



Lesson 4: “God’s Words Are Good for My Heart”

6-8 In Person Crew Club Plan

<u>Key Teaching Point</u>	God is good, and I can be his child.
<u>Key Bible Verse</u>	“See how very much our Father loves us, for he calls us his children, and that is what we are!” 1 John 3:1 (NLT)
<u>Scripture Passage</u>	“Jesus teaches and feeds the 5,000” (Luke 9:10-17)
<u>Materials</u>	<ul style="list-style-type: none">● A Bible● A box of spaghetti noodles● Two bags of large marshmallows● A sheet of poster board or chart paper● A marker to write on the poster/chart paper● Handout 1, two copies● Pens or pencils*● Index cards, one per student

*Materials marked by an asterisk are provided in the CKC Games Bag.

Relate (20 minutes)

Welcome crew members with a snack.

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while the students eat their snack:

Icebreaker Options (Choose one.):

- Rosebud: Ask students to share a highlight or success from the week (a rose), a challenge or disappointment from the week (a thorn) and something they are looking forward to doing or experiencing in the week ahead (a bud).
- Let students take turns sharing how they’re feeling today using the Feelings



- Wheel (from the CKC Games Bag).
- Open a discussion with the question, “What’s your favorite food? Why?”

Build relationships.

Open a discussion:

- **Describe a time someone said hurtful words to you. What was this like? How did it feel?**
- **Describe a time someone said uplifting and kind words to you. What was this like? How did it feel?**

Words are powerful. Words can be used to build us up or tear us down. We can trust that God’s words are always for our good.

Play a game.

Competition: Build a Spaghetti and Marshmallow Tower

Divide your crew members into two teams. Give each team a large bag of marshmallows. Take a box of spaghetti noodles and divide its contents evenly and distribute between the two teams. Give each team five minutes to construct the tallest tower. The team with the tallest tower at the end of five minutes wins!

We are going to learn today that just as food strengthens our bodies, God’s Word strengthens our hearts.



Receive (20 minutes)

Hear God’s Word.

We are going to explore one of the miracles of Jesus. As I read the following story, I want you to consider what this story reveals about Jesus.

A great crowd of people were following Jesus. Jesus had been teaching and healing people throughout the nearby towns, so the crowds were excited to hear what Jesus would say. More than 5000 people were in the crowd! Jesus welcomed them and taught them about the Kingdom of God, and he healed those who were sick.

Late in the afternoon, the twelve disciples came to him frustrated, hungry and tired. They asked Jesus to send the crowds away to the nearby villages and farms to find food and lodging for the night, because there was nothing to eat in the remote place where they were gathered.

But Jesus said, “You feed them.” The disciples had only 5 loaves of bread and two fish, so they asked Jesus if he was expecting them to go



and buy food for the whole crowd.

Jesus sent them out to instruct the crowd to sit down in groups of about fifty each. Jesus took the five loaves and two fish, looked up toward heaven, and blessed them. Then, breaking the loaves into pieces, he gave the bread and fish to the disciples so they could distribute it to the people. The crowd was satisfied and ate as much as they wanted, and afterward, the disciples picked up twelve baskets of leftovers!

What does this story reveal to you about Jesus?

Take responses from two or three students.

Jesus had compassion on the hungry crowd. Instead of turning his back on their needs and ignoring the problem, he performed an amazing miracle! He provided for the needs of the hungry crowd, and they even had leftovers! Where do you think Jesus got the power to perform such an amazing miracle?

Take responses from two or three students.

Jesus is all-powerful because he is one with God the Creator. Jesus is God! He is good and loving. He cared for the people and provided for their needs by feeding them.

What else did Jesus give to the people that day?

Take student responses.

His words! Jesus taught the people and they listened because God's words are good. Food and water give life to our bodies; God's words give life to our hearts. God is able to provide for our physical needs, but he is also able to provide for the needs of our hearts.

Where do we find God's words for us today?

Take student responses.

The Bible! Speaking of the Bible, let's review our verse, God's Word for us.

Review the Bible verse:



“See how very much our Father loves us, for he calls us his children, and that is what we are!” 1 John 3:1 (NLT)

God is a good and loving Father, and his words are good for our hearts.

Engage and explore the story.

Review the story from Luke 9:10-17 by asking students to sketch out various scenes and retelling it as a group. You can divide the story up into the following scenes and randomly assign each student one of the scenes to draw. Then, instruct them to put the scenes in order and retell the story as a group.

