

# The Best Book Ever

The Bible is an incredible book! It's full of history – true stories of things that happened many years ago. It teaches us about God – who He is, His plan for the world, and His love for us. It guides our lives, shaping us into the people God wants us to be. In it we find answers to tough questions, encouragement when life is hard, and hope for the future ahead of us. It really is the best book ever!

This month we'll focus on why the Bible is trustworthy and how we can use it every day as we grow in our walk with Christ.



## Parent Guide:

I'm so glad you and your family are joining us this month! Here are a few tips to make your lessons go as smoothly as possible.

- Every study includes four parts to “RAMP up” learning – Read, Apply, Make it Stick, and Prayer. See [comesojourn.com/resources](http://comesojourn.com/resources) for more information on this method.
- I encourage you to preview the lessons before doing them with your family so you are familiar with the material. You know your children best and looking ahead gives you a chance to anticipate areas where they might need more (or less) time and focus for the best understanding.
- The lessons often build upon one another, so it is ideal to do them in order without skipping any.
- Before starting, check out the “Make it Stick” sections where materials for each activity are listed. I try to keep the crafts and activities simple, using things you may already have at home, but take a look in case you need to stock up on anything.
- I recommend printing the verses (last page), cutting them, and posting each verse in a place your children will frequently see it. We like to use the bathroom mirror – memorizing and brushing teeth at the same time!
- Looking for additional reinforcement of the lesson? Check out the “Bonus” section for optional extras!

Thanks again for joining us. I pray God blesses your family as you draw near to Him together!

# Lesson 1: The Bible is God's Word



## Read:

What is the Bible?

You might say it is a book, and you'd be right. In fact, the Bible is 66 smaller books all put together into one big book. The Bible is divided into two sections: The Old Testament and The New Testament.

The Old Testament begins with the creation of the world. It's full of:

- History – real stories about real people, real places, and real events
- Poetry and proverbs – pieces of wisdom to learn from
- Prophecies – predictions about something that will happen, given to people (called prophets) by God to share with others

The New Testament starts with Jesus' birth. In it we find:

- Actual events, both in Jesus' life and after His death and resurrection
- Letters full of teachings about following Jesus that are important lessons for us still today
- Prophecy about things that haven't happened yet but are part of God's plan for this world

So, yes, the Bible is a book, but it's not just any book...

**2 Timothy 3:16-17 says, "All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work."**

The Bible is God's book, His message especially for us! 2 Timothy 3:16 teaches that all – every bit – of Scripture is inspired by God. (Scripture is another name for the Bible) This means that God chose people to take the words He gave and record them. Even though people wrote it down, the Bible comes from God and is His word.

Isn't it amazing that God, who made the whole universe, chose to give us a special book from Him?

But why did He give us the Bible?

Well the verse we read helps answer that question. The Bible is very important for us as we follow God.

- It teaches us, corrects us when we make mistakes, and trains us to be more righteous. That means becoming more like the people God wants us to be, doing what is right in His eyes.
- Reading the Bible prepares us to do the work God has for us in this world, serving Him and telling others about Him.
- The Bible also helps us understand God’s plan for the world and to learn about how He has worked through time and history to bring about our redemption. (That’s a big word and we’ll learn more about it next month – but here’s a hint, it’s about Jesus!)
- The Bible is full of answers for our questions too. When we wonder what God wants or what He thinks about something, we can look for the answer in His word!

God wants us to know Him better and to know how He wants us to live. He gave us the Bible as His word, and because it came from Him, we know we can trust what it says.

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**Apply:** If the Bible is God’s own word and is so important us, what should we do with the Bible?

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### **Make it Stick:** Bible Balloons

Sometimes you will hear “God-breathed” in place of “inspired” in the verse we read. We’re going to use our breath to fill up balloons as a reminder that God filled people with His word for us!

Supplies:

- 5 uninflated balloons (you can use less, just put more words on each balloon)
- Permanent marker

Instructions:

- Write “The Bible is God’s Word” on the uninflated balloons, putting one word on each balloon or a couple words per balloon if you are using less than five. An adult or big kid can do this part.
- Blow up the balloons, watch the words grow!

Play keep it up with the balloons and/or have your kids sort them to make the message in order, a fun visual reminder of an important truth!

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**Pray:** Thank God for giving His word to us.

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**Verse:** 2 Timothy 3:16-17 (this is a long one with some complicated words for the younger kids, so you can shorten it as age appropriate – see last page)

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**Bonus:** Bible Books Challenge

Challenge your kids to memorize some of the books of the Bible in order. It can be as few or as many as they’re able. There are some fun songs (just search online) to help with this. We’ve found that the tune of Yankee Doodle works pretty well for the New Testament!

