

Jesus Helps Us Follow Him

The events following Jesus' resurrection demonstrate how completely God enables us to follow our Lord. Through the stories of Thomas and the two followers on the road to Emmaus, we learn that Jesus helps us follow him when we're confused or doubtful. At his ascension, Jesus commissioned his followers, then and now, to put their faith into action and teach the world about him. The story of Pentecost dramatically demonstrates how the Holy Spirit enables, teaches, and guides Jesus' followers as they carry out that great commission.

When a path is strewn with questions and doubts, most of us would choose not to travel that path. Though most kindergartners are quite trusting, they're also curious and have many questions. Jesus wants children to know he's cleared the way for them to follow through the guidance of the Holy Spirit. The lessons in this module will help children understand that Jesus helps us follow him all the time.

Four Lessons on How Jesus Helps Us Follow Him

Lesson	Bible Point	Page	Bible Basis
6	Jesus helps us follow him when we don't understand.	89	Luke 24:13-35
7	Jesus helps us follow him when we have questions.	101	John 20:24-29
8	Jesus helps us follow him.	115	Matthew 28:16-20; Acts 1:6-11
9	Jesus helps us follow him by giving us the Holy Spirit.	129	Acts 2:1-13, 38-41

Time Stretchers

■ *“I’m Going to Emmaus”*

Children will enjoy this memory game. Form a circle, and hand a child a small suitcase or backpack. Have the child say, “I’m going to Emmaus, and I’ll take [name of a favorite toy, food, animal, or object].” The child then passes the suitcase to the next person, who repeats what’s been said and adds the name of another item. Continue until you’ve traveled all the way around the circle. Mention that two friends of Jesus, who were traveling on the road to Emmaus, met another traveler who surprised them.

■ *Follow Me Along the Way*

Before this activity, use masking tape to make a path on the floor. Make sure it’s an interesting path that curves and winds around the room. Tell kids you’ll play a game like Follow the Leader, only they must stay on the path as they follow. Choose a child to be the leader. Encourage him or her to move along the path in unusual ways such as hopping, crawling, or walking backward. Switch leaders often so each child has a turn to be the leader. Tell children they’ll hear a story about two of Jesus’ followers who were traveling on a road. Explain that they met an amazing man who followed them to Emmaus.

Remembering God’s Word

Each four- to five-week module focuses on a key Bible verse. The Bible verse for this module is “Follow in his steps” (**1 Peter 2:21b**).

This module’s Bible verse will teach children that following Jesus is important and that when we believe in Jesus, he helps us follow him. Have fun using the following idea anytime during the lessons on following Jesus.

■ *Our House*

Read the key Bible verse (**1 Peter 2:21b**) aloud: **“Follow in his steps.”**

Ask: • **Why should we follow in Jesus’ steps?** (Because he wants us to; because we can learn from him; he wants us to do what he does.)

• **How can you follow Jesus this week?** (Read my Bible; go to church; pray.)

Say: **Jesus wants us to follow him and serve him. It’s good to follow Jesus! When we believe that Jesus is God’s Son, we can live forever with Jesus in heaven. Not only that, we can have Jesus as our best friend here on earth. Jesus wants everyone in our families to believe in him and follow him, too.**

Make copies of the “Our House” handout from page 87. Give each pair of children a copy of the handout. Set out tape, scissors, and crayons or markers. Help children cut on the dotted lines so that the door and the windows will open. Then have children fold each house in half and tape the edges together. Fold open the door and windows. Have partners take turns repeating the key Bible verse to each other. Each time a child

repeats the verse, he or she can draw a family member in a window or door. Continue until each child has drawn all of his or her family members. If they run out of windows and doors, they can draw family members outside the house. You might make extra copies of the handout so each partner can create a house. As kids work, have them discuss ways they can help their family members serve Jesus.

Story Enhancements

Make Bible stories come alive in your classroom by bringing in Bible costumes, setting out sensory items that fit with the story, or creating bulletin boards to stimulate interest. When children learn with their five senses as well as with their hearts and minds, lessons come alive and children remember them. Each week, bring in one or more of the following items to help motivate and involve children in the Bible lessons they'll be learning. The following ideas will help get you started.

■ *Module Bulletin Board*

Before class, cover the bottom third of a bulletin board or wall with green or brown paper. Cover the top two-thirds with blue paper for the sky. Make a large church shape from poster board. Use construction paper to cut rectangles for windows and doors, and tape one side of each shape to the church. Fold back the flaps so they open and close.

Each week children will add to the bulletin board a part that illustrates the Bible Point for that lesson.

