



Backpack Blessings: 5-Week Children's Ministry Curriculum

 **Big Idea:** God equips us for a new school year. In Jesus we learn courage, dignity, kindness, perseverance, and bold leadership.

 **Memory Verse:** 1 Timothy 4:12 — “Don’t let anyone look down on you because you are young, but set an example for the believers...”

 **Theme Hook:** “Homeroom at Church.” Each week begins with a Gear Check station where kids are introduced to the gear of the week.

Starting a new school year is a major event in the life of every child. This series will equip them to trust God in this exciting time of change.

 **Gospel Connection:** Jesus welcomes us into God’s family and gives the Spirit to shape our character. He sends us into school to shine for Him—doing what’s right, honoring God with our choices, serving others, and standing firm.

5-Week Lesson Overview

Week 1 — Gear Check

- Bible Story: Jael's Toolbox (Judges 4)
- Key Discovery: God can use ordinary people and ordinary tools for His good plans.
- Takeaway: I can offer my skills to God and choose courage.

Week 2 — Good Trouble

- Bible Story: Queen Vashti Says No (Esther 1)
- Key Discovery: Dignity and courage matter—sometimes loving God means saying “no” to wrong.
- Takeaway: I can honor God with respectful, brave choices.

Week 3 — Pack Kindness

- Bible Story: Tabitha's Sewing Ministry (Acts 9:36–43)
- Key Discovery: Kindness leaves a legacy that points people to Jesus.
- Takeaway: I can use my hands to help and encourage others.

Week 4 — Don't Fear the Test

- Bible Story: Tested Faith (James 1:2–4)
- Key Discovery: God uses trials to grow strong faith and character.
- Takeaway: I can ask God for help and keep going with joy.

Week 5 — Backpack Blessing Sunday

- Bible Story: Timothy's Call-Up (1 Timothy 4:12)
- Key Discovery: Young believers can lead by example—in speech, conduct, love, faith, and purity.
- Takeaway: I can live like Jesus at school and let others see Him in me.





1 Timothy 4:12 NIV

Don't let anyone look down
on you because you are
young, but set an example
for the believers in speech,
in conduct, in love, in faith
and in purity.



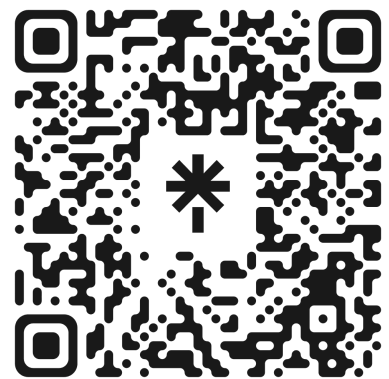
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Week 1 – Supply List

Group Game — Fix-It Frenzy (Block Edition)

- ☐ building blocks (LEGO®, wood, or foam)
- ☐ timer or upbeat music
- ☐ open space for build zones
- ☐ optional: toy figures for “rescue missions”

Object Lesson — The Hidden Tool

- ☐ box, bag, or small toolbox
- ☐ random household objects (spoon, pencil, sock, toy)
- ☐ small tool (toy hammer or screwdriver)

Bible Story Teaching

- ☐ Bible

Word Search & Coloring Page

- ☐ printed word-search handouts (provided below, 1 per child)
- ☐ printed coloring page (provided below, 1 per child)
- ☐ crayons or colored pencils

Craft — Courage Toolbox

- ☐ white or colored paper (1 per child)
- ☐ crayons or washable markers
- ☐ scissors (optional — pre-cut shapes for younger kids)
- ☐ glue sticks or tape
- ☐ optional: stickers or scrap paper



Introduction Game (5 minutes)

Supplies Needed

- building blocks (LEGO®, wood blocks, or foam blocks)
- timer or upbeat background music
- open space for multiple “build zones”
- optional: small toy figures to “rescue”

TEACHER: Today we’re learning that God can use ordinary people and ordinary tools for His good plans! In our game, you’ll use your hands, teamwork, and imagination to fix what’s been destroyed—just like Jael used her tools for God’s purpose.

Setup

1. Split the kids into small teams (3–5 players each).
2. Give each team a small pile of blocks and assign them a “build zone.”
3. Explain that their job is to rebuild the structure each time it “falls.”

How to Play

1. Build a quick structure (like a small tower or bridge) for each team.
2. When you yell “Disaster!” or blow a whistle, gently knock the structure down or remove a few pieces.
3. The team races to rebuild it as fast as they can before the next “disaster.”
4. Keep going for several rounds, making it a little more challenging each time (taller builds, more teamwork, or extra blocks).

TEACHER: When Jael used her tools, she showed courage and trusted God’s plan. We can do the same when we use what He’s given us—our hands, our minds, and our teamwork—to make things better!

Debrief: God loves using our creativity and courage to fix what’s broken and help others. Ordinary people + God’s power = amazing things!

Object Lesson (5 minutes)

The Hidden Tool

Supplies Needed

- a box, bag, or small “toolbox”
- several random household objects (like a spoon, pencil, sock, or toy)
- one small tool (toy hammer, screwdriver, or wrench)

TEACHER: Sometimes we don’t feel like we have what it takes to do something important for God. But just like Jael, God gives us the right tools *right when we need them!*

1. Show the box or bag and say,
“Inside here are some things that might help with a big job. Let’s see what we have.”
2. Pull out random objects one at a time—act unsure or silly.
“Hmm... a spoon? I don’t think that will fix a tent.”
“A sock? That doesn’t seem helpful either!”
3. After a few tries, pull out the small tool.
“Aha! The perfect tool for the job. Jael didn’t have fancy equipment—just what was already in her hands. But God used it to do something amazing.”
4. **TEACHER:** We might feel ordinary, but God has placed special gifts inside each of us. When we trust Him, He helps us use those gifts for His plan.

Debrief: You might not see all your gifts yet, but God does. He’s already given you everything you need to be brave and useful for His kingdom.

Bible Story (15 minutes)

Week 1 – Jael’s Toolbox (Judges 4)

TEACHER: Have you ever looked at your backpack or toolbox and thought, “What could I possibly do with this?” Today’s story is about a woman named Jael who didn’t have fancy weapons or a big army—just the tools she already owned. But when she trusted God, He used her bravery and her tools to save His people!

At this time, Israel was ruled by a cruel army led by Sisera. God sent a leader named Deborah to help Barak fight back, and Jael played a surprising part in God’s plan.

READ (NIV): Judges 4:6–9

Deborah said, “The Lord, the God of Israel, commands you: ‘Go, take ten thousand men... I will give Sisera into your hands.’”

God told Barak to lead the army, but Barak said he’d only go if Deborah came too. Deborah agreed—and God gave them victory.

READ (summary): Judges 4:17–20

Sisera ran away from the battle and came to Jael’s tent to hide. Jael welcomed him, gave him milk to drink, and let him rest.

Sisera didn’t know that Jael was brave and loyal to God’s people. She saw a chance to protect others using what she already had—her tools, her tent, and her courage.

READ (summary): Judges 4:21–22



When Barak came looking for Sisera, Jael showed him that God had already won the battle through her actions.

