

Children's Curriculum

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WELCOME TO DISCOVERY PEAK

Discovery Peak: Where Kids Will Explore God's Call!

When kids think about “call,” the first things that come to mind are likely someone calling them on the phone or a person shouting their name to beckon them to do something. In this series, kids will discover the special and unique call that God has for each one of us. Like climbers trying to reach the top of a mountain, they must rely on more than an audible voice to communicate. Hand signals, body language, common knowledge of the climb, and sensory clues in their environment all play a role in communication that helps them to reach the peak of their climb.

At *Discovery Peak*, kids will also explore and discover how to recognize and apply God's unique call for each of them by using all of their senses and connecting with others who can help them along the way.

Are you ready to make the climb? It's time to explore and discover how kids can experience the lifelong climb of God's unique “call” on their life!

SUPPORT GRAPHICS

Discovery Peak offer various types of support graphics:

- Full-Color Circle Logo
- One-Color Circle Logo
- Full-Color Portrait Logo
- Full-Color Landscaped Logo
- Full-Color Wallpaper Background
- 4 pages of One-Color Clipart



All graphics are available in multiple formats: JPEG, PDF. Clipart and Circle Logos are also available in PNG (transparent background). This flexibility allows you to use these images in any way that best suits your context.

Graphics are available at ExploreCalling.org/Called.

TREK 1

Bible Story: A boy and his lunch

Bible Point: Serve God

Peak Point: Kids will discover that they can serve God

APPROACH: The Route to Start Your Discovery

Time: 5-10 minutes

Supplies:

- Fish-shaped crackers
- Cups
- Plastic bag

Say: **Welcome to *Discovery Peak*, where we're discovering God's call. What do you think of when you hear the word "call?"**

Allow kids to answer.

Say: **When we hear of the word call, we think of a cell phone or someone shouting our name to ask us to do something. When God call us, he is asking us to do something for him—to serve him.**

Leader tells about his/her call to teach Sunday school.

Say: **God won't call us on a cell phone and we won't hear God's voice from afar telling us what to do. God speaks to us through the Bible, prayer, other people, and worship.**

You may not know how God wants you to serve him today and that's okay. Over the next few weeks we're going to find out! We'll learn how to listen to God, follow God, and know God. Each one of these experiences will help you discover your call.

And if you already know how you want to serve God, you'll dig deeper into what your service may be. Are you ready to make the climb? Let's get started.

Today, on our first trek, we'll explore how we can serve God. When we serve God, we help God do his work here on earth. Before we learn about how we can help God, let's play a game.



Give each child a fish cracker. Have kids hold the cracker between their pointer fingers and thumbs. Without bending their arms, have kids try and eat the fish cracker. Give kids a few seconds to try.

Ask: How did you do?

Say: Some tasks are hard to do alone. Let's try one more time. Keeping your arm straight, work with a partner to help each other eat a fish cracker.

Ask:

- **What did you do to help your partner eat the fish-shaped cracker?**
- **What are some other ways you have helped people?**

Say: When we help people, we serve them. We do kind things and say comforting words because we love them. In our Bible story today, we'll learn about a young boy that loved Jesus so much that he did something amazing to serve him. I'll give you a hint: it has something to do with fish!

GRIP: Holding Onto God's Word

Time: 15-20 minutes

Supplies:

- Small containers of bubbles solution
- Small cups of fish-shaped crackers—one per child
- Small baggie of fish-shaped crackers, but not enough for every child to receive a cracker

Say: I didn't have enough breakfast this morning so I've brought some fish crackers for a snack.

Eat a fish cracker.

Ask: Would you like some?

Allow kids to respond.

Say: Okay, I'll share some of my snack with you.

Distribute the fish crackers from the baggie. When the baggie is empty, tell kids that you don't have enough for everyone.

Say: We have a problem. We need more fish crackers!

Ask:

- **What might we do to get more fish crackers?**

Have kids share their ideas.

Say: A long time ago in the Bible, there were thousands of people gathered on a mountainside that had a similar problem—they needed food, too. Let's dig into the Bible story to see how their problem was solved! I'll need your help to tell the story. Whenever I point to you, I want you to shout, "We're hungry!" Let's practice.

Point to the kids and have them shout, "We're hungry!"

Say: Jesus and his disciples were very tired and needed some time to relax. They got into a boat and traveled to a quiet place to rest.

When Jesus and the disciples arrived at their destination, many men, women, and children were waiting for them. The people were eager to hear Jesus teach and watch him heal the sick. There were so many people—5,000 to be exact. That's more people than in our church and in your school. It might even be more people than in our town or neighborhood.

Even though he was tired, Jesus taught the people and healed the sick. People were amazed by his actions.

After a while, the thousands of people on the mountainside became hungry.

Point to the kids and have them shout, "We're hungry!"

Say: Hmm...I wonder if Jesus could hear the rumbling of the hungry tummies of the thousands of people around him.

Ask:

- **What do you think it might have sounded like?**

Have kids make the sounds.

Say: Even the disciples were hungry! They ran to Jesus and said, "It is getting late and we are hungry."

Point to the kids and have them shout, "We're hungry!"

Say: Then, the disciples said, "Send the people away so that we can go and get something to eat."

Ask:

- When you get hungry, what do you do?

Say: **When we're hungry we can grab a snack from the cupboard, eat at the school cafeteria, or go to a restaurant for a meal. Food is almost always nearby! Unfortunately, the thousands of people surrounding Jesus on the mountainside didn't have any snacks or restaurants near them. Food was far away. And in Bible times, there were no pizza deliveries from Dominos or Papa John's. Let's continue the story to see what happened.**

After hearing the disciples' request to send the people away, Jesus answered, "They don't need to go away," Jesus said, "You feed them."

