



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

## K-2 In Person Crew Club Plan

<b><u>Key Teaching Point</u></b>	God is good, and I can be his child.
<b><u>Key Bible Verse</u></b>	“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)
<b><u>Scripture Passage</u></b>	“Jesus teaches and feeds the 5,000” (Luke 9:10-17)
<b><u>Materials</u></b>	<ul style="list-style-type: none"><li>● A squishy ball*</li><li>● A sheet of poster board or chart paper</li><li>● A marker to write on the poster/chart paper</li><li>● Handout 1, one copy</li><li>● Pens or pencils*</li><li>● Index cards, one per student</li></ul>

\*Materials marked by an asterisk are 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 children eat their snack:

#### Icebreaker Options (Choose one):

- Ask the children to share their highs and lows (the best and worst things that happened to them either today or from the past week.)
- Ask the children to take turns sharing how they’re feeling today using the “How Are You Feeling?” chart (from the CKC Games Bag).
- Open a discussion with a series of *Would you rather?* questions:
  - Would you rather eat cake or ice cream?



- Would you rather eat only fruits or only vegetables for the rest of your life?
- Would you rather eat something salty or something sweet?
- Would you rather eat breakfast foods or dinner foods?

**Build relationships.**

Give each child a sheet of paper and a pencil. Ask the children to draw their favorite food. Then, ask them to describe their favorite food to the group. After all the children describe their favorite food, ask the question: **How do you feel after you eat your favorite food?**

Take student responses.

**It is not a surprise that eating good food makes us feel good! Today we are going to learn that God’s words are good for our hearts!**

**Play a game.**

**Clap Ball**


Seat children in a circle facing one another, and give one child a squishy ball to start. This first player throws the ball up in the air and must clap once before catching the ball. Then, they pass the ball to the next player who must do the same. The ball continues around the circle until it gets back to the first player, who then must clap twice before catching the ball and passing it. Continue to increase the challenge by adding claps in between catches.






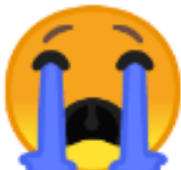



**Receive (20 minutes)**

**Hear God’s Word.**






Use emojis to tell the Bible story from Luke 9:10-17. Before the club session, cut out the emojis in Handout 1. They are numbered in the order that they appear in the script. Read the script below, and display each emoji for all crew members to see whenever they appear in the script. Cues for the emojis are highlighted in parentheses.

	<p><b>The crowds followed Jesus, excited to hear what he would say. 😄 He welcomed them and taught them about the Kingdom of God, and he healed those who were sick. 🤒</b></p>
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  	<p>Late in the afternoon, the twelve disciples came to him frustrated 😡 and said, “Send the crowds away to the nearby villages and farms so they can find food and lodging for the night to sleep. 😞 They might be sad 😞, but there is nothing to eat here in this remote place.”</p>
	<p>But Jesus said, “You feed them.” (FINGER POINT)</p>
 	<p>“But we have only five loaves of bread and two fish,” they answered. 😡 “Or are you expecting us to go and buy enough food for this whole crowd?” 😞 For there were about 5,000 men there. 😞</p>



	
 	<p><b>Jesus replied, “Tell them to sit down in groups of about fifty each.” So the people all sat down. Jesus took the five loaves and two fish, looked up toward heaven, 🙄 and blessed them. 🙏</b></p>
 	<p><b>Then, breaking the loaves into pieces, he kept giving the bread and fish to the disciples so they could distribute it to the people. They were all so happy 😄 and ate as much as they wanted, and afterward, the disciples picked up twelve baskets of leftovers! 🤩</b></p>

**What does this story show you about Jesus?**

Take responses from two or three students.

**Where did Jesus get the power to do such an amazing miracle like this?**

Take responses from two or three students.

**Jesus is all-powerful because Jesus is the Son of God, our Creator! 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? His words! Jesus taught the people, and they listened because God’s words are good. Food and water**



**strengthen our bodies; God’s words strengthen our hearts.**

**Where do we find God’s words for us today?**

Take student responses.

**That’s right, in the Bible.**

Hold up a 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 on an index card and retell the story as a group. You can divide the story up into the following scenes and assign each student one of the scenes to draw. Then, instruct them to share their scene in the story order.

- A large crowd followed Jesus.
- The disciples told Jesus to send the people away.
- Jesus told the disciples to feed the crowd.
- The disciples told Jesus 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.)
- **Why do you think the people wanted to hear the words of Jesus?** (Answers will vary.)
- **What else did the crowd need?** (They needed food to eat.)
- **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.)



## **Respond (20 minutes)**

### Apply God's truth.

Ask the children, **What are some examples of things that are good for you?**

Pass around a squishy ball to encourage the children to respond to the question. Tell the children that only the student with the squishy ball can provide an answer to the question. After a child responds to the question, instruct them to pass the ball to someone else. Emphasize that the goal is to get as many responses to the question as possible. Continue until students start to run out of ideas.

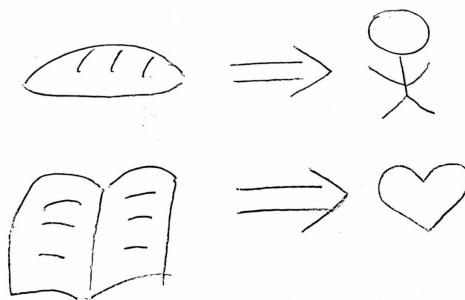
Examples:

- Eating healthy foods
- Exercising
- 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 good for our hearts.**



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

### **God gives us his words in the Bible. How are God's words good for us?**

Take student responses.

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 care for your body by eating good food, it's important to care for your heart by hearing God's words from the Bible. Remember, God's words are good for your heart! How can you hear more of God's words this week?**

Take student responses.

**One way we can hear more of 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: Mystery Word

Practice saying the Bible verse together a few times using Handout 2. Then instruct one student to turn their back, and close their eyes. Let another student choose one word from the verse by pointing to it so all the other children can see the "mystery word." Then, the student whose eyes are closed must listen as the rest of the group says the verse, but claps on the selected "mystery word" without saying it. The student whose eyes are closed must guess the mystery word. Let students take turns guessing or selecting a mystery word.

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.

**God is a good and loving Father who cares for us. We can come to him and tell him our needs. He wants us to trust that he loves and cares for us. Just like Jesus provides for the hungry crowd, God is able to provide for the needs of your life.**

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

Take prayer requests, and close in prayer.





# Handout 1: Emojis



1



2



3



4



5



6



7



8



9



10



11



12



13



## Handout 2: Mystery Word

**“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)**

