

Lesson 1: I Will Focus on Jesus

Objectives: Students will...

- 1) Learn why we need to focus on Jesus and see that this is what God wants for us
- 2) Do activities that will help them focus on Jesus

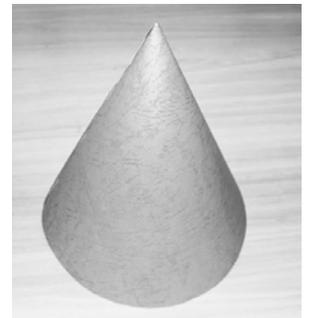
Accommodations: How will I accommodate individual needs of students?

- Some students at this age will still have trouble writing/reading so during paper activities help ensure children understand by reading instructions aloud so they can follow along.
- Help students who have difficulty sitting for long periods by sitting beside them to help them stay focused.
- Check on students and if you notice one has difficulty offer to help write part of a sentence or a word for them, or repeat the instructions as needed.
- If some questions are too advanced for your group of students, feel free to adjust or minimize the amount of questions asked.

Supplies: Coordinator will ensure these supplies are ready for you in advance. If not discuss with him/her.

Teacher Materials (provided in classroom)

- Bible(s)
- Markers/Pencil Crayons
- Pens/Pencils
- Attendance Chart (See Template)
- Stickers for Attendance
- Masking Tape – 10 foot strip for class
- Construction Paper Cone “Pylon” that marks the end – one for class
- Tape – enough to put cone together
- Black Marker – to share
- Large sheet of paper for class to share
- Focus on Jesus Maze and Take Home Sheet – one per student
- I Will Checklist – one per student



Optional:

- Following Jesus Board Game – one per two students
- Coin to flip – one per two students
- Buttons – one per student as marker for game

Snack:

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| - Paper cup with Rice Krispies – one per student | a half a cup for each student |
| - Squeezable Honey Jar – to share | so students can add to Rice Krispies |
| - Spoons | one per student |
| - Napkins | one per student |
| - Water/Cup | one per student |

Lesson:

1) Introduction to Lesson

5 minutes

As students enter, welcome them and help find a chair to sit at. Thank them for coming.

Take attendance (using attendance chart supplied). Write in the name of each student on the chart and let each child put a sticker beside their name for this week.

Introduce yourself to the students, and if unfamiliar with their names, ask children to go around the room sharing their name so you can learn them. Say to students:

This quarter we are going to study the importance of following Jesus. It is called “I Will Follow”. We are going to look at many different aspects to following Jesus, we’ll look at examples of people from the Bible who followed God and we will look at how we are to follow too. Let’s get started!

2) Importance of Focusing on Jesus Tightrope Game

10 minutes

Before class: make a “tightrope” by placing the masking tape in a straight line on an open area of the classroom floor. Make a construction paper cone by rolling the two ends together and taping. Place the cone at the end of the masking tape. Have marker ready.

Say: **One at a time I want each of you to focus on the cone, as you walk heel to toe on the tightrope with hands locked behind your back.**

After students are done focusing on the cone, remove the cone. Move yourself two to three feet to the right or left of the tightrope. Then ask each student to walk the tightrope again, focusing on you the entire time.

Students should recognize that it is easier to walk the tightrope when focused on the cone.



Ask the students: **Which of the two ways we walked this tightrope was the best way to get to the finish?** Let students answer.

It was easier to get to the end of the tightrope when we concentrated on the finish line. It was much harder to get to the finish when we were looking someplace else.

To get where we are going we must concentrate on that place. If we were going to take a trip, we would need to look at a map that had the place where we were wanting to go. We would find the location on the map and then plan how we would travel to get there. We would focus on our location.

Our Christian lives are like walking this tightrope.

Use a marker to write the words “Christian Life” on the tightrope.

When our eyes are focused on where we are going, then it is easier for us to get there. Christians try to be like Jesus, so our eyes should be focused on Jesus.

Pick up the cone and write “Jesus” on it, then place the cone back at the end of the tightrope.

Say: **It is important for Christians to focus on where we want to go and who we want to be like. If we don’t we will become tired and confused; we will end up someplace we didn’t want to go!**

When we keep our focus on Jesus, we aren’t easily led off track. Today we are going to learn three ways we can focus on Jesus.

1) We can focus by getting rid of everything that might keep us from focusing on Jesus.

2) We can focus by working with all our heart as if we were working for Jesus at whatever we do.

3) We can focus by concentrating and thinking about Jesus.

Let’s start now.

3) Throw Off Sin and Focus on Jesus Lesson and Activity

15-20 minutes

Before class: Have large sheet of paper and marker ready to write down words the whole class can see.

Let’s get our Bible and turn to Hebrews 12. Help students as needed, hand out Bibles to anyone who does not have one. **Hebrews 12:1-2** tells us the first way we can fix our eyes on Jesus. Let’s read it.