# Lesson 2: The Bible is True, Always!



## Read:

How do you know something is true?

Sometimes we can know simply by seeing it. You know the sky is blue because you can look out your window and see that it is!

Other times we can test something to find out if it is true. What if someone told you a penny could float? All you would need is a penny and a cup of water to test and see if what that person said was true or not.

Sometimes we can know something is true when it comes from a trustworthy source. Trustworthy means honest and truthful, someone you can depend on.

So how can we know the Bible is true?

Well, last week we learned that the Bible is God's word. Do you think God is a trustworthy source? He certainly is! He is the most trustworthy source of all.

- God is holy, that means He is perfect, so it is impossible for Him to lie (Titus 1:2 and Hebrews 6:18)
- He is also omniscient – that's a big word that means all knowing. Because God knows everything there is no way He can ever make a mistake or get something wrong
- In the Bible, Jesus calls Himself the truth (John 14:6)

We can know the Bible is true because it is God's word and God is the source of truth; He is the truth!

We can also see the truth of the Bible in other ways.

- Prophecies that were made about Jesus came true
- Archeological finds (things recovered from the past) show how the writings of the Bible match up to history
- Romans 1:20 teaches that we can look at creation itself as evidence of God

The Bible is true. It was true in the past, it is true today, and it will be true in the future. Check out these verses:

**“Sanctify them in the truth; Your word is truth.” John 17:17**

**“The grass withers, the flower fades, but the word of our God stands forever.”  
Isaiah 40:8**

**“The sum of Your word is truth, and every one of Your righteous ordinances  
is everlasting.” Psalm 119:160**

How wonderful it is to know that we can trust everything the Bible says as the truth. The Bible is true, always!

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**Apply:** If we ever hear something that is different than what the Bible teaches, what should we do? Where do we know for sure we can find the truth?

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**Make it Stick:** Nature Bookmark

Hold your spot in your Bible with a nature bookmark that reminds you of Isaiah 40:8 – though the flowers fade, God’s word stands forever!

Materials:

- Old magazine with flower pictures OR leaves from outside
- Plain or lightly colored paper
- Crayons
- Scissors (collage option)
- Glue (collage option)

Instructions:

- Collage option
  - Cut out pictures of flowers
  - Cut paper to the size of a bookmark
  - Glue the pictures on one side of the bookmark, creating a floral collage
  - Write Isaiah 40:8 on the back of the bookmark

- Leaf rubbing option
  - Place the leaves you collected on a flat surface and cover with paper
  - With a crayon, gently color over the paper – the leaf patterns should show up
  - Cut the paper into bookmark size
  - Write Isaiah 40:8 on the back of the bookmark

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**Pray:** Thank God that His word is true and that we can trust what He says in the Bible.

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**Verse:** John 17:17

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**Bonus:** Truth Detectives

Even at a young age, kids encounter messages from the world that contradict biblical truth. In our home we've noticed this especially when our little nature fan watches shows or reads books with a science theme and evolutionary concepts are mentioned. We use these as teaching opportunities, asking her to compare what she heard to what we've learned in the Bible. You can help your kids be truth detectives by encouraging them to discuss things they hear/read/learn that seem to be different from what the Bible teaches. Take time to search for the truth in the Bible together. It's a great way to develop discernment as they grow!

# Lesson 3: Treasure God's Word in Your Heart



## Read:

We've learned that the Bible is God's word and that it is always true. We've also talked about how much we can learn from the Bible – about God and about how He wants us to live. I think you've already figured out that it is very important for us to read our Bibles and learn as much as we can from His word!

But did you know that there's something else we can do with the Bible? In fact, if you've been working on memorizing the verses these past couple weeks, you've already started doing it!

**Psalm 119:11 says, "Your word I have treasured in my heart, that I may not sin against You."**

As we read and learn and remember God's word, it becomes so special to us that it is like a treasure we hold inside. It is in our minds, so that even when we don't have our Bible in our hands, we can think about words we have read and memorized and still know what it says!

Memorizing God's word helps to keep us from sin. Sin is disobeying God, doing or saying something that goes against Him.

Have you ever seen someone (or maybe even tried yourself) shoot an arrow at a target? The goal is to hit it right in the middle, the bullseye. If the arrow hits somewhere else on the target, or doesn't hit the target at all, they could say that they missed the mark, that they didn't hit where they wanted to.

When we sin, we miss the mark. We all sin, but the good news is this: the more we know God's word, the more we know His character (who He is), the more we know how He wants us to live. This can help keep us from sinning!

Imagine your mom asked you to clean up your toys, but you really wanted to play outside instead. Would you do what she asked without complaining? Would you clean up, but with a bad attitude? Or would you say no and pout?