■ *Lesson 6*

- Bring in a variety of pebbles. Let children touch the pebbles and use them to lay a path around the room. As children follow the path, tell them they'll hear a story about a road and the amazing thing that happened there.
- Let children draw and cut out figures of themselves. Tape the cutouts to the bulletin board.



■ *Lesson 7*

- Make a sensory box by cutting a fist-sized hole in the end of a shoe box with a lid. Place in the box various sensory items such as feathers, stones, sandpaper, marbles, and sponges. Invite children to feel and identify the items. Then open the box and see how many items the children correctly identified. Point out that when we touch things, they seem more real.
- Put tempera paint in a pie pan, and let children make prints of their hands. Have children take turns guessing which hand print belongs to which person. Explain that children will hear a story about a man who didn't believe Jesus was alive until he saw Jesus' hands.
- Have children draw their family members' faces in the windows of the church on the bulletin board.

■ Lesson 8

- Bring in pictures of missionaries and the places where they serve, or invite a missionary to tell a little bit about his or her work. Explain that Jesus wants us to follow and serve him wherever we are—in our own neighborhoods or around the world.
- Bring in foods from different countries for the children to taste. You might want to include bean sprouts from China, tortillas from Mexico, or pineapples from Hawaii. Talk about the fact that people who serve God all over the world have to get used to different foods and customs.
- Let children place a cross on top of the bulletin board church.

