

SURF

Lesson #3 GOODNESS

The purpose of this lesson plan is to:

- Create a fun and interactive learning experience
- Provide teaching options in addition to the Leader Q Card
- Creatively revisit the Bible story featured in the teaching video
- Give kids an opportunity to further explore the application point

PROGRAM

Activity	Length of Segment	Running Time
Q Card: Discussion	15 minutes	Start-15 minutes
Picture: Bible Story	5 minutes	15-20 minutes
Play: Learning Activity	10 minutes	20-30 minutes
Plan: Group Commitment	5 minutes	30-35 minutes
Pray: Prayer Cards	5 minutes	35-45 minutes

PREP

You will need:

- Secret Fruit Bag filled with 4 suckers – 1 grape and 3 other flavors
(1 bag of suckers per small group or large group)
- Game Prizes (suckers - optional)
- Story Props (optional)
- Prayer Cards (1 per kid)
- MAP books (1 per kid)

PICTURE (The Bible Story)

In this portion of your class time you have the opportunity to retell the Bible story presented earlier in the teaching video. The object is to paint a picture that kids will understand and remember. When telling the story, remember you are painting a picture for your viewers. Have fun and explore your creativity. Here are some ideas to make your storytelling more memorable:

- Ask kids to play the characters: Jesus, man with deformed hand, Pharisees, others in Synagogue
- Act out the story

Jesus Heals on the Sabbath
Luke 6: 6-11

On another Sabbath day, a man with a deformed right hand was in the synagogue while Jesus was teaching. The teachers of the religious law and the Pharisees watched closely to see whether Jesus would heal the man on the Sabbath, because they were eager to bring some legal charge against him. But Jesus knew their thoughts. He said to the man with the deformed hand, "Come and stand here where everyone can see." So the man came forward.

Then Jesus said to his critics, " I have a question for you. Is it legal to do good things on the Sabbath or is it a day for doing harm? Is this a day to save life or destroy it?"

He looked around at them one by one and then said to the man, "Reach out your hand." The man reached out his hand and it became normal again! At this the enemies of Jesus were wild with rage and began to discuss what to do with him.

PLAY
(Learning Activity)

In this portion of your class time you will lead your class in a fun and exciting activity that will help your kids apply the Bible lesson to their everyday lives.

"Goodness Grapeacious"

HOW TO START:

- **Divide kids into 4 teams**

HOW TO PLAY:

- **Say, "This game is called Goodness Grapeacious. This game will help us to remember that goodness is a fruit of the Spirit."**
- **Hold up the fruit bag.**
- **Show the kids the 4 colored suckers in the bag.**
- **Tell the kids that the grape sucker is worth 10 points and all other flavors are worth 5 points.**
- **Begin round #1. One player from team #1 pulls one sucker out of the bag.**
- **If he/she pulls out the grape sucker, he/she must say "Goodness Grapeacious!"**
- **Team #1 then has 1 minute to think of an act of goodness and plan to act it out for the other teams.**
- **Team #1 acts out the goodness scene while the other teams guess what they are doing.**
- **Team #1 earns 10 points if the grape sucker was pulled and 5 points if any other flavor was pulled.**
- **Team #2 then takes a turn.**
- **Each of the remaining teams take a turn to complete round #1.**
- **Repeat all steps for a few more rounds.**

PLAY OPTIONS:

- Hand out game prizes (suckers - optional)

PLAN

(Group Commitment)

In this portion of your class time you have the opportunity to lead your group to make a commitment. You may select any ONE of the options provided or your group may create its' own. Encourage the kids to write their commitments on their Prayer Cards so you can be praying for them during the week.

Commitment Options:

- Make a list of 10 things you can do to fill your heart with good things.
- Read one Bible story everyday this week.
- Do something good for one person each day this week. Ask God to help you become a person filled with the fruit of goodness.

PRAYER

In this portion of your class time, have your kids fill out the Prayer Card. Take the cards home and pray for your kids throughout the week. End your time together by praying for your group commitment.

Hand out prayer cards

- Ask Kids to fill in their commitments in the space provided
- Ask kids to fill in their prayer requests in the space provided
- Collect cards so you can take them home and pray for your kids
- Close in prayer

God, thank you for your goodness to us. We want to be people who show goodness to others. We ask the Holy Spirit to work in our hearts and help us become people who show goodness wherever we are and whatever we are doing. Show us the things we can do to fill our hearts and minds with goodness, and teach us to stay away from the things that fill our minds with garbage. Help us to remember to do the things we have committed to do this week. In Jesus' name, Amen.

