

LESSON 2: JESUS COMMITS TO GOD'S WILL

Leader Guide for Ages 3-6

Classroom: Monkeys

 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

Preschoolers share about a topic related to the lesson.

Supplies

- Bible



CORE BIBLE DISCOVERY

Preschoolers act out the story and play a game as they learn the Bible point.

Supplies

- Bible
- 4-foot ropes (1 for every 2 kids)



LIFE APPLICATION WRAP-UP

Preschoolers sing a song and pray.



OBJECT LESSON

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

Supplies

- card stock (2 sheets per child)



HIGH-ENERGY GAME

Preschoolers do exercises in intervals.

Supplies

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



LOW-ENERGY GAME

Preschoolers 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

Preschoolers 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.

**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 preschoolers give a high-one (high-five with just one finger) to three friends.
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having preschoolers say, "Three cheers for our birthday friends! Hip, hip, hooray! Hip, hip, hooray! Hip, hip, hooray! It's your birthday!"
- 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 leader-led small groups, have preschoolers 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 adult or teen helpers 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
- 4-foot ropes (1 for every 2 kids)

Talk About It

Say: **Today we'll learn what it means that Jesus does hard things. Show the Bible. **The Bible says that Jesus was about to do something really hard. He knew it was a good thing, but it was still going to be hard. Let's start by thinking about hard things we've done that were also good for us.****

Share a few things you've done that were good for you but were also hard to do. Maybe you trained to run a race, and even though it was hard to keep going on your practice runs, you knew it was good for your body. Or maybe you saved money to buy a new car because yours was breaking down. You had to avoid buying any extra things as you saved up, but now you have a safe car to drive to work.

Ask: • **Have you ever done something hard that was good for you? Maybe you really wanted to stay up, but your parents put you to bed and you obeyed. That was a good thing because sleep helps you stay healthy and strong. Or maybe you got a brand-new toy and it was hard for you to share with your baby brother, but you did and the two of you had a blast playing together.** Invite preschoolers to share about hard things they've done, and as they do, look for ways to bring out the good reasons for doing those hard things. They might share about learning a new thing, going to the dentist, or eating their vegetables.

Act It Out

Say: **In the Bible, Jesus did a really hard thing. He died in a painful way so we could be best friends with God. And before Jesus did it, he knew it was going to happen. It was hard for him. Let's hear about what Jesus did during this hard time.**

Read Matthew 26:36-37. Say: **That means Jesus was very sad and worried. He was doing something really difficult, but he knew he was doing it for a very good reason. He talked to God about it. Let's talk to God like Jesus did.**

Lead kids in a brief prayer, thanking God that he's with us when we do hard things.

Say: **When Jesus came back to his friends, he found them asleep.** Lead kids to lie down and pretend to sleep for about 10 seconds. Then say: **Wake up! Jesus said to his friends, "You couldn't watch out for me while I prayed for even an hour?" Then he asked his friends to stay awake and keep watch for him while he went back and prayed again. So Jesus left them a second time and prayed. Let's pray again like Jesus did.**

Lead kids in a brief prayer, thanking God that he listens and hears us when we're doing something hard.

Say: **When Jesus came back, his friends were asleep again!** Lead kids to lie down and pretend to sleep for about 10 seconds, and then have them sit up. **When Jesus saw they were sleeping again, he went back to talk to God some more. Let's talk to God one more time.**

Lead kids in a brief prayer, thanking God that he helps us when we're doing something hard.

Say: **Jesus does hard things, and we can do hard things, too. Sometimes even when we don't want to, we do the hard thing because we know it's good for us. Jesus knew that his painful death would mean really, really good things for us because we'd get to be best friends with God!**

Play a Game

Say: **Because Jesus does hard things, we're willing to do hard things, too. Let's think of some hard things we have to do and why we do them.** Have kids sit in pairs with their legs outstretched in front of them. Have pairs face each other and put the bottoms of their feet together. Give each pair a rope, and have each child hold one end of the rope. Show them how to pull back and forth on the rope.

After kids practice doing this for a minute, lead them in singing the following song to the tune of "Row, Row, Row Your Boat." Have them pull back and forth on the rope and at the end of the verse, have one child

in each pair name one hard thing that's good for him or her. It's okay if they repeat examples from the beginning of the lesson. Then have them sing the song again and at the end of the verse, have the other child take a turn sharing something. Continue as time allows.

Jesus does hard things.

We do hard things, too!

Merrily, merrily, merrily, merrily,

They are good for you.

Kids might share about how cleaning their rooms, obeying parents, eating vegetables, sharing toys, not hitting when they're upset, going to bed when parents tell them to, going to the doctor or dentist, learning something new, or staying with a baby sitter can all be hard but also good for them.

Say: **Great job sharing, friends! Like in our song and game, doing a hard thing can feel kind of like we're tugging on a rope. We want to do what's good for us, but we don't always want to do it when it's hard, so our hearts feel like they're tugged back and forth until we decide what to do. In times like that, we can remember that because Jesus does hard things, we're willing to do hard things, too.**



Sing and Pray

Sing

Say: **Today we found out that because Jesus does hard things, we're willing to do hard things, too. And we know that hard things can turn out to be really good in the end. Let's sing our song again and ask Jesus to help us do hard things that are good for us.**

Lead kids in singing the following song to the tune of "Row, Row, Row Your Boat." Sing the verse once.

**Jesus does hard things.
We do hard things, too!
Merrily, merrily, merrily, merrily,
They are good for you.**

Say: **When we clean up our toys so we don't trip on them, it can be hard, but it also keeps us from getting hurt. Let's ask Jesus to help us do this hard thing.** Lead kids in a brief prayer.

Sing the verse again. Then stop and mention a hard thing preschoolers might do, and pray with kids, asking for Jesus' help. Repeat this process several times. Here are some things you might mention and pray about:

- Go to sleep at night so you can let your body rest and grow.
- Eat your vegetables so your body can be strong and healthy.
- Share toys so you can enjoy your friends and play together.
- Go to the doctor so you can get better when you're sick or hurt.

Thank Jesus

Say: **We can do hard things like Jesus did, knowing they're good for us and our friends and family. Let's thank Jesus for doing the hard things to take care of us and love us.** Lead kids in a brief prayer, thanking Jesus for dying on the cross so we can be friends with God.

Say: **I'm so happy you were here with me and all your friends today to learn about Jesus. Please come back again 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.**



CRAFT

Doubled Over

[20 min]

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.

- Put a smock on each preschooler.
- Give each child a closed manilla folder.
- Have preschoolers 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.