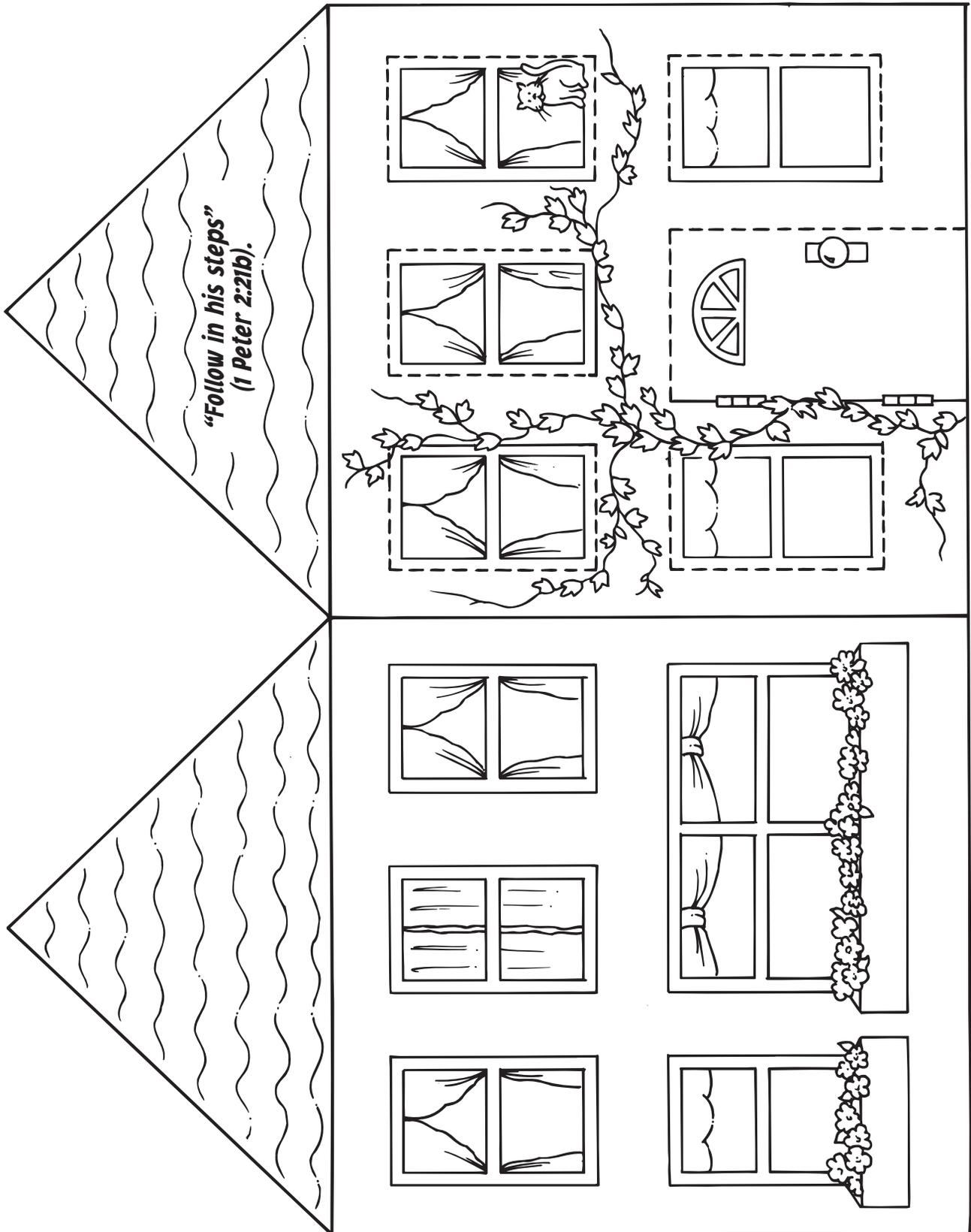


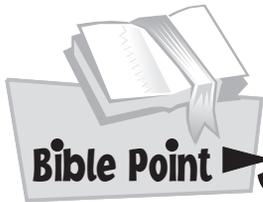
■ Lesson 9

- Bring in different kinds of whole-grain bread and honey to spread on the bread. Invite children to taste the bread and honey. Explain that the Feast of Pentecost was a celebration of the grain harvest, and that during the feast many people gathered together to enjoy food and friendship. Tell children they'll hear a story about something amazing that happened at the Feast of Pentecost.
- Invite church members who speak foreign languages to share with the class. Have them teach children how to say "Jesus loves me" or "Hello" in other languages.
- On the bulletin board, have children tape the cutouts of themselves, spreading out from the church. Explain that Jesus wants us to go into all the world and tell others about him.

Our House

Photocopy and cut out the pattern. Cut on the dotted lines. Fold back along the center line, and tape the house halves together. Fold back the windows and door. Draw your family members in the windows and doorway.





Bible Point

Jesus helps us follow him when we don't understand.

Bible Verse

“Follow in his steps” (1 Peter 2:21b).

Growing Closer to Jesus

Children will ■ learn that sometimes we need help understanding things,
 ■ ask for help when they need it,
 ■ help Pockets learn that it's important to follow Jesus, and
 ■ make reminders that Jesus helps us follow him.

Teacher Enrichment

Bible Basis

■ The road to Emmaus

**Luke
24:13-35**



Like the women who expected to find Jesus still dead in the tomb that Sunday morning (Luke 24:1-5), the two followers of Jesus traveling to Emmaus, a village near Jerusalem, thought all their hopes concerning Jesus had been in vain. A mysterious encounter would soon change that.

It was not uncommon for people who didn't know each other to band together while traveling on a pilgrimage to and from Jerusalem. However, these travelers did know the person who joined them—it was Jesus, risen from the dead just as he had promised. But the Lord did not allow them to recognize him right away. He had a lesson to teach them first.

Days earlier, these two followers had eagerly hoped Jesus was the Messiah who had come to rescue Israel (Luke 24:21). Now, however, they referred to him as a prophet—a man of God with miracle-working power, yes, but the triumphant Messiah, no. How could he be the Messiah, since he had been crucified? Little did they know his death was a part of God's plan. Suffering and death was Jesus' path to “glory” (Luke 24:26).

It is not clear why Jesus disappeared immediately after the travelers were able to recognize him. However, what was clear after this episode was that Jesus was alive, and now even people other than the apostles and their close associates had seen him!

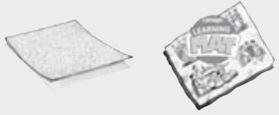
Prayer

- Read Matthew 28:20.
- Have you ever felt that Jesus was hidden from you?
- How should Jesus' promise in this verse affect our thinking at such times?
- Pray: Jesus, open my eyes to see how you are present with me each day. I especially need to feel your presence when...

Before the Lesson

- Collect the necessary items for the activities you plan to use, referring to the Classroom Supplies and Learning Lab Supplies listed on the chart.
- Make photocopies of the “Today I Learned...” handout (at the end of this lesson) to send home with your children.
- Pray for the children in your class and for God’s direction as you teach the lesson.