The disciples were confused at Jesus' request. What were they going to do? How would they get food for so many people?

All of a sudden they spotted a young boy with his small lunch of five loaves of bread and two fishes. The disciples' tummies growled.

Point to the kids and have them shout, "We're hungry!"

Say: **After seeing the food, the disciples went to the boy and asked for his lunch. Because the boy loved Jesus and wanted to serve him, he gave his lunch to the disciples.**

Have kids put their fish crackers on a plate in the center of your circle.

Say: **The boy's lunch wasn't very much food. It probably looked like this little plate of goldfish.**

Ask:

- If you were the boy, would you have given Jesus your lunch? Why or why not?

Say: **After taking the food from the boy, the disciples handed it to Jesus. Jesus took the bread and fish and thanked God for them. Amazingly, there was enough food to feed 5,000 people with some leftover. The disciples were shocked by this miracle.**

Let's try something to see what that might have been like.

Distribute the bubbles and have kids blow lots of bubbles. Encourage them to fill the room with bubbles. After a few minutes, have kids try to count all the bubbles.

Say: **You've made so many bubbles. There are too many to count.**

Ask:

- **When we blew the bubbles, how was that like or unlike what happened to the loaves and fishes when Jesus thanked God them?**

Say: A tiny bit of bubble solution created tons of bubbles and a small lunch from one boy turned into enough food for thousands. Wow! An incredible thing happened when the boy served Jesus and shared his lunch. When we serve God, incredible things can happen, too.

Bring out the cups of fish crackers.

Say: It didn't take a miracle for us to have enough fish crackers for everyone in this room, but it does take a kind, helpful people to serve them.

Give each child a cup. Have kids take turns serving each other cups of fish crackers.

After everyone has a cup of crackers, say: **When we serve others, we show God we love him and share that love with others.**

BELAY: Connect to Climb

Time: 15 minutes

Say: In the Bible story, the young boy knew what he wanted to do to serve Jesus. He shared his lunch. Some of us may be like the young boy and know lots of ways we can serve Jesus. For example, we make cards for sick people or we work in a local soup kitchen. There are also some of us who are still searching for ways to serve Jesus. Let's play a game to see what it's like to search for something and find it.

Explain to the kids you've hidden several items around the room. Divide the class into two teams. Have each team choose a captain. Give each captain a list of the items and review it. Tell the teams the challenge is to find the items on the list and bring them back to you. The team that finds the most items in five minutes wins the challenge. Give the team captains two minutes to develop a plan with their teammates, then begin the game. As the kids bring the found items to you, be sure to keep each team's items in separate piles.

Suggested items for the list:

- *A purple marker*
- *A Bible*
- *A shoe with a shoelace*
- *An earring*
- *Something with a logo*
- *An eraser*



- *A piece of construction paper*
- *A chenille stem*
- *A paper clip*
- *A picture of Jesus*

After five minutes, tally the results for each team. Point out which team has the greatest number of items on the list. Then, ask:

- **Describe the process you used to find the items on your list. How did you find the items?**
- **Which items were easy or hard to find? why?**
- **How is a scavenger hunt like or unlike finding out ways to serve God?**

Say: In the scavenger hunt, you had to search several places to find the items. When we don't know how we want to serve God, we have to search for several ways to do it.

Some of the items were easy to find and others were hard to find. In the same way, we'll find easy ways to serve God like praying for people and collecting canned goods; sometimes it will be harder. We may even have to give up our lunch like the boy in the story.

We can try lots of different options until we find a service opportunity we like. We could help our parents at home, pack food bags at church, or be a buddy to a new kid at school.

Choose one item on your scavenger hunt list and invent a way you could use it to serve God.

Allow time. Invite kids to demonstrate how they would use their idea to serve God.

Say: Just like you found a way to use your item to serve God, God will help you find a way to serve him. Keep your eyes open and look for it. Ask yourself: How would God want me to help in this situation? You'll discover lots of ways.

ANCHOR: Connect to Stay

Time: 15-20 minutes

Supplies:

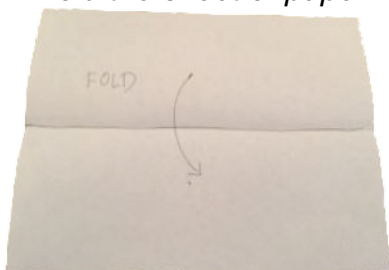
- Scissors
- Sheet of copy paper

Say: In our Bible story, one boy's small lunch turned into a big meal for thousands of people. Let's see what it's like to take something small and turn it into something big.

Hold up the sheet of paper. Point out its size and that it is solid.

Say: I'm going to try to fit my body through this piece of paper. How do you think I should do it? *Ham it up and try to fit your body through the sheet of paper as directed by the students. It seems like this sheet of paper is too small for me! Wait. I have an idea. Maybe I can make it bigger using a simple pair of scissors. What do you think?*

1. Fold the sheet of paper in half, the long way.



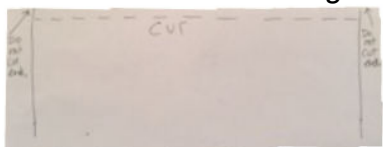
Step 1

2. Cut two slits near the right and left edges of the paper, each perpendicular to the fold. The cuts must come down from the folded half, not up from the unfolded edges. Be sure not to snip off the ends of the paper.



