

WEEK 1 PRESCHOOL LESSON GUIDE



BLAST OFF

THE BIG IDEA

We can spend time with God.

THE BIBLE

Jesus Visits Mary and Martha: Luke 10:38-42

WELCOME TIME

MUSIC | Worship Time

- **INSTRUCTIONS:** You can lead kids in worship with any songs you like best, but here are a few songs that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Jesus Loves Me" (KidSpring)
 - "Thy Word" (Cedermont Kids or VeggieTales)
 - "A Friend Loves at All Times" (Summit Kids)
 - "Free as a Bee" (Hillsong Kids Jr.)
 - "Gonna Serve" (Yancy)

ACTIVITY | Space Scenes

- Welcome everyone! We are starting a new series called, "Blast Off!" **What do you think of when you hear "Blast Off?"** That's right, we think of things in outer space, like astronauts, planets, and stars!
- **INSTRUCTIONS:** Print a few sets of the Space Scenes in your Week 1 Printables folder and laminate them (or you can put them in sheet protectors). Set out different colors of Play-Doh™. Show kids the scene with every element in it; then give each child a scene that is missing something (like a planet, star, or astronaut) and see if they can use Play-Doh to finish their picture.
- Great job taking the time to make these space scenes! Today we're going to talk about how we can also spend time with God. **If you're ready to begin, shout "Blast Off!"**
 - ✂ **TODDLER HACK:** Provide circle and star-shaped cutters and have kids simply make planets and stars.

ACTIVITY | Asteroid Launch

- **Does anyone know what an asteroid is?** Let's launch some together!
- **INSTRUCTIONS:** Before your program, make a bunch of aluminum foil wads and gather some toy blocks. Use blocks to build different sized towers. Then let kids take turns standing a few feet away from the towers and launching the asteroids to knock the towers down.
- Just like we launched these asteroids, we are going to launch our faith in God! We do that by spending time with God!

TEACHING TIME

BIBLE STORY | Jesus Visits Mary and Martha

- **INSTRUCTIONS:** Look up the story from Luke 10:38-42 in your Bible and read it to your preschoolers.
- Mary and her sister Martha were excited that Jesus was coming to their house for dinner!
 - **What would you do if someone important and famous was coming to your house?**
 - **What would you want to do with your special guest? Play with your toys? Eat your favorite meal? Watch a movie?**
- Mary and Martha wanted to make Jesus and His friends feel welcome. There was so much they needed to do to prepare!
 - Martha got busy with the cooking and cleaning, but she got annoyed when she realized Mary wasn't helping at all.
 - **Have you ever been annoyed at someone, maybe a brother, sister, or friend, because they didn't help you when they were supposed to?**
- If you have, then you might understand how Martha felt when she complained that Mary wasn't helping her!
 - **But did Jesus get angry with Mary? Why not?**
 - **What did Jesus say was the most important thing to do?**
- Jesus said Mary was doing the best thing: spending time with Him and learning about God from Him!
 - **Does that mean we should forget about helping our parents at home, like cleaning up our toys? No!**
 - But Jesus tells us we need to make time for God. We can spend time with God by going to church, praying, singing worship songs, and having Bible time with our families.

BIG IDEA | We can spend time with God.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea. This week, ask the kids to give you a drum roll by stomping their feet and patting their laps.
- This week's Big Idea is . . . drumroll please . . . **We can spend time with God!**

VIDEO | Blast Off, Episode 1

- **INSTRUCTIONS:** Play this week's episode of [Cali's World](#).

ACTIVITY | Time with God Matching Game

- Let's play a game to help us remember all the places where we can spend time with God.
- **INSTRUCTIONS:** *Print two sets of the Matching Game printable and cut them out to make cards. Lay all of the cards upside down, with the pairs mixed up. Let kids take turns flipping them over two at a time to try and find the matching pairs. When they find a match, have them say one way they can spend time with God in that place.*
- It's very important that we make time for God wherever we go. Spending time with God makes God happy, and us, too!
 - ✂ **TODDLER HACK:** *Lay out the cards face up and ask them to find the different places (e.g., "Can you help me find all the churches?" "Now, I see a car. Do you see another car?"). Once they find the cards, tell them how they can spend time with God there (e.g., "You can pray to God while your parents are driving).*

PRAYER

- One way to spend time with God is by praying. Let's pray together now!
- Dear God, we love to spend time with you. Help us to spend time with you wherever we are.

DISCUSSION TIME

SNACK | Rocket Munch

- **INSTRUCTIONS:** *Pass out a themed snack to all of your preschoolers while you discuss the questions about the Bible Story. Since we just started "Blast Off," try making these Rocket Ship skewers. Prepare bowls of different fruits (e.g., banana, watermelon, pineapple, strawberry, etc.) that kids can arrange on skewers to make a rocket ship!*
- **Who did Jesus go visit?**
- **What did Martha do when Jesus came to their house?**
- **What did Mary do when Jesus came to their house?**
- **Who did Jesus say made the made the better choice? Why?**
 - ✂ **TODDLER HACK:** *Instead of using skewers, cut each fruit pieces into halves so that each fruit slice lies flat on a plate. Help kids arrange the fruits to make them into a rocket!*

ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Have everyone sit in a circle then give each kid an aluminum foil asteroid (from earlier). One at a time, they toss their asteroids into a bowl or bucket in the middle of the circle. When they get an asteroid in the bowl, ask them a question from the list below:*
 - **If you were Martha, what would you have made Jesus for dinner?**
 - **What do you think Jesus was saying to Mary and the other guests?**
 - **If you were Martha, what would you have said to your sister for not helping you?**
 - **Where is one place you can spend time with God?**
 - **What is one way you can spend time with God?**

ACTIVITY | Act it Out

- **INSTRUCTIONS:** Choose kids to dress up and reenact the Bible story. You'll need a Martha, a Mary, and a Jesus, as well as a table with plates and play food. You might want to give Martha specific chores to do while Mary sits at Jesus feet.
- **Mary did the best thing by choosing to spend time with Jesus.**
- **We can spend time with Him too, any time and any place. We can talk to God or sing worship songs to Him anytime we want.**

MEMORY VERSE | Psalm 119:105 (NIV)

- One big way to spend time with God is to remember what the Bible says!
- **INSTRUCTIONS:** Introduce kids to this month's memory verse, teaching them the signs (a combination of SEE and ASL) we've provided.

PLAY TIME

While you're waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Give every kid a Coloring Page, plus crayons, markers, and/or colored pencils. As they color, remind them of today's story and today's Big Idea.

ACTIVITY | Busy Like Martha

- **INSTRUCTIONS:** Let your preschoolers play with play food and dishes, a play broom, and other play cleaning supplies. You might want to give them specific chores to complete. As they play, remind them that Martha was too busy and distracted, while Mary chose to do the best thing and sit with Jesus.

ACTIVITY | Comet Sticks

- **INSTRUCTIONS:** Give each kid a chopstick and help them tie a few ribbons around the pointy end (try getting shiny, metallic ribbon to match the theme!). Then bunch up foil around the top (make sure most of your ribbon sticks out to form the comet tail) to make the comet (you can reuse your foil asteroids from earlier today!). Your comet stick should look like this!
- Isn't it so cool that a God who made such wonderful things like planets, stars, asteroids, and comets wants to spend time with us? I'm so thankful to know we can spend time with God.
 - ✂ **TODDLER HACK:** You can choose to forego using sticks altogether. Tie a few ribbons together and bunch up a foil ball around the knot. Tots can have fun throwing their comets around.

Encourage your preschoolers to help clean up the room while they wait for their parents.