This Lesson at a Glance

	What Children Will Do	Classroom Supplies	Learning Lab Supplies
Welcome Time	Welcome! —Receive name tags, and be greeted by the teacher.	“Cross Name Tags” (p. 14), markers, safety pins or tape	
Let’s Get Started Direct children to one or more of the optional activities until everyone arrives.	Option 1: Follow Flowers —Understand and follow directions for making pretty flowers.	Chenille wires, pastel facial tissues	
	Option 2: A Puzzler —Solve a confusing puzzle.	Blocks, crayons, books	
	Option 3: On the Road —Paint cobblestones, and trace footsteps along the road to Emmaus.	Paper grocery bags, markers, scissors, tape, potatoes, white tempera paint, newspaper, cake pan, knife	
	Pick Up Our Toys —Sing a song as they pick up toys, and gather for Bible Story Time.	CD player	
Bible Story Time 	Setting the Stage —Play a funny game, and learn that sometimes we need help understanding things.		
	Bible Song and Prayer Time —Sing a song, bring out the Bible, and pray together.	Bible, construction paper, scissors, CD player, basket or box	
	Hear and Tell the Bible Story —Help tell the story from Luke 24:13-35 of Jesus and his friends on the road to Emmaus.	Bible, green construction paper, glue stick, brown crayons, cotton balls, scissors	
	Do the Bible Story —Follow a pretend road to Emmaus, and tell everyone that Jesus is alive.	Graham crackers, paper plate, road from Option 3	
Closing 	Carrot Caper —Teach Pockets that Jesus helps us understand when we’re confused.	Carrot, rubber band	
	Follow the Leader —Sing a song, and pray.	Bible, CD player	

*See the end of this lesson for extra-time ideas and supplies.

Welcome Time

SUPPLIES: “Cross Name Tags” (p. 14), markers, safety pins or tape

- Bend down and make eye contact with children as they arrive.
- Greet each child individually with an enthusiastic smile.
- Thank each child for coming to class today.
- As children arrive, ask them about last week’s “Today I Learned...” discussion. Use questions such as “Did you forgive someone for something they did to you last week? How did it feel?” or “Did you ask someone for forgiveness?”
- Say: **Today we’re going to learn that ► Jesus helps us follow him when we don’t understand.**
- Hand out the cross name tags children made during Lesson 1, and help them attach the name tags to their clothing. If some of the name tags were damaged or if some of the children weren’t in class that week, have them make new name tags using the photocopyable handout.
- Direct children to the Let’s Get Started activities you’ve set up.



It’s important to say the Bible Point just as it’s written in each activity. Repeating the Bible Point again and again will help the children remember it and apply it to their lives.

Let’s Get Started

Set up one or more of the following activities for children to do as they arrive. After you greet each child, invite him or her to choose an activity.

Circulate among children to offer help as needed and to direct children’s conversation toward today’s lesson. Ask questions such as “Who can tell about a time when you were confused and didn’t know what to do? What happened?” or “Who helps you find good answers to questions?”

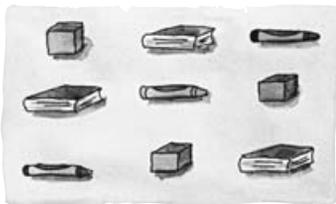
■ Option 1: Follow Flowers

SUPPLIES: pastel facial tissues, chenille wires

Set out pastel-colored facial tissues and chenille wires. Tell children you’ll give them directions for making flowers and that they’ll each have a chance to make one. Demonstrate how to lay four facial tissues on top of one another. Poke your finger in the center of the tissues, and twist a chenille wire around the bunch to secure the flower. Fluff out the tissue “petals.” Ask children if they understand the directions, and then let them begin making their own flowers.

Encourage children to ask for help if they need it. Circulate and make comments such as “It’s good to ask questions when we don’t understand something” and “Who helps you when you don’t know what to do?” Mention that they’ll hear a story about two men who didn’t understand that Jesus was alive. Tell children that Jesus helped the men understand. Point out that ► Jesus helps us follow him when we don’t understand.





■ Option 2: A Puzzler

SUPPLIES: blocks, crayons, books

Set out three blocks, three crayons, and three books. As children arrive, invite them to help solve a puzzle. Have children work together to lay the items in rows of three so there's no more than one block, one book, and one crayon in each row going across and up and down. As children work together, ask questions such as "Is this puzzle difficult to understand?" and "What can you do if you don't understand something?" If children need help, show them the pattern in the margin and let them try again. Point out that even when things are hard to understand, there's help. Tell children that ► Jesus helps us follow him when we don't understand. Explain that they'll hear a story about two men who didn't understand something, and how Jesus helped them solve the puzzle.

■ Option 3: On the Road

SUPPLIES: paper grocery bags, scissors, tape, potatoes, knife, newspaper, cake pan, white tempera paint, markers

Before class, cut the bottoms from three or four large paper grocery bags. Cut up one side of the bags, and then open the bags and tape them end to end to form a "road." Cut two potatoes in half widthwise to use as stampers.