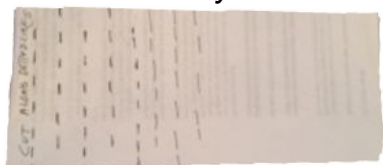
Step 2

3. Cut off the folded edge from slit to slit.



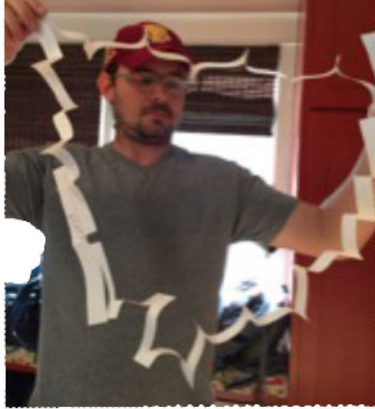
Step 3

4. Make about 40 cuts with your scissors. Alternate each cut, first coming down from the folded edge, and then coming up from the unfolded edges. The cuts should be parallel to the first slits you made.



Step 4

5. Open up the hole in the paper. It should unfold like an accordion.
Carefully squeeze through the hole.



Step 5

Ask:

- Did you think that I would be able to fit through the card? Why or why not?
- In what way was your reaction to what happened to the paper like or unlike the way the people responded when they realized that Jesus turned a lunch for one person into enough food for thousands of people?

Say: The Bible tells us that people were amazed when everyone had enough to eat. There were thousands of people gathered around Jesus that day. Jesus could have taken food from someone else, but he chose to take it from a small boy who wanted to serve him.

Ask:

- If you could choose a few words to describe the boy in this story, what would it be? Why?
- What words do you want people to use to describe you when you serve God?

Say: We're going to pray and ask God to help us be those words as we serve him.

Have kids form a line. I'll open the prayer. When I point to you, you'll come forward, step through the paper and say the words you mentioned earlier.

Say: **Let's begin. "Dear God, we love you. Help us to be...point to the first child and have him or her step through the paper and say the words. Invite the next child in line to step through the paper and say his or her word. Continue until all of the kids have stepped through the paper and said their words. Close the prayer saying, "We love you God. Help us to be all of these things with your help. Amen."**

CARABINER: Connect With Family

Bible Point: Serve God

Peak Point: Kids will discover they can serve God

Parents,

This week your child discovered that even kids can serve God when they learned about how a boy gave Jesus his lunch to help serve 5,000 people. As a result, kids grappled with ways that they can serve God themselves. Here are some ideas to continue the journey of discovery and grow in faith together as a family this week!

- Describe a time when someone served you—who was it? What was the situation? How did it make you feel?
- What is one thing you can do this week to serve God?
- Serving God doesn't have to be something a person does alone—it's more fun when we serve together! Talk about a way your family can serve God together over the next month and then work out a plan to be put your faith in action together as a family!

TREK #2

Bible Story: God speaks to Samuel

Bible Point: Listen to God

Peak Point: Kids will discover that they can listen to God

APPROACH: The Route to Start Your Discovery

Time: 5-10 minutes

Welcome kids to *Discovery Peak* and say: **It's time to begin our second trek where we'll learn we can listen to God. To get started, let's play the game "Telephone."** In this game, we'll pass a special message around the circle by whispering it into each other's ears. *Gather kids in a circle.* I'll begin by whispering the message to the person on my right, who'll then pass it to the next person on their right, and the message will continue to be passed to the right until it is received by the last person in the circle. You'll only hear the message once, so listen carefully and remember to whisper.

Here is the message you'll whisper: "Sleepy Samuel slept soundly as the Spirit of God spoke softly in his sleeping saying, 'Samuel! Samuel!'"

Have the last person in the group say the message they heard, then read the original message to the kids aloud.

Ask:

- What happened to the message?
- Why do you think it changed?

Say: **Our message changed because it was hard to hear it and because it was confusing and long. Maybe it changed because each one of us only heard it one time. In our Bible story, we'll learn about a boy named Samuel who needed to hear a message three times before he knew what it was.**

GRIP: Holding Onto God's Word

Time: 15-20 minutes

Supplies:

- Incense
- Matches
- Platter of food (can be plastic)

Supplies for the sound effects experience:

- Pennies or other coins
- Chalkboard erasers
- Pen
- Book
- Foil or paper
- Stapler
- A ball

Say: In today's Bible adventure, we'll discover how a boy named Samuel listened to God. I'll need your help to tell the story. I'll be Eli and all of you will be Samuel. Throughout our story, I'll give you instructions, so listen carefully.

When Samuel was a young boy, his mom took him to live with a man named Eli who was a priest in the temple. A temple is like a church, where people come to worship and pray to God.

Let's pretend this room is the temple.

Eli and Samuel spent all of their time in the temple. Samuel helped Eli take care of the temple. They prepared special gifts to honor God. They offered God food, burnt offerings, and sacrifices.

Light the incense and place the platter of food in front of the kids.

Eli and Samuel also cleaned the temple, put oil in the lamps, and prayed.

Ask:

- **What are some things that we do to take care of our church?**

Allow a few kids to share.

Say: Eli also taught Samuel about God, just like pastors and Sunday school leaders teach us.

Share one thing you've personally learned about God at church.

Ask:

- **What's one thing you've learned about God while at church or Sunday school?**

Take responses.

Say: Samuel and Eli worked together in the temple for a long time. In those days, God rarely spoke to people. But something surprising happened one very special night.

