

# “Following Jesus” Series

This material has been designed for one year commencing in December 2010. There are a number of verses that you can choose as memory verses for the children. The ones printed here are taken from the New International Version, unless otherwise stated.

**Purpose:** To help the child model their life after the Lord Jesus – to be a disciple of Christ.

## 1. DECEMBER – **God’s Promise to Us**

Tell the Christmas Story - Jesus made a commitment to us. His name means “Saviour” (See Matthew 1:21) God had promised to send a Saviour (Genesis 3:15) God kept His promise and showed us that He loves us! - John 3:16; 1 John 4:9

### **Memory Verses:**

*Matthew 1:21 ..You are to give Him the name Jesus, because He will save His people from their sins."*

*John 3:16 "For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.*

*1 John 4:9 This is how God showed His love among us: He sent His one and only Son into the world that we might live through Him.*

**Activity Sheet:** Help the Wise Men find baby Jesus! Answer sheet on website

**Extra Memory Verse activities** on the website – [www.drug-freekids.com](http://www.drug-freekids.com)

## 2. JANUARY – **We Can Choose to Follow Jesus**

New Year Resolutions - What commitment can we make to God?

Use stories of Jesus calling the disciples to follow Him. (Matthew 4:18-22; Luke 5:1-11; Matthew 9:9; Mark 8:34; John 1:35-51)

Jesus wants us to follow Him, too.

### **Memory Verses:**

*John 10:27 My sheep listen to my voice; I know them, and they follow me.*

*John 12:26 Whoever serves me, must follow me*

*Rev. 3:20 I stand at the door and knock. If anyone hears My voice and opens the door, I will come in and eat with him, and he with me.*

**Activity Sheet:** Find the extra disciple! Answer sheet on website - [www.drug-freekids.com](http://www.drug-freekids.com)

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### 3. FEBRUARY - We Can Choose a Drug-free Life

Pledges and Promises – A Commitment to a Healthy Lifestyle.

#### A. Story of Francis Willard’s pledge – making a promise

MISS FRANCES WILLARD'S TEETOTAL PLEDGE.

“I began ‘dry’ work when I was seventeen years old. In 1855 I cut from my favourite Youth's Cabinet, the chief juvenile paper of that day, the following pledge, and, pasting it in our family Bible, insisted on its being signed by every member of the family - parents, brother, sister and self :

A pledge we make no wine to take,  
Nor brandy red that turns the head,  
Nor fiery rum that ruins home,  
Nor brewers' beer, for that we fear,  
And cider, too, will never do.  
To quench our thirst, we'll always bring,  
Cold water from the well or spring;  
So here we pledge perpetual hate,  
To all that can intoxicate.”

#### B. Bible story – Rechabites (Jeremiah 35) God used their faithfulness to their father as an example to His people – Israel;

*Jeremiah 35:12 Then the word of the Lord came to Jeremiah, saying: [13] "This is what the Lord Almighty, the God of Israel, says: Go and tell the men of Judah and the people of Jerusalem, 'Will you not learn a lesson and obey my words?' declares the Lord. [14] 'Jonadab son of Rechab ordered his sons not to drink wine and this command has been kept. To this day they do not drink wine, because they obey their forefather's command.*

#### Memory Verses:

*Mark 8:34 "If anyone would come after me, he must deny himself and take up his cross and follow me."*

*Jeremiah 35:14 [God's Word translation] Jonadab, Rechab's son, ordered his descendants not to drink wine. This order has been carried out. His descendants have not drunk any wine to this day, because they have obeyed their ancestor's order.*

