



LOW-ENERGY GAME

Move This Way

[10 min]

Supplies

- paper wads (1 for every 2 kids)
- upbeat music (optional)
- music player (optional)

Throw Toward a Partner

Say: **In our Bible story, the location of Jonathan's arrow told David what to do next. Let's play a game where we'll move based on where our partner throws a paper wad.**

- Form pairs, and have partners stand across from each other on either side of the room. Make sure there is plenty of space between kids and the wall behind them.
- Give partners on one side of the room each a paper wad.
- Have kids with paper wads throw toward their partners, and tell the partners not to try to catch the paper wads. If you'd like, play music in the background.
- If the paper wad lands in front of the partner, he or she must strike a superhero pose. If the paper wad lands behind the partner, he or she must turn in a circle.
- After partners have moved based on the location of the paper wad, they'll retrieve them and then throw them back toward their partners, who'll also move based on where the paper wads land.
- Play several rounds, choosing different actions for each round. Ideas include singing "The Alphabet Song," doing a jumping jack, sitting on the ground, and barking like a dog.

Talk About It

Say: **Our actions were rather silly in this game. But in our Bible story, Jonathan's actions proved that he was David's faithful friend.**

Ask: • **Tell about a time someone's actions showed that he or she was a faithful friend.** Share an example from your own life to begin.

Say: **Faithfulness is a fruit of the Spirit. Our faithful actions show our friends that we care and that we're friends with Jesus!**



TALK-ABOUT VIDEO Best Friends Forever

[10 min]

Supplies

- “Best Friends Forever” teaching video

Discuss and Watch “Best Friends Forever”

Say: **We’re learning that faithfulness is a fruit of the Spirit.**

Ask: • **Tell about a friend you have who has been a faithful friend.** Share your own example first.

Say: **Our Bible story was about faithful friends who showed God’s faithfulness to each other.**

But what would happen if that story happened with rodents instead of people? Let’s find out.

Watch “Best Friends Forever.”

Ask: • **What did you think of this story acted out by hamsters and gerbils instead of people?**

• **Think of another animal, and tell what the Bible story would be like if it happened with those animals.**

Say: **David and Jonathan weren’t really rodents, or any other kind of animal. But they were faithful to each other. Jonathan protected David and was a faithful friend. Faithfulness is a fruit of the Spirit.**



DEEPER BIBLE

Has God Really Been Faithful to Me?

[15 min]

Supplies

- Bibles
- “Mirror Image” handouts (1 per child)
- mirrors (ideally, 1 for every 3 kids)
- 2-inch Velcro strips (1 set for every 3 kids)
- felt or fleece

Reflect

Say: **We’re learning that faithfulness is a fruit of the Spirit. All the qualities described as fruit of the Spirit are things God gives us to reflect *his* character—what he’s like. We can be faithful because God is faithful. But has God really been faithful to *you*? Let’s dig in to that.**

Give each child a “Mirror Image” handout. Challenge kids to try to read it. Then have kids take turns using mirrors to read it. (Some kids may be able to read it even without a mirror; that’s okay. You can still make the point that it’s *easier* to read when you look in a mirror.)

Ask: • **When your parents are driving a car, what do they use mirrors for?**

Say: **Mirrors can help drivers see where they’ve been. And you know what? Looking backward can help us see the way God has shown faithfulness in *our* pasts. Sometimes it’s easier to see God’s faithfulness after a situation is resolved and we see the whole picture. For example...** Share a story of how you saw God’s faithfulness in your own life, even if it was hard to see when you were in the midst of the situation. For example, maybe you lost your job but later got hired at an even better one. Maybe you wanted to buy a house but your offer was rejected, and you soon ended up moving far away, so not having a house made it easier to move.

Say: **You’re going to get a chance to think about God’s faithfulness in your life, too. But let’s see what the Bible has to say about God’s faithfulness.**

Dig Deeper

Read 1 Corinthians 1:9.

Say: **This verse says that God is faithful and invited us into partnership with Jesus. That means he invited us to be his friends!**

Ask: • **Have you ever worried about being picked last when people are picking teams? Talk about that.**

Say: **God is faithful. He always picks you! Even as a kid, you’ve seen God’s faithfulness, because God made a way for you to be on his team. Let’s see how else God shows faithfulness.**

Read 2 Timothy 2:13.