Eli was sleeping in his room. *Get up and walk to a different spot in the room and lie down. And Samuel was sleeping in his room. Have the kids find a spot on the other side of the room, lie down, and pretend to be Samuel.*

While he was sleeping, Samuel woke up to a voice calling his name. The voice said, “Samuel, Samuel!” Thinking that Eli must need him, Samuel jumped up and ran to where Eli was sleeping. *Have kids run over to where you are lying. Samuel said, “Here I am! You called me?” Eli looked at Samuel, and said, “I didn’t call you. Go back to bed.” Have the kids go back to their spots and lie down.*

Both Samuel and Eli went back to sleep. *Pause.*

After a little while, Samuel heard the voice again. “Samuel, Samuel.” Samuel jumped up and went to Eli. *Have kids return to where you are lying. Again Samuel told Eli, “Here I am! You called me?” A second time Eli told Samuel, “I didn’t call you. Go back to bed” Have the kids return to their spots and lie down.*

Samuel and Eli went back to sleep. *Pause. Samuel heard the voice again. “Samuel, Samuel.”* Samuel got up and went to Eli. *Have kids return to where you are. Like twice before, Samuel said, “Here I am! You called me?” Finally, Eli realized that the voice that was calling Samuel was God! Eli told Samuel, “Go and lie down again. If he calls you again, say, ‘Speak Lord, your servant is listening.’” Have kids return to their spots. Samuel went back to bed and again he heard the voice of God calling. “Samuel, Samuel.” This time Samuel answered just as Eli had told him. “Speak Lord, your servant is listening.” Have kids sit up if they are lying down.*

Say: It took Samuel three times to recognize God’s voice. Let’s see how many times we need to listen to a sound to recognize it. Close your eyes. I’m going to make a sound. Listen carefully and tell me what it is.

Choose a few of the following sounds and have kids guess. If kids don’t guess on the first try, make the sound or two more times. After three attempts, identify the sound.

- *Shake pennies or other coins*
- *Clap hands*
- *Clap chalkboard erasers*
- *Tap a pencil or pen on a desk*
- *Close a book*
- *Crumple up paper or foil*
- *Stomp on the floor*
- *Tear some paper*
- *Close a stapler*

- *Bounce a ball*

After the making the noises, ask:

- **Why do you think you recognized some sounds and not others?**
- **How is this experience like or unlike what happened to Samuel?**
- **How did Samuel finally listen to God's voice?**

Say: Samuel listened to God's voice because of Eli's help. As Samuel grew up, he continued to listen to God. God spoke to him often and gave him special directions and messages to share with the people of Israel. They believed what Samuel told them was truly from God.

BELAY: Connect to Climb

Time: 15 minutes

Supplies: a blindfold

Say: In our Bible story, Samuel had difficulty listening to God. Let's play a game to see what he experienced.

Gather kids in a circle. Choose one child to sit in the center of the circle and blindfold him or her. Explain to the group that you'll point to a person sitting in the circle and that person will say the blindfolded person's name three times. After the third time, the blindfolded person will identify the name of the person who said his name and where he or she is sitting in the circle.

Play several times so that each child has an opportunity to be in the center of the circle.

After the game, ask:

- **In what ways was this game hard or easy for you? Why?**
- **How is this experience like or unlike what happened to Samuel?**

Say: In the Bible story, Samuel didn't know that God was speaking to him. Eli, Samuel's teacher, told Samuel that it was God who was speaking to him. Eli helped Samuel listen for God's voice.

Ask:

- **What makes it hard for you to listen for God's voice?**

Say: It can be hard to listen to God. But like Samuel, we have people in our lives that can help us. Pastors, parents, Sunday school teachers, and even our siblings can help us listen to God. When Samuel listened to God, he heard God's voice in the quietness of night. Let's create some quietness in this space and listen to God.

Please move to an area where you can sit alone and not be disturbed or distracted by anyone. Get comfortable—maybe you'll sit with your legs crossed or lie down.

Allow time for kids to find a place to sit and get comfortable.

Now close your eyes and listen.

Allow about 60 seconds to pass, then invite kids to open their eyes.

Ask:

- **What was it like for you sit in silence and just listen to God?**

Say: It's hard to listen to God. It's noisy. There are a lot of things that distract us such as electronics, friends, or the activities we do after school. We often think about other things instead of focusing on God.

Think about the times when you are most quiet. Maybe it's in the morning when you wake up or at night before you go to sleep. It could be when you are in the car or walking your dog.

Ask:

- **How could you use that time to listen to God?**

As kids share, have them cup one hand around their ear and complete this sentence: "I will listen for God when...."

ANCHOR: Connect to Stay

Time: 15-20 minutes

Going God's Way

Supplies:

- One balloon per child, plus one for the balloon rocket
- 10- to 15-foot piece of nylon string (make sure the string fits easily through the straw)
- One plastic straw
- Masking tape



- Two chairs
- Paper targets

Preparation:

- Set the chairs about 10 feet apart from each other.
- Tie one end of the string to the chair, then, tape a target on the chair.
- Thread the string through the straw.
- Pull the string tight and tie the other end of the string to the second chair.
- Move the straw to the end of the string that is attached to the chair without the target.
- Post the targets around the room. Use the masking tape to make lines on the floor about six feet in front of each target.

Say: Long ago, God spoke to Samuel and Samuel listened. The messages Samuel heard gave the people direction for their lives. God still speaks to us today. When we listen to God, he will give us direction for our lives. Let's try an experiment to see what happens when we don't have direction in our life.

Give each child a balloon.

Have kids inflate the balloon and pinch the opening to prevent the air from escaping. Point out the targets in the room. Have kids stand behind the line in front of one of the targets. Challenge kids to try to hit the target with their balloon by letting it go.

After everyone has tried to hit the target ask:

- **What challenges did you encounter as you tried to hit the target?**
- **How is what happened to the balloon like or unlike what happens to a person who doesn't have direction in their life?**

Say: Let's try the experiment again. This time we'll attach the balloon to a straw and string.

Direct kids' attention to the chairs and the string in-between the chairs. Inflate the balloon, but don't knot the end. Pinch the end of the balloon and carefully tape the balloon to the straw. Tape the balloon so that the opening of the balloon is away from the target. Have kids count to three and let the balloon go.

