



WEEK 1

ELEMENTARY LESSON OUTLINE

BLAST



BIG IDEA

We can spend time with God.

THE BIBLE

Jesus Visits Mary and Martha: Luke 10:38-42;
(Colossians 4:2)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **MUSIC** | Worship Time
- **ACTIVITY** | Paper Airplane Rocket Races
- **ACTIVITY** | Asteroid Toss
- **POLL** | Let's Talk About Astronauts
- **QUESTION** | Let's Talk About Food
- **THE BIG IDEA** | We can spend time with God.
- **VIDEO** | Blast Off, Episode 1
- **BIBLE STORY** | Luke 10:38-42
- **QUESTION** | How can we spend time with God?
- **SCRIPTURE** | Colossians 4:2
- **STORY** | Share something that distracts you from spending time with God.
- **OBJECT LESSON** | The Impossible Hole in the Potato
- **ACTIVITY** | Astronaut Training
- **OBJECT LESSON** | Gotta Fit 'Em All
- **RESPONSE** | My Time with God
- **MEMORY VERSE** | Psalm 119:105 (NIV)

SMALL GROUP TIME

- **DISCUSSION**
 - Why was Martha angry at Mary in today's story?
 - Why was Jesus happy with how Mary spent her time?
 - How did Jesus want Martha to spend her time?
 - We can't invite Jesus to our house for dinner like Mary and Martha did, but what are some other ways we can spend time with Him?
 - Let's read Colossians 4:2. When we pray, what are some of the things we can talk to God about?
 - What's one thing that distracts you from spending time with God?
 - What's one way you could spend more time with God this week?
- **ACTIVITY** | Your Day with God
- **MEMORY VERSE** | Psalm 119:105 (NIV)



BY MIKE SHELEY & HEATHER KENISON

HOW TO HACK THIS SERIES FOR PRETEENS

In children's ministry, you've got a wide range of ages you need to engage every week, but preteens tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your preteens more engaged.

ACTIVITY | Paper Airplane Rocket Races

Turn this activity into a tournament by creating multiple "launch sites," dividing your preteens into pairs, and using a bracket to create a tournament with multiple rounds and only one winner.

POLL | Let's Talk About Astronauts

Instead of just talking about astronaut food, add an activity for your preteens using baby food. Call the baby food "astronaut food," and have your preteens compete to see who can name the most flavors correctly.

OBJECT LESSON | Gotta Fit 'Em All

Before you complete this object lesson, bring two preteens to the front and see if they (with the help of their peers) can figure out the secret to making everything fit into the container before you demonstrate the solution.

RESPONSE | My Time with God

Add a challenge and a prize to this activity. Challenge your preteens to choose a specific time they'll try spending time with God, and offer a prize if they come back with notes about how they spent time with God during the week.

ABOUT THE AUTHOR

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Mike Sheley is the Middle School Pastor overseeing ministries for preteen (5th-6th grade) and young adolescent (7th-8th grade) students at Mount Pleasant Christian Church in central Indiana. He has been in student ministry for over twenty years, with more than twelve of those years in his current position. In his current ministry, preteens participate alongside middle schoolers for weekly programming, but have their own lessons and special events.

If you'd like to chat with Mike about spiritual disciplines with preteens, parent ministry or developing better presentations, reach out! He would love to connect with you!

Heather is the Director of Youth Ministry at St. Luke's United Methodist Church in Indianapolis, Indiana. Heather focuses on Middle School Ministry and has been in student ministry for over 9 years, with more than five of those years at St. Luke's. Heather also manages [a community of 1000+ women](#) in youth ministry on Facebook. Heather's heart is for creating safe spaces for students to grow in relationship with God and others.

If you'd like to chat with Heather about middle schoolers, talk smack about baseball, or form an Enneagram 8 support group, reach out! She'd love to connect with you!

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TEACHING VIDEOS: Elle Campbell, Brooklyn Lindsey, Linda Moon, Jared Callahan.

PRETEEN HACKS: Heather Kenison, Mike Sheley.

