

LESSON 2: JESUS COMMITS TO GOD'S WILL

Leader Guide for Grades 1 & 2

Classroom: Adventure

 Matthew 26:36-46

08/30/2020

Teachers Dig In

Dig In to the Bible

- Read: Matthew 26:36-46
- In This Passage: Jesus knows he's about to be arrested and killed. He goes to a garden to pray. He asks that God would take this cup of suffering away from him but prays, "I want your will to be done, not mine." Jesus is willing to do hard things to help promote God's plan.
- Bible Point: Jesus does hard things...
- Application: ...so we're willing do hard things.
- Summary Verse: "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing" (John 15:5).

Dig Deeper

- You'll Be Teaching: *Jesus does hard things*. Nobody *wants* to do hard things, and that includes kids! Hard things for kids could be as small as eating their broccoli or cleaning the bathroom, or they could be more significant trials in life. Use this lesson to help kids know that Jesus can sympathize with not wanting to do the hard things, but he also showed how to willingly obey even when we don't want to.
- Think About: What's something you've been putting off because you don't want to do it? Talk to God about that.

Dig In to Prayer

- Pray that kids will develop spiritual grit by doing hard things and embracing hard times.

Quick Tip

- If you're interested in learning more about this topic for yourself, check out *Spiritual Grit* by Rick Lawrence. You'll learn how the hard things we go through develop stamina and endurance that we need!

This Lesson at a Glance



OPENING

Kids share about a topic related to the lesson.

Supplies

- Bible



CORE BIBLE DISCOVERY

Kids play a version of Tug of War and make salt water.

Supplies

- Bible
- inflated balloon
- straight pin
- cups of water (1 per child)
- salt (individual packets will be easiest to distribute)



LIFE APPLICATION WRAP-UP

Kids experiences sweaty prayers.

Supplies

- warm water
- paper towels (1 per child)



OBJECT LESSON

Kids see how friction keeps them from sliding on the floor.

Supplies

- card stock (2 sheets per child)



HIGH-ENERGY GAME

Kids do exercises in intervals.

Supplies

- upbeat music
- music player
- cellphone timer, clock, or watch



LOW-ENERGY GAME

Kids try to walk on a line.

Supplies

- painter's tape
- upbeat music (optional)
- music player (optional)

Easy Prep

- Tape a 10-foot line on the floor for every 3 kids. Make sure lines are separated by a few feet.



CRAFT

Kids paint pictures, then duplicate them.

Supplies

- manilla folders (1 per child)
- washable paint
- paintbrushes
- smocks (optional)

Easy Prep

- Make a sample craft to show kids.



DEEPER BIBLE

Kids find out what bubble gum has to do with hard times.

Supplies

- Bibles
- bubble gum (2 individually wrapped pieces per child) (see Tip)

**Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



Supplies

- Bible

Welcome

- Thank kids for coming.
- Just for fun, have kids high-five three of their friends.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having kids say “happy birthday” in the voices of their favorite cartoon characters.
- Collect the offering.

Introduce the Lesson

Say: **Today we'll learn that Jesus does hard things. We'll read in the Bible about something really hard Jesus did, but he did it so we can have something really good! In the Bible story, we'll find out that Jesus' friends were with him when he was doing that hard thing, but they kept falling asleep. Let's start today by talking about funny places we've fallen asleep.**

Share

- Share about a funny place *you've* fallen asleep. Maybe you fell asleep at a really loud event, in a funny position, or in another unlikely place.
- In small groups, have kids share about funny places *they've* fallen asleep. Maybe they fell asleep in the bathtub, behind a curtain, or while hanging off the side of the couch.
- After small groups have discussed, have a few kids share with the whole group what they talked about in their small groups.

Summarize

Open a Bible, and say: **When we're really tired, we can fall asleep in the funniest places and ways. Jesus' friends were with him in a really important time, but they kept falling asleep—even while Jesus was doing some really hard things. But Jesus does hard things for a reason—he does them because he knows they're for the best. When we're friends with Jesus, he helps us do hard things that are good for us, too. Today we'll learn more about hard things we might do.**

Pray, thanking Jesus for doing hard things.



Supplies

- Bible
- inflated balloon
- straight pin
- cups of water (1 per child)
- salt (individual packets will be easiest to distribute)

Talk About It

Say: **Today we're going to learn that Jesus does hard things. In a little bit, we'll see how Jesus was willing to do something *really* hard that he *really* didn't want to do.**

Ask: • **What are some things you've had to do that you *really* didn't want to?** Share your own example first. Kids may say things like getting a shot, eating vegetables, switching houses between divorced parents, moving, doing homework, or going to bed on time.

