*

As we walk, lift our feet and put them back down, remember our Bible verse from Colossians that says we are to have roots in Jesus. Remember how we wiggled our feet to remind us of those roots? Wiggle your feet and imagine your roots getting stronger. As we walk, each step we take begins with pushing off from the ground with our feet. The faster we push off the ground, the faster we walk or run! We need strong feet to walk long distances. Remember, Jesus helps us stay strong, even as we walk faithfully with him.

Now, I have a question for you. When we walk faithfully with Jesus, how should we feel in our hearts? *(Pause for responses.)* Yes, we should feel safe, happy, and loved! That is what living faithfully feels like. Let's say together one more time: "Jesus shows me the way I can live faithfully every day!"

Blessing/Prayer:

Open your hands like you're ready to receive a gift.

May the Holy Spirit guide you to love boldly.

May the example of Christ inspire you to serve joyfully.

May the strength of God's love empower you to lead courageously. Love boldly. Serve joyfully. Lead courageously. Amen.

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Theme: Jesus shows us the path.

Adverb: *Faithfully*

Conversation Starters:

- What was one way you tried to follow Jesus today?
- Where did you see kindness today? Where could you add kindness tomorrow?

- What helps you stay on the “path” that Jesus shows us?
- If following Jesus is like walking a path, what does your path look like today?

Family Activities:**1. Follow-the-Path Walk**

Make a simple tape path on the floor at home or draw one with sidewalk chalk outside. Take turns following it slowly and talk about:

“Jesus is with me every step. I can follow him faithfully.”

2. Tree-Growing Game

Stand like a tree and wiggle your “roots” (feet) into the ground.

Then stretch your branches high.

Ask: “What helps your ‘roots’ grow strong in Jesus?”

3. Faithfulness Jar

Place a jar on the table. Any time someone in the family follows Jesus in a small way — kindness, helping, sharing — drop in a pom-pom or coin. At the end of the week, celebrate all the ways your family lived faithfully!

Prayer for the Week:

Jesus, thank you for showing us the path of life. Help our family follow you faithfully every day. Amen.

Week 3 – Oct 4 | Love Boldly

CHILDREN’S MESSAGE

Scripture: Mark 12:28–34, Leviticus 19:9–18, John 13:34–35

Adverb: *Boldly*

Props: Heart stickers; posterboard that says, “Bold Love Starts Here.”

Message:

Good morning, friends! Today, we’re going to talk about something incredibly special: **love**. Can anyone tell me what love means? *(Let the children answer.)* That’s right; love is caring for God and other people.

A long time ago, a man asked Jesus a very important question: “Jesus, what is the MOST important commandment?” A commandment is a law or rule that God gives. So, in other words, Jesus’ question was, “What is the MOST important rule?” What do you think Jesus said? *(Pause for guesses.)*

Jesus said, “**Love God with your whole heart.**” He also said, “**Love your neighbor as you love yourself.**” Wow! That’s a big job, isn’t it? And in John 13, Jesus said, “**Love one another, just as I have loved you.**” That’s love that is huge, strong, and brave.

We call that kind of love **bold love**. *Bold* means big, brave, and courageous. So, our adverb for this week is **boldly**. Can you say “boldly”? *(The children repeat the word.)*

An adverb tells us **how** we do something. Today, it tells us **how we love**. So, when we love *boldly*, we:

- Love first, even if no one else does.
- Love big, not small, or halfway.
- Love, even when it’s hard.
- Look for people who feel sad or alone.

Now, let’s imagine some ways we can love boldly.

If you see someone sitting alone at lunch, how could you love boldly? *(Let the children answer.)* Yes! That is loving boldly.

If someone drops their books, what could you do? *(Let the children answer.)* Wonderful! That is loving boldly.

Here’s something fun: I have heart stickers. When you take a sticker, place it on our poster that says, “Bold Love Starts Here.” Before you place your sticker, think of one way to love someone boldly this week.

(Children place their stickers.) Look at how beautiful bold love looks when we all share it!