SPECIAL NEEDS HACKS: Regina Robinson.

MEMORY VERSE SIGN LANGUAGE: Sunny Brown.

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BY REGINA ROBINSON

HOW TO HACK THIS SERIES FOR KIDS WITH SPECIAL NEEDS

In children's ministry, you've got a wide range of ages you need to engage every week, but kids with special needs tend to get overlooked, so here are a few adjustments you can make to this week in order to keep your kids with special needs more engaged.

GENERAL TIP

Make sure you have a sensory bin. If you haven't already, make sure you have a sensory bin available for your kids with special needs to help them stay calm and focused, especially because this week contains games and activities that gets kids moving around making noise, which can be overstimulating for kids with special needs. Learn how to build a sensory bin [here](#).

ACTIVITY | Asteroid Toss

Simplify this activity for kids with certain kinds of special needs by having them all make their own asteroids, rather than making them in advance, and then having them toss them into one basket, rather than competing.

ACTIVITY | Astronaut Training



If kids with special needs are playing this game, eliminate the yelling of additional commands during the activity. The sounds and chaos could be over-stimulating for kids with certain kinds of special needs.

OBJECT LESSON | Gotta Fit 'Em All

During your object lesson, let your kids with special needs touch the sand, hold the toys, and place the toys in the jar.

ABOUT THE AUTHOR

REGINA ROBINSON

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A native of Portsmouth, VA, and public speaker since 1994, Regina Robinson serves as a church planter, worship and children's leader at Heart Change Fellowship, a multiethnic church in Jamaica Plain, where she and her husband, Pastor Jua Robinson founded in 2007. She earned both B.A and M.A degrees from Liberty University. Regina and Jua are parents of 4 young children, one who is privileged to have Down syndrome and has opened their hearts to the world of disability. She speaks frequently on the subjects of disability, faith and culture, parenting, preK-12 and higher education student success.

Regina has a unique lens to be a broad agent of change due to the intersection of her leadership roles in both preK-12 to higher education and in faith-based communities.

As a woman of faith, Regina's life passion is to put Christ on display as she walks loudly in many circles to impact today's culture with the message of God's truth. She currently serves on the Board of Directors for the Evangelical Free Church of America (EFCA) and Boston Scholar Athletes.

ADDITIONAL DEVELOPMENT: Elle Campbell, Brooklyn Lindsey, Amber Stephens, Linda Moon, Tracy Williams, Angie Young.

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WEEK 1

ELEMENTARY LESSON GUIDE

BLAST



BIG IDEA

We can spend time with God.

THE BIBLE

Jesus Visits Mary and Martha: Luke 10:38-42;
(Colossians 4:2)

LARGE GROUP TIME

WHAT? What are we talking about today?

MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing together. You can select any songs you'd like, but for this lesson we like:
 - ["All I Want to Do"](#) by Shout! Praises Kids
 - ["Chasing You"](#) by Bethel Music Kids
 - ["Thy Word"](#) by Cedermont Kids

ACTIVITY | Paper Airplane Rocket Races

- **INSTRUCTIONS:** For this activity, you'll need masking tape, paper, and markers or crayons. Before your program, tape at least four parallel lines on the floor, each about three feet apart, to create a "launch site." When kids arrive, give them each a sheet of paper and markers or crayons, and help them make (and color) their own paper airplanes. When they're done, let each kid stand at the starting line and toss their paper airplane as far as they can. Give them points based on how far their airplane flew. Before they throw, try shouting, "3, 2, 1, blast off!"
 - ✂ **PRETEEN HACK:** Turn this activity into a tournament by creating multiple "launch sites," dividing your preteens into pairs, and using a bracket to create a tournament with multiple rounds and only one winner.

