

Who God is Making Me

At the beginning of a new year people often talk about making resolutions. These may be goals to accomplish, behaviors to change, or special things to try. Making resolutions is easy, but keeping them can be hard! It is much easier to say you want to do something than it is to stick with it as time goes by.

This month, we're going to look at who God wants us to be. Just like making resolutions, sometimes it will feel easy and other times it will feel like more of a challenge, but it is always worth it. Because God is making you into exactly the person He wants you to be!



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 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: Obedient



Read:

Have you ever watched a dog show or agility competition? The dogs walk right where they should or run through the course as they are directed by their owners. Watching them you could say they are very obedient.

God wants us to be obedient too, but who are we supposed to obey? And why does it matter?

Most importantly, we are to obey God!

Deuteronomy 27:10 tell us: “You shall therefore obey the Lord your God, and do His commandments and His statutes which I command you today.”

- He has given us His Word to tell us how He wants us to live
- We can look at everything from the ten commandments to the teachings of Jesus to know how to obey God
- We obey out of love for God, and the Holy Spirit helps us to do so (See John 14:15-17)

Children are also given another special commandment.

Ephesians 6:1-3 says: “Children, obey your parents in the Lord, for this is right. Honor your father and mother (which is the first commandment with a promise), so that it may be well with you, and that you may live long on the earth.”

When you obey your parents, you are also obeying God, and He is pleased with your obedience.

We are called to obey so that we can live our lives in the way God wants, honoring Him by following the way He leads. Our obedience is a sign of our love for God. Your obedience to your parents shows your love for them as well. When you obey you learn to become more like the person God wants you to be!

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Apply: Is it ever hard for you to obey God or your parents? What do you do when it feels hard to obey? What can you do to work on obedience in honor of God and your parents?

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Make it Stick: Simon Says

Play a game of Simon Says together. To do well in the game you need to follow directions (or not follow them if Simon doesn't say!) just as we are to follow God and be obedient to Him.

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Pray: Ask God to help you obey His commandments and to obey your parents as well.

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Verse: Ephesians 6:1

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Bonus: Bible Verse Song

Make learning your Bible verse this week a little easier with a catchy song that puts the verse to music! Search for Steve Green's song called "Children Obey Your Parents" from the album *Hide 'Em In Your Heart*.

Lesson 2: Loving



Read:

Last week we learned about obeying God and following His commandments. When Jesus was on earth, He taught about those commandments and answered this question:

One of them, a lawyer, asked Him a question, testing Him. “Teacher, which is the great commandment in the Law?” And He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the great and foremost commandment. The second is like it, You shall love your neighbor as yourself.” (Matthew 22:35-40)

We can learn an important lesson from what Jesus said – a lesson that helps us become more like the people God wants us to be.

- God wants us to be people who love Him and love our neighbors.
- Your neighbors aren’t just the people who live near you though; Jesus teaches that everyone is our neighbor! (You can check out the parable of the good Samaritan in Luke 10:29-37 if you want to learn more about that)
- Love isn’t just a feeling – it means taking action too. We must act in a way that is loving toward others. (Check out 1 Corinthians 13:4-7 for what love looks like in action)

God wants to make you into a loving person – someone who loves Him and loves others. We can show our love through our actions; both towards God and towards the people in our lives. When you live in a loving way you honor God and keep His commandments!



Apply: How do you think you can show God you love Him? What can you do to show other people you love them?



Make it Stick: Secret Delivery

Make a secret delivery to someone you know as a fun and surprising way of showing love. Alternatively, you could choose to mail a special note to someone you love who lives farther away.

Supplies:

- Brown bag (lunch size is best)
- Paper or card (for writing a note)
- Small treat or other surprise to fill your delivery
- Crayons/markers/stickers/etc

Instructions:

- Select who you'll be making your secret delivery for (but don't tell them!)
- Decorate the outside of the brown bag with any craft supplies you'd like
- Write a note and/or draw a picture for the person
- Fill the bag with your note and a small treat or gift
- Secretly deliver the package to the person you've chosen as a way to brighten their day and show your love!

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Pray: Thank God for His love, which is the best example for us to follow. Ask Him to help you be loving in all you do.

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Verse: Matthew 22:37

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Bonus: Good Samaritan Parable

Spend some extra time learning about the parable of the good Samaritan. You can read this in the Bible or in a children's Bible book. The Veggie Tales version is also quite fun! It's called "Are You My Neighbor?"

