

12



GOD'S WORDS FEED US

The Bible is Spiritual Food

YEAR 2 – KINGDOM LIFE

UNIT 4: KINGDOM FOOD

1 | Teacher's Notes

Scripture Matthew 4:4

Objectives To explain that

- Today's lesson is about Kingdom Food.
- Our bodies need bread (food) to grow and stay healthy, and our souls need spiritual food to grow and stay healthy.
- God's words are spiritual food for us. God's words are found in the Bible. The Bible is called God's Word.
- We eat spiritual food by filling our hearts and minds with God's Word.
- We fill our hearts and minds with God's Word by reading the Bible every day, coming to church to hear teaching from the Bible, studying the Bible, and memorizing Bible verses.
- The Holy Spirit guides the Church and helps us love and understand God's Word.

Memory Verse "Man shall not live on bread alone, but on every word that comes from the mouth of God." (Matthew 4:4b NIV)

**ACNA
Catechism
Connections**

Today's lesson of God's Words Feed Us is connected to the following Catechism questions:

Q17 By what means will God transform you into the image of Jesus Christ? The first Christians "devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers" (Acts 2:42). Following this pattern, I will be transformed within the life of the Church through reading Scripture and receiving

the sacraments, through worship and prayer, and through fellowship with God's people and loving witness to the world.

Q25 What is Holy Scripture? Holy Scripture is "God's Word written" (Articles of Religion, 20), given by the Holy Spirit through prophets and apostles as the revelation of God and his acts in human history, and is therefore the Church's final authority in all matters of faith and practice.

Q31 What does it mean that Holy Scripture is the Word of God? The Old and New Testaments are inspired by the Holy Spirit and are therefore the Word of God written. God is revealed in his mighty works and in the incarnation of our Lord, which are made known through the inspired writings of the biblical authors. God "has spoken through the prophets" (Nicene Creed) and continues to speak through Scripture today.

Q33 How should Holy Scripture be understood? Because Holy Scripture was given by God to the Church, it should always be understood in ways that are faithful to its own plain meaning, to its entire teaching, and to the Church's historic interpretation. It should be translated, read, taught, and obeyed accordingly.

Q34 How does the Holy Spirit use Holy Scripture in your life? Through Holy Scripture, the Holy Spirit will teach, rebuke, correct, and train me in the righteousness that God desires. The prayerful study of Scripture forms me for life in Christ and the service of God and my neighbor.

Q227 How should the Holy Scriptures shape your daily life? I should "hear them, read, mark, learn, and inwardly digest them" that by the sustaining power of God's Word, I may grow in grace and hold fast to the hope given to me in Jesus Christ.

Q228 How should you "hear" the Bible? I should hear the Bible through regular participation in the Church's worship, in which I join in reciting Scripture, hear it read and prayed, and listen to its truth proclaimed.

Q229 How should you "read" the Bible? I should read the Bible daily, following the Church's set readings (lectionaries) or following a pattern of my own choosing.

Q230 How should you "mark" passages of Scripture? I should study the Bible attentively, noting key verses and themes, as well as connections between passages in the Old and New Testaments. I should study on my own and with other Christians, using trustworthy commentaries and other resources to grasp the full meaning of God's Word.

Q231 How should you "learn" the Bible? I should seek to know the whole sweep of Scripture and to memorize key passages for my own spiritual growth and for sharing with others.

**Suggested
Materials,
Props, and
Costumes****Big story props:**

- Large Bible
- Kingdom Life storyboard (see photo)

Lesson Props: (see Props Document for instructions on how to make these)

- Pictures of healthy and unhealthy food items (see props document)
- Loaf of bread or bun on a plate
- Bible. Optional: Different Bibles such as Picture Bible, Action Bible, Adventure Bible etc. (see activity under "Suggested Questions" section)
- Two signs saying: "Food for the body" and "Food for the soul"
- Q&A poster (see photo below) The question is: "How can we fill our hearts and minds with God's Word?" The answers are: Read the Bible every day, Come to church to hear teaching from the Bible, Study the Bible, Memorize Bible verses.
- Memory verse written out in large letters for memorizing. Post-it notes to cover the words.
- Storyboard unit title: Kingdom Food
- Storyboard symbol: Bible