ACTIVITY | Asteroid Toss

- We're heading to outer space today! That's because **we're talking about how to "launch" our faith in Jesus to new heights.**
- But when you're blasting off into space, you'd better look out for asteroids! (Asteroids are big rocks that float through space.)
- **INSTRUCTIONS:** *For this activity, you'll need aluminum foil and two baskets that are small enough for a kid to hold. Before your program, make at least 30 "asteroids" by crumpling up aluminum foil. When you're ready to play, set your baskets at the front of the room. Choose two pairs of kids to play – each pair is a team. Give one kid from each team a basket to hold. Give the other players a stack of at least 15 asteroids. To play, separate the team members by at least 15 feet, and give teams 60 seconds to toss and catch as many asteroids in their baskets as possible. Repeat the game as many times as you'd like with new players.*

✂ **SPECIAL NEEDS HACK:** *Simplify this activity for kids with certain kinds of special needs by having them all make their own asteroids and then toss them into one basket.*

POLL | Let's Talk About Astronauts

- With so many asteroids floating around, outer space sounds like sort of a scary place – but it sounds pretty cool too.
 - **INSTRUCTIONS:** *Poll your kids' responses to the following questions. You could ask them to respond by raising their hands, cheering, or running to different areas of the room – a different area for every possible answer.*
 - **Does outer space sound more scary or cool?**
 - **Would you ever want to be an astronaut?**
- ✂ **PRETEEN HACK:** *Add an activity for your preteens using baby food. Call the baby food "astronaut food," and have your preteens compete to see who can name the most flavors correctly.*
- Being an astronaut sounds pretty cool to me, but there's one problem – when you're an astronaut, you're really far away from all of your favorite foods!

QUESTION | Let's Talk About Food

- **INSTRUCTIONS:** *Ask the following questions. You can have every kid shout their answer, but then ask a few kids to share their answers with everyone. Comment briefly on their answers – and have fun with this!*
 - **If you were an astronaut, which Earth food would you miss most?**
 - **If you were in outer space for a whole year, which person from Earth would you miss most?**
 - **When you finally came back to Earth after a whole year in space, what kinds of food would you want at your Welcome Home party?**
- If you were in outer space for a whole year, I bet you'd be excited for way more than just parties and food – **you'd be excited to spend time with the people you love!**

THE BIG IDEA | We can spend time with God.

- Today, we're going to hear a story about two sisters and their friend Jesus. One sister was really excited to spend time with Jesus, but the other sister was too busy worrying about their party (and their food) to spend time with Him.
- This story can teach us something really important about **how we can launch our faith in God to new heights**. But I need your help to find out what it is!
- **INSTRUCTIONS:** *For this activity, you'll need a [large cardboard rocket ship](#), extra cardboard, a [rocket launch sound effect](#), and paint (black, white, and gray). Before your program, paint the back of the rocket ship cutout black. When it's dry, add the Big Idea for this week in white paint. Cut the extra cardboard into large cloud shapes and paint them shades of gray. When you're ready to reveal the Big Idea, have your students shout, "3 . . . 2 . . . 1 . . . blast off!" When they say "blast off," cue the rocket ship sound effect. While the sound effect plays, have at least one volunteers run to the front of the room holding the cloud cutouts. Use the clouds to obscure the rocket ship, while another volunteer turns the rocket ship so the Big Idea is facing out. Have your volunteers return to their seats and lower the volume of the sound effect.*
- **We can spend time with God!** Repeat that with me. **We can spend time with God!**

SO WHAT? *Why does it matter to God and to us?***VIDEO | Blast Off, Episode 1**

- **INSTRUCTIONS:** *Play this week's [teaching video](#).*

BIBLE STORY | Luke 10:38-42

- **INSTRUCTIONS:** *Read or act out the Bible story together.*
- Jesus went to Mary and Martha's house for dinner, but when He got there, only Mary spent time with Him! Martha was busy cleaning, cooking, and getting ready for the party. She was so busy that she even got angry with Mary for not helping!
 - **Do you think Mary did anything wrong?**
 - **Do you think Martha did anything wrong?**
- But Jesus wasn't angry at Mary, and He didn't think she did anything wrong. **He was happy Mary was spending time with Him!**
- Even though Jesus corrected Martha and told her to come sit with Him, Jesus wasn't angry at her — **He just thought she needed a reminder about what mattered most.**

QUESTION | How can we spend time with God?

