



## LOW-ENERGY GAME

### Help a Friend

[10 min]

#### Supplies

- blank 3x5 index card

#### Easy Prep

- Draw an arrow on both sides of the index card.

#### Find the Arrow

Say: **Today we learned that David and Jonathan were faithful friends. They were friends with God, too. God helped them be faithful friends because faithfulness is a fruit of the Spirit. Jonathan used an arrow to send a secret message to help his friend David. Let's use special signals to help our friends, too.**

- Designate one willing child as the "Finder." Ask the Finder to close his or her eyes while another child hides the arrow somewhere in the room.
- Once the arrow is hidden, kids can help by saying "hot" if the Finder is getting close to the arrow and "cold" if he or she is far from or moving away from the arrow.
- Continue playing as time allows, allowing as many kids as possible to be the Finder.

#### Talk About It

Say: **Faithful friends help each other. Jonathan used a special signal to help David stay safe. In our game, we used the signals "hot" and "cold" to help our friends find their arrows. Helping each other is one way we can be faithful friends. Faithfulness is a fruit of the Spirit. When we have God's love in our hearts, he can help us be faithful friends, just like David and Jonathan.**



## 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**  
**Friends Stay Linked**

[15 min]

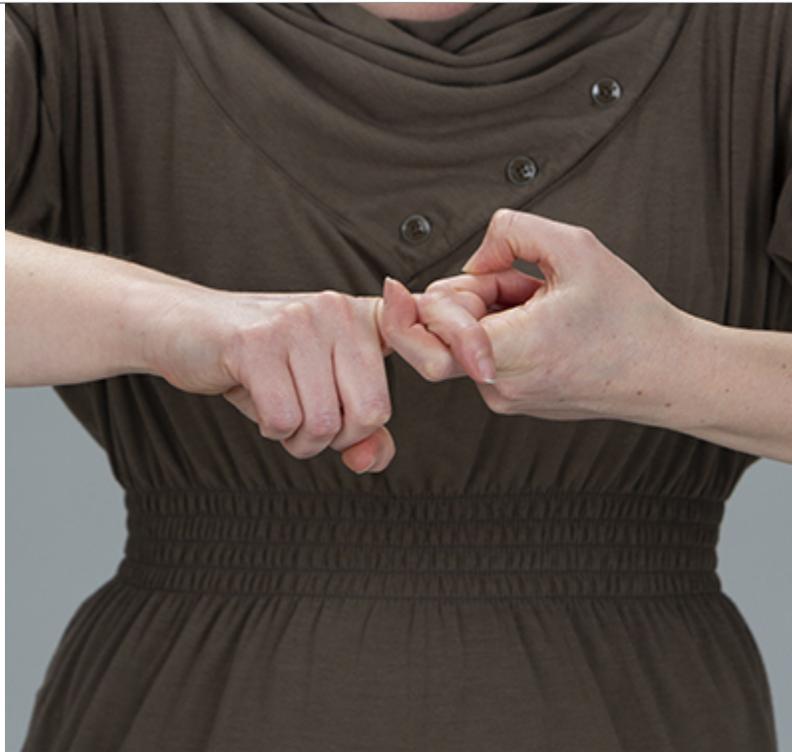
**Supplies**

- Bible
- small toys kids can share (1 for every 2 kids)
- chairs (1 per child)

**Learn to Sign “Friend”**

Say: **Today we’re learning that faithfulness is a fruit of the Spirit. And we heard how Jonathan was a faithful friend to David. Jonathan used a secret way to warn David that he was in danger. Let’s learn a special way to say “friend” with our hands.** Show kids how to use sign language to say “friend.”





Say: **Now whenever we want to say hi to our friends with our hands, we can wave to say hello and then show our sign for friend.** Lead kids to say hi to several friends using only their hands by waving and then showing the sign for friend.

### **Play a Game**

Say: **Now that we know a special way to say “friend,” let’s use it to be faithful friends in a game.** Help kids form pairs, and show them how to make the sign for friend with their partners. They’ll each link a finger with a partner and then they’ll flip over those same fingers and link them together in the opposite way.

Say: **You’re making the sign for friend, with your friend! I noticed when you make the sign, it links you together.** Have kids link their fingers and keep them linked.

Say: **Let’s stay linked in our game to show we’re faithful friends!** Have kids keep their fingers linked while they do some activities that faithful friends do, such as the following:

- Find a toy and share it.
- Give each other a hug.
- Give another pair a high-five and say “good job.”
- Help one another up onto a chair.

Remind kids to keep their fingers linked through all the activities.

### **Talk About It**

Say: **It was fun to practice staying linked to our friends. Being faithful friends means sticking with someone no matter what. God is the most faithful friend of all. The Bible tells us that Jesus made it so we can be God’s friend.** Read aloud Romans 5:11.

Say: **God is a faithful friend. He’s always there to help us. And when we’re friends with God, he helps us be faithful friends, too. Faithfulness is a fruit of the Spirit.**



**LIFE APPLICATION WRAP-UP**  
**Linked Friends**

[5 min]

**Make the “Friend” Sign**

Say: **Today we learned that faithfulness is a fruit of the Spirit and God is always a faithful friend to us. Show the sign language for “friend.” This is a sign we can use that means “friend.” Practice with me.** Lead kids in making the friend sign.





Say: **Since we're all friends here, let's make the friend sign *with our friends!*** Have kids form a circle, and show them how to link their index fingers with the kids beside them. **Now we're making the sign for friend with all our friends here!**

### **Pray**

Say: **When we're friends with God, he helps us be faithful friends like David and Jonathan were. Faithfulness is a fruit of the Spirit, so God shows us how to be faithful friends because he loves us so much! Let's thank God for being a faithful friend to us and ask him to help us be faithful friends to others.** Lead kids in a brief prayer as they continue to link their fingers together.

Say: **I'm so glad to be friends with all of you!** Lead kids in lifting their linked fingers and shouting "Faithful friends!" Then invite kids to come back to see all their friends at church 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.