Posters: Year 1 Kingdom Story: Bonus Lesson – Jesus Grows Up (young Jesus in the temple)

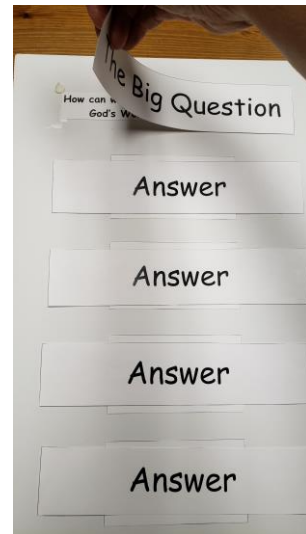
Memory Verse: "Man shall not live on bread alone, but on every word that comes from the mouth of God." (Matthew 4:4b NIV)

(Found on the last page of this lesson plan) Print out and place in large Bible.

2 | Lesson Outline:

Welcome	As the children arrive ensure each one is personally welcomed and everyone knows each other's name.
Greeting & Collect for Purity	Light the candles Say the Greeting and Collect for Purity (<i>see Resource Section</i>)
Prayer of Confession	Say the Prayer of Confession (<i>see Resource Section</i>) Extinguish the candles
Music	The Doxology (Praise God from Whom All Blessings Flow) The B-I-B-L-E, That's the Book for Me Today's memory verse to the tune of "Seek ye first the Kingdom of God" - see Bible story section <i>Please check internet for lyrics and music.</i>
Review of foundations	Choose from the following as appropriate: The Lord's Prayer, The Apostles Creed, The Ten Commandments or The Greatest Commandment. <i>For more information on how to teach these, see Resource Section</i>
Reading	Memory verse (Printed out and placed in large Bible – invite older child to read)
Story Board Review	Ask review questions relating to props from previous lessons on story board. <i>Story board review is found in Section 4</i>
Props/Costumes	Take a few moments to arrange the narrator and actors. (Props should already be set up prior to the start of the class.) Big story props: Large Bible, Kingdom Life storyboard
Bible Story	<i>Proceed with story and questions found in Section 4.</i>
Related activities	<i>After the story, proceed with related activities found in Section 5.</i>
Preparation for Communion & leaving class	Gather the children together for the Preparation for Communion prayer before exiting the classroom. <i>See Resource Section.</i>