Remember to...

- Hand out the MAP Books.
- Encourage kids to complete at home with an adult and bring back next week!

LIVE IT!

The Bible says to protect your heart for it is the wellspring of life. What that means is, we need to be selective about the things we allow in our life.

What kind of spiritually healthy activity will you commit to this week?

What spiritually unhealthy activity will you decrease or avoid this week?

As part of your spiritual exercise, review this week's Memory Max every day.

"Above all else, guard your heart, for it affects everything you do."

—Proverbs 4:23 (NLT)

MAX MEMORIZED THIS VERSE. Now it's your turn! Check the box to the right when you finish.

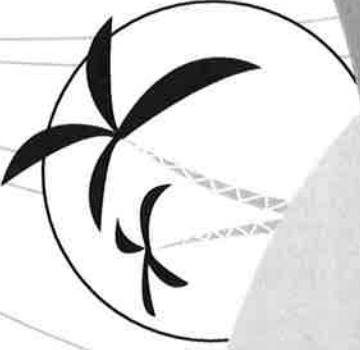
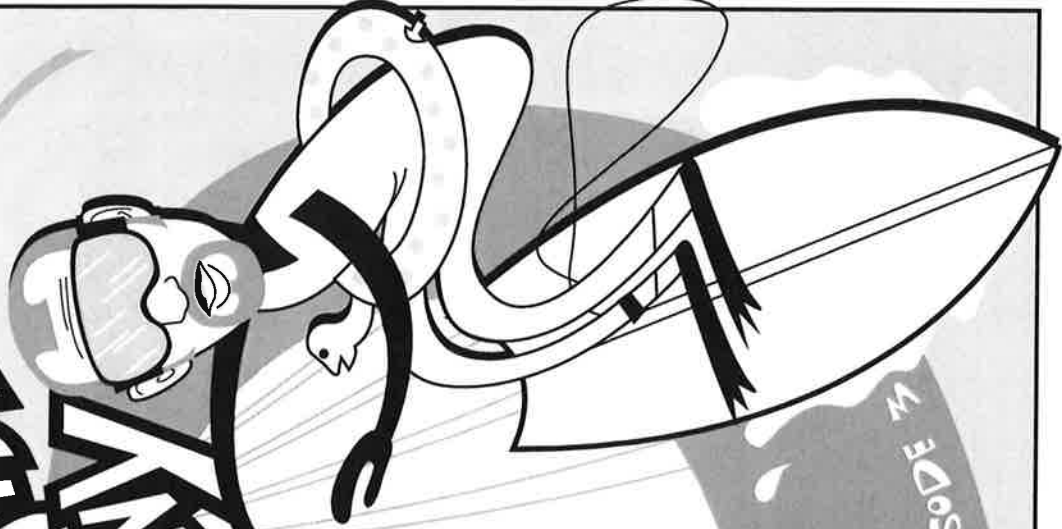
YES, I, _____ your name here

Parent's Signature

_____ have completed this week's M.A.P. book!

KIDMO!
M.A.P.
MISSION ACTION PLAN

SURFSIDE JOHNNY



SUMMER II SLAM! EPISODE 3

LEARN IT!

LOOK UP!
IN ORDER TO GROW GOD'S FRUIT OF GOODNESS, YOU'VE GOT TO TAKE IN A LOT OF GARBAGE. IF WE OF GOD'S FRUIT CAN'T GROW. NO ROOTS, NO FRUIT!

Look up Galatians 5:22, 23

Write the fruits of the spirit in the apples.



Healthy roots means healthy fruit!

LINK IT!

It is easier to fill our lives with junk than it is with goodness. What my eyes see, lands in my heart. Draw an apple shape around the spiritually healthy activities. Draw a square around the unhealthy activities.

- TV
- Reading the Bible
- Exercise
- Homework
- Talking with friends
- Chores
- Playing video games for hours at a time
- Taking time to pray
- Encouraging others

COMPASS POINT

"You've got to _____ what _____ is _____ for _____"

Can you find the missing points in this week's Compass Point?

Go See Do Eat Food Good Others Yourself You Your roots

Keep surfin'!

