



DEEPER BIBLE Follow Jesus

[15 min]

Supplies

- Bible
- upbeat music
- music player

Tip

- You can purchase downloadable music and other items to enhance your DIG IN program [here](#).

Follow Jesus to the Park

Say: **Today we're learning that we are followers of Jesus. Let's pretend to follow Jesus to the park!** Have an adult or teen helper start the music. Lead kids to march around the room, following you, while the music plays.

When the music stops, say: **We are followers of Jesus. That means we try to learn from Jesus and live the way he teaches us to live. Let's pretend we're at the park and there's someone who doesn't have anyone to play with. Jesus teaches us to be kind.**

Ask: • **What can we do to be kind to someone without a friend?** If kids have trouble getting started, help them think of ways to be kind such as saying hello, inviting the child to play with them, or asking the child his or her name.

Follow Jesus to Church

Ask your helper to start the music again, and say: **Let's pretend to follow Jesus to church!** Lead kids to hop around the room, following you, while the music plays.

When the music stops, say: **If you're at church and a friend is playing with the toy you want, you might want to take the toy away. But we are followers of Jesus, and he teaches us not to take things from others.**

Ask: • **What can you do instead?** If kids need help getting started, offer an idea or two, such as asking the child to share, finding another toy, or waiting for a turn.

Follow Jesus Home

Ask your helper to start the music again, and say: **Let's pretend to follow Jesus home!** Lead kids to tiptoe around the room, following you, while the music plays.

When the music stops, say: **At home, someone else might want to watch a show that you don't like. We are followers of Jesus, and Jesus teaches us to love others.**

Ask: • **What can you do to show love to them?** If kids need help getting started, offer an idea or two, such as suggesting a show they both like, doing something else while the show is on, or watching the show to see why their brother likes it.

Say: **The Bible teaches us to follow Jesus' example. Listen to this!** Read aloud the first part of Ephesians 5:2.

Say: **Jesus loves us and helps us make the right choices. He helps us love others with *his* great big love! Let's pray and thank Jesus that he helps us follow him.** Lead kids in prayer.



OBJECT LESSON

Water Way

[10 min]

Supplies

- liquid measuring cups (with handles and pour spouts) or small pitchers (1 per adult or teen leader)
- yarn
- scissors
- clear disposable cups (1 per adult or teen leader)
- towels or disposable tablecloths (1 per adult or teen leader)

Easy Prep

- Cut roughly 2 feet of yarn for each adult or teen leader.
- Fill the liquid measuring cups or small pitchers until they're nearly full of water. The water level should be just at the pour spout.

Watch Water Follow Yarn Into a Cup

Say: **Today we're learning that we are followers of Jesus. Jesus will always show us the best way to live. I have a fun way to show you what *following* looks like!**

- Form small, leader-led groups, and give each leader a towel or tablecloth, a length of yarn, a liquid measuring cup or small pitcher of water, and a clear disposable cup.
- Have leaders spread out the towel or tablecloth and place the other supplies on top with the yarn stretched out between the container of water and the empty disposable cup.
- Challenge groups to think of ways they might get the water from the filled container into the cup without getting the filled container any closer to the cup. It has to stay as far away as the length of the yarn.
- Allow a minute for brainstorming, and then leaders can demonstrate how it can be done:
 - First, have leaders tie one end of the yarn to the handle of the liquid measuring cup, nearest to where the handle meets the mouth of the measuring cup.
 - Then preschoolers help leaders submerge the yarn in the water until it's thoroughly soaked.



- Without wringing out any water from the yarn, leaders can then place the free end of the yarn into the disposable cup so the end touches the bottom of the cup.
- Preschoolers take turns holding the yarn over the mouth of the cup, with the end still in the cup, while you pull the yarn taut and *slowly* pour water from the spout and along the yarn. The water will travel along the soaked yarn into the cup.



- The water may drip some from the yarn, but leaders can adjust how much they're pouring or how a preschooler is holding the yarn to help minimize drips.
- After each preschooler has had a chance to hold the yarn, leaders can place the supplies on top of the cloth again to show you the group is finished.

Talk About It

Ask: • **What happened with the water and yarn?**

Classroom: Seedlings

Say: **When you soaked the yarn in the water, it helped the rest of the water in the pitcher follow the yarn into the cup. When the water follows the yarn, it has to stay close! Following Jesus is like that. When we follow him, we stay close by talking to him, learning about him, and coming to church. And when we're close to Jesus, we know how to help others follow him, too!**

Ask: • **How can you help others follow Jesus?** Share an example or two of your own to guide preschoolers, such as showing friends how to be kind or helping a friend say a prayer.

Say: **When we are followers of Jesus, we can help others follow him, too!**