Let’s practice a motion for bold love. Stretch your arms wide like you’re giving a giant hug. That’s how big loving boldly can be!

Let’s say together one more time: “**I can love boldly because Jesus loves me first!**”

Blessing/Prayer:

Now let’s close with our blessing. Open your hands like you’re ready to receive a gift:

May the Holy Spirit guide you to love boldly.

May the example of Christ inspire you to serve joyfully.

May the strength of God’s love empower you to lead courageously. Love boldly. Serve joyfully. Lead courageously.

Amen.

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Theme: We love others the way Jesus loves us.

Adverb: *Boldly*

Conversation Starters:

- Whom did you love boldly today?
- What would Jesus do if he saw someone feeling sad or alone?
- When is it hard for you to love boldly?
- How do you feel when someone loves you in a big, brave way?

Family Activities:

1. Bold Love Scavenger Hunt

Look around your house or neighborhood for places your family can show love:

- Someone who needs help.
- A place to clean together.
- A friend or neighbor to encourage.

Talk about each one as a “Bold Love Mission.”

2. Love Big Art Moment

Give your children heart stickers or crayons and a big piece of paper. Invite them to draw or decorate a picture of someone they want to love boldly.

Ask: “Why did you choose that person?”

3. Family Bold Love Challenge

Choose *one* way your family will love boldly this week:

- Make a card for someone.
- Donate food.
- Share toys with a friend.
- Invite someone to play.

Prayer for the Week:

Jesus, thank you for loving us first. Help our family love others boldly just as you do. Amen.

WEEK 4 – Oct 11 | Serve Joyfully

CHILDREN'S MESSAGE

Scripture: Psalm 100, 1 Peter 4:8–11

Adverb: *Joyfully*

Props: Tray of “service items” (sponge, spoon, Band-Aid,® glove), smiley-face stickers.

Message:

Good morning, friends! Today, we are going to learn about serving. Serving means we are helping others. I want to read from two different parts of the Bible. One reading is from the Old Testament, and the other is from the New Testament.

In the Old Testament, Psalm 100 tells us: “Worship the Lord with gladness.” That means God loves it when we worship (and help) with happy hearts, not grumpy faces!

The reading from the New Testament, 1 Peter 4:10, tells us: “God’s gifts of grace come in many forms. Each of you has received a gift in order to serve others. You should use it faithfully.” God gave each of us *special gifts*. When we use those gifts, we can help make the world better.

Our adverb for today is **joyfully**. Can you say “joyfully”? (*Children repeat the word.*) An adverb tells us how we do something, and today’s adverb, **joyfully**, tells us how we should serve. So, when we serve **joyfully**, we help others with smiles, glad hearts, and happiness.

I have a tray of items here — a sponge, a spoon, a Band-Aid, ® and a glove. Let’s look at how these items can help us serve:

- (*Show the children the sponge.*) A sponge can help clean up.
- (*Show the children the spoon.*) A spoon can help feed someone.
- (*Show the children the Band-Aid. ®*) A Band-Aid® can help someone feel better.
- (*Show the children a glove.*) A glove can help protect our hands while we are helping.

Now let’s practice! I’m going to give you a situation, and you can act it out.

- Your friend is sad. Show me how you could help them—with your hands, a hug, or a smile. (*Children act.*)
- Your family is cleaning up toys. Let’s all pretend to pick up toys with happy, big motions. (*Children act.*)
- Someone at school needs help zipping their coat. Show me how you could help. (*Children act.*)

You all did such an excellent job! Serving joyfully can be done with small actions, but God sees every act of love and happiness in your heart.

Now, I’m giving each of you a smiley-face sticker. When you wear it, remember: “Through my actions, I can serve joyfully for God!”

Let’s say together: “I can serve joyfully because God helps me!”

Blessing/Prayer:

May the Holy Spirit guide you to love boldly.

May the example of Christ inspire you to serve joyfully.