Theme: GOODNESS

LEARN IT

In order to grow God's fruit of GOODNESS, you've got to have good, healthy roots. The Bible says to protect your heart for it is the wellspring of life. What that means is, we need to be selective about the things we allow in our life. If we take in a lot of garbage, the roots of God's fruit can't grow. No roots, no fruit!

THE LOOK IT UP: Galatians 5:22, 23

BIBLE STORY

"Jesus heals on the Sabbath"

Luke 6

LINK IT

The world we live in is like a huge dump heap. There is more garbage in the world than there is good. That's why it is easier to fill our lives with junk than it is with GOODNESS. What my eyes see, lands in my heart.

LIVE IT

Philippians 4 says, "Whatever is good...think about these things." The Bible instructs us to avoid following the pattern of this world. Filling our life with God's GOODNESS means we have a daily diet of his word and prayer in our life. It also means we don't bury ourselves in the garbage that surrounds us.

COMPASS POINT

"You've got to DO what is GOOD for YOU."

MEMORY MAX

**"Above all else, guard your heart, for it affects everything you do." Proverbs
4:23 (NLT)**

EPISODE 3

SURESIDE

JOHNNY Q-CARD



Have you ever eaten something that was really bad?

RECALL a time you ate something that tasted bad or was spoiled, but you didn't realize it until it was too late.

ASK: "Have you ever eaten anything bad?"

Why would God want us to be filled with goodness?

Look up **Philippians 4:8**

ASK: "What kinds of things do you think this verse is talking about?"

BRAINSTORM with your group good things we can fill our life with and bad things we can fill our life with.

Why is it easier to fill our lives with junk than God's goodness?

What is this week's Compass Point talking about?

COMPASS POINT: "You've got to **DO** what is **GOOD** for **YOU**."

ASK: "What kind of spiritually healthy activity will you commit to this week?"

ASK: "What spiritually unhealthy activity will you decrease or avoid this week?"

REVIEW this week's **Memory Max** (with the hand motions) "Above all else, guard your heart, for it affects everything you do." — **Proverbs 4:23 (NLT)**

Pass out the prayer cards and ask your group to write down the commitment they made so you can pray for them this week.

EPISODE 3

SURESIDE

JOHNNY Q-CARD



Have you ever eaten something that was really bad?

RECALL a time you ate something that tasted bad or was spoiled, but you didn't realize it until it was too late.

ASK: "Have you ever eaten anything bad?"

Why would God want us to be filled with goodness?

Look up **Philippians 4:8**

ASK: "What kinds of things do you think this verse is talking about?"

BRAINSTORM with your group good things we can fill our life with and bad things we can fill our life with.

Why is it easier to fill our lives with junk than God's goodness?

What is this week's Compass Point talking about?

COMPASS POINT: "You've got to **DO** what is **GOOD** for **YOU**."

ASK: "What kind of spiritually healthy activity will you commit to this week?"

ASK: "What spiritually unhealthy activity will you decrease or avoid this week?"

REVIEW this week's **Memory Max** (with the hand motions) "Above all else, guard your heart, for it affects everything you do." — **Proverbs 4:23 (NLT)**

Pass out the prayer cards and ask your group to write down the commitment they made so you can pray for them this week.

EPISODE 3

SURESIDE

JOHNNY Q-CARD



Have you ever eaten something that was really bad?

RECALL a time you ate something that tasted bad or was spoiled, but you didn't realize it until it was too late.

ASK: "Have you ever eaten anything bad?"

Why would God want us to be filled with goodness?

Look up **Philippians 4:8**

ASK: "What kinds of things do you think this verse is talking about?"

BRAINSTORM with your group good things we can fill our life with and bad things we can fill our life with.

Why is it easier to fill our lives with junk than God's goodness?

What is this week's Compass Point talking about?

COMPASS POINT: "You've got to **DO** what is **GOOD** for **YOU**."

ASK: "What kind of spiritually healthy activity will you commit to this week?"

ASK: "What spiritually unhealthy activity will you decrease or avoid this week?"

REVIEW this week's **Memory Max** (with the hand motions) "Above all else, guard your heart, for it affects everything you do." — **Proverbs 4:23 (NLT)**

Pass out the prayer cards and ask your group to write down the commitment they made so you can pray for them this week.