- Since Jesus isn't here on earth, we can't invite Him over for dinner or sit at His feet like Mary and Martha did. **So how can we spend time with God?**
- **INSTRUCTIONS:** *Have every kid shout their answer, but then ask a few kids to share their answers with everyone. When several kids have answered, list the ways we can spend time with God, like . . .*
 - *Talking to God in prayer.*

- *Reading the Bible.*
- *Singing songs of praise.*
- *Coming to church.*

SCRIPTURE | Colossians 4:2

- A man named Paul (who we call the Apostle Paul) once wrote a letter to help some followers of Jesus figure out how to spend time with God. Here's one thing he wrote . . .
- **INSTRUCTIONS:** *Read the passage together.*
- When you're "devoted" to something, that means you want to do it a lot! Prayer is one of the ways we spend time with God.
- But just like Martha, we sometimes get distracted by things that aren't as important as spending time with Jesus. So instead of talking to Him, praising Him, or learning more about Him, we do other things with our time.

STORY | Share something that distracts you from spending time with God.

- **INSTRUCTIONS:** *Tell a story from your own life (or ask a volunteer to share a story) about some of the things that distract you from spending time with God.*
- **What's one thing that distracts you from spending time with God?**

OBJECT LESSON | The Impossible Hole in the Potato

- Sometimes finding time to spend time with God can feel impossible – almost as impossible as sticking a straw through a potato!
- **INSTRUCTIONS:** *You'll need a potato (the softer and smaller the better) and a plastic straw (the sturdier the better). Be sure to practice this experiment ahead of time! First, show your kids how, when you try to stab a potato with a straw, the straw only bends. Ask, "**Do you think I could ever stick this straw through this potato?**" Next, cover one end of the straw with your thumb and stab it swiftly into the potato. The straw will go right through! If you'd like, have a few kids take turns trying to stab straws through the potato.*
- Sometimes things that seem really difficult aren't all that impossible at all! **It can be difficult to remember to spend time with God, but I know you can do it!** Let me tell you how I know.
 - When I put my thumb over the end of this straw, the straw filled with air. The air made the straw strong.
 - Can you take a deep breath? Do you feel all of that air filling up your lungs? Now blow it out! Now take another deep breath! Now blow it out!
 - When we love Jesus, God's Spirit fills us just like air filled that straw. When we're filled with God's Spirit, God makes us strong enough to do hard things.
- Just like Martha, sometimes it's hard to remember to spend time with God. But God helps us do hard things! So ask God for help!

NOW WHAT? *What does God want us to do about it?*

ACTIVITY | Astronaut Training

- When we get distracted from spending time with God, we can ask God for help. But there's something else we can do too! Let's see if you can figure out what it is.
- Astronauts have to deal with a lot of distractions too. Their job is important, and it's not easy!
- **INSTRUCTIONS:** *For this activity, you'll need a large [floor puzzle](#), two sets of thick winter gloves, and two [toy astronaut helmets](#). To play, bring two kids to the front of the room to be "astronauts." Dress them in the helmets and thick gloves, put two minutes on the clock, and give them a floor puzzle to complete. If they seem to be working fairly quickly, add extra distractions by giving them commands, like, "Oh no! There's an asteroid! Steer the rocket ship left!" or "Hurry! Earth is calling! Answer the phone!"*
 - ✂ **SPECIAL NEEDS HACK:** *If kids with special needs are playing, eliminate the yelling of additional commands. The sounds and chaos could be over-stimulating for kids with certain kinds of special needs.*
- We made this job pretty difficult for our astronauts, and two minutes isn't very much time to practice. But if our astronauts practiced a little bit every day, I think it would start to get easier, don't you?
- Spending time with God is a little bit like training to be an astronaut. You have to practice! **It might be hard to remember to spend time with God now, but if you practice a little bit each day, it will get easier and easier!**