Jael trusted God's plan, even when it was risky. She didn't wait for someone else—she used what she had and stepped up with courage.

Summary: God can use ordinary people and ordinary tools to do His good work.

Say together: I can offer my skills to God and choose courage.

GOSPEL CONNECTION: Just like Jael, Jesus used what looked ordinary—a cross—to bring about God's greatest victory. When we trust Him, He can use our lives to bring help, hope, and courage to others.



Discussion Questions & Prayer (5-10 minutes)

TEACHER: Jael's story shows that God can use *anyone*—not just warriors or kings. She was an ordinary woman with simple tools, but she trusted God and acted with courage. God can use you too, right where you are, with whatever is in your hands!

Discussion Questions

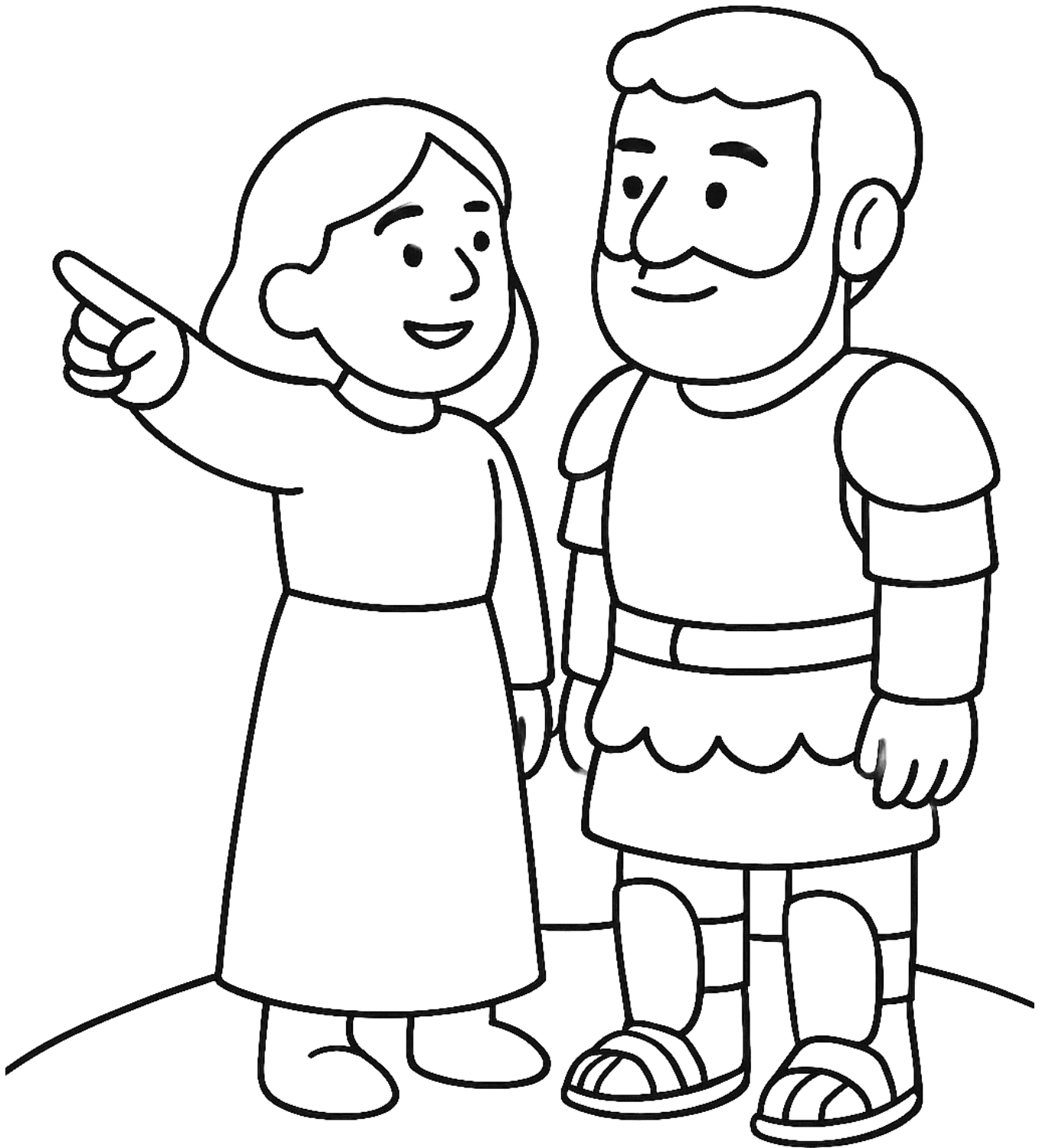
1. What did Jael use to help God's people win the battle?
2. What are some "tools" or talents you have that God could use?
3. How can you be brave when you face something that feels too big?

PRAYER: God, thank You for giving each of us special gifts and skills. Thank You for showing us through Jael's story that You can use anyone who is willing and brave. Help us use what You've given us to help others and to do what's right.

In Jesus' name, Amen.



God Helps His People (Judges 4)



Word Search Puzzle

BARAK – BATTLE – COURAGE – DEBORAH – FAITH

GOD – ISRAEL – Jael – PLAN – PROMISE – SERVE – TOOLS – TRUST

A	P	O	G	N	C	H	I	I	E	O
S	R	D	B	C	B	H	L	R	Z	K
O	O	G	V	U	A	H	J	A	E	L
G	M	H	Z	R	T	T	B	G	S	G
V	I	E	O	I	S	R	A	E	L	U
I	S	B	A	U	K	R	T	G	X	E
S	E	F	R	P	U	K	T	Q	V	L
D	J	T	O	O	L	S	L	R	P	Z
A	W	F	C	M	T	A	E	N	U	N
J	B	A	R	A	K	S	N	K	A	W
Y	D	C	G	H	G	U	V	L	D	N



Word Search Answers



Craft Activity (5-10 minutes)

Courage Toolbox

Supplies Needed

- white or colored paper (1 per child)
- crayons or washable markers
- scissors (optional — pre-cut toolbox shapes for younger kids)
- glue sticks or tape
- optional: stickers or scrap paper for decoration



TEACHER: Today we learned that Jael used the tools she already had to serve God with courage. God has given each of us tools too—not hammers or nails, but things like faith, kindness, creativity, and love! Let’s make a Courage Toolbox to remember the gifts and strengths God has placed in each of us.

1. Give each child a sheet of paper.
2. Help them draw or cut out a simple toolbox shape—a rectangle with a lid or handle on top.
3. Inside the toolbox, have them draw or write the “tools” God gives—examples:
 - Faith (to trust God)
 - Kindness (to help others)
 - Courage (to do what’s right)
 - Creativity (to solve problems)
 - Love (to show Jesus to others)
4. Decorate the toolbox with bright colors, stickers, and patterns.
5. Optional: Write “God Can Use Me!” across the front.

Say together: God can use ordinary people and ordinary tools for His good plans!

Debrief: Just like Jael, you can use what God has given you to make a difference. Ordinary tools in God’s hands become extraordinary!