Hold up a strip of Velcro. Say: **Imagine that this** (hold up the hook side) **is God and this** (hold up the loop side) **is us.** Attach the two pieces of Velcro.

The verse we just read said that sometimes we’re not faithful. Pull the pieces apart.

Ask: • **What are some things people do that show a *lack* of faithfulness to God?**

Say: **When we're unfaithful, we lose our stickiness. See what I mean?** Try to stick the loop side to a piece of felt.

Say: **But God is always faithful.** Stick the hook side to a piece of felt, and show kids how it sticks.

Have kids form groups of three and experiment with sticking the different sides of Velcro to things like the carpet, their clothing, or their shoelaces. As they experiment, kids can share about times they were unfaithful to God. Examples include lying, cheating, skipping church, being embarrassed to pray in public, saying they're not a Christian to avoid being teased, and doubting God is real.

Ask: • **What did you notice about the two different sides of the Velcro?**

Say: **We're not always faithful to God, but God always stays faithful to us. And he can give us the fruit of faithfulness so we stick to him better. And here's another way he's shown us faithfulness.**

Read 1 Corinthians 10:13.

Say: **When we're tempted, God provides a way out! He's faithful to help us do the right thing. I'll show you what I mean.**

Have kids form pairs and scatter around the room, staying with their partners. Then have partners decide which wall is farthest away from them.

Say: **The partner wearing the most blue, close your eyes. Your goal is to make it to that wall without crashing into anyone on the way. Imagine that crashing into someone else is giving in to temptation.**

But you have a partner to help you! The other partner in each pair, you'll keep your eyes open and walk with your partner. Whenever your partner is getting close to crashing into someone, you'll use a hand on your partner's shoulder to stop or reroute. Plus, you'll make sure your partner is heading toward the wall you set as your goal.

Allow time for partners to play, and then switch roles so everyone has a turn to be blind.

Ask: • **How did your partner help you avoid "temptation"?**

• **How has God been faithful when you wanted to do something wrong?**

Share your own age-appropriate story first, and then have kids tell their partners.

Reflect Again

Say: **Faithfulness is a fruit of the Spirit. Our faithfulness is a reflection of God's faithfulness, just like a mirror is a reflection of you. Every time you look in a mirror, remember that God helps you reflect his faithfulness!**

Have kids take turns looking in the mirror as you read Lamentations 3:23 several times.



LIFE APPLICATION WRAP-UP

Faithful Friends

[5 min]

Pray for a Friend

- Have kids find their partners from Core Bible Discovery and link arms so they're stuck together.
- Have partners tell each other prayer requests and then take turns praying for one another with their arms still linked.
- When kids have finished praying, they can unlink and do their special handshake from Core Bible Discovery.

Wrap Up

Pray: **God, thank you for the fruit of the Spirit of faithfulness. Thank you for your faithfulness and for faithful friends like the ones who just prayed with us. Grow faithfulness in us! In Jesus' name, amen.**

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



ACTIVITY PAGES WITH A POINT

Faithful Friends

[10 min]

Supplies

- “Fruit of the Spirit: Faithfulness” Coloring Page
- pencils
- crayons

Older Kids: Do an Activity Page

Say: **Today we’re learning about the fruit of faithfulness. When we follow Jesus, the Holy Spirit helps us be faithful. Jonathan was a faithful friend to David. Let’s think about faithful friends as we find matches.**

Distribute the activity pages and pencils. Kids will find the people who are exact matches.

Ask: • **How is finding a matching picture like finding a friend?**

• **Tell about some ways your friends match you.**

Say: **It’s not so hard to be faithful to our friends. We often choose friends who are a lot like us—they’re good matches! But faithfulness means being faithful to everyone! Faithfulness is a fruit of the Spirit.**

ANSWER KEY: 1-3; 2-8; 4-12; 5-9; 6-11; 7-10

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Today we learned that faithfulness is a fruit of the Spirit. Jonathan was faithful to David. That means he was always a good friend, even when things got hard. Let’s color the two friends.**

Allow time for kids to color.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.