

The Way of Discipleship

A Children's Study on Spiritual Disciplines

Overview: Using scriptures from the passion story to introduce or to further enhance children's participation in spiritual disciplines.

Study Memory Verse: I Corinthians 9:27 ESV“

But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.”

Week One: Worship: Matthew 21:1-11; Psalm 105:1-6
Jesus' Triumphal Entry
Memory Verse: Psalm 105:1

Week Two: Hospitality: John: 17:20-23
Sharing the love of Jesus through our Unity
Memory Verse: Luke 6:31

Week Three: Praying: Matthew 26:36-46; Matthew 6:9-13
Jesus Prays in Gethsemane
Memory Verse: Matthew 6:9-13

Worship (What is a Disciple)

Psalm 105:1-5

Memory Verse: Psalm 105:1

“Give thanks to the LORD and proclaim his greatness. Let the whole world know what he has done.”

(the underlined part of the memory verse each week is the shorter version for the younger children to memorize)

Class Outline

10 minutes	Worship
5 minutes	What is a disciple
15 minutes	Rob Bell Dust Video/Stained Glass Window
10 minutes	Worship Time

Worship

Materials: Children’s Worship Bulletin, Bible, Video for Hymn, Basket for offering as kids walk in

Welcome! I’m glad to have every one of you here this morning!

Everyone take a look at your bulletin and I need folks who can help. Who wants to do the call to Worship? How about the morning prayer? Who would like to share our memory verse? Great thank you everyone.

Some of you who haven’t been coming this will notice we are not collecting an offering like we used to, but for everyone there is a basket as you walk in, just like we have outside the sanctuary that you can use each week as you walk in. Giving generously is one of the Spiritual Disciplines we will be experiencing during our study. You are always welcome to bring in pop tabs that we can give to Children’s Hospital to help them buy quiet toys for kids to use that are having dialysis treatments. You also can bring in money that will go to our Family Mission Workout this month, which is Habitat for Humanity which our church is helping build a church for a family that needs a home to live in. Have an offering basket in the middle of your worship space and place your offering in it and invite the kids to remember to bring something next week if they didn’t bring anything this week.

Let's get started with our worship time. If you are leading part of our worship time, you will stand at your seat and share your part from there. Call to Worship—(go through the worship time. This week you will read the scripture as there is no video for the scripture, we are using a video as part of the next activity. There is still the music video)

What is a Disciple?

For the next six weeks we are going to explore and experience six spiritual disciplines by journeying with Jesus through the Bible. How many of you like discipline? (let the kids respond)? Who can tell me what discipline is? (Let the kids answer) Those are great answers. I looked up discipline in the dictionary and while punishment is one of the definitions, way more definitions are focused on “training that develops self-control, character, or orderliness and efficiency.”¹

I was fascinated a couple of years ago when I learned that another word we use a lot in the church comes from the same word as discipline, and at least for me, that gave me a whole new way to understand discipline. Does anyone want to guess what that word might be? (Let kids guess) (That's right) The word is DISCIPLE. So the definition of disciple is “a pupil or follower of any teacher or school of religion, learning, art, etc.”² Pastor Jon shared an even simpler definition shortly after he came which was “a Disciple is a disciplined learner.”

In the church when we talk about DISCIPLES, we are talking about people who follow Jesus. When we remember that discipline means training that develops self-control and character, isn't that who a disciple of Jesus is? Someone who lives a life that mirrors that of Jesus in how they relate to God and others!

So spiritual disciplines are HABITS we develop to practice spending more time with God, and which we use to train ourselves to be more like Jesus in all we do. My husband tells me that Army training uses the slogan “Be, Know, Do” to grow people into Soldiers, which is also a good way to understand discipleship: the spiritual disciplines of discipleship to develop our SPIRITUAL muscles to BE, KNOW, DO Jesus—to BE more like Jesus, to KNOW Jesus better, and to DO what Jesus would have us do in our daily living.

The six spiritual disciplines that we will practice and experience during this study are worship, fasting, serving and praying. You may have heard of some of them and some may be new to you.

Can someone who was in Sunday school share with everyone what Spiritual Disciple we experienced this morning? (let someone share) Great, yes we shared about worship. Do we have to worship in a specific place? (no) Do we have to worship at a specific time? (no). That's right we talked this morning about how worship is not about a specific place or time, but worship is a way in which we live, praising and adoring God all the time, in all we do, where ever we are.

For our children's worship time today we are going to look at more about what being a disciple looks like. We are going to watch a video by Rob Bell. While you are watching the video, if you would like to color the stained glass window picture that is on the table to remind you that one of the places we can worship. Our church like many has stained glass windows and this picture can be a reminder that you can worship anywhere.

Rob Bell Video Dust

Material: Rob Video --Dust

Who can tell me why the video is called Dust? (let someone answer) Did you hear anything that was unexpected in the video? One of the things that really made me think was that rabbi's chose the best of the best, but Jesus chose, not the best of the best but ordinary fishermen and other ordinary, not the best of the best people. That's great news because He calls us to be His disciples and He calls us just as we are, even if we are not the best of the best and just ordinary, because God doesn't see us as ordinary, but as the best of the best.

Ending Worship Time Week One

Materials: Silly Putty prayer box

Each week we will end our worship time by practicing some of the spiritual disciplines and share our study memory verse following the same pattern our whole time together.

Each week we will use our ending closing worship time to practice some of our spiritual disciplines and share our study memory verse. WORSHIP is the first of the spiritual disciplines that we explored this week.

Let's say together our study memory verse about disciple. I Corinthians 9:27 "But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified." Great job,

In a couple weeks, we will be talking about the spiritual discipline fasting. Fasting is the discipline of not doing something that can distract us from God, in order to help us better focus and spend that time with God. I am going to read Psalm 46:10 to you in a meditative way and I would like you to fast from moving or talking and just be still. Slowly read this scripture pausing a moment before you re-read the adjusted scripture. Be still and know that I am God. Pause. Be still and know that I Am. Pause. Be still and know. Pause. Be still. Pause. Be. Pause for a few moments and then continue.

One Spiritual Discipline that we will experience will be service. The spiritual discipline of service is doing something for someone else and praying for that person while you are doing it. So today I want us to go around our circle and share how we will serve someone this week and then next week we will share how we did. (Record in the journal on each kids page—note how they did next week. Also fill out the parent help sheet and give to each child as they leave). Start with yourself and then go around the circle and let each child share. (Record what you will do this week).

Another spiritual discipline that we will explore is prayer, and so we close in an activity prayer today. There are several experiential prayers we'll be practicing during this month, and you will get to share one each week with your class. This week you will be using the Silly Putty Prayer Box