OBJECT LESSON | Gotta Fit 'Em All

- Sometimes it's hard to spend time with God because we spend all of our time doing other things we love to do! Sometimes, we go to sleep at night and think, "Oh no! I forgot to spend time with God today! But when would I have had time?"
- Let's do an experiment to see if it's possible to spend time with God when we're already so busy doing other things!
- **INSTRUCTIONS:** *For this object lesson, you'll need a large glass jar, sand, large space-themed toys (like [these planet-shaped stress balls](#)), and small space-themed toys (like [these astronaut figurines](#)). Before your program, fill the jar first with the large toys, then small toys, then sand, to make sure they all fit, with no room to spare. When you're teaching, say, "**Let's say these big toys represent all the ways you can spend time with God. The small toys represent all the other things you like to do (like play games, watch videos, or hang out with friends). The sand represents everything else we have to do (like sleeping, eating, doing chores, or going to school).**" This time, fill the empty jar with sand first, then with the small toys, and then with the large toys – they won't all fit into the jar. Remove everything from the jar and try again, this time starting with the large toys, then the small toys, and then the sand. This time, they'll fit!*
 - ✂ **SPECIAL NEEDS HACK:** *Let your kids with special needs touch the sand, hold the toys, and place the toys in the jar.*
 - ✂ **PRETEEN HACK:** *Bring two preteens to the front and see if they (with the help of their peers) can figure out the secret to making everything fit before you demonstrate it.*

- Isn't that amazing? It didn't seem like all of these things would fit into the jar, but when we added the big things first, everything somehow fit!
- It's the same way when it comes to spending time with God. When we make spending time with God a priority, we still have plenty of time to do all the other fun things we love to do! **But when we don't make spending time with God a priority, we get to the end of the day and realize there's no time left for God!**

RESPONSE | My Time with God

- **INSTRUCTIONS:** Give every kid a copy of the My Time with God printable, provided in your Week 1 folder.
 - ✂ **PRETEEN HACK:** Add a challenge and a prize to this activity. Challenge your preteens to choose a specific time they'll try spending time with God, and offer a prize if they come back with notes about how they spent time with God during the week.
- To help all of us make it a priority to spend time with God, I've got something fun! **Take this coloring page home with you, but don't color it yet!**
- Every day that you remember to spend time with God this week, color in one rocket ship. Next week, bring your coloring page back with you, so we can see how many days you spent time with God!
- You might forget to spend time with God sometimes. That's okay! Just like Martha learned, Jesus isn't angry at us when we get distracted, but He's always excited when we decide to spend time with Him!
- This week, I hope you remember how exciting it is that **we can spend time with God!** When we spend time with God, we get to see God "launch" our faith to even greater heights!

MEMORY VERSE | Psalm 119:105 (NIV)

- One of the ways we spend time with God is by hearing and remembering God's words!
- **INSTRUCTIONS:** Introduce kids to this month's memory verse, teaching them the signs (a combination of SEE and ASL) we've provided.

SMALL GROUP TIME

DISCUSSION

- **Why was Martha angry at Mary in today's story?**
- **Why was Jesus happy with how Mary spent her time?**
- **How did Jesus want Martha to spend her time?**
- **We can't invite Jesus to our house for dinner like Mary and Martha did, but what are some other ways we can spend time with Him?**
- **Let's read Colossians 4:2. When we pray, what are some of the things we can talk to God about?**
- **What's one thing that distracts you from spending time with God?**
- **What's one way you could spend more time with God this week?**

ACTIVITY | Your Day with God

- **INSTRUCTIONS:** Give every kid a *Your Day With God* printable and markers or crayons. Color together and write some ways you can spend time with God under each picture. As they color, say, ***“Spending time with God doesn’t have to be at one special time each day. You can spend time with God all day long!”***

MEMORY VERSE | Psalm 119:105 (NIV)

- One of the ways we spend time with God is by hearing and remembering God’s words!
- **INSTRUCTIONS:** Introduce kids to this month’s memory verse, teaching them the signs (a combination of SEE and ASL) we’ve provided.