Make it Stick: Fruit Basket Coloring Page

Materials:

- Fruit of the Spirit coloring page (next page)
- Crayons or markers
- Scissors (optional)
- Small bowl (optional)

Instructions:

- Print the following page
- Color the fruits and hang them up as a reminder of the fruits of the Spirit this week
- Optional – cut the fruits out after coloring and display them in a small bowl instead

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Pray: Pick one specific fruit of the Spirit and pray that God helps you to show that fruit in your life this week.

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Verse: Galatians 5:22-23

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Bonus: Banana Bread

If you have some overripe bananas in your house, try baking a loaf of this banana bread! It's a favorite recipe in our family and an easy one for kids to help with!

Banana Bread Recipe

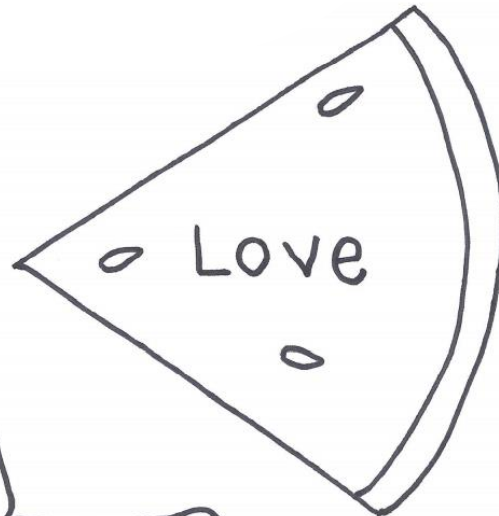
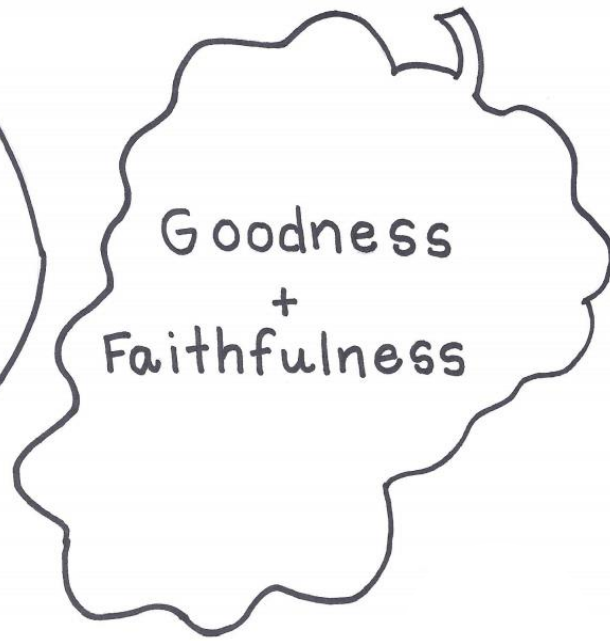
Combine:

- 1 stick softened butter
- 2 eggs
- 2 overripe bananas
- 1 cup sugar

Bake at 375 for 15 minutes, then decrease to 350 and bake another 35-45 minutes or until a toothpick comes out clean.

Add:

- 1 cup flour
- 1 tsp baking soda
- Pinch of salt
- Chocolate chips and/or nuts if desired



Make it Stick: Mini Candle Holder

Materials:

- Baby food jar (or other similar size clear container)
- Rubber bands
- Paint (acrylic or any kind that works on glass)
- Paintbrush or sponge
- Tealight

Instructions:

- Make sure your jar is clean and any labels removed
- Wrap several rubber bands around the outside of the jar in criss-crossing patterns. It can be fun to try different widths of rubber bands. Wherever you place a rubber band will remain clear, so consider this as you make your design.
- Paint over the outside of the jar (while the rubber bands are still in place) and allow to dry fully.
- Remove rubber bands and place a tealight inside to see the light shine through!

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Pray: Ask God to help you be a light to those around you this week.

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Verse: Matthew 5:16

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Bonus: Flashlight Hide and Seek

Grab a flashlight and head to a dark room. One person is it and keeps the flashlight, while the others hide. When it's time to seek, the person who is it shines the flashlight in the room to find those who are hidden. Once the light hits you, you've been found! Take turns hiding and seeking.

Verses: Cut out the verses to post each week

Children, obey your parents in the Lord, for this is right. Ephesians 6:1

And He said to him, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.” Matthew 22:37

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23

Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven. Matthew 5:16