• **What have you done to avoid doing those kinds of things?** Share your own story first.

Say: **In our Bible story, Jesus didn't avoid what he had to do, even though he didn't want to do it. Jesus does hard things. Let's see what happened.**

Pop a Balloon

Say: **Before we read from the Bible, you need to know *what* the hard thing Jesus had to do was. It didn't happen in the verses we'll read today. But Jesus knew what was coming, and in today's story, he was really stressed about it.**

Hold up the balloon and a straight pin.

Say: **It's kind of like if I push this pin into the balloon. It hasn't happened yet, but you know what will happen if I do that.** Inch the pin closer and closer to the balloon, giving time for kids to brace themselves, cover their ears, or whatever else they may do to prepare for the pop. Finally, pop the balloon.

Ask: • **What did you do to prepare yourself for what you knew was coming?**

• **How do you prepare yourself when you know something bad is going to happen in your life?**

Say: **We know that a balloon pop is unpleasant—it's noisy and usually unexpected. We might tense up or cover our ears if we know it's coming. What Jesus knew was coming was much worse than a balloon pop. Jesus knew he was going to be beaten, be nailed to a cross, and ultimately die. And he knew he'd be dying for what everyone else in the whole world had done wrong. He'd even be separated from God for a little bit while he took on all our punishment. That's really scary! But Jesus does hard things. Let's see what he prayed about when he was preparing for this hard thing.**

Play Tug of War

Have kids form pairs and sit facing each other with their feet touching. Their legs should be straight out in front of them, although they may bend their knees slightly if needed. Then have them hold on to each other's wrists, as shown.



Say: In our story, Jesus experienced a kind of Tug of War in his heart. There was what he *wanted* to do and what he was *willing* to do.

The partner sitting closest to me will pull to show what Jesus *wanted* to do. The other partner will pull to show what Jesus was *willing* to do. You can try to resist being pulled forward; just remain silent so you can hear the Bible story.

Read Matthew 26:36-46 as partners pull each other back and forth.

Ask: • **When have you felt a Tug of War in your heart?**

Say: Jesus really, *really* didn't want to go to the cross. He asked God to take that suffering away from him. But he also said he wanted God's will to be done and that he would do it. Jesus does hard things, so we're willing to do hard things. Let's think about hard things we might need to do for God.

Make Salt Water

Give each child a cup of water, and distribute salt packets. (If you don't have salt packets, set out saltshakers to share.)

Say: Jesus called what he had to face a "cup of suffering." Let's use cups to imagine what kinds of hard things we could do for God.

Right now, your cup just has fresh, tasty water in it. Allow time for kids to take a sip. **That's refreshing! But it won't be so good to drink after we add some salt to it.**

Have kids share hard things God might ask them to do, such as befriending someone who is unpopular, telling someone about Jesus, standing up to a bully, or going to another country as a missionary. As kids share their ideas, everyone will add a little salt to his or her water.

Ask: • **Imagine that if you drank your salt water, someone in another country (who you don't even know) would be healed from a disease. How do you feel about drinking your water now?**

Say: I'm not going to make you drink your salt water if you don't want to. And it wouldn't really heal anyone. But the way you feel about drinking yucky salt water is just a tiny picture of how Jesus felt about going to the cross. Even though he didn't want to suffer, he was willing to do that for us because he loves us and that was the only way to heal our friendship with him. Jesus does hard things for God.

God won't ask us to die on a cross, but he may ask us to do things we're not comfortable with. Jesus does hard things, so we're willing to do hard things. When Jesus was faced with something hard, his response was to talk to God about it. He was honest about his feelings but was committed to doing what God wanted.

Let's try that now. Think about one of the hard things we named as we added salt to the water. Hold the cup near your mouth and silently talk to God about doing that hard thing. When your prayer is over, you can choose to take a sip of the salt water if you want.

Allow about a minute for silent prayer.

Pray: Dear God, none of us wants to do hard things. But we're willing to do hard things if that's your will for us. We pray like Jesus prayed, "I want your will to be done, not mine." Give us the strength to do hard things for you. In Jesus' name, amen.



Supplies

- warm water
- paper towels (1 per child)

Sweat and Pray

Say: **Jesus does hard things, so we're willing to do hard things.** One thing that happened while Jesus prayed in the garden was that he was sweating a whole lot. His sweat was like blood! Let's imagine how he felt as we pray about the hard things we have to do.

- Have kids each dip a paper towel in warm water and then close their eyes.
- Have kids hold the warm paper towels against their foreheads as they talk to God about hard things they have coming up in their lives.