Cover the floor in one corner of the room with newspaper. Lay the grocery bag road on the newspaper. Set out potato halves along with a cake pan with one-quarter inch of white tempera paint in the bottom. Use markers to trace children's footprints along the road as if they're following someone. Then have children take turns using the potatoes to stamp white cobblestones along the road. As children paint, make comments such as "Let's pretend this road starts at Jerusalem" and "In Bible times most people walked from city to city." Tell children that ► Jesus helps us follow him when we don't understand where to go or what to do. Explain that children will hear a story about two friends on a road and the amazing traveler they met.

When children finish, put the paint away and set the road in a corner to dry. You'll use the road in a later activity.

When everyone has arrived and you're ready to move on to the Bible Story Time, encourage the children to finish what they're doing and get ready to clean up.

■ Pick Up Our Toys

SUPPLIES: CD player



Lead children in singing "Pick Up Our Toys" (track 2) with the CD to the tune of "Skip to My Lou." Encourage children to sing along as they help clean up the room.

If you want to include the names of all the children in the class, sing the song without the CD, and repeat the naming section. If you choose to use the CD, vary the names you use each week.



SING
 We will pick up our toys.
 We will pick up our toys.
 We will pick up our toys,
 And put them all away.

There's [name] picking up toys.
 There's [name] picking up toys.
 There's [name] picking up toys,
 Putting them all away.

(Repeat.)

Bible Story Time

■ *Setting the Stage*

SUPPLIES: none

Tell the children you'll clap your hands to get their attention. Explain that when you clap, the children are to stop what they're doing, raise their hands, and focus on you. Encourage children to respond quickly so you'll have time for all the fun activities you've planned.

Gather the children in a large circle and say: **Let's play a game! Listen carefully and follow my directions.** Give the directions in a steady pace, slow enough for the children to follow, but fast enough to be confusingly fun.

**Skip in a circle to and fro.
 Bend way down and touch your toe.
 Take three steps and hum a tune.
 Stand on tiptoe; reach for the moon.**

**Greet your neighbors, say "Hello!"
 Nod your head, yes and no.
 With a partner twirl around.
 Now close your eyes and all sit down!**

Say: **That was fun!**

Ask: • **Did you like the game? Why or why not?** (Yes, we moved around a lot; no, it was silly and I didn't understand it.)

- **Why did we play this game?** (I don't know; just for fun.)
- **This game seemed hard to figure out and even a little silly—why did you follow along?** (You said to; everyone else was playing; I don't know.)

Say: **It can be hard to follow when we don't understand what we're doing or why we're doing it. Today we'll hear a story about two friends who learned to follow Jesus when they didn't understand. We know that Jesus has reasons for us to follow him and that ► Jesus helps us follow him when we don't understand.**

We had a good reason for playing the game earlier—it was to help get some of our wiggles out so we can listen to the Bible story. Let's play the game again and lose the rest of our wiggles! Repeat the rhyme game from the start of the activity.



■ Bible Song and Prayer Time

SUPPLIES: Bible, construction paper, scissors, CD player, basket or box



Before class, make surprise cards for this activity by cutting construction paper into 2x6-inch strips. Prepare a surprise card for each child plus a few extras for visitors. Fold the cards in half, and stamp the *flame stamp* inside one of the surprise cards. Place a marker at **Luke 24:13-35** in the Bible you'll be using.

Have children sit in a circle. Say: **Now it's time to choose a Bible person to bring me the Bible marked with today's Bible story. As we sing our Bible song, I'll pass out the surprise cards. Don't look inside your card until the song is over.**

Lead children in singing "Read God's Book" (track 3) with the CD to the tune of "The Muffin Man." As you sing, hand out the folded surprise cards.



**Now it's time to read God's book,
Read God's book, read God's book.
Now it's time to read God's book.
Let's hear a Bible story.**

(Repeat 3x.)

After the song, say: **You may look inside your surprise cards. The person who has the fire flame stamped inside his or her card will be our Bible person for today.**

Identify the Bible person. Ask the Bible person to bring you the Bible. Lead the class in clapping for the Bible person, cheering, and making fun applause sound effects by slapping your thighs with your palms. Help the Bible person open the Bible to the marked place, and show children where your story comes from. Then have the Bible person sit down.

Say: [Name] **was our special Bible person today. Each week we'll have only one special Bible person, but each one of you is a special part of our class! Today we're all learning that ► Jesus helps us follow him when we don't understand.**

Let's say a special prayer now and ask God to help us learn that ► Jesus helps us follow him when we don't understand. I'll pass around this basket. When the basket comes to you, put your surprise card in it and say, "God, please help us follow Jesus."