Ask:

- **What happened to the balloon?**
- **How is this balloon rocket like someone who listens to God for direction in his or her life?**

Say: When we listen to God, he will give us direction to make good choices, to forgive someone, to deal with a hard problem, and to pray. Our lives will be on target!



Ask:

- **Why do you think when we listen to God our lives go in the right direction?**

Say: **To listen to God, we can pray, read the Bible, go to church, or talk with a pastor.**

Point out the four corners of the room. Designate Corner 1, “Pray”; Corner 2, “Read the Bible”; Corner 3, “Go To Church”; and Corner 4, “Spend Time in Nature.”

Have kids stand in the corner that represents how they’ll listen to God in the upcoming week. When they get to their corners, have a few kids share why they chose that particular way to listen to God.

After everyone has shared, say: **There are many ways we can listen to God. One way isn’t better than another. What is important is that we make time to listen to God.**

Let’s commit to listening to God right now. We’ll repeat Samuel’s words to God. Samuel said, “Speak Lord, your servant is listening.” Let’s say it now. Lead kids in saying the words. That was awesome! When you listen to God this week, repeat Samuel’s words and listen!

CARABINER: Connect With Family

Bible Point: Listen to God

Peak Point: Kids will discover they can listen to God.

Parents:

This week we learned about how a boy named Samuel discovered how to listen to God. Here are some ideas to continue the journey and grow in faith together as a family this week!

ASK:

- What are your favorite things to listen to throughout the day?
- God doesn’t speak to us in an audible voice like he did to Samuel—what are other ways we can experience God speaking to us?

Climb the Summit: Have everyone in the family listen for ways that God is speaking to them this week. Remind your kids that sometimes we don’t need to use our ears to listen—we can also “hear” with our eyes or through the words and actions of others. Each day, have family members share at the dinner table how they heard God speak to them that day.

TREK #3

Bible Story: Saul's Encounter with Jesus on The Road to Damascus

Bible Point: Know God

Peak Point: Kids will discover that they can know God

APPROACH: The Route to Start Your Discovery

Time: 5-10 minutes

Supplies: None

Welcome kids to *Discovery Peak* and say: **Today, on trek #3, we're learning that we can know God. To get started, let's play a "get-to-know-you game" to help us know each other better.**

Gather kids in circle. Tell kids that you'll call out a body part and a number, such as "three elbows." Kids have to immediately get into groups of three and touch elbows in the center. Once kids have formed groups and connected body parts, have kids share their name and a fun fact about themselves based on the prompts below. Play the game with different body parts and numbers.

- Four knees and your favorite movie
- Six hands and your favorite app
- Three thumbs and your favorite book
- Two ears and your favorite person in the Bible
- Five feet and your favorite food

After playing the game, ask:

- **What new things did you learn about your friends?**

Say: **This game helped us get to know each other by prompting us to share some of our favorite things.**

Ask:

- **What are some other ways you get to know people at school or in your community?**

Say: **We can get to know people by spending time with them, reading about them, or asking them a lot of questions. In our Bible story, we'll discover how a man named Saul got to know Jesus.**

GRIP: Holding Onto God's Word

Time: 15-20 minutes

Supplies:

- A blindfold for every child.
- Place the following items in a large paper or canvas bag: a large feather, cinnamon sticks, a cell phone with a distinct ringtone, a kazoo and a piece of peppermint candy for each kid.
- A large flashlight with a bright beam
- A Bible

Say: You should all know that Saul wasn't a very nice guy at first. He made it his mission to harass and harm anyone who believed in God's son, Jesus. Saul actually made threats against people who followed Jesus—saying that he would arrest them or kill them. To make matters worse, Saul did all of these things without even knowing Jesus—a kind, loving, miracle worker and healer!

Saul thought that his words and actions could stop people from following Jesus. But God had a different plan for Saul—one that would change his life forever.

Darken the lights in the room. One day as Saul began to head toward the city of Damascus to arrest followers of Jesus, a bright light from heaven suddenly flashed before him. Shine the flashlight beam on the kids. Saul immediately fell to the ground as a voice spoke to him saying, "Saul! Saul! Why are you persecuting me?" Saul asked, "Who are you, Lord?"

The voice replied, "I am Jesus, whom you are persecuting. Get up now and go into the city. Someone there will tell you what to do." But when Saul got up, he needed help, because the light had blinded his eyes. Let's see what that might have been like. Have kids put on the blindfolds. Go ahead and cover your eyes with the blindfolds as we continue on with our story.

Allow time for kids to secure the blindfolds over their eyes.

Imagine how Saul must have felt when he couldn't see and still needed to walk to the city. He had to have the people traveling with him take him by the hand and lead him to Damascus. Have the blindfolded kids stand and hold hands. Lead them around the room for a minute, winding around the furniture, and then sit down again.

Ask: How did it feel to walk around the room blindfolded?

Say: Saul likely experienced what you did when he lost his sense of sight! As you walked around the room, you might have become more aware of your other senses. Let's take a few moments to see how much more heightened your other senses are when you can't see. I have some things for you to taste, hear, touch, and smell.

Pass around the feather, blow the party horn or kazoo, pass around the cinnamon sticks, and let kids taste the candy. Have kids guess what everything is after each person has had a chance to experience the item. Allow four to five minutes for this activity.

Ask: How did you know what the different items were?

Say: It's amazing when one of our senses is taken away how much more we have to depend on the others. Saul had his sight taken away and had to depend on his other senses and his travel companions. When he arrived in Damascus, God provided someone, Ananias, to tell Saul what to do—just as Jesus had said He would do. Ananias went to the house where Saul was and laid his hands on Saul and said, "Brother Saul, the Lord Jesus has sent me. He is the one you saw on the road as you traveled here. He sent me so that you can see again and be filled with the Holy Spirit."