Wrap Up

Pray: **Jesus, thank you that you were willing to do the hardest thing ever so that we could be your friends. Help us do hard things for you, too. In your name, amen.**

Thank kids for coming, and encourage them to come back next week.



OBJECT LESSON

Friction Feet

[10 min]

Supplies

- card stock (2 sheets per child)

Slide on Card Stock

Say: **Today we're learning that Jesus does hard things. Let's do something to help us think about that.**

Give each child two sheets of card stock. Say: **It's really fun to slide on the floor. Let's all try!**

- Have kids stand at one end of the room with one sheet of card stock under each foot.
- Lead kids to slide on the card stock by shuffling across to the other end of the room. Encourage kids to go back and forth several times.
- Let kids slide for several minutes, then collect the card stock and have them line up at one end of the room again.

Slide Without Card Stock

Say: **Now let's try sliding without the card stock and see what happens.**

- Encourage kids to try to slide in their shoes across the floor. The tread on some shoes will make it more difficult.
- Let kids try to slide in their shoes for about a minute, then have them gather and sit in a circle on the floor.

Talk About It

Ask: • **What was easier—sliding with or without the sheets of card stock? Why?**

Say: **Let's look at the bottom of our shoes.** Pause for kids to look at their shoes. **Wearing shoes made it harder to slide. That's because our shoes have lines or tread on the bottom that keeps us from slipping and falling when we walk. That's a good thing!**

Share about a time *you* slipped and fell, or almost did.

Ask: • **When have you slipped and fallen, or almost slipped and fallen?**

Say: **Shoes make it harder to slide, but they also protect our feet and keep us from slipping and falling. In the Bible, Jesus did a really hard thing. He died on the cross—that's so hard! But he did it for a good reason. Jesus died on the cross so we can be best friends with God! Jesus does hard things. When we're willing to do hard things, we know they're good for us in the end.**



HIGH-ENERGY GAME

[10 min]

When the Going Gets Tough

Supplies

- upbeat music
- music player
- cellphone timer, clock, or watch

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Hopping, Jumping, Skipping, and Running Intervals

Say: **Today's Bible story shows us that Jesus does hard things. Even though he knew it was going to be really hard, Jesus died in a painful way so we can be best friends with God. Let's play a game where you'll do something hard but fun, too!**

- Have everyone gather at one end of the room.
- Call out and demonstrate these fun motions for everyone to continually do while the music plays, trying to repeat the motion as many times as possible before the music stops.
- When the music stops, kids can stop and then you'll call out the next motion and play the music again for the next interval. Allow 30- to 45-second breaks between intervals for kids to catch their breath.
 - Hop on one leg. (20 seconds)
 - Sit on the floor, then stand back up quickly. (15 seconds)
 - Skip. (45 seconds)
 - Take big, lunging steps. (30 seconds)
 - Crab walk. (30 seconds)
 - Do jumping jacks. (30 seconds)
 - Take running steps. (15 seconds)
 - Take quick baby steps. (30 seconds)
 - Take big jumps. (20 seconds)

Talk About It

Ask: • **What was your favorite motion in the game? What did you like about it?**

• **What motion was the hardest, and why?**

Say: **It might've been hard to keep going in our game, but there was some fun to it, too. Like that, when we do hard things that we know are good for us, we can remember the good that's going to come from them! Doing hard things is, well, hard! But we can be willing to do hard things because Jesus does hard things, and we can always ask Jesus for help.**



LOW-ENERGY GAME

[10 min]

On the Line

Supplies

- painter's tape
- upbeat music (optional)
- music player (optional)

Easy Prep

- Tape a 10-foot line on the floor for every 3 kids. Make sure lines are separated by a few feet.

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Walk the Line

Say: **Today we read about a really hard thing Jesus did because God wanted him to. Jesus knew it would be hard, but he did it anyway. Let's play a game where you'll try to do a few things that might be hard, but you'll have some fun doing them, too.**

- Form teams of three, and allow each team to choose a line taped on the floor.
- Have teammates take turns walking along the line as if it were a balance beam—one foot in front of the other and staying on the line.
- When teammates have moved from one end of their line to the other, you can give them new challenges that increase the difficulty of staying on the line:
 - Hop the line on one foot.
 - Take *big* leaps along the line.
 - Walk the line with eyes closed and a teammate guiding them.
 - Walk along the line backward.
 - Walk along the line backward while looking up.
- If you'd like, play upbeat music while kids play.