**Activity Sheet:** Decipher the pledge that Francis Willard made when she was

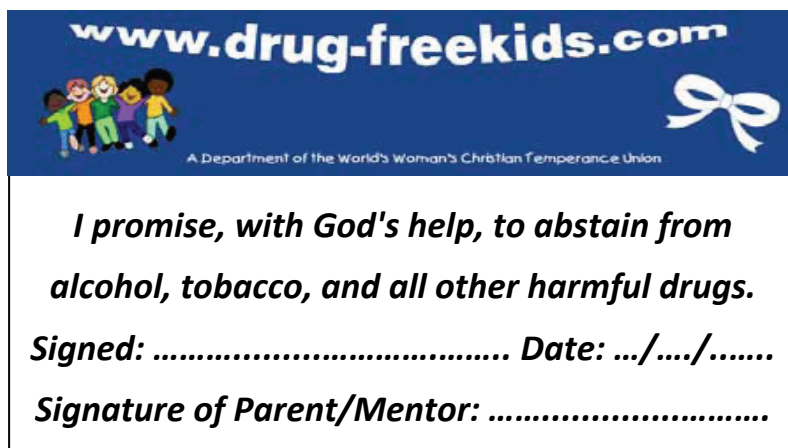
17. Answer sheet on website - [www.drug-freekids.com](http://www.drug-freekids.com)

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### Our Pledge or Promise:

Have children sign Drug-free Kids Promise Cards – See website for cards that can be downloaded and printed or use local cards for your country.



#### 4. MARCH - Protection in Temptation

The importance of Bible study and memorising scripture in order to know right from wrong and to assist us in standing true for God. Use the stories of Joseph, Daniel, Jesus and Timothy. (Genesis 39; Daniel 1; Matthew 4; 2 Timothy 3:15)

Encourage children to memorise the verses in each lesson.

#### Memory Verses:

*Psalm 119:11 I have hidden your word in my heart that I might not sin against you.*

*Ephesians 6: 11 Put on the full armour of God so that you can take your stand against the devil's schemes.*

*Genesis 39:9 How then could I do such a wicked thing and sin against God?"*

*Daniel 1:8 [God's Word translation] Daniel made up his mind not to harm himself by eating the king's rich food and drinking the king's wine.*

*Matthew 4:10 "Go away, Satan! Scripture says, 'Worship the Lord your God and serve only Him.'"*

*2 Tim. 3:15 [God's Word translation] From infancy you have known the Holy Scriptures. They have the power to give you wisdom so that you can be saved through faith in Christ Jesus.*

**Activity Sheet:** Match the story picture to the verses and unscramble the names of the Bible characters who stood firm for God. Answer sheet on website - [www.drug-freekids.com](http://www.drug-freekids.com)

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### 5. APRIL – Resisting Temptation

Talk about the dangers of drugs, alcohol, tobacco and gambling. Give appropriate scientific evidence for age of child to understand why they should not become engaged in addictive behaviours.

Have role plays on saying “No!” in different situations. Refer back to stories from last month or other stories of people who resisted temptation and said “No!”

#### Memory Verse:

*Proverbs 1:10 My son, if sinners entice you, do not give in to them.*

**Activity Sheet:** Colour in the dotted shapes to discover what to do when tempted. Answer sheet on website - [www.drug-freekids.com](http://www.drug-freekids.com)

### 6. MAY – Safeguarding our Environment

Discuss the principles for viewing television and using the internet with the children.

#### Memory Verses:

*Philippians 4:8 Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.*

*Psalms 101:3 I will set before my eyes no vile thing.*

**Activity Sheet:** Use the code to discover the principles regarding television and internet use. Answer sheet on website - [www.drug-freekids.com](http://www.drug-freekids.com)

### 7. JUNE – Importance of Good Friendships

Talk about the importance of making good friends. Give illustrations of friendships that caused destruction (e.g. Samson’s friendship choices) and other friendships that helped each other to grow and become better people (e.g. David and Jonathan)

Also address the issue of how to be a good friend, without bullying or abuse.

#### Memory Verses:

*Proverbs 13:20 Whoever walks with the wise will become wise; whoever walks with fools will suffer harm.*

*Proverbs 18:24 (God’s Word translation) Friends can destroy one another, but a loving friend can stick closer than family.*

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**Activity Sheet:** Find the differences in the pictures on being a good friend.  
Answer sheet on website - [www.drug-freekids.com](http://www.drug-freekids.com)

### 8. JULY – God’s Protection and Escape Paths

Emphasize the importance of having a close relationship with God through prayer and Bible study in order to escape temptation.

Use the **ESCAPES** acrostic to explore Bible passages, showing how the Bible can be applied to their lives. This makes a good basis for a daily walk with God time and helps children to apply scripture to their personal life. Use the story in Daniel 3 as an example: (You can use any Biblical passage and will find at least one of these points in it)

**Example to follow** – The three young men who stood true for God among a crowd of people doing the opposite and were willing to face death for it.

