K-2 | November 22

Bible Story: The Golden Calf • Exodus 32:1-35
Teaching Focus: Living a life free from distractions.
Weekly Verse: *"God, create a pure heart in me…"* • Psalm 51:10 NIRV

1. **Opening & Prayer**

"Have you ever had to wait for something you really wanted? Today we'll learn what happened when God's people grew tired of waiting. Watch for what took their attention away from God."

Let's pray.

"Dear God, thank You for loving us. Help us listen today and keep our attention on You. Please show us what distracts us and help us follow Jesus. In Jesus' name, amen."

2. **Video Lesson on Jellyfin**

3. **Discussion**

"While Moses was on the mountain with God, the Israelites became impatient. Aaron made a golden calf, and they worshiped it. God had rescued them from Egypt, but they turned their attention away from Him."

- "What tends to distract you from your relationship with Jesus, and what can you do to stay focused on Jesus?"
  (Answers will vary. A game, toy, or wanting the next new thing can take all our attention. We can put the game or toy aside, pray, listen to the Bible, worship, and ask Jesus to help us want to spend time with Him.)
- "Our Weekly Verse says, "God, create a pure heart in me…" (Psalm 51:10 NIRV). Who can give us a pure heart?"
  (God. We can ask Him to forgive us and help us follow Him. Jesus sets us free from sin so we can live His way.)

"Toys and games can be fun, but we need to notice when they take all our attention away from Jesus. We can ask Him to help us focus on Him. Remember our ***[Teaching Focus] Living a life free from distractions."***

4. **God Is #1 Wearable Hand Craft**

What You Need:

- □ "God Is #1 Hand" printable, both pages per child
- □ White cardstock
- □ Crayons or markers
- □ Child-safe scissors
- □ Clear tape

What You Do:

Before the Activity:

- Print both pages single-sided on white cardstock at 100% size, one front and back per child.
- Assemble a sample as below. Check that a child's hand fits through the open wrist.
- Pre-cut pieces as needed. Prepare short strips of tape.

During the Activity:

- Give each child both pieces. Write names on the blank inside.
- Color both pieces. Read "GOD IS #1" and the Weekly Verse together.
- Cut around each dashed outline. Help as needed.
- Match the blank sides together, words facing out. Tape the outer edges. Leave the entire bottom open.
- Slide a hand gently inside, fingers together in the palm. Choose one way to focus on Jesus this week.

After the Activity:

- Hold up the wearable hands and say, "Put God first!" Share ways to focus on Jesus.
- Clean up. Send the hands home as a reminder to keep God first.

What You Say:

Before the Activity:

"The Israelites worshiped a calf they had made. Only God deserves our worship. Our hands remind us to keep God first and ask Him for a pure heart."

During the Activity:

"God is number one! Our verse is a prayer. We can focus on Jesus by praying, learning from the Bible, and worshiping. Which will you make time for this week?"

After the Activity:

"Our verse is a prayer: "God, create a pure heart in me…" Only God can give us pure hearts. Jesus forgives us and helps us follow Him. Remember our ***[Teaching Focus] Living a life free from distractions."***

EveryChild Pro-Tips

- Offer pre-cut pieces and help with tape. Open a side seam if a child needs more room.
- Children can hold the craft or point to it instead of wearing it.
- Children who finish early can practice the verse or help collect paper scraps.

5. **Focus and Follow (Optional, if time allows)**

What You Need:

☐ No supplies needed

What You Do:

Before the Activity:

- Seat the children in a circle or rows where everyone can see the leader. Movements stay in each child's own space.
- Explain: "Watch my hands and repeat my pattern when I say, Your turn. When I say, Freeze, stop and put your hands in your lap."
- No one is eliminated. If someone misses a pattern, slowly demonstrate it again and let everyone try together.

During the Activity:

Round One: Watch and Copy

- Demonstrate each pattern once. Say, "Your turn," and let the children repeat it.
- Pattern 1: Pat your knees twice, then clap once.
- Pattern 2: Clap once, touch your shoulders, then pat your knees.
- Pattern 3: Pat your knees, clap once, then raise both hands.
- Say, "Freeze." Ask, "What helped you copy the pattern?" (Watching and listening.)

Round Two: Bring Your Focus Back

- Explain that you will say a silly sentence while showing a pattern. Children should keep watching your hands.
- Use Pattern 1 while saying, "My shoes wish they were bananas!" Then say, "Your turn."
- Use Pattern 2 while saying, "A penguin borrowed my backpack!" Then say, "Your turn."
- Use Pattern 3 while saying, "My hat is doing a dance!" Then say, "Your turn."
- After each turn, say, "Freeze." If the sentence distracted anyone, help them look back at your hands and try again without the sentence.
- End after all three patterns. Ask, "What could you do when a toy or game distracts you from time with Jesus?" (Put it aside and make time to pray, learn from the Bible, or worship.)

What You Say:

> "A silly sentence can pull our attention away from a pattern. Things we want can also pull our attention away from Jesus. The Israelites stopped trusting God while they waited. We can ask Jesus for help, put distractions aside, and keep growing in our relationship with Him. Remember our ***[Teaching Focus] Living a life free from distractions."***

EveryChild Pro-Tips

- Use one movement at a time when a child needs a simpler pattern.
- Children can adapt the movements, point, or describe what they notice.
- For a larger group, have another leader model the same movements where everyone can see.