- The crowds followed Jesus to hear his teaching.
- It was getting late, and the crowd and the disciples were very hungry.
- The disciples told Jesus to send the people away.
- Jesus told the disciples to feed the crowd, but they didn't have enough food.
- All 5,000 people sat down in groups of 50 each.
- Jesus took the five loaves of bread and two fish and blessed them.
- Everyone ate until they were full.
- The disciples collected 12 baskets of leftovers!

Encourage students to participate in an interactive discussion by incorporating observation questions into a game when possible. See the CKC Games Bag for ideas.

- **Why did the crowds of people come to see Jesus?** (They came to hear his teaching and learn from him.)
- **What else did the crowd need?** (They needed food to eat.)
- **Why do you think the people wanted to hear Jesus' words?** (Answers will vary.)
- **How did Jesus provide for the crowd?** (He did a miracle and fed 5,000 people with only five loaves of bread and two fish.)
- **How does God take care of your needs?** (Answers will vary. Emphasize that God takes care of our physical needs, but he also takes care of the needs of our heart by sending Jesus to us and giving us the Bible.)
- **What are some examples of physical needs that God meets in people's lives?** (Answers will vary.)
- **Can you think of some "heart needs" (emotional, spiritual, etc.) that students your age might have?** (Answers will vary.)
- **Imagine you were one of the people in the crowd that day. What would you tell others about Jesus after that experience?** (Answers will vary.)





Respond (20 minutes)

Apply God's truth.

Tell students to find a partner and give each pair a blank sheet of paper and a writing utensil. Tell them you are going to give them a timed challenge. Give them exactly one minute to write down as many things as they can to answer the following question:

What are some examples of things that are good for you?

After one minute is up, take student responses.

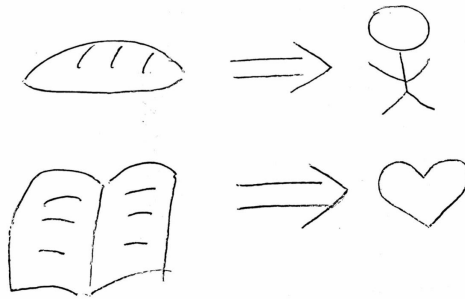
Examples:

- Healthy food
- Exercises
- Getting enough sleep

Discuss:

- **Why are these things good for you?**
- **What happens when you do things that are good for you?**
- **What happens when you don't?**

On a sheet of chart paper or poster board, sketch the following:



In today's story, Jesus fed the crowds because their bodies needed food. But he also gave them something their hearts needed—his words. God's words are for our good.

(Use the sketch to emphasize that our bodies need food and our hearts need God's words.)

God's words are for our good. He gives us his words in the Bible. How are



God's words good for us?

Take student responses. As students share, write examples on a sheet of chart paper or poster board just below the previous sketch. Add any examples of your own or from the list below.

Examples: God's words . . .

- Show us what is true and good.
- Help us know God and his love for us.
- Teach us to walk in wisdom.
- Encourage us to do the right thing.
- Transform our hearts to be right with God.

Do you believe that your Creator's words are good for you? Just like it's important to fill your body with good food, it's important to fill your mind and heart with God's words. How can you fill your heart with more of God's words this week?

Take student responses.

One way we can fill our hearts with God's words is to memorize them so they stay in our minds and hearts. We're going to practice that now.

Play a Bible verse game.

Bible Verse Game: Word Lineup

Before club, make two copies of Handout 2 and cut up the cards. Divide your group into two teams. Have each team form a circle. In the middle of each team, place the stack of verse-word cards facing up in the center of each team. The cards should be mixed up in random order. On "go," teams race to lay out the verse in order without using their hands. The first team to order the verse correctly wins.

Sing and worship together.

Pick a song from the [Praise and Worship Guide](#) or choose one of your own. Incorporate movement into the songs whenever possible.

Pray together.

When Jesus taught his disciples to pray, he used the following words:

"Give us today the food we need." (Matthew 6:11, NLT) Note that other versions of the Bible use the word *bread* in this passage.



Jesus is inviting us to pray for what we need, physically and spiritually. We can have a good and loving Father who cares for us and wants us to come to him and ask for what we need. God is never burdened by the needs we have. He is the Creator, after all! He wants us to trust that he loves and cares for us and that he will provide for our needs.

What are some things that you or your family need from God right now?

Invite students to respond in silent prayer. Take additional prayer requests, and close in prayer together.



Handout 1: Bible Verse Lineup

See	how	very much	our Father
loves us	for he	calls	us
his children	and	that is	what we are!