Pass around the basket or box. After you've collected all the surprise cards, set the basket aside, and pick up the Bible. Lead children in this prayer: **God, thank you for the Bible and for all the stories in it. Teach us today that ► Jesus helps us follow him when we don't understand. In Jesus' name we pray, amen.**

teacher tips

If the *ink pad* is dry, moisten it with three to five drops of water.

teacher tips

You'll probably be able to reuse most of the surprise cards. Each week, throw out any torn or crumpled cards, and make enough new ones for each child to have one. Keep a list of who's had the stamped surprise card to ensure that everyone gets a turn to be the Bible person.



BIBLE POINT ►

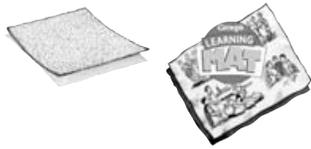
BIBLE POINT ►



BIBLE POINT ►

■ Hear and Tell the Bible Story

SUPPLIES: Bible, green construction paper, scissors, cotton balls, brown crayons, glue stick



Bring out the *Learning Mat: Follow Jesus* and place it on the floor.

Open the Bible to the book of Luke. Point to the Bible and say: **Today's story is from Luke 24:13-35. It's about two friends who meet an amazing traveler**

along the road. The Learning Mat shows pictures of the Bible story. Point to the picture of the road to Emmaus. **You can help me tell the story and add things to the Learning Mat. Since the story is about friends, find a friend to work with.** Pause while children get in pairs. Hand each pair one of the following items: the *sandpaper square* from the Learning Lab box, a 3x5-inch piece of green construction paper, two brown crayons, or two cotton balls. (If you have more than four pairs of children, hand out additional cotton balls or brown crayons.) Set a glue stick beside the *Learning Mat*.

Say: **Each set of friends has different items to add to the Learning Mat. As I tell the story, I'll tell you when it's time to add your part.**

Cleopas and his friend were walking from Jerusalem to the town of Emmaus (ee-MAY-us). **Let's say that together: Emmaus. The road to Emmaus was dusty and sandy. Let's add sandpaper to the road.** Have the partners with the *sandpaper square* glue it to the *Learning Mat*. Then continue. **The sad friends talked about what had happened to Jesus. Jesus had been killed on a cross and put in a tomb. Cleopas and his friend didn't understand why Jesus had to die. They missed him a lot as they walked on the road. Let's color the road to Emmaus.** Have the children with the brown crayons color the road.

A man appeared on the road beside them. Guess who it was? Pause while children tell their ideas. **It was Jesus! But Jesus didn't want the men to recognize him yet.**

As Jesus walked with the men, he asked, "What are you talking about?" "Haven't you heard?" said the friends. "Three days ago our leaders had Jesus put to death. We hoped Jesus would set our country free, but then today some of the women saw angels at Jesus' empty tomb. The angels said, "Jesus is alive!" The two friends looked very sad and confused. They didn't know what to do.

So Jesus explained everything to them. He told them about God's promises and how Jesus was the Savior God promised. He told them that Jesus had to suffer before he went to live in heaven. Let's add some clouds to show Jesus' heavenly home. Pause while children glue stretched-out cotton balls to the sky.

Continue with the story. **The three men walked to Emmaus. Let's put leaves on the trees and color the buildings.** Have children tear green construction paper leaves and glue them to the trees. Invite children with crayons to color the buildings. **It was getting late and the friends asked the man, who was really... (pause for children to say "Jesus"), to stay for dinner. When the guest blessed and broke the bread, Cleopas and his friend realized it was Jesus! Think of their surprise! Then Jesus disappeared. Quickly, Cleopas and his friend ran back to Jerusalem to tell the good news to the disciples. Hop up and jog around the Learning Mat. When you get back to your place, shout "Jesus is alive!" and sit down.**

When all the children are seated, ask:

- **Who helped Cleopas and his friend understand about Jesus?** (Jesus helped

them understand; Jesus helped explain things to the men.)

- **How did Jesus help them understand?** (He explained things to them; Jesus showed himself to the men and they saw Jesus.)

- **Do you think the men followed Jesus after Jesus helped them? Why or why not?** (Yes, they'll believe Jesus now; yes, they know Jesus is alive.)



BIBLE POINT ▶



Say: ▶ ***Jesus helps us follow him when we don't understand.*** He helped Cleopas and his friend by talking with them and showing them that he was Jesus. Jesus knew they could follow him better if they knew he was alive.

Ask: • **How does Jesus help us follow him today?** (He helps us when we pray; when we read the Bible; when we listen in church; when we obey God's Word.)