According to this verse, what can we do to focus on Jesus? Throw off everything that hinders (or prevents us from achieving godly living) and running with perseverance the race God has set for us. **We are going to focus on how we can throw off everything that hinders or prevents us from achieving our Godly goals.**

Things that hinder us are things that get in the way of focusing on Jesus. Sin is certainly one of those things but another thing that hinders might surprise you...Our regular activities can get in the way of focusing on Jesus. Sometimes we allow school or family activities to keep us from attending worship, Bible study, or church activities. They hinder us when they get in our way of focusing on Jesus. We act as if they are more important than Jesus.

Each one of us is going to list one activity that could get in the way of someone's focus on Jesus. Each of us will also list one sin that could take our focus off Jesus. Let's turn to Ephesians. Help students find it. We are going to read Ephesians 4:25-31, and 5:3-7 & 18.

I have the paper and a marker to write. Let's go around the room and list one sin and/or one activity each that can hinder us from keeping our focus on Christ. Let students come up with ways. Discuss as needed.

Say: Earlier, when we walked the tightrope and looked away from the finish, we were hindered. Looking away distracted us from focusing on Jesus. Sin distracts us from our destination. Sometimes we do not realize that being too busy can hinder us and make it difficult for us to keep our eyes fixed on Jesus. Being involved in too many activities at school can get in the way. If you are doing something that keeps you away from church services on Sunday, that activity is getting in the way of your focus on Jesus.

Once you have the list, rip it so each student gets a piece and hand them each one ripped piece. Then say: **Remember Hebrews 12? The Bible says we need to throw off everything that hinders. On the count of three, throw your piece of paper with its sins and unfocused activities to remind us not to let anything stop us from focusing on Christ! 1-2-3...**

Have students help you clean up the pieces before continuing on.

4) Focus on Jesus Maze and Take Home Sheet

10-15 minutes

Hand out one sheet to each student along with a pencil.

Say: This maze will tell us another way to focus on Jesus.

Read the directions aloud and help students find their way through the maze writing down the correct words as they go.

Say: What was the most difficult part of doing this maze? Let students answer – when they took their eyes off the maze to write the word, trying to find their way since all words seemed the same, etc.

There are many things that distract us – taking our eyes off the task, focusing on something else, feeling like we can't do it, or that it seems too difficult. But when you focused, you were able to make your way to the finish. You all worked hard. In this maze we found another way we can focus on Jesus. It's from Colossians 3:23-24. Let's read our answer from the bottom aloud together. Read bottom of page taken from Colossians 3:23-24.

When we do the best we can, with tasks Jesus is pleased with, we stay focused on Jesus.

When our parents tell us to clean our room – we please Jesus when we do our best, without complaining, without leaving something still dirty, and doing it as soon as we are able. Same with homework or things expected at school. We work hard at ensuring the teacher knows we respect him or her, that we will do our best, not cut corners, and be obedient.

Be Focused on Jesus
Everyday spend some time focusing on Christ by practicing your memory verse - John 14:6, reading through your "100" Checklist and the following:

- Day 1. Read Philippians 2:14
"What is the goal of a Christian?"
- Day 2. Read Hebrews 12:2
Christians reach their goal by focusing on Jesus.
- Day 3. Read Hebrews 12:3
"Thinking about Jesus will keep your focus on Him."
- Day 4. Read Hebrews 12:1
"What hinders you from focusing on Jesus?"
- Day 5. Read Colossians 3:23,24
"Who is your boss?"
Knowing who your boss is helps you keep your focus on Jesus.
- Day 6. Read Matthew 6:19-21
"How do you use your money?"
Does it show that you focus on Jesus?"
- Day 7. Read Luke 24:1-49
"Where was Jesus' focus?"

Work Hard, Find Your Way
Find your way through this maze to the finish. As you pass each word, write it below.

Start Finish

When you have that you will receive an inheritance from the Lord as a reward. It is the good things you are doing. Colossians 3:23, 24.

You may have noticed there is another activity on this sheet, I want you to take this sheet home and every day practice the memory verse we will have for this quarter, read the Scripture that is for that day and answer and consider the question(s) asked. By doing this you will stay focused on Jesus!

5) Consider Jesus Activity

5 minutes

Let's all turn to Hebrews 12:3 and read it. Hebrews tells us a third way we can fix our eyes on Jesus. Read the verse aloud or have someone volunteer to do so.

According to this verse, what can we do to fix our eyes on Jesus? Consider Jesus.

How do we consider Jesus? To consider means to think carefully about, so in this verse we are to think carefully about Jesus.

Why should we carefully consider Jesus? Look again at Hebrews 12:3. We should consider and think about Jesus so we will not grow tired and stop trying. As we continually think about Jesus it keeps our focus on Him. It prevents us from being distracted, tired, or confused.

6) I Will Follow Checklist

10 minutes

What is a great prize you would like to receive? Think about it for a minute and when you are ready raise your hand to share it with the class. Let students share responses.

Say: **These are fun and interesting rewards. But what would you be willing to do to receive these prizes? In sports, school, music, etc, we have to work very hard to receive a prize. And, even if we do, sometimes the prizes disappoint us. The prize might break, be stolen, become lost, or you loose interest in it. You thought it was going to feel really good when you received it, only to realize it wasn't so special after all...**

Let's read Philippians 3:14 in the New Testament. Help students find the verse. Philippians 3:14 tells us of a prize that will never disappoint.