**Sin to avoid** – worshipping anything other than God – putting man’s laws above God’s.

**Command to obey** – God’s command to have no other gods nor bow down or worship anything other than God.

**About God / Jesus** – Jesus walks with us when we are put to the test for him. He walked in the fire with them and rescued them.

**Promises to claim** - *Daniel 3:17 If we are thrown into the blazing furnace, the God we serve is able to save us from it, and he will rescue us from your hand, O king.* – Our God can rescue His servants – He will be with us when we stand true for Him.

**Explore more...** What other stories can we find where God stepped in to help His people who were true to Him. Look for modern day examples.

**Something to pray about** – Courage to stand for God when everyone else is doing something different. God’s power and presence to be with people who are being persecuted for standing true for Him right now.

### **Memory Verses:**

*1 Corinthians 10:13 God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.*

**Activity Sheet:** Help the 3 men to find their way to Jesus through the flames.  
Answer sheet on website - [www.drug-freekids.com](http://www.drug-freekids.com)

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### 9. AUGUST – Asking God for Help

Helping children to understand prayer and that God is always available and we can call on Him at any time. Showing that God especially wants to help us withstand temptation. Look at the four ways God answers prayer:

If the request is wrong – God says **NO**

If the timing is wrong – God says **SLOW**

If you are wrong – God says **GROW**

If everything is right – God says **GO**

#### **Memory Verses:**

*Matthew 7:7 Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.*

*Luke 1:37 For nothing is impossible with God."*

*Isaiah 65:24 Before they call I will answer; while they are still speaking I will hear.*

*John 14:14 You may ask me for anything in my name, and I will do it.*

*James 1:6 But ask in faith, never doubting..*

*Hebrews 4:16 Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

**Activity Sheet:** Find the words in the Word Find and then work out the hidden message. Answer sheet on website - [www.drug-freekids.com](http://www.drug-freekids.com)

### 10. SEPTEMBER – Helping Others

To encourage the children to find another child that they can befriend and help. Form the children into a network of friends that will give positive peer pressure rather than negative peer pressure. Plan activities that can be done as a group – camping, fishing, sports, a service project for others. Also explore the issues of bullying and how to form a group of friends to stand up for one another and support those who are vulnerable.

#### **Memory Verse:**

*Ecclesiastes 4:10, 12 If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!... Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

**Activity Sheet:** This activity sheet is a colour in. If you want to use it as a colouring competition and create some bigger networks, then a picture sheet

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without the memory verse and with name details etc. is available on the website for that purpose - [www.drug-freekids.com](http://www.drug-freekids.com)

### 11. OCTOBER – Keeping Your Mind

This session is designed to look at the way the brain functions, its growth pattern during childhood and adolescence and the damage caused to the brain by the use of alcohol and other drugs. Compare the brain to a computer and the care that is needed to keep them from damage and from viruses that destroy. Explain how drugs and alcohol can wipe out the executive functions of the brain. Also stress that the brain is the medium that God uses to communicate with us and the importance of keeping that channel open so that we will know what God wants for our lives.

#### **Memory Verse:**

*Romans 12:2 (New Living Translation) Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect His will really is.*

**Activity Sheet:** Find the damaged letters on the computers to discover a hidden message about your brain. Answers are on the website - [www.drug-freekids.com](http://www.drug-freekids.com)

### 12. NOVEMBER – A New Spirit

This section is designed to empower the children to know that they can make a difference in their communities. Help them to find a project that they can work on. Some suggestions are given on the activity sheet. Help them to understand that in partnership with God there is power to achieve. Help them to understand that all action must be coupled with the principles of love and self-discipline in order to bring about a correct change and witness. Without these components, action or power can lead to abuse.

#### **Memory Verse:**

*2 Timothy 1:7 (New Living Translation) For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.*

**Activity Sheet:** Follow the letters around the circle, taking every 4<sup>th</sup> letter to find what a good motto can be for action. Answer sheet is available on the website – [www.drug-freekids.com](http://www.drug-freekids.com)