Say: **Sometimes it's hard to follow Jesus because we don't understand what to do. It's important to know that ▶ *Jesus helps us follow him when we don't understand.*** Just as he helped Cleopas and his friend on the road to Emmaus, we can trust Jesus to help us because he loves us all the time. Let's play a game on a road that's not always easy to follow.



BIBLE POINT ▶

Fold the *Learning Mat* and return it to the Learning Lab box.



■ Do the Bible Story

SUPPLIES: paper road from Option 3, paper plate, graham crackers

Set the road children made during Option 3 in the center of the floor. If you chose not to do Option 3, children may hop around the edge of the *Learning Mat*. Set a plate of graham crackers at the end of the road.

Ask: • **Where were Cleopas and his friend going?** (To Emmaus; to town.)

Say: **Let's pretend we're going on the road to Emmaus, too. Let's make two groups.** Help children form two groups, and have them stand at the end of the road opposite the crackers. **When I clap my hands, the first travelers from each group hop from cobblestone to cobblestone. Follow the stones to the end of the road. Because Jesus' friends recognized Jesus when he broke the bread, you'll pick up a graham cracker, break it in half, and say, "Jesus is alive." Then hop back with your crackers, and send the next two travelers down the road. Don't eat your crackers until I tell you to.**

When each child has a graham cracker, ask:

- **Was the road easy or hard to follow? Explain.** (It was hard hopping only on the stones; it was easy because there are lots of stones to follow.)

- **What made it hard for people to follow Jesus after he died on the cross?** (They didn't know he would come back to life; they didn't know what to do next; they didn't know he was alive again.)

- **What makes it hard to follow Jesus today?** (When I listen to my friends instead of to God; when I forget to pray or read the Bible.)

- **How does Jesus help us follow him?** (He gives us churches and teachers; the Bible tells us what to do; he gives us people who set a good example.)

• **How can you follow Jesus this week?** (I can pray and ask Jesus to help me; I can learn more about Jesus; I can be kind to others.)

Say: ► ***Jesus helps us follow him when we don't understand, just as he helped Cleopas and his friend. He gives us pastors and teachers and parents and the Bible to guide us. Now, since I'm your teacher, I'd like you to pretend your graham crackers are roads and gobble them up! Then we'll visit with our friend Pockets.***



Closing

■ Carrot Caper

SUPPLIES: rubber band, carrot

Before class, use a rubber band to fasten a carrot to Pockets' paw.

Bring out Pockets the Kangaroo, and go through the following script. When you finish the script, put Pockets away and out of sight.



- **Pockets:** (*Pockets comes in chanting a poem and looking at her carrot.*) Carrots and spinach and a to-ma-to; what they're good for I-don't-know.
- **Teacher:** Well, Pockets, that's a funny rhyme. What's this all about?
- **Pockets:** It's all about *vegetables!* (*Waving her carrot*) I don't like 'em and I don't *understand* why Mommy wants me to eat 'em. Daddy said I need to follow good health habits, but I don't understand *why* I have to eat carrots 'n' stuff.
- **Teacher:** Sometimes it's hard to follow when we don't understand. We've been learning that ► *Jesus helps us follow him when we don't understand.* Children, let's tell Pockets about the men on the road to Emmaus and how Jesus helped them. (*Encourage children to retell the Bible story. Have them point out that it's important to trust and follow Jesus even when it's hard.*) You see, Pockets, we can always trust Jesus and follow him even when we don't understand.
- **Pockets:** I want to follow Jesus, and I'm glad that ► *Jesus helps us follow him when we don't understand.* But do you think he can help me understand why I need to eat my carrots?
- **Teacher:** God gives us good things to eat because he wants us to be healthy. Carrots are full of good vitamins so they give you lots of bounce. You wouldn't want to lose your bounce, would you?
- **Pockets:** No way! What kind of kangaroo would I be if I couldn't bounce?
- **Teacher:** So you see, Pockets, there's a good reason to eat your carrots. Just like there's good reasons to follow Jesus even when we're confused.
- **Pockets:** Well, I *love* Jesus and... (*takes a nibble of carrot and acts surprised*) mmm, I guess I like *carrots*, too! Thanks for helping me learn that ► *Jesus helps us follow him when we don't understand.* I *do* understand now! 'Bye, kids! (*Pockets leaves chanting this poem.*) Carrots and spinach and a to-ma-to; following Jesus is the way to go!