And Paul in Philippians tells us of a great reason we should always keep our focus on Jesus.

Read Philippians 3:14.

What prize will we receive if we focus on Jesus? Heaven!

I Will Follow...
Put a check mark beside every activity you will do.

Philippians 3:14

I will press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

I will remove from my life anything that would get in the way of focusing on Jesus. Such as: _____

I will remove any activities that distract me such as: _____

I will also remove the sin that so easily distracts me by focusing on Jesus through: (Give an example) _____

In all the work I do I will work the best I can because I am working for the Lord.

I will think about Jesus, who was patient while men were doing evil things to him.

I will think about Jesus so I will not get tired and stop trying.

I will do those things so that I can focus on Jesus, who suffered death on the cross and now sits at the right hand of God.



Hand out one checklist to each student with a pencil.

We are going to read the checklist together out loud. Put a checkmark next to the activities you are willing to do. You do not have to share your choices with others, we will keep our choices to ourselves. Help students as needed come up with ideas to write down and help with spelling if necessary.

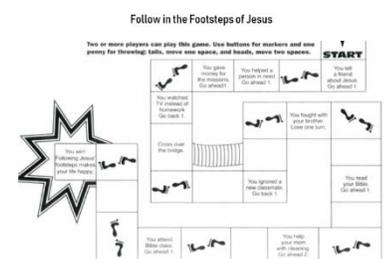
Once done, say: **I encourage you to take this home and keep it someplace safe where you will see it and read it and be reminded to focus on Jesus. Pray that you will be able to check all the activities and actually do them as you focus on Jesus and grow in His love and wisdom. In fact as part of your take home sheet, it asks you to read through this checklist everyday to remind you to focus on Jesus!**

7) Optional: Follow Jesus Board Game

15 minutes

Either choose or have students choose to get into groups of 2-3 to play a board game that encourages us to follow Jesus.

Read the instructions out loud and then hand out one coin to each group of students along with one button to each student. Help as needed and have them read each square they land on out loud as they are able, to learn ways that they can follow and focus on Christ.



8) Learning to Focus on Jesus Review

5 minutes

Say:

What is the goal and prize of every Christian who remains focused on Jesus? Heaven

How do we reach the goal of heaven according to our lesson today? Christians reach their goal by focusing on Jesus.

How can we stay focused on Jesus?

We can focus by getting rid of everything that might keep us from focusing on Jesus.

We can focus by working with all our heart as if we were working for Jesus at whatever we do.

We can focus by concentrating, considering, and thinking about Jesus throughout the day.

What hinders us from focusing on Jesus? Anything that gets in the way of putting Jesus first like activities, sports, video games, or being selfish. Anything that keeps us from attending worship, helping others, and putting Jesus first in our lives.

According to Colossians 3:23-24 who is your boss? Jesus!

Knowing who your boss is, helps you keep your focus on Jesus!

9) I Will Follow Take Home Sheet

Remind students to take home their sheet along with the checklist that will help them study throughout the coming week to stay focused on Jesus.

10) I Will Follow Songs

5-10 minutes

If time choose songs that relate to this lesson from the "I Will Follow Songs" sheets.

11) Optional: Memory Verse

2-5 minutes

For this quarter, each week have the students go to **John 14:6** in their Bibles and read the verse allowed as a class 2 times. Other options include:

- You saying a word and having them repeat it as you go through the verse
- Have students repeat a small phrase ex: "*I am the way*" a few times before working on the next phrase.
- Have students repeat after each other
- Ask students to think of hand gestures. Ex: Point ahead when you say "the way", point to their Bibles when they say "truth", etc. and then go through verses as a class with gestures.

John 14:6

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."

12) Optional - Snack: Honey & Rice Krispies

5 minutes

Hand out a paper cup filled half way with Rice Krispies or something similar to each student, ensuring you check for allergies first. Say, **this snack is to remind us that we need to focus and "stick" to Jesus. In order to do that we need something that will stick to this treats.** Take squeezable honey and ask each student if they would like a little bit on their treat. Go around room squeezing some into each student's cup. Tell them: **Just like us we need to stick to Jesus. Let's take our spoons** (Hand out spoons) **and stir up our snack so that every piece is good and sticky. This will remind us to stay focused on Jesus and stick with Him!**

Provide a napkin for children to clean their hands if needed. Review with students by asking them questions from the lesson again and discuss any questions they have while snacking. What did they like best about today's Bible reading? What questions do they have about today's lesson?

13) Close in prayer

*If desired, ask the children if they have any prayer requests and write them down to help you remember. Then ask all children to bow their heads and fold their hands to pray.

Thank You Lord for all You provide us. Thank You for Your Son who has given us Your complete Words and will through the Bible. Forgive us when we sin and help us to learn Your words by looking in the Bible. Help us to stay focused on You and take the time to devote and dedicate our lives to You. For You are worthy, good, awesome and loving towards us. We pray for those who could not be here today, and pray for those here who have special issues in their life. Be with them, guide, comfort, and bless them and bring us all back next week as we focus our lives on Your Son. In Jesus' name, amen.