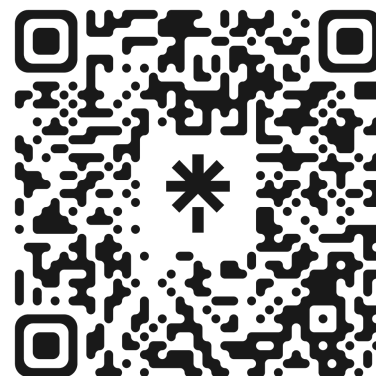
Week 2 — Good Trouble

- Bible Story: Queen Vashti Says No (Esther 1)
- Key Discovery: Dignity and courage matter—sometimes loving God means saying “no” to wrong.
- Takeaway: I can honor God with respectful, brave choices.

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Week 2 – Supply List

Group Game — Stand Your Ground

- ☐ open space for movement
- ☐ optional: upbeat music
- ☐ optional: “Stand Firm” sign or whistle

Object Lesson — The Wobbly Tower

- ☐ stackable blocks or cups (10–15 pieces)
- ☐ table or flat surface
- ☐ optional: label blocks with words (*truth, courage, respect, obedience, fear*)

Bible Story Teaching

- ☐ Bible

Word Search & Coloring Page

- ☐ printed word-search handouts (provided below, 1 per child)
- ☐ printed coloring page (provided below, 1 per child)
- ☐ crayons or colored pencils

Craft — Courage Crown

- ☐ construction paper or cardstock (1–2 strips per child)
- ☐ crayons or washable markers
- ☐ scissors (optional — pre-cut strips for younger kids)
- ☐ glue sticks or tape
- ☐ optional: stickers, jewels, or foil for decoration



Introduction Game (5 minutes)

Stand Your Ground

Supplies Needed

- open space for movement
- optional: upbeat music for transitions
- optional: “Stand Firm” sign or whistle for commands

TEACHER: Today’s game is called Stand Your Ground, and it’s all about courage—just like Queen Vashti showed when she made a brave, respectful choice to say “no” to something wrong.

Setup

1. Have everyone spread out in the play area.
2. Explain that you’ll call out different movement commands:
 - **“March!”** – everyone walks in place.
 - **“Run!”** – move fast but safely.
 - **“Spin!”** – turn in a circle.
 - **“Stand Firm!”** – freeze in place like a statue and stay still!

How to Play

1. Start slow with commands so everyone learns the motions.
2. Then mix them up—give quick commands in different order or speed.
3. Anyone who moves after you say “Stand Firm!” must take one “self-control step” back and rejoin the next round.
4. Optional: play with background music and pause it when it’s time to “Stand Firm.”

TEACHER: Standing your ground doesn’t mean being rude or angry—it means knowing what’s right and choosing to honor God, even when others want you to do something wrong.

Object Lesson (5 minutes)

The Wobbly Tower

Supplies Needed

- stackable blocks or plastic cups (10–15 pieces)
- table or flat surface
- optional: label some blocks with words like *truth*, *courage*, *kindness*, *respect*, *obedience*, *popularity*, *fear*.

TEACHER: Sometimes it's hard to do the right thing when others want us to do what's wrong. But when we stand firm on God's truth—like Queen Vashti did—He helps us stay strong and steady.

1. Begin stacking the blocks or cups into a tall tower.

“Let's pretend this tower represents our choices and our character.”

2. Start removing a few bottom blocks labeled with important words (like *truth*, *courage*, or *respect*).

“Uh oh—what happens when we take away courage or truth?” (Let the tower wobble or fall.)

3. Rebuild it with *truth* and *courage* back at the bottom.

“Now our foundation is strong again. When we stand firm on God's truth, we can stay steady—even if it's hard.”

TEACHER: Queen Vashti stood up for what was right, even though it was risky. God wants us to be brave like her—to keep truth and courage at the foundation of our hearts.



Bible Story (15 minutes)

Week 2 – Queen Vashti Says No (Esther 1)

TEACHER: Sometimes doing the right thing can get us into “good trouble.” That means choosing what honors God even if it’s unpopular or hard. Today, we’ll learn about a brave woman named **Queen Vashti** who made a hard choice that honored God.

Queen Vashti lived in a palace with King Xerxes, who threw a giant party that lasted for days. Everyone was showing off wealth and power, but God had something more important in mind—dignity, respect, and courage.

READ (NIV): Esther 1:10–11

“On the seventh day, when King Xerxes was in high spirits... he commanded his servants to bring Queen Vashti before him wearing her royal crown.”

The king wanted to show her off to his guests—not as a person, but as a trophy. Queen Vashti knew it wasn’t right to be treated that way.

READ (NIV): Esther 1:12

“But when the attendants delivered the king’s command, Queen Vashti refused to come. Then the king became furious and burned with anger.”

Vashti stood her ground. Saying “no” to wrong took courage—even though it cost her her crown. She chose respect and dignity over fear. Even though Vashti disappeared from the story, her choice mattered. Her courage opened

the way for Esther—a young woman God would use later to save her people.

God's plans are bigger than any one moment of fear.

Summary: Sometimes loving God means saying “no” to things that aren't right.

Queen Vashti's bravery shows us that we can be respectful, strong, and full of dignity—just like her.

Say together: I can honor God with respectful, brave choices.

GOSPEL CONNECTION: Jesus showed perfect courage by standing up for truth and love, even when it cost Him everything. When we follow Him, His Spirit helps us make wise, brave, and respectful choices too.



Discussion Questions & Prayer (5-10 minutes)

Queen Vashti's story reminds us that real courage isn't loud or bossy—it's respectful, calm, and strong. She chose dignity over fear and honored God with her actions, even when others didn't understand. God wants us to have that same kind of quiet strength.