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Follow the Leader

SUPPLIES: Bible, CD player



BIBLE POINT ►



Have the children sit in a circle on the floor. Say: **Today we learned that ► Jesus helps us follow him when we don't understand. When we have questions, Jesus has the answers, and he'll help us. Let's learn a new song about following Jesus.**

BIBLE VERSE ►

Open your Bible to **1 Peter 2:21b**, and show children the words. Remind them that the Bible is God's Word. Say: **This song is about our Bible verse, 1 Peter 2:21b ► "Follow in his steps."** Have children repeat the Bible verse with you. Then lead the children in singing "Follow in His Steps" (1 Peter 2:21b) (track 12) with the CD to the tune of "London Bridge."



SING

**Jesus helps us follow in his steps,
Follow in his steps,
Follow in his steps.
Jesus helps us follow in his steps,
Because he loves us!**

(Repeat.)

Say: **In the Bible story, Cleopas and his friend went to tell others that Jesus is alive. They wanted to help their friends follow Jesus. We can help each other to follow Jesus, too. Go around the circle and encourage the friend on your right by saying, ► "Jesus helps us follow him when we don't understand."** Have children take turns repeating the Bible Point to the friend on the right.



BIBLE POINT ►



BIBLE POINT ►

Let's close with a prayer. Pray: **Dear God, help us follow Jesus in everything we do. Help us also remember that ► Jesus helps us follow him when we don't understand. In Jesus' name, amen.**

Remind children who chose Option 1 to take their flowers home.



Growing closer to Jesus extends beyond the classroom.

Photocopy the "Today I Learned..." handout (at the end of this lesson) for this week, and send it home with your children. Encourage parents to use the handout to plan meaningful family activities to reinforce this week's topic.



For Extra Time

If you have a long class time or want to add additional elements to your lesson, try one of the following activities.

■ **Lively Learning: Friend in Disguise**

Bring in jackets, hats, scarves, and sunglasses for children to wear as disguises. Point out that in the Bible story, Cleopas and his friend didn't recognize Jesus at first. Tell children they'll get to put on a disguise so their friends won't recognize them. Set the disguises in the hall or behind a large table or desk. Have children close their eyes. By lightly tapping two children on the shoulders, choose them to put on disguises. The rest of the class will guess who's wearing the disguises. Be sure each child has a turn dressing up. Explain that at dinner Jesus let his friends recognize him because ► Jesus helps us follow him when we don't understand.

■ **Make to Take: Streamer Sticks**



Set out ribbon or crepe paper, scissors, and tape. Hand each child a straw, and explain that they'll make walking sticks much like the ones many people used in Jesus' time. Have children cut colorful streamers from ribbon and tape the streamers onto the tops of the straws. As children work, explain that Jesus talked to his friends as they walked down the road to Emmaus. He explained why he had to die, and then let them see that he was alive again. Remind children that ► Jesus helps us follow him when we don't understand. Invite children to "hike" around the room using their walking sticks.

■ **Treat to Eat: Rocky Roads**

You'll need graham crackers, marshmallow creme, chocolate chips, plastic knives, and paper towels. Have children make rocky roads in an assembly line. Form three groups: Breakers, Spreaders, and Sprinklers. The Breakers break large graham crackers into smaller squares and place each square on a paper towel. The Spreaders spread marshmallow creme on each cracker, and the Sprinklers add chocolate chip "bumps" to the road. As children work, make comments such as "Roads with bumps are hard to follow. I'm glad that ► Jesus helps us follow him when we don't understand" and "Jesus helps us find the right road to take when we follow him." Eat and enjoy the Rocky Roads as children tell ways they can follow Jesus every day.



■ **Story Picture: The Road to Emmaus**

Give each child a photocopy of the "Today I Learned..." handout. Set out glue, cotton swabs, and a small bowl of sand or soil with plastic spoons. Have the children use cotton swabs to apply glue to the road in the picture. Then let them use the spoons to sprinkle sand or soil on the road.

Today I learned...

Jesus helps us follow him when we don't understand.

Today your child learned that Jesus helps us follow him when we don't understand. Children learned that Jesus helped two friends on the road to Emmaus understand that he was alive. Children talked about the importance of following Jesus all the time.

Verse to Learn

"Follow in his steps" (1 Peter 2:21b).

Ask Me...

- What happened on the road to Emmaus?
- How does Jesus help you follow him when you don't understand?
- How can our family learn and understand more about Jesus?

Family Fun

- Make Emmaus Road toast for your family's breakfast. Let your child toast bread and spread a butter "road" down the center of each slice of toast. Sprinkle the roads with cinnamon sugar. As your family enjoys their breakfast treat, encourage your child to tell what happened on the road to Emmaus and how Jesus helps us follow him.

The Road to Emmaus (Luke 24:13-35)