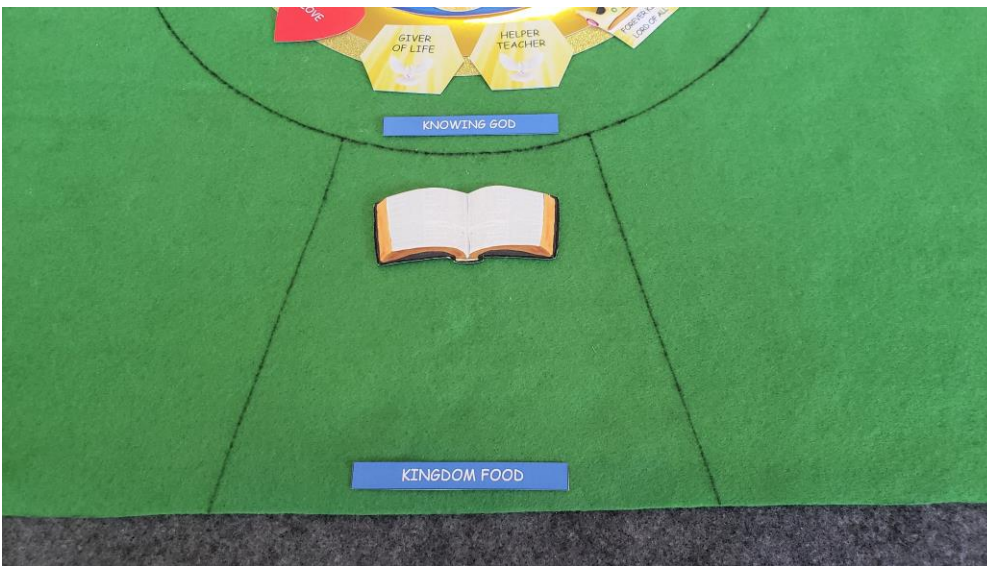
3 | Storyboard Progression



Q & A poster



This is how the storyboard should look at the start of the lesson.



This is how the Kingdom Food section should look at the **end** of the lesson. Leave all the symbols on the storyboard for next week.

4 | Story and Questions

SETUP: *Have the children sit on the floor in a semi-circle around the Kingdom Life storyboard. Make sure all the children can see it. Have the Q&A poster up on a wall or easel. Have the bread and Bible ready for the teaching.*

BIBLE: *Hold up the Bible and say: 'Today's lesson is from the Bible, and it is about Kingdom Food.' (Place "Kingdom Food" unit title on top left corner of storyboard as shown in photo above.)*

STORY:

TEACHER: We have learned that Jesus rescued us from sin and death to new life in him. God wants that new life to grow in us, so we become more and more like Jesus. Just like our bodies grow up, we also need to grow up spiritually.

What do our bodies need to grow and stay healthy? *(Have the children respond)*

Yes, one of the things we can't live without is food!

What is your favourite food? *(Let the children respond.)*

Does it matter what we eat? Are there some foods that are good for us and some that are unhealthy for us? *(Show the children a couple of pictures of unhealthy food items and healthy ones and ask if they are good for us.)*

Did your parents ever tell you to eat something you didn't like because your body needs it? Yes, sometimes we have to eat things that are not our favourites, so we can stay healthy.

What happens to our body if it doesn't get any food at all? It dies.

So, we have to take good care of our body. And we also have to take good care of our soul, our inner being. Our soul also needs good food to grow and stay healthy. Our soul needs **spiritual** food!

Can someone read our memory verse again?

STUDENT: *"Man shall not live on bread alone, but on every word that comes from the mouth of God." (Matthew 4:4b)*

TEACHER: The first part of this verse talks about bread. *(Put down plate with bread as shown in photo above.)* Bread is food for the body. *(Place "Food for the body" as shown.)* But food for the body is not all we need to live!

The second part of the verse says that we also live on "every word that comes from the mouth of God". Where do we find God's words? Yes, in the Bible. *(Place the Bible as shown)* The Bible is called God's Word, and it is spiritual food – food for our soul, for our inner being. *(Place "Food for the soul" as shown)*

How do we get the bread into us to feed our bodies? We eat it!

We also need to get God's Word into us to feed our souls. We need to fill our hearts and minds with God's Word so we can grow up spiritually.

Our body needs food every day *(point to bread)*. Our soul needs spiritual food every day. Our spiritual food is God's Word *(point to Bible)*.

Now, I have a big question about feeding our souls with God's Word. Can someone remove the big question card and read the question underneath?

ACTION: *Have the following question and answers written on a board or poster, covered with strips of card (on the first strip is written "The Big Question", on the other strips are written "Answer" – see photo above). Ask children to pull off one strip at a time to reveal the sentence, have a child read it and the teacher say the explanations.*

STUDENT: How can we fill our hearts and minds with God's Word?

TEACHER: Now I need some volunteers to remove the answer cards and read the answers to our big question.

STUDENT: READ THE BIBLE EVERY DAY (**TEACHER:** If you can't read yet, you can ask someone to read it to you. Do any of you read the Bible at home?)

STUDENT: COME TO CHURCH TO HEAR TEACHING FROM THE BIBLE (**TEACHER:** Come to Sunday School every week to hear Bible stories about God. The Church helps us to understand the Bible correctly, the way Christians have always understood it, all the way back to the first disciples of Jesus.)