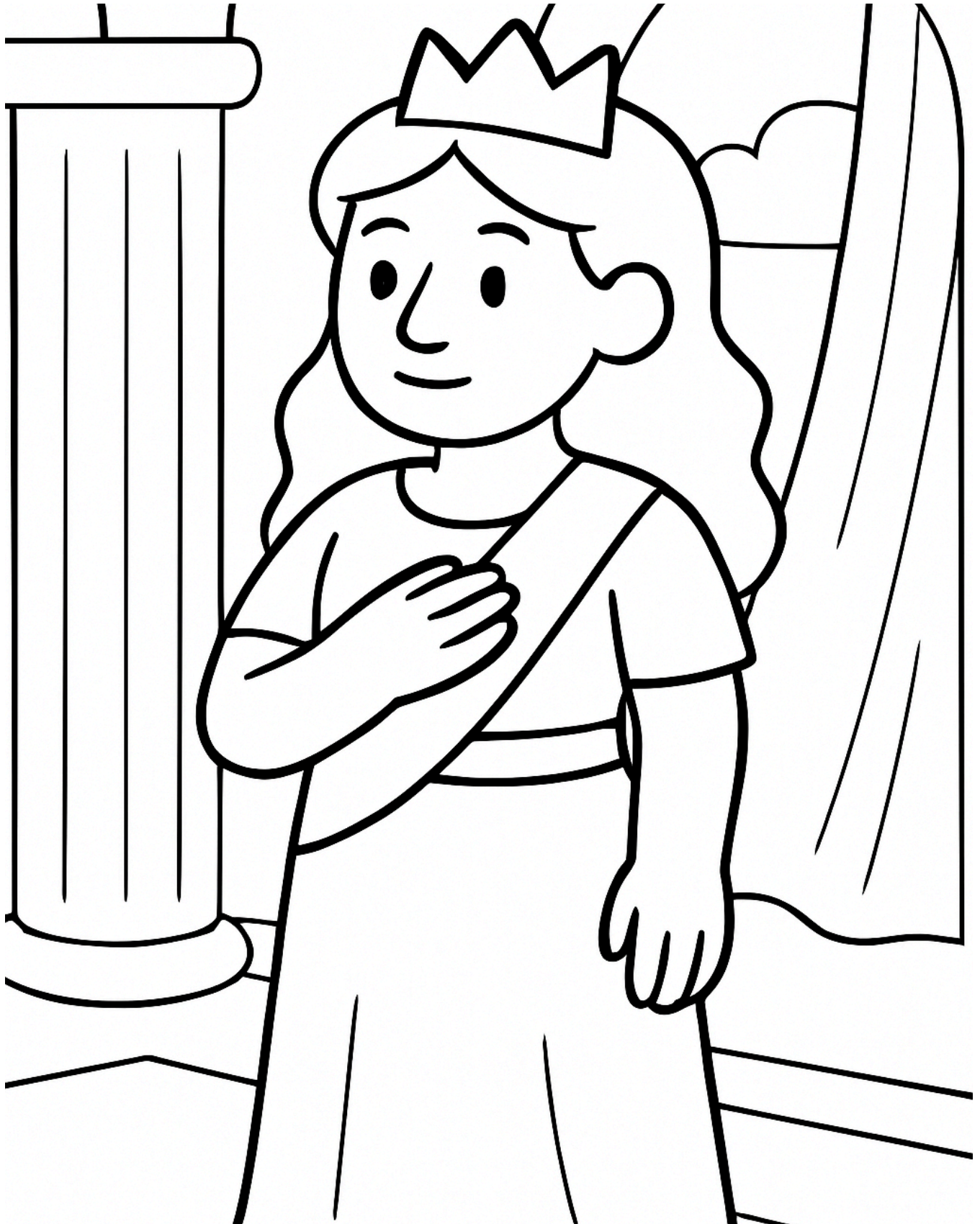
Discussion Questions

1. What brave choice did Queen Vashti make, and why was it hard?
2. Have you ever had to say "no" to something wrong? How did that feel?
3. How can you show courage and respect when you face pressure to do what's wrong?

PRAYER: God, thank You for giving us the courage to do what's right, even when it's hard. Thank You for Queen Vashti's example of dignity and strength. Help us stand firm in truth, be respectful with our words, and honor You in every choice we make. In Jesus' name, Amen.



Queen Vashti Says No (Esther 1)



Word Search Puzzle

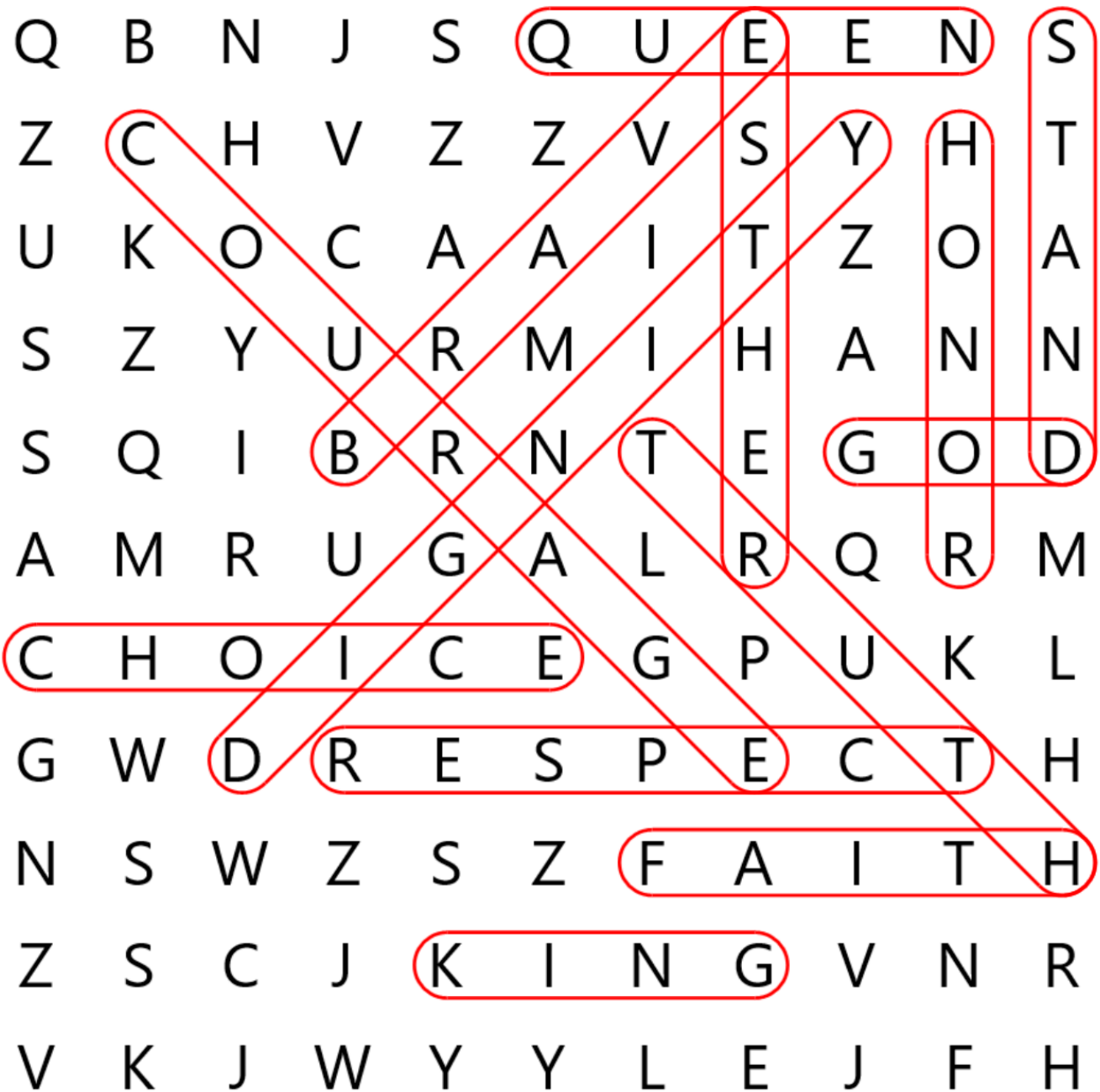
BRAVE – CHOICE – COURAGE – DIGNITY – ESTHER – FAITH

GOD – HONOR – KING – QUEEN – RESPECT – STAND – TRUTH

Q	B	N	J	S	Q	U	E	E	N	S
Z	C	H	V	Z	Z	V	S	Y	H	T
U	K	O	C	A	A	I	T	Z	O	A
S	Z	Y	U	R	M	I	H	A	N	N
S	Q	I	B	R	N	T	E	G	O	D
A	M	R	U	G	A	L	R	Q	R	M
C	H	O	I	C	E	G	P	U	K	L
G	W	D	R	E	S	P	E	C	T	H
N	S	W	Z	S	Z	F	A	I	T	H
Z	S	C	J	K	I	N	G	V	N	R
V	K	J	W	Y	Y	L	E	J	F	H



Word Search Answers



Craft Activity (5-10 minutes)

Courage Crown

Supplies Needed

- construction paper or cardstock (1–2 strips per child)
- crayons or washable markers
- scissors (optional — pre-cut strips for younger kids)
- glue sticks or tape
- optional: stickers, jewels, or foil for decoration



TEACHER: Queen Vashti was a real queen—but her courage didn’t come from her crown. It came from her heart! She honored God by standing up for what was right, even when it was hard. Today, we’ll make a Courage Crown to remind us that true bravery comes from God.