Have kids remove their blindfolds.

In our mystery bag experience, you used your senses to know what the items were.

Ask: How did Saul know it was Jesus who met him on the road?

Say: Jesus told Saul who he was and Ananias also told Saul that it was Jesus he met on the road to Damascus. In the same way, we can know God through other people, by-reading the Bible, or praying.

Ask:

- Tell about a time someone helped you know God. How did you respond?

Say: Saul's life was changed because of his encounter with Jesus. After he met Jesus, Saul became a believer of Jesus and changed his name to Paul—one that was more familiar to the people he would try to reach. Because Paul knew Jesus, he could tell everyone about him. We can know God, too. When we know God, our lives change just like Saul's did. We experience the amazing love that only God can give and, in turn, we want to share that love with everyone.

BELAY: Connect to Climb

Time: 10-15 minutes

Supplies: none

Say: Knowing Jesus changed Paul's life. Instead of hurting people who knew Jesus, Paul worked hard to help more people know him. When we know God, we can also help others know him through our words and actions. Let's play charades to tell your friends something special about you. In the game of charades, you will act out what you're trying to say. For example, if you love to play tennis, you could pretend to throw a ball in the air and hit it with a tennis racquet. After you do your action, we'll try to guess what's special about you.

After all kids have had a chance to do a charade, ask:

- Which charade was the easiest for you to guess? Why?
- How did this experience help you know more about your friends?

Say: Our actions can tell people a lot about who we are.

Ask:

- What actions in your life show others that you know God?

Allow time.

Say: Reading the Bible, showing forgiveness, praying, and helping others can show people that we know God.

Think about a time that your actions may have shown others that you *didn't* know God. Maybe you were mean to a sibling or disobeyed your parents.

Ask:

- What would you change about that moment to show others that you know God?

Say: When Paul hurt and harmed people, his actions showed other people that he didn't know God. But after Paul encountered Jesus, his actions showed people how much he loved Jesus. When we know God, our actions show it.

ANCHOR: Connect to Stay

Time: 10-15 minutes

Supplies:

- Four small cups per child for tasting
- Various clear, sparkling drinks such as lemon-lime soda, tonic water, plain sparkling water, and flavored sparkling water.

- One sticky note per child
- Markers

Preparation:

- Fill each taster cup with a different sparkling drink
- Give each child a set of four cups

Explain that the goal of the game is try to guess the correct liquid with only one attempt.

- Tell kids to find the lemon-lime soda and take a sip.
- Have kids raise their hands if they tasted the lemon-lime soda.
- Have kids find the flavored sparkling water and take a sip.
- Have kids raise their hands if they tasted the sparkling water.
- Tell kids to find the cup with the tonic water and take a sip.
- Have kids raise their hands if they tasted the tonic water.
- Tell kids to take a sip of the last cup of liquid. Have them share what it is.

Ask:

- **What was it like trying to guess the correct liquid?**
- **How did you determine which liquid was the correct one?**
- **In what ways is this experience like or unlike trying to get to know a person or a new skill?**

Say: In this game, you didn't know which liquids were in each cup. To find out, you had to do specific things. You had to taste each liquid and decide if it was the lemon-lime or other flavors. You also had to keep track of the position of the cups on the table in order to remember which liquid you had or had not tasted. In the same way, there are certain actions, or spiritual disciplines, that we do to know God.

As Christians, we know God by reading the Bible, praying, going to church, and helping others.

Ask:

- **When is a time you prayed, read the Bible, or served others to know God? For example; you prayed for a sick friend or created artwork for residents at a nursing home.**

Take a few responses.

Say: Today, instead of the reading the Bible, we experienced a true story from it. Let's try another spiritual discipline to help us know God. We're going to pray. Prayer is talking to God. We can talk to God alone or with a group. Our prayer today will be a group prayer.

Gather kids in a circle. Give each child a sticky note and a marker.



Say: On your sticky note, write or draw one thing you know about God. You might draw a heart because you know God loves you, or you might write the word “kind” because you have experienced God’s kindness.

Allow time for kids to draw or write.

Say: On the other side of your sticky note, write or draw one new thing you’d like to know about God. What question would you like to ask God? Maybe you’d like to know if God hears all of our prayers at once. Or you wonder if God can see you all the time. Write or draw your question.

Allow time for kids to write or draw.

Say: On one side of our sticky notes, we have something we know about God. On the other, we have a question or something new we’d like to know about God. We’re going to use our sticky notes to help us pray this eye-opening prayer. Hold your sticky note in the palms of your hands with the front side (non-sticky side) facing you. Before I end the prayer, I’m going to pause and give you time to listen for God. Let’s pray.

“Dear God, thank you for loving us and knowing us. God, I know you.” [*Have kids say what they wrote on the front of the sticky note*] **Please turn your sticky note over.** **“God, I want to know you more. Help me to know you.”** [*Have kids silently read the question they wrote.*]

Pause for a few seconds for kids to listen.

Continue to Pray: “Each day as I know and grow in relationship with you, may all my words and actions show others that I know and love you. In Jesus’ name, amen.”

Say: When we pray, read the Bible, go to church or help others, we [THE POINT] know God more and more each day.

Ask:

- **What is one thing you’ll do to know God more this week?**

Have kids make a commitment to practice one of the spiritual disciplines. Tell them you’ll ask them to share what they did next week.

CARABINER: Connect With Family

Bible Point: Know God

Peak Point: Kids will discover that they can know God.