May the strength of God’s love empower you to lead courageously. Love boldly. Serve joyfully. Lead courageously.

Amen.

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Theme: We help others with glad and happy hearts.

Adverb: *Joyfully*

Conversation Starters:

- What is one way you served someone today?
- What makes serving others a joyful activity?
- How has someone served you joyfully today?
- What special gifts has God given you to serve others? What special gifts do you see in another person in your family?

Family Activities:

1. Joyful Service Surprise
Choose a family member (or neighbor) and secretly plan a joyful act of service — like drawing a picture, cleaning up toys, or leaving a kind note. Reveal the surprise at the end of the day!
2. Joyful Music Helper Time
Turn on a fun song and clean something together — joyfully! Talk about how helping with a happy heart feels different.
3. Joy Hand
Trace your child's hand on paper. On each finger, write or draw one way they can serve joyfully: helping, sharing, smiling, caring, and comforting. Hang the paper hand somewhere visible.

Prayer for the Week:

God, thank you for giving us joyful hearts. Help us serve others with smiles, kindness, and gladness. Amen.

Week 5 – Oct 18 | Lead Courageously

CHILDREN’S MESSAGE

Scripture: Joshua 1:5–9, Ephesians 6:10–18

Adverb: *Courageously*

Props: Paper “armor” pieces (shield, belt, shoes).

Message:

Good morning, friends! Today, we are going to learn about being leaders for God. Being a leader doesn’t mean being bossy; it means doing the right thing, even when it’s hard.

In our Bible verses for today, we hear about a man named Joshua. Joshua had a big job. He was going to lead God’s people to a new place. He felt a little scared, just as we all do sometimes. But God said to him, “Be strong and courageous. Do not be afraid. I am with you wherever you go.”

Wow! God didn’t just tell Joshua what to do; God told him how to do it: with courage. God told Joshua to live life courageously.

In our New Testament reading from Ephesians 6, we learn about the armor of God. The armor of God includes things like truth, faith, and peace, all of which help us be brave when we do what is right. God gives us everything we need to be courageous leaders.

Courageous. *Courageously*. I think we just discovered today’s adverb.

Today’s adverb is ***courageously***. Can you say “courageously”? (*Children repeat the word.*) An adverb tells us **how** we do something, and today it tells us **how we lead**. When we lead *courageously*, we are **brave and strong because God is with us**.

Leading courageously means:

- Doing what’s right, even when it’s hard.
- Being brave, even when you feel scared.
- Helping others when they need a leader.
- Standing up for someone who is being hurt.
- Trusting God to be with you.

Let’s all do a SUPERHERO pose — feet apart, shoulders back, hands on hips.

Can you stand like your favorite superhero? (*Children pose.*) That’s our “God-made-me-brave” pose.

Let’s practice! I have some pieces of armor: a shield, a belt, and shoes. Choose one or imagine one and think about how it can help you lead courageously. How could the “belt of truth” help you lead courageously? What about the “shoes of peace”? How will the shoes prepare you to share the good news of peace as you lead? What about the “shield of faith”? (*Pause for responses.*)

Now, let’s act out some situations:

- A friend has been left out of a game. Show me how you could invite that person in or say, “Come play with us!” (*Children act.*)
- Someone drops their toys. Show me how you could help them pick the toys up. (*Children act.*)
- A friend is nervous about speaking in front of the class. Show me how you could cheer them on with your hands or words. (*Children act.*)

Wow! Look at all the ways we can lead courageously — with our hands, voices, and hearts.

Let’s do our **superhero pose** to remind ourselves that God is with us — feet apart, chest out, hands on hips. (*Children pose.*)

Let’s say together: **“God is with me, so I can lead courageously!”**

And now, let's close with our blessing:

Blessing/Prayer:

Hold out your hands...

May the Holy Spirit guide you to love boldly.

May the example of Christ inspire you to serve joyfully.

May the strength of God's love empower you to lead courageously. Love boldly.

Serve joyfully. Lead courageously. Amen.