1. Give each child a strip of construction paper long enough to wrap around their head.
2. Help them cut or shape the top into points like a crown.
3. Write “God Gives Me Courage” across the front.
4. On each point or section, have them write or draw words that describe God’s kind of courage—like *kind*, *respectful*, *brave*, *truthful*, *strong*, *loving*.
5. Decorate with markers, stickers, or shiny paper to make it personal.
6. Tape or glue the ends to fit around each child’s head.

Say together: I can honor God with respectful, brave choices!



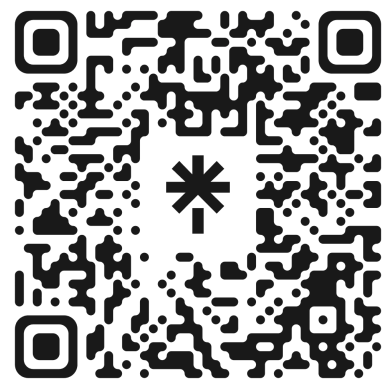
Week 3 — Pack Kindness

- Bible Story: Tabitha's Sewing Ministry (Acts 9:36–43)
- Key Discovery: Kindness leaves a legacy that points people to Jesus.
- Takeaway: I can use my hands to help and encourage others.

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Week 3 – Supply List

Group Game — Sew It Together

- long piece of yarn, scarf, or rope (one per team)
- open space for play
- optional: background music

Object Lesson — The Folded Blanket

- wrinkled blanket, towel, or shirt
- optional: label or tag that says “KINDNESS”

Bible Story Teaching

- Bible

Word Search & Coloring Page

- printed word-search handouts (provided below, 1 per child)
- printed coloring page (provided below, 1 per child)
- crayons or colored pencils

Craft — Kindness Pockets Paper Tote

- 1 sheet construction paper (9×12 or 8.5×11)
- 2 quarter-sheets construction paper (for pockets)
- Glue stick
- Scissors
- Crayons or washable markers
- Optional: short piece of yarn or string (handle)
- Optional: scrap paper for “kindness slips”



Introduction Game (5 minutes)

Sew It Together

Supplies Needed

- long piece of yarn, scarf, or rope (one per team)
- optional: music for background fun
- open space for teams to form lines

TEACHER: Tabitha, also called Dorcas, used her hands to sew clothes and care for others. Her kindness connected her whole community—just like stitches connect pieces of fabric! Today's game, **Sew It Together**, reminds us that kindness “ties” people together through love.

Setup:

1. Divide kids into teams of 4–6.
2. Have them stand in a straight line, shoulder to shoulder.
3. Give the first player a ball of yarn or scarf.

How to play:

1. Each player may only use **one hand** to pass the yarn down the line.
2. If the yarn drops, everyone says, **“Kindness keeps us together!”** and starts that round over.
3. Once it reaches the end, the last player holds it up and shouts, **“We’re stitched together in love!”**
4. Repeat with a twist—this time passing it backward or weaving between players.

TEACHER: When we work together and show kindness, God can use us to bring people closer—just like Tabitha’s kindness connected her whole town.



Object Lesson (5 minutes)

The Folded Blanket

Supplies Needed

- wrinkled blanket, towel, or shirt
- optional: label or small tag that says “KINDNESS”

TEACHER: Tabitha, also called Dorcas, was known for her kindness. She sewed clothes for widows and cared for people in need. Her kindness brought peace and comfort to her community—just like a blanket brings comfort when it’s neatly folded and ready to use.

1. Hold up the wrinkled blanket or shirt. “When something looks messy or forgotten, it might not seem useful.”
2. Begin folding it neatly and carefully. “But when we take time to show kindness, we make things better—cleaner, calmer, and more beautiful.”
3. Hold it up again, now folded. “Tabitha’s kindness made her town feel cared for and loved. When we use our hands to help, we can do the same thing in our families and schools.”

TEACHER: God uses small, caring actions—like helping, cleaning, or making something for someone—to show His love. Kindness is never wasted. Kindness brings peace and comfort to others, just like Tabitha’s kindness did.



Bible Story (15 minutes)

Tabitha's Sewing Ministry (Acts 9:36–43)

TEACHER: Have you ever helped someone and made them smile?

Today's story is about a woman named **Tabitha**—also called **Dorcas**—who used her hands to sew clothes and care for people in need. Her kindness made such a big difference that everyone in her town loved her deeply.

Tabitha lived in a town called Joppa. She didn't lead armies or rule kingdoms—she just quietly helped people. But her kindness was so powerful that when something happened to her, everyone came running to tell the disciples about her love and generosity.

READ (NIV): Acts 9:36 "In Joppa there was a disciple named Tabitha... who was always doing good and helping the poor."

Tabitha didn't wait for others to help—she looked for ways to serve. Her kindness spread through her town like sunshine on a cloudy day.

READ (NIV): Acts 9:37–39 "About that time she became sick and died, and her body was washed and placed in an upstairs room. All the widows stood around him, crying and showing him the robes and other clothing that Tabitha had made."

The people missed her so much that they showed Peter all the clothes she had made for them. Her love was stitched into every piece.



READ (NIV): Acts 9:40–41 “Peter sent them all out of the room; then he got down on his knees and prayed... He said, ‘Tabitha, get up.’ She opened her eyes, and seeing Peter she sat up.”

God brought Tabitha back to life! Her kindness not only changed lives while she was alive—it continued to inspire others after the miracle.

SUMMARY: Kindness leaves a legacy that points people to Jesus. Say together:
“I can use my hands to help and encourage others.”

GOSPEL CONNECTION: Jesus showed ultimate kindness by giving His life for us. When we show kindness to others, we reflect His love and share the good news that He cares for everyone.



Discussion Questions & Prayer (5-10 minutes)

TEACHER: Tabitha's story reminds us that kindness doesn't have to be big or fancy—it just needs to be real. Every time we help someone, give comfort, or do something thoughtful, we're showing Jesus' love to the world.

Discussion Questions

1. What did Tabitha do that showed kindness to the people in her town?
2. How did her kindness make others feel?
3. What's one way you can use your hands to help or encourage someone this week?

PRAYER

God, thank You for giving us hands that can help and hearts that can care. Thank You for the story of Tabitha and how her kindness changed lives. Help us to see opportunities every day to show Your love through our actions.

