

1 John 3:10-24

Head, Heart, Hands, and Feet

Scripture: 1 John 3:10-24

Memory Verse: 1 John 3:23 *"And this is His commandment: that we should believe on the name of His Son Jesus Christ and love one another, as he gave us commandment."*

Lesson Focus: John really challenges believers to "walk the talk" in this passage. However, our hope is that the kids will not see this as a call to "try to be good", but rather an invitation to lovingly follow Jesus who lovingly laid down His life for them!

Activities and Crafts: Bible Verse Coloring Page, Word Search of different terms from lesson, Bring it Home Discussion for 3rd - 5th.
Activity for 1st and 2nd Graders: Hands and Feet Craft

Starter Activity: Opposites Charades

Consider starting off the lesson with an "opposites" charades game. Have several simple opposites written down and invite a pair of volunteers who will pick one and silently act them out together. Once someone guesses correctly, have him/her pick a friend to come up with them and act out another one. See below for examples.

(**Teachers:** Or to simplify, just read out one of them and have the kids tell you what the opposite is)

Fast/Slow	Dead/Alive	Hot/Cold	Peace/War
Left/Right	Big/Small	Up/Down	Yes/No
Sour/Sweet	Heavy/Light	Fat/Thin	Start/Finish

After a few rounds, transition into the lesson by pointing out how the apostle John has been teaching us many important things in his letter using opposites. Review these few below:

Light/Darkness: God is light, and there is no darkness in Him (1 John 1:5)

Truth/Lying: Believers in Jesus are to walk/live in truth (1 John 1:6 and 2:4)

God/devil: Believers in Jesus live in the world, but not of the world! (1 John 2:15)

Q: Guess what John has for us today as we continue in his letter? A: More opposites! Let's open our Bibles, listen, and learn!

Bible Study:

1 John 3:10: Right away we see there are two opposite "families". You are either a child of God through faith/trust in Jesus Christ, or you are a child of the devil! The Bible is clear that because of our sin, we are all children of the devil UNTIL we become followers of Jesus through faith. God invites all to believe and be part of His family! *

How do you know which family someone is in? One way we know is looking at what someone is "practicing".

Q: What are some things you might practice? A: Instruments, sports, karate, etc. You practice them regularly so that you can get better at them! (**Teachers:** Consider demonstrating a talent/skill that you have practiced to make this point!) *

In the same way, the true children of God are in the habit of "practicing" or doing what is right. This is what it means to be a follower of Jesus! It doesn't mean they are perfect, but they show they love Jesus and are following Him by doing what He wants. *

1 John 3:11: And **loving** others is one of the most important things Jesus wants His followers to be practicing!

Q: What are some ways that you can practice this? A: Sharing toys, helping with chores, smiling at others, using kind words, etc. The more you practice this, not only the better you will be at it, but the more you will be walking just like Jesus walked!

1 John 3:12: To show that this isn't something new, John takes us back to the first two people born in the whole world: Cain and Abel. Two more opposites!

Q: How did Cain show that he was a child of the devil? A: He murdered his brother, out of envy and hatred! *

1 John 3:13: In the same way, John warns believers not to be surprised if the world hates them. You might get made fun of for practicing good as a follower of Jesus when everyone else is practicing evil. * This is why believers need each other!

1 John 3:14-15: While John warns believers about the evil out there in the world, he also warns them about the evil that might be lurking in their own hearts! You might be thinking you're OK because you've never actually murdered someone. Well, listen to what Jesus Himself said (**read Matthew 5:21-22**)!

Believer: You may be more like Cain than you think if you have murderous anger or bitterness in your heart towards someone else! Be honest with God about what's going on in your heart, repent, and turn to the One who loves you with perfect love!

Notice how the opposites in these verses go together. Life/Death and Love/Hate. To practice hate is to walk in the footsteps of Cain into hell and death! No, believer, even when the world hates you, you are not to return hate with hate, but with love! *

1 John 3:16: Notice how love lays down your life for another, while hate puts your life above another's (another opposite)! Doing this is not easy. In fact, it is IMPOSSIBLE without God's help. Earlier in this letter John taught believers to abide in Jesus. * Only through abiding in the One who lovingly laid down His life for them will believers be able to practice these things.

1 John 3:17-18: Many times in this letter John has confronted those who talk big but do little. * It's a lot easier to **tell** someone you love them than to **show** someone you love them.

Close your eyes and think about someone that you regularly tell "I love you" to (maybe a parent, grandparent, sibling, a close friend, etc.). Now with that person in mind, think about a way that you can **SHOW** them that you love them today.

Q: Anyone want to share what they come up with? Go and do it today!

1 John 3:19-20: As believers continue to practice love, two wonderful things will happen. Firstly, their hearts will be assured and at rest. Safe in the arms of the great and all-knowing God as His child is the most wonderful place to be!