STUDENT: STUDY THE BIBLE (**TEACHER:** When you're older you can study the Bible on your own or with others. And even now, for those of you who can't read yet, you can study the pictures in a picture Bible and ask a grown-up about them.)

STUDENT: MEMORIZE BIBLE VERSES (**TEACHER:** When we memorize God's Word we spend time thinking about it. God's Word builds our faith and guides our actions.)

TEACHER: These are all good ways to fill our hearts and minds with God's Word! Now I'd like to show you a couple of fun ways that you can memorize scripture (God's Word).

ACTION: *Show memory verse written out in big letters.*

TEACHER: Let's read the memory verse together.

ACTION: *Read memory verse.*

TEACHER: Let's cover a couple of words at a time and try to remember those words as we read the verse.

ACTION: *Use post-it notes to cover a few words at a time (or have the children come and do it) until they can say the whole verse by heart.*

TEACHER: Another way to memorize scripture is to sing a song.

ACTION: *Teach the children today's memory verse to the tune of "Seek ye first the Kingdom of God":*

Man shall not live o-on bre-ead a-a-lone
but o-on every wo-ord
that co-o-mes from the-e mo-outh o-of God
Halle-eluh, Hallelujah!

TEACHER: That was great! Memorizing is a fun way to fill our hearts and minds with God's Word!

TEACHER: (*Open the Bible*) Even as a young boy, Jesus spent time reading the Scriptures. In the gospel of Luke, we read that Jesus was in the temple when he was 12 years old (*show poster of young Jesus in temple*) and the teachers there were amazed at how deep his understanding was of the Scriptures. Jesus' understanding was deep because he was God's Son AND because he had studied the Word of God since he was a little boy. We want to be like Jesus and study the Word of God too!

Our storyboard symbol today is this picture of the Bible. The Bible is our spiritual food that helps us grow up spiritually and become more like Jesus. We'll put it right under the Holy Spirit symbol, because the Holy Spirit inspired and guided the

authors who wrote the Bible. The Holy Spirit also guides the Church and helps us to love and understand God's Word. *(Place symbol on storyboard as shown.)*

What a loving God we have who gave us the Bible so we can know God and become more like Jesus!

Life Application Prayer:

TEACHER: Heavenly Father, thank you for giving us your Word, the Bible. It is precious, and it helps us to grow up spiritually and become more like Jesus. Thank you for giving us your Holy Spirit and the Church to help us understand your Word. We ask that you will help us grow to know you more each day.

SUGGESTED QUESTIONS:

- **What does this lesson tell us about God?** (God gave us the Bible so we can know God and grow to become more like Jesus.)
- Let's read our memory verse again. Do we live by bread alone? (No.)
- What do we need to grow spiritually? (We need God's words.)
- Where do we find God's words? (In the Bible, which is called God's Word.)
- How do we get God's Word into our minds and hearts? (By reading, coming to church to hear teaching, studying, and memorizing the Bible, singing Bible verses.)
- Why is it important to fill our minds and hearts with God's Word? (So we can grow spiritually to become more like Jesus.)
- Why did we put the Bible symbol under the Holy Spirit symbol on our storyboard? (Because the Holy Spirit guides the Church and helps us love and understand the Bible.)
- Do you have a Bible at home? Do you read it? (Optional: Show the children different types of Bibles – picture Bible, Action Bible, Adventure Bible etc. and talk about different types of Bibles for different age groups, and that we can all read the Bible every day, or have it read to us.)

5 | Response Activities

Kingdom News handout and colouring supplement

- Have the children complete the activities in the Kingdom News handout and colouring supplement.

Optional activities

- Different learning stations, such as: a book table, modelling clay, colouring papers
- Give the older children this verse to take home to think about and memorize: "Always think about what is true. Think about what is noble, right, and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things." Philippians 4:8 NIRV

"Man shall not live on
bread alone, but on
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(Matthew 4:4)