In Jesus' name, Amen.



Tabitha Helps Others (Acts 9:36–43)



Word Search Puzzle

ACTS – CARE – CLOTHES – DORCAS – FAITH – GOD

HELP – JESUS – KINDNESS – LOVE – PETER – SERVE – TABITHA

H	K	W	E	F	G	D	Q	X	L	E
U	I	Q	R	E	D	O	Z	M	O	P
H	N	P	E	T	E	R	D	C	V	D
Z	D	W	D	V	F	C	A	R	E	F
U	N	H	R	T	Z	A	Z	Q	M	Z
Y	E	E	A	A	L	S	I	H	T	Q
B	S	L	B	B	J	A	C	T	S	O
X	S	P	N	I	D	E	D	G	H	Q
F	C	L	O	T	H	E	S	L	N	Z
O	E	F	I	H	N	L	D	U	R	B
B	E	F	Z	A	L	F	W	P	S	G



Word Search Answers



Craft Activity (5-10 minutes)

Kindness Pockets Paper Tote

SUPPLIES NEEDED:

- 1 sheet construction paper (9×12 or 8.5×11)
- 2 quarter-sheets construction paper (for pockets)
- Glue stick
- Scissors
- Crayons or washable markers
- Optional: short piece of yarn or string (handle)
- Optional: scrap paper for “kindness slips”

TEACHER: Today we pack kindness like Tabitha. She helped people with her hands. We can help too because Jesus loves us and changes our hearts.



1. Fold the big paper up from the bottom about 3 inches. Crease. This makes a “bag.”
2. Put glue along the left and right edges of the folded part. Press to make a pocket.
3. Take the two small papers. Put glue on three sides of each. Stick them on the front of the bag to make two smaller pockets.
4. Draw or write simple ways to help on slips (share, pray, smile, carry, listen). If you don’t write yet, draw a tiny picture.
5. Tuck your slips into the pockets. Use crayons to decorate the bag with hearts or simple shapes.
6. Optional: Tape or glue a short piece of yarn at the top for a handle.

TEACHER: Jesus helped us first on the cross. Now we can help others. Because of Jesus, we can pack kindness all week. Let’s remember, “I can help and encourage others.”



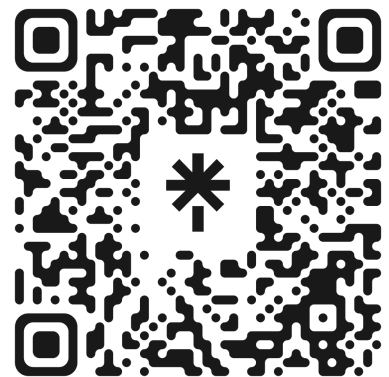
Week 4 — Don't Fear the Test

- Bible Story: Tested Faith (James 1:2–4)
- Key Discovery: God uses trials to grow strong faith and character.
- Takeaway: I can ask God for help and keep going with joy.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series.

<https://linktr.ee/BackpackBlessingsLessons>

Parent Connect: Print extra copies of this overview page to share with the families in your ministry.



Week 4 – Supply List

Group Game — Faith Obstacle Course

- chairs, cones, hula hoops, or classroom-safe items for obstacles
- timer (optional)
- open space
- optional: upbeat background music

Object Lesson — The Stretchy Rubber Band

- 1–2 rubber bands (medium size)
- optional: one broken or overstretched rubber band

Bible Story Teaching

- Bible

Word Search & Coloring Page

- printed word-search handouts (provided below, 1 per child)
- printed coloring page (provided below, 1 per child)
- crayons or colored pencils

Craft — Grow Tree Rings

- 1 sheet white paper
- 1 small strip brown paper (trunk) or brown crayon
- 3–4 circles cut from light paper (small, medium, large) **or** students draw circles
- Glue stick
- Crayons or washable markers



Introduction Game (5 minutes)

Faith Obstacle Course

Supplies Needed

- chairs, cones, hula hoops, or classroom-safe items for obstacles
- timer (optional)
- open space
- optional: upbeat music for energy

TEACHER: Sometimes life feels like an obstacle course—full of things to climb over, crawl under, or get through. But the Bible says we can find *joy* in those challenges, because God uses them to make our faith stronger.

Setup: Create a short obstacle course using classroom or gym items (like crawling under chairs, hopping over cones, spinning once, etc.). Walk through it once so everyone knows the path. Explain that the goal isn't to be the fastest—it's to finish with *joy*!

How to play:

1. One at a time or in teams, have kids go through the obstacle course.
2. When they finish, lead everyone in cheering, "I can keep going with joy!"
3. Mix it up—have them try again with small challenges (like hopping on one foot or balancing something small).

TEACHER: In James 1:2–4, the Bible tells us to count it all joy when we face tests, because those challenges grow our faith. God never wastes a hard moment—He uses it to make us stronger and more like Jesus.



Object Lesson (5 minutes)

The Stretchy Rubber Band

Supplies Needed

- 1 rubber band (medium size)
- optional: a second one that's broken or overstretched

TEACHER: Life can sometimes feel like a test—when things stretch us, challenge us, or make us uncomfortable. But those moments are when God is shaping our faith to make us stronger!

1. Hold up the rubber band. "What is this? A rubber band! But what happens if I never stretch it?" (Hold it still.) "It just sits here and doesn't do what it's made to do."
2. Begin stretching it slowly. "Now when I stretch it, it feels uncomfortable—but that's when it's *working!*"
3. Optional: show a second rubber band that's broken. "If we try to stretch too much without trusting God, we might snap. But if we let Him guide us, He helps us grow little by little."

TEACHER: In James 1:2–4, the Bible says that when our faith is tested, it produces perseverance. That means we learn to keep going with joy and trust God even when things feel tough. Tests and challenges help us grow stronger in faith when we trust God through them. God doesn't waste hard moments—He uses them to stretch us into who He's called us to be.



Bible Story (15 minutes)

Tested Faith (James 1:2–4)

TEACHER: Have you ever had a hard day at school or a test you didn't want to take? It's not fun—but what if I told you God can use even those moments to help you grow? That's what James teaches us in today's Bible story: God uses tests to make our faith stronger!

The book of James was written to Christians who were facing tough times. They were learning that faith isn't just for easy days—it's for *every* day, especially the hard ones. James wanted them to remember that God never wastes a trial; He uses it to shape us into people who trust Him deeply.

READ (NIV): James 1:2–3 “Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.”

James said that even when life is tough, we can find joy—because God is doing something good inside us. Every test helps us grow stronger, like exercise for our faith!

READ (NIV): James 1:4 “Let perseverance finish its work so that you may be mature and complete, not lacking anything.”

Just like a seed needs time to grow into a tree, faith needs time to grow too. When we keep trusting God, He helps us become patient, wise, and strong.

Even when we don't understand the test, God has a plan. Every challenge, every tough moment, is part of how He's growing us to be more like Jesus.

SUMMARY: God uses trials to grow strong faith and character. Say together:

"I can ask God for help and keep going with joy."