1 John 3:21-22: Secondly, safe in the arms of the great and all-knowing God, believers will find more and more of their prayers being answered. This doesn't mean we practice love so that we get stuff from God in return. Rather, the more we are doing what God wants, the more our prayers will align with what He wants. *

1 John 3:23: John nicely packages into one verse what it looks like to truly follow Jesus. With our **heads**, we believe and trust in Him. With our **hearts**, we love Him and others. And with our **hands** and **feet**, we practice obedience. This reminds me a little bit of the preschool song that you might remember, "*Head, Shoulders, Knees, and Toes*". (**Teachers:** Consider leading the kids in this real quick to get their wiggles out!)

1 John 3:24: John reminds believers that they can't do this on our own. But they must abide, abide, abide in Jesus! God the Spirit lives inside every believer and He is committed to helping them grow into a Christian that follows Jesus with their whole head, heart, hands, and feet!

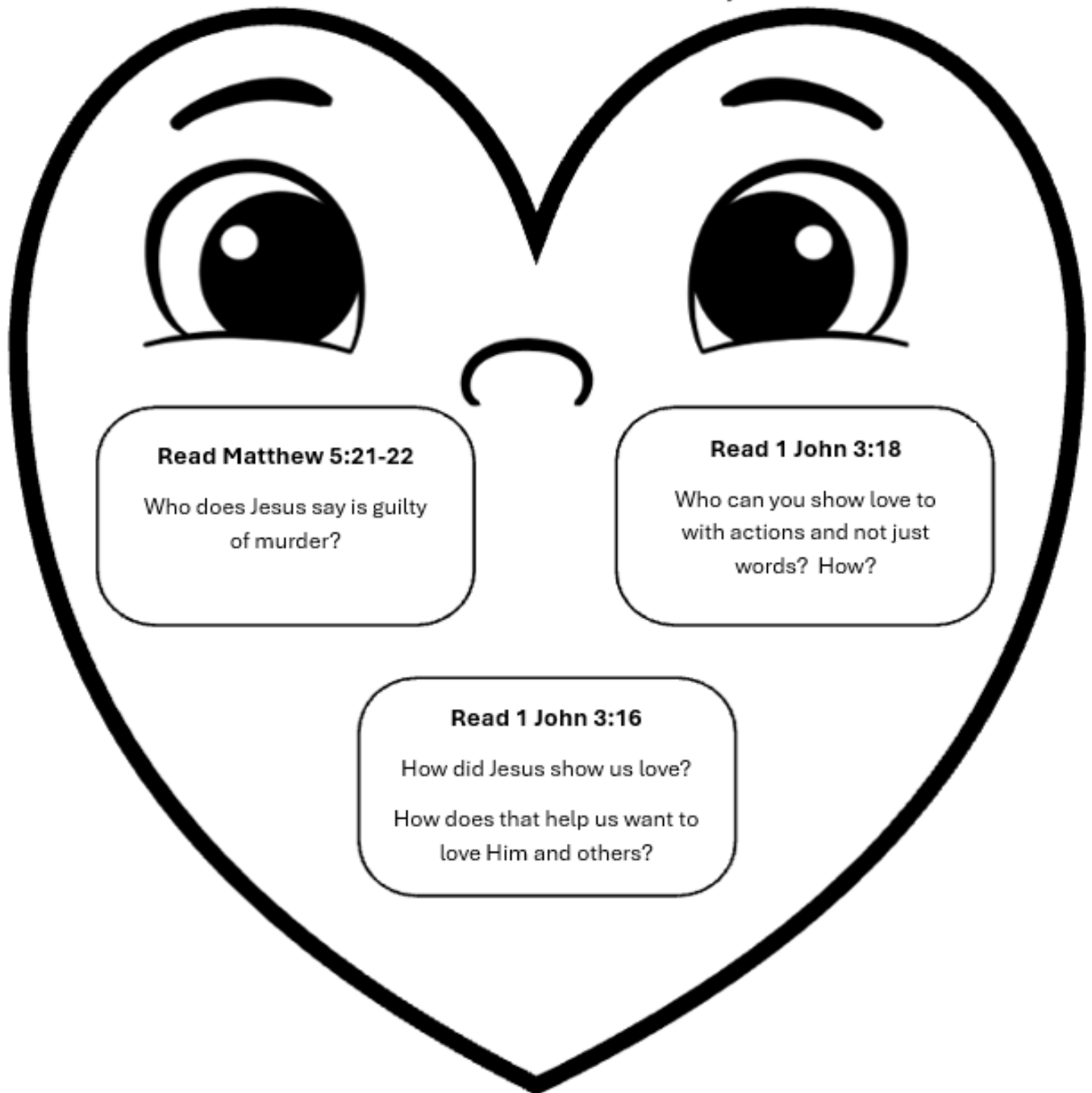
Key Point: Throughout our lesson we have talked about opposites. You know what the opposite of abide is? To ignore or reject!

Boy/Girls: Make sure you are abiding in Jesus! Do not ignore Him, but welcome Him into all you do this week. Follow Him not just with your head, but with your heart, your hands, and your feet knowing that He laid down His life for you, because He loves you! *

If you aren't a believer in Jesus or are concerned you've been walking more like Cain, He is inviting you to turn away from that and come, believe, and receive!

BRING IT HOME

BEHOLD what manner of **LOVE** the Father has bestowed on us,



that we should be called children of God!