Knowing God's word – having it stored in your mind and treasured in your heart – would help you make the right choice that pleases God. Hint - take a look at Ephesians 6:1 and Philippians 2:14. Knowing those verses would help you do what is right, which honors and pleases God!

( The more you treasure God's word in your heart, the more you grow close to Him and live a life that makes Him say "well done"! )

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**Apply:** Think of a time you sinned, then try to find a place in the Bible that teaches what you should have done instead. Read the verse(s) so that you can begin to remember them and treasure them in your heart!

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### **Make it Stick:** Playdough Messages

Make some playdough together, then roll it and cut out hearts. Use toothpicks or other small tools to write this week's memory verse – Psalm 119:11 – in the dough.

#### Materials:

- 1 pack Jello (any color)
- 1 cup flour
- 1 TBS cream of tartar
- ¼ cup salt
- 2 TBS oil
- 1 cup water
- Heart shaped cookie cutter
- Toothpicks, plastic knife, or other tools for "writing" on playdough

We love this playdough recipe found on [kraftwhatscooking.ca](http://kraftwhatscooking.ca) for its soft texture and good smell (whatever jello flavor you choose!), but you can skip making homemade playdough and just use store bought if desired

#### Instructions:

- Mix dry ingredients together in a small saucepan
- Add water and oil
- Cook on medium-low heat, stirring constantly until mixture begins to pull away from sides (about 5-7 minutes)
- Remove from heat and cool
- Knead together, adding flour if needed for desired texture

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**Pray:** Ask God to help you as you learn and memorize scripture.

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**Verse:** Psalm 119:11

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**Bonus:** Bible Snack

Search “Bible Fig Newtons” (pinterest or google) for an adorable and yummy snack to fill your children’s tummies as they fill their hearts with the word!

# Lesson 4: A Lamp to My Feet



## Read:

Imagine that you're taking a hike through the forest. The dirt trail is full of big rocks and there are roots sticking up out of the ground. Sometimes the path is steep, other times it's very narrow. You would need to watch your step so you didn't trip or fall or get off track.

Now imagine trying to hike on that trail in the middle of the night! In the darkness it would be almost impossible to see where you were going, and you wouldn't be able to watch out for things on the path that could cause you to stumble or fall. You might even get lost.

But... if you had a flashlight to shine on the trail, that would make all the difference! With a light you could find your way and make it safely through.

Did you know that the Bible is like a light for our lives?

**Psalm 119:105 says, "Your word is a lamp to my feet and a light to my path."**

Just as a flashlight brightens a dark path, God's word shows us the right way to go in life. It keeps us on track, helping us avoid sin that could trip us in our walk with God, and showing us how He wants us to live.

**[ The Bible is the light you need as your guide while you walk the path of life! ]**



## Apply:

Over the past month we've talked a lot about the Bible! Take some time to think about the lessons you've learned.\* What do you know about the Bible? How should you be using it in your life?

*\*Parents: Let your children answer as best they can on their own first, then help review these key points*

- The Bible is God's word
- The Bible helps us know God better and know how He wants us to live
- We can trust the Bible because it came from God

- Everything in the Bible is true
- The word of God will last forever
- Treasuring God’s word – reading and memorizing it – helps keep us from sin
- God’s word is a light in our lives, it shows us the way

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### **Make it Stick:** Glow Stick Lantern

Create a colorful glowing reminder of the way God’s word is the light for our lives!

Materials:

- Glow sticks (the small, bracelet sized ones work best)
- Glass jar (canning, jam jar, or similar)

Instruction:

- Crack and shake glow sticks to make them glow
- Curve glowsticks into rings and/or bend them into different shapes to fit inside the jar
- Set your glowing jar in a dark spot and enjoy its colorful light

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**Pray:** Thank God that His word is the light to our path and ask Him to help you follow where He leads.

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**Verse:** Psalm 119:105

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### **Bonus:** Flashlight Obstacle Course

Create an obstacle course (as easy or difficult as fits your child’s age/ability) in a dark room. See if your children can cross the room without running into the obstacles. Then give them a flashlight and let them try again. Remind them that the Bible is the light for our path!

**Verses:** Cut out the verses to post each week

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**“All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work.” 2 Timothy 3:16-17**

Optional for younger kids:

**“All Scripture is inspired by God...” 2 Timothy 3:16**

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**“Sanctify them in the truth; Your word is truth.” John 17:17**

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**“Your word I have treasured in my heart, that I may not sin against You.”  
Psalm 119:11**

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**“Your word is a lamp to my feet and a light to my path.” Psalm 119:105**