Parents,

This week your child learned about Saul and how even when he met Jesus, it took other people and resources to help him know without a doubt that Jesus was God's Son. Kids discovered that they can know God better every day through every day experiences. Here are some ideas to continue the journey and grow in faith together as a family this week!

Ask:

- Who is someone famous that you would like to meet? Why do you want to know that person?
- What are ways that you have gotten to know God?
- What is one thing we can do together as a family to know God better in the upcoming week?

TREK #4

Bible Story: Moses and the Burning Bush

Bible Point: Follow God

Peak Point: Kids will discover they can follow God

APPROACH: The Route to Start Your Discovery

Time: 5-10 minutes

Supplies:

- Smartphone with dance music or a CD player that can play a CD with pop music

Welcome kids back to *Discovery Peak* and say: **Today, on our trek, we're learning that we can follow God. To get started, let's play follow the leader with a twist. Instead of following my actions, you'll follow my dance moves and your friends' dance moves. When the music starts, I'll dance and you follow me. When I stop the music, you should freeze. Then I'll choose someone who will lead the dance moves. I'll start the music and we'll follow his or her moves. We'll keep playing until everyone has a chance to lead.**

Start the music and begin dancing. Stop the music every 15-20 seconds. Keep switching leaders until everyone has a chance to lead, then have kids sit down.

Say: **In this game, you were both leaders and followers.**

Ask:

- **Did you prefer leading or following? Why?**

Say: **As we played, we had lots of opportunities to follow our friends.**

Ask:

- **Who are other people that you follow?**

Say: **We follow people because they love us, care for us, and lead us in the right direction. In our Bible story, we'll learn about a man who decided to follow God. God loved, cared for, and led him in the right direction.**

GRIP: Holding Onto God's Word

Supplies: White, red, yellow, and orange paper

Preparation: Before you begin, give each child a piece of colored or white paper. Make sure that at least one sheet of each color has been distributed to the group.

Say: I'm going to need your help in uncovering the clues that led an ordinary man to follow God and do something very special with his life.

Say: **When I signal those of you with white paper, I want you to bring it together like this (demonstrate) and then pull it out quickly like this (demonstrate) to create a cracking sound. When I signal those of you with the colored paper, I want you to wave them as high as you can in the air. Are you all ready to help with the clues? Then let's get started!**

The ordinary man's name was Moses. Now at the time of our story, Moses was leading a pretty ordinary life back in those days as a shepherd. This type of job didn't require a lot of interaction with people—in fact, shepherders often traveled and slept with their herd for days on end.

If you are sitting near someone, please get up and move away from them.

Ask:

- How does it feel to be sitting all alone?

Say: **It's hard to sit by yourself and be alone. In fact, it can be scary or boring. Well, Moses was enjoying his rather quiet, lonely, life when all of the sudden, a bush caught on fire (signal kids to wave the colored paper high in the air). A fire! Well, that will add a little excitement to watching the flock! As Moses walked toward the fire, he looked a bit bewildered (Give kids a face that says, "What the heck?") As he stared at the burning bush, he could see the flames (signal kids to wave the colored paper) and hear the crackling and popping sounds (signal the kids to pop the paper), but there was something very unusual about the burning bush—it wasn't actually "burning." That bush was covered in flames (signal the kids to wave the colored papers) and it was crackling (signal the kids to pop paper) like the hottest of fires, but the bush remained green and standing.**

Take a minute, turn to a partner, and share three words that you would use to describe something that is unexplainable.

(Allow kids 30 seconds to share. Then ask kids to shout out some of the words that they came up with. Repeat what you hear to make sure everyone in the room knows what was said from the audience.)

Say: **Well, for sure that burning bush was a way to get Moses' attention! God used that bush to speak to Moses—out there in the middle of the wilderness, with a herd of sheep wandering the mountainside.**

From the middle of the bush, God said, "Moses! Moses!"

Moses looked at the bush and slowly walked closer to it. In a loud voice, God told him to stop and remove his sandals, because the ground he was on was holy. Moses followed God's instructions and took off his shoes. Let's all take off our shoes, just as Moses did. (*Allow time.*)

Then God identified himself as the God of all of Moses' ancestors. The reality sunk in for Moses that the Living God was talking to *him*! Someone who was so incredibly ordinary! The thought of being in God's presence put a bit of fear in Moses and he covered his face because he was afraid to look at God. Let's all cover our face like Moses. (*Allow time.*)

As God spoke to Moses, he told him that he has seen how cruel his people have been treated in Egypt and then God told Moses that he was the one that would lead his people out of Egypt.

Have kids uncover their faces.

Moses responded by asking, "Why have you picked me to lead your people? I'm not special. I don't think anyone will follow me anywhere!"

Ask: Turn to a partner nearby and tell about a time you were asked to do something important and felt afraid or unsure you could do it. Maybe you were chosen to be the captain of a sports team or organize a food drive. Maybe you were asked to read something aloud in class.

Allow time for kids to share.

Say: Moses probably felt like you felt when God asked him to lead his people out of Egypt. It's never easy to do big things! God promised to help Moses, saying, "Your brother Aaron will help you and I will give you the power to perform miracles."

Let's try something to see what it's like to do something individually and then again with help from a friend.

Place your paper on the palm of your non-dominant hand (the hand you don't write with). Without using your body or the floor to help you, rip the paper in half.

Allow time.

Ask:

- **How did you do?**

Say: It is often hard to do something challenging alone. Let's try again with some help. Find a partner, and work together to tear each other's papers using both of your non-dominant hands. Remember that you can't use the floor or any other part of your body to help you rip it.

Ask:

- How did having a friend change your experience?
- How do you think knowing God would help him affect Moses' decision to follow God?