Talk About It

Ask: • **What was the hardest way to cross the line, and what was the most fun?**

Say: **Even though you had to do some hard things in the game, you still had fun! Jesus does hard things and always knows the good that can come out of doing something hard. With Jesus' help, we can do the hard things that come our way, too. You can talk to Jesus anytime, anywhere when you have to do something hard.**



Supplies

- manilla folders (1 per child)
- washable paint
- paintbrushes
- smocks (optional)

Easy Prep

- Make a sample craft to show kids.



Make Double Pictures

Say: **We're learning that Jesus does hard things, so we do hard things.** We're going to paint a picture, and then we'll do something that might be hard to do.

- Give each child a smock.
- Give each child a closed manilla folder.
- Have kids paint pictures on the front of their folders.

As kids finish, say: **You all painted beautiful pictures! Now we're going to do something that seems like it might ruin all your hard work!**

Help kids carefully reverse the fold in the folders so their paintings are inside the folders. Then have kids press on top of the folders.

When kids finish, they can open their folders to reveal that instead of ruining their pictures, their pictures doubled!

Say: **Jesus does hard things, so we do hard things.** When you did something hard that you thought might ruin your painting, you ended up with *two* beautiful pictures! Jesus was willing to do something *really* hard—die on the cross. But in the end, he came back to life, and now we can be his friends! Sometimes good things come from the hard things we do.



Why Can't We Just Skip Hard Times?

Supplies

- Bibles
- bubble gum (2 individually wrapped pieces per child) (see Tip)

Tips

- The harder the bubble gum, the better the experience will go. We found that inexpensive brands like Dubble Bubble and Super Bubble worked well. Bazooka was another good choice. If you use a softer bubble gum like Bubble Yum, you can harden it by refrigerating it prior to the experience.
- If you have some kids with braces, they may not be able to chew gum. You can still have them put the gum in their mouths and try to blow a bubble without chewing the gum at all.

Chew Gum

Say: **We're learning that Jesus does hard things, so we're willing to do hard things. But nobody wants to do hard things! Even Jesus didn't *want* to—he was just willing to do it because he loves us so much.**

So if God is good, why can't we just skip hard times? What if we could have only good stuff happen to us? Let's dig in to that.

Give each child a piece of bubble gum, and tell kids to unwrap the gum but not put it in their mouths yet.

Say: **On the count of three, you can put your gum in your mouth, and we're going to see who can be first to blow a bubble. Ready? One...two...three...go!**

Watch kids and see who's the first to blow a bubble. Continue letting kids chew until everyone can blow a bubble.

Ask: • **What would happen if you tried to blow a bubble before you chewed your gum at all?**

• **Did anyone try to blow a bubble too soon? What happened?**

Say: **You can't blow a bubble with hard bubble gum. You need to chew it to soften it so it's ready for the bubble.**

Think of chewing gum as going through hard times. Sometimes going through the hard times is what gets us ready for the good times! We're learning things through the hard times that we'll need to know in the good times. We can't just skip straight to the good or we won't be ready. It would be like trying to blow a bubble before the gum is ready.

So what can hard times do for us? Let's see what the Bible says.

Dig Deeper

Say: **First, let's think about today's Bible story. Jesus had to do something hard—die on the cross. He didn't want to, but he did it.**

Ask: • **What good came out of Jesus' dying on the cross?**

Say: **If Jesus had just skipped that hard thing, we'd be separated from God forever because of our sins. Jesus had to go through the hard times to bring us hope and eternal life. And going through our own hard times helps grow us, too.**

Read Romans 5:3-4 and James 1:2-4.

Say: **We don't naturally consider troubles an opportunity for joy. That's a big shift in our thinking! But when we think about all the good the hard times do for our hearts, we can rejoice.**

Our next verse talks about how hard things are a way of training us.

Read Hebrews 12:11.

Ask: • **What's something you've trained to do or practiced doing?** Examples would include sports or playing instruments.

Say: **Just like you wouldn't be a great soccer player without training, you won't grow good character without the training that comes from hard times.**

Ask: • **Tell about a time you experienced something good that you would've missed if you hadn't first experienced something bad. Share your own story first.**

Say: **Let's look at one more verse. Before I read it, let me explain the process for purifying gold. You don't find smooth, pretty, flawless gold jewelry in nature. Gold has to go through the fire to be purified, to remove all the dirt and gunk. But in the end, it comes out beautiful! These verses talk about how trials are purifying us like gold.**

Read 1 Peter 1:6-7.

Say: **Jesus does hard things, so we can do hard things. And we can find joy in doing hard things because we know that God is softening us up to blow incredible bubbles!**

Have everyone blow a bubble.

Give kids each an extra piece of gum so they can go home and show their families how trials help us grow.

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