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Theme: God helps us be brave when we do what is right.

Adverb: Courageously

Conversation Starters:

- What is something brave you did today?
- Who in our family led courageously this week?
- When is it hard to be brave? What helps you?
- How can we help someone who needs courage?

Family Activities:

1. Courage Quest

Go on a "Courage Quest" around your home and look for moments where you can be brave:

- Trying something new.
- Going first.
- Helping someone.
- Saying something kind.

2. Courage Pose Challenge

Stand tall with a superhero pose.

Say together: "God is with me — I can lead courageously!" Repeat anytime someone in the family needs to be brave.

3. Paper Armor of God

Cut out simple pieces of paper armor (shield, belt, shoes). Your child can decorate them with colors or stickers. Talk about how God protects and strengthens us when we lead courageously.

Prayer for the Week:

Dear God, thank you for being with me. When I feel scared, help me be brave. Help me do what is right and kind. Help me lead courageously, even when it's hard. Thank you for loving me every day. Amen.

WEEK 6 – Oct 25 | Disciples Transform the World

CHILDREN’S MESSAGE

SCRIPTURE: Psalm 96, Romans 12:1-8, Matthew 28:16-20

Adverb: *Boldly*

Props: Globe or world map; small stickers or paper hearts for children to place on the map; toy megaphone or “mission scroll.”

Message:

Good morning, friends! Today, we are going to think about how we can share God’s love with the world. Look at this globe (*or map*)! Wow, so many places and people to love!

In Matthew 28, Jesus told his friends, “Go and make disciples of all nations...teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

That’s a big job! It might feel a little scary or hard. But God promises to be with us wherever we go. And today’s special word tells us how we can go; we can go ***boldly!***

Romans 12 reminds us that each of us has special gifts. Some of us can teach; some can help; some can encourage others. When we use our gifts and share God’s love, we are going ***boldly***, doing good things even when it’s new or different.

So, what does going boldly mean?

- We share God’s love, even with people we don’t know.
- We help others, even when it’s hard.
- We use our gifts to make the world better.
- We trust that Jesus is with us wherever we go.

Let’s do something fun. I have a globe and some stickers (*or paper hearts*). Each of you can put a sticker on a place you want to pray for, or where you hope God’s love can be shared. As you place your sticker, imagine yourself going boldly to share God’s love in that place!

(Pause for children to place stickers.)

Wow! Look at all the places you’re helping with God’s love. That is what it means to transform the world— going boldly with Jesus.

Now, let’s pretend we have a megaphone or mission scroll. Can you say with me: “I will go boldly and

share God’s love!” *(Children repeat.)*

Blessing/Prayer:

Hold out your hands like you’re ready to receive a gift...

May the Holy Spirit guide you to love boldly.

May the example of Christ inspire you to serve joyfully.

May the strength of God’s love empower you to go boldly in the world.

Love boldly. Serve joyfully. Go boldly.

Amen.

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Theme: We go boldly to share God's love.

Adverb: *Boldly*

Conversation Starters:

- What is one way you could share God's love this week?
- Where do you see God at work in the world?
- How can we go boldly, even when something feels new or hard?
- What gifts has God given you to help others?

Family Activities:

1. World Sticker Map
 - Place a globe or map on a table or wall.
 - Family members can place a sticker on a place they want to pray for or where they hope to share God's love.
 - Talk about going boldly: "We can share God's love even far away or in new ways!"
2. Bold Adventure Walk
 - Take a family walk around your neighborhood. Notice opportunities to share God's love boldly, smiling at neighbors, picking up trash, or helping a friend.
 - Talk about each small action as a way of going boldly with Jesus.
3. Mission Megaphone or Scroll
 - Use a toy megaphone, paper cone, or "mission scroll."
 - Have each family member say one way they will go boldly this week to love or help someone.
 - Hang the scroll or keep it as a reminder.

Prayer for the Week:

God, thank you for being with us. Make our hearts brave and help us go boldly into the world as disciples. Amen.