GOSPEL CONNECTION: Jesus faced the hardest test of all when He went to the cross—but He didn't give up. He trusted His Father's plan, and because of that, we can have hope and new life. When we face our own tests, we can trust Jesus to help us too.



Discussion Questions & Prayer (5-10 minutes)

TEACHER: Tests can feel scary—at school, at home, or even in life—but God reminds us that every challenge can make our faith stronger. When we trust Him through the hard stuff, we grow braver, wiser, and closer to Jesus.

Discussion Questions

1. What does it mean when the Bible says “the testing of your faith produces perseverance”?
2. How can we have *joy* even when something feels difficult?
3. Can you think of a time you faced something hard but saw God help you through it?

PRAYER

God, thank You that we don't have to be afraid of tests or challenges. Thank You for helping us grow stronger when things are tough. Please give us patience, courage, and joy when we face hard days. Remind us that You're always working for our good. In Jesus' name, Amen.



Perseverance in Trials (James 1:2-4)



Word Search Puzzle

FAITH – GOD – HELP – HOPE – JOY – JESUS – PATIENCE

PERSEVERE – PRAYER – STRENGTH – TEST – TRUST – TRIAL

X	I	V	F	B	O	T	E	U	Z	V
T	P	J	A	W	S	P	K	C	G	R
H	A	T	I	E	T	R	U	S	T	Q
O	T	S	T	R	I	A	L	Z	O	P
X	I	T	H	F	X	Y	C	H	Q	X
P	E	R	S	E	V	E	R	E	J	K
R	N	E	Q	R	T	R	Y	L	E	O
F	C	N	P	W	F	R	J	P	S	L
P	E	G	G	W	Z	G	O	D	U	V
X	Q	T	U	J	H	H	Y	K	S	Z
E	I	H	S	X	W	R	C	D	B	K



Word Search Answers



Craft Activity (5-10 minutes)

Grow Rings Tree

SUPPLIES NEEDED:

- 1 sheet white paper
- 1 small strip brown paper (trunk) or brown crayon
- 3-4 circles cut from light paper (small, medium, large) **or** students draw circles
- Glue stick
- Crayons or washable markers



TEACHER: Tests are hard, but God uses them to help us grow. We can choose joy because Jesus is with us.

1. Glue a tree trunk in the middle (brown strip). If you don't have a strip, draw a tall rectangle with a brown crayon.
2. Glue the largest circle at the top of the trunk. Then glue the medium circle on top. Then the small circle on top. These are growth rings.
3. On each ring, draw simple symbols:
 - Ring 1: a tiny smile line (Joy)
 - Ring 2: a small arrow or steps (Keep Going)
 - Ring 3: a simple star (Mature/Strong)(If writing, kids can add one word per ring: Joy, Persevere, Mature.)
4. Add 2-3 leaves around the rings. Keep it simple—oval shapes with one line.

TEACHER: Tests can feel big, but Jesus helps us keep going. God grows good things in us. Let's remember, "I can ask God for help to keep going and growing with joy."





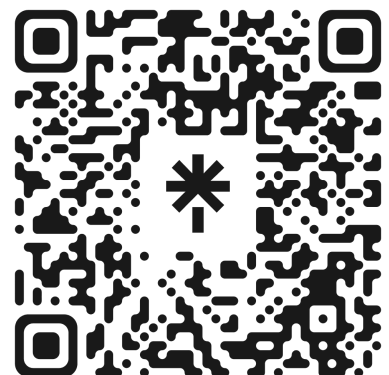
Week 5 — Backpack Blessing Sunday

- Bible Story: Timothy's Call-Up (1 Timothy 4:12)
- Key Discovery: Young believers can lead by example—in speech, conduct, love, faith, and purity.
- Takeaway: I can live like Jesus at school and let others see Him in me.

Video Bible Stories: Use this link to access recommended Bible story videos and bonus content for this curriculum series.

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Week 5 – Supply List

Group Game – Shine the Light Tag

- open space for running and tagging
- flashlight or glow stick (optional)
- optional: dim lights slightly for effect

Object Lesson – The Hidden Glow Stick

- glow stick(s) (1 per child or demo)
- optional: dimmed lights

Bible Story Teaching

- Bible

Word Search & Coloring Page

- printed word-search handouts (provided below, 1 per child)
- printed coloring page (provided below, 1 per child)
- crayons or colored pencils

Craft – Shine for Jesus Backpack Tag

- 1 small piece of cardstock (about 2×3.5 in.)
- Hole punch (teacher use)
- Yarn or string (8–10 in.)
- Crayons or washable markers
- Optional: stickers



Introduction Game (5 minutes)

Shine the Light Tag

Supplies Needed

- open space for running and tagging
- flashlight or glow stick (optional, to represent “the light”)
- optional: dim lights slightly for added effect

TEACHER: When we follow Jesus, we shine His light for everyone to see. This game shows how one person’s light can spread to others—just like our kindness, faith, and love can brighten the world!

Setup: Choose one player to start as **“The Light.”** When the game begins, “The Light” tags another player while saying, **“Shine for Jesus!”** Each tagged player becomes another “Light.” Keep going until everyone is shining!

How to play:

- You can use the flashlight or glow stick to symbolize the “light.”
- When everyone is tagged, gather in a circle and say together, **“We can shine for Jesus everywhere we go!”**
- Repeat a few rounds with different players starting as “The Light.”

TEACHER: 1 Timothy 4:12 reminds us that we can be an example for others in what we say, how we act, and how we love. Even one shining heart can make a big difference! When we live like Jesus—with kindness, faith, and love—His light spreads through us to others.



Object Lesson (5 minutes)

The Hidden Glow Stick

Supplies Needed

- 1 glow stick (per demo or per child)

TEACHER: When we follow Jesus, we carry His light inside of us—but sometimes we forget that it's there. This glow stick helps us remember that we shine brightest when we let Jesus work in us.

1. Hold up an uncracked glow stick. "Right now, this glow stick isn't shining. It's here, but no one can see its light."
2. Crack it and shake it so it glows. "But once it's activated—boom! The light shines for everyone to see."

That's what happens when we follow Jesus. His Spirit fills us, and His light shines through our words, our choices, and our love.

Jesus helps us shine His light so others can see His love through us. Even when life feels dark, God's light in us never goes out—it shines through kindness, courage, and faith.



Bible Story (15 minutes)

Timothy's Call (1 Timothy 4:12)

TEACHER: Have you ever felt like you're too young to make a difference? The Bible tells us about a young man named Timothy, who learned from Paul that age doesn't matter when it comes to living for Jesus. God can use you—right now—to be an example for others!

Paul was a missionary who taught people about Jesus. He met Timothy, a young believer who loved God and wanted to serve. Even though Timothy was young, Paul encouraged him to lead others through his faith and good example.

READ (NIV): 1 Timothy 4:12 "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith, and in purity."

Paul told Timothy that being young wasn't a problem—it was a *gift*! God wanted Timothy to live in a way that inspired others. Paul gave Timothy a list of ways to be a good example:

- **Speech** — use kind, truthful words.
- **Conduct** — do what's right even when no one's watching.
- **Love** — treat people with care and forgiveness.
- **Faith** — trust God no matter what.
- **Purity** — keep your heart clean and focused on Jesus.