Say: After hearing that God would help him, Moses realized that he had to follow God. God was calling him to lead his people and as a result, a very ordinary man led a mission of extraordinary significance.

Because Moses followed God, God's people were led to safety.

Ask:

- Why do you think Moses decided to follow God?
- What would have happened if Moses decided not to follow God?
- If you were Moses, what concerns would you have about following God's instructions? What would be the hardest thing for you to do?

Say: The Bible tells us that leading the people out of Egypt was a very difficult task for Moses, but God was with Moses throughout those difficult times.

BELAY: Connect to Climb

Time: 10-15 minutes

Supplies:

- Paper
- A basket

Divide kids into three groups. Groups will toss paper balls from one group to the other without being blocked by another group to learn that some things get in our way when we try to follow God.

Say: When we decide to follow God it will be challenging! Let's play a game to discover one of the challenges we might face as we follow God.

Have kids wad the paper into balls. Collect the paper balls in a basket.

Divide the kids into three equal groups. Designate a Group A, B, and C. Give each member of Group A at least three paper balls.

Have groups A and C form a line and stand facing each other about 10-feet apart.

When Groups A and C are in place, have Group B stand in a line in between the two groups facing Group A. Kids in Group A will throw the paper balls to kids in Group C. As they throw the balls, kids in Group A will say “Follow.” Kids in Group C try and catch the balls. When they catch the paper balls, kids in Group C will say, “God.”

Kids in Group B will try to block kids in Group A and C from throwing and catching the balls. Remind the kids to play the game carefully and cautiously so no one gets hurt. Play the game for a few minutes. Then ask:

- **What happened as you played the game?**
- **How was this game like or unlike what happens when we try to follow God?**

Say: The kids in Group B (point to group) stood between Groups A and C (point to groups). When the kids in Groups A (point to group) threw the balls, the kids in Group B (point to group) stood in their way, making it difficult for kids in Group C to catch the balls. In our Bible story, when God told Moses that he would lead his people out of Egypt, Moses’ fear and lack of confidence *almost* got in the way of him following God.

Ask:

- **What gets in *your* way when you try to follow God?**

Say: There are lots of things that can get in our way when we follow God. People can get in our way. Spending too much time playing video games can get in our way. Lying or fighting with siblings can get in our way. We can get in our own way! Like Moses, we might think that we’re not good enough, smart enough, or strong enough to follow God. But that’s not true. Each one of us can follow God. God loves us so much and he wants us to follow him always.

Have kids take a paper ball and unfold it. Have kids write or draw something in their life that makes it hard to follow God. Allow a few minutes for kids to write or draw. When kids have finished, have them wad the paper back into a ball.

Say: There will always be things that try to get in the way of following God. When we face them, we can turn to God for strength and support.

In a moment, we’re going to pray and ask God to help us follow him. During our prayer, I’ll invite you to give God whatever makes it hard for you follow him by placing your wad of paper in this basket.

Let’s pray: “God, thank you for loving us. We want to follow you. Today we ask you to help us with the things that make it hard for us to follow you. *Have kids come forward and place their paper balls in the basket.* Guide us and show us what you want us to do. In Jesus’ name, amen.”

ANCHOR: Connect to Stay

Time: 10-15 minutes

Supplies:

- Salt
- Pepper
- Paper plate
- Balloon
- Permanent marker

Preparation: Inflate the balloon and knot the end. Draw a face on the balloon.

Say: In our Bible story, Moses chose to follow God. He agreed to do what God was asking him to do. That's a big commitment! In your school or neighborhood, there might be people who don't follow God. Let's try a science experiment to see how it's easier for some people to follow God than others.

Spread the salt and the pepper on the plate. Rub the inflated balloon on your hair. Hold the balloon a few inches above the salt and pepper mixture. The pepper will jump up and adhere to the balloon.

Ask: What happened to the pepper? To the salt?

Say: When I rubbed the balloon against my hair, it became charged with static electricity. The negative electric charge of the balloon attracts the positively charged light pepper flakes and makes them jump to the balloon.

Ask:

- How is what happened to the pepper like what happens to a person who follows God?

Say: The salt grains are heavier and their electrons don't have enough of a positive charge to make them to jump onto the balloon.

Ask:

- Compare the salt grains to a person who doesn't follow God. Why would it be difficult to follow God?
- What makes it easy to follow God?

Say: Following God is easy and hard! Let's pray to God now and ask for help. In this prayer, you'll follow me, repeating the words and the actions I do.

Dear God,

I love you. (*Make a heart with your hands*)

Following you is what I want to do. (*Point up, then hands on heart*)

Every day of my life (*Motion “day” by pointing right index finger up, placing right elbow by your left index finger, and moving right index finger in an arc as if sun is setting*)

Morning, noon, and night. (*Motion arms overhead from one side to the other in an arc*)

Guide me and show me the way (*Point out in front of you*)

So I may live as you say. (*Motion both pointer fingers out from lips*)

In Jesus’ name, amen.

CARABINER: Connect With Family

Bible Point: Follow God

Peak Point: Kids will discover that they can follow God

Parents,

This week your child discovered that it can be both easy and difficult to follow God through the story of Moses and the burning bush. Kids discovered that even when it’s difficult to follow God, they can pray to God and ask him for help in following him. Here are some ideas to continue the journey of discovery and grow in faith together as a family this week!

- Describe a time when it was difficult for you to follow directions—how did you handle the situation?
- What are some things that make it difficult to follow God sometimes? What makes it easy to follow God?
- Every day at one of your family’s mealtimes, have each family member talk about an obstacle or roadblock they faced during the day that could have made following God difficult. Brainstorm as a family how you can support each other with the obstacles and then pray together—asking God to help your family each day to know him better.