Timothy's story shows that we can live for Jesus anywhere—at home, at school, or with friends. When you speak kindly, help others, and stay faithful, you're shining God's light for everyone to see.

SUMMARY: Young believers can lead by example—in speech, conduct, love, faith, and purity. Say together: "I can live like Jesus at school and let others see Him in me."

GOSPEL CONNECTION: Jesus set the ultimate example of love, courage, and purity. When we follow Him, the Holy Spirit helps us do the same. We don't have to wait until we're older—God can use us to show His love *today*.



Discussion Questions & Prayer (5-10 minutes)

TEACHER: Timothy didn't wait until he was grown up to serve God—he started right where he was! God can use you, too, at your school, in your family, and with your friends. Every time you show love, faith, and kindness, you're setting an example just like Timothy did.

Discussion Questions

1. What did Paul tell Timothy about being young and following Jesus?
2. Which of the five examples—speech, conduct, love, faith, or purity—do you want to focus on this week?
3. How can you shine Jesus' light at school or with your friends?

PRAYER

God, thank You for loving us and giving us everything we need to shine for You. Thank You for Timothy's story that reminds us we can set an example right now—through our words, actions, and love. Bless our schools, teachers, and classmates, and help us shine Your light wherever we go.

In Jesus' name, Amen.



Timothy's Call (1 Timothy 4:12)



Word Search Puzzle

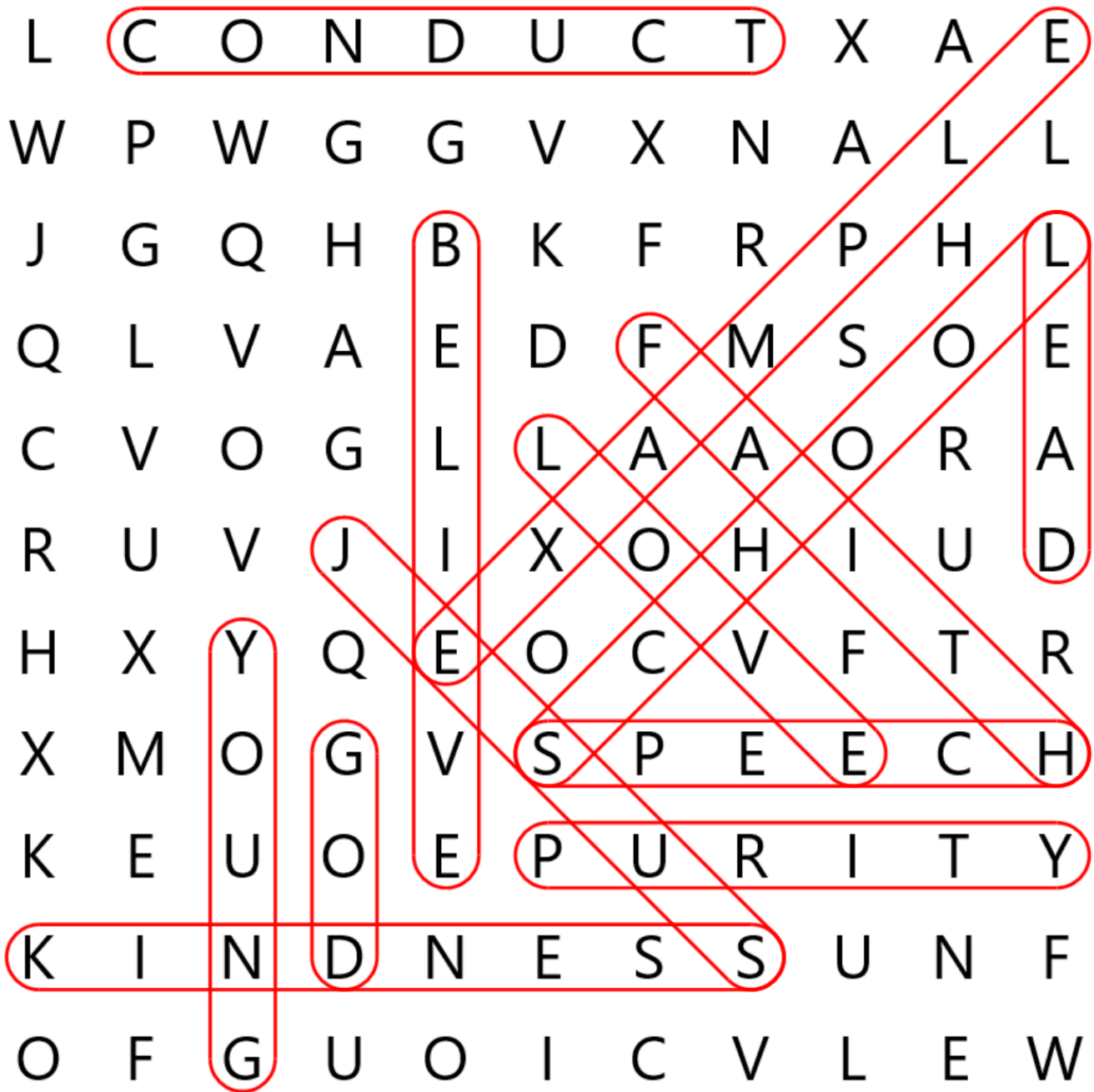
BELIEVE – CONDUCT – EXAMPLE – FAITH – GOD – JESUS

KINDNESS – LEAD – LOVE – PURITY – SCHOOL – SPEECH – YOUNG

L	C	O	N	D	U	C	T	X	A	E
W	P	W	G	G	V	X	N	A	L	L
J	G	Q	H	B	K	F	R	P	H	L
Q	L	V	A	E	D	F	M	S	O	E
C	V	O	G	L	L	A	A	O	R	A
R	U	V	J	I	X	O	H	I	U	D
H	X	Y	Q	E	O	C	V	F	T	R
X	M	O	G	V	S	P	E	E	C	H
K	E	U	O	E	P	U	R	I	T	Y
K	I	N	D	N	E	S	S	U	N	F
O	F	G	U	O	I	C	V	L	E	W



Word Search Answers



Craft Activity (5-10 minutes)

Shine at School Backpack Tag

SUPPLIES NEEDED:

- 1 small piece of cardstock (about 2×3.5 in.)
- Hole punch (teacher use)
- Yarn or string (8–10 in.)
- Crayons or washable markers
- Optional: stickers



TEACHER: God wants us to shine for Jesus at school—in what we say and do. Jesus saved us and helps us live His way.

1. Give each child a cardstock piece. Round the corners with scissors if needed (teacher assist for younger kids).
2. Teacher punches one hole in a corner.
3. Kids draw one simple icon in the middle to remind them to shine:
 - Heart (love)
 - Speech bubble shape (kind words)
 - Helping hand (serve)
 - Star (be an example)
4. Add two or three simple shapes around it (dots, tiny stars). Keep lots of white space.
5. Thread yarn through the hole and tie a loop. This can hang on a backpack.

TEACHER: Because of Jesus, we can be an example in speech, in love, in faith, and in purity. Let's remember, "I can live like Jesus at school and let others see Him in me."