

## WEEK 3 LESSON GUIDE

## measure up

### BIG IDEA

We can follow  
Jesus.

### BIBLE

The Baptism of Jesus:  
John 1:29-42

## WELCOME TIME

### MUSIC | Praise in the Park

- **INSTRUCTIONS:** You can lead kids in worship with any songs of your choice, but here are some suggestions 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!](#)
  - "Why He Came" (Lifeway Kids Worship)
  - "Seek First His Kingdom" (Seeds Family Worship)
  - "Follow On" (Orange Kids Music)
  - "I Want to Be Like Jesus" (Lifetree Kids)
  - "I Wanna Do Right" (Jana Alayra)

### ACTIVITY | Mirror Image

- **INSTRUCTIONS:** Encourage kids to partner up and face each other. Have one kid strike a pose that the other kid has to imitate. If you want the kids to have a good laugh and see what a fun house mirror is like, show [this video](#).
  - ✂ **TODDLER HACK:** Play a themed game of Would You Rather. Have kids move to a side of the room, and include actions for kids to complete, based on which option they choose. For example, would you rather spend all day at an amusement park (run in place) or sleep all day (lay on floor and pretend to sleep); would you rather go on a ride that spins (spin in a circle) or a ride that goes up and down (hop up and down).
- In today's story, Jesus is more grown up! I wonder what Jesus looked like when people started to find out that he is God's son.
- **Who knows what a mirror is?** Mirrors help us see what we look like. Interesting fact . . . **Did you know that there were no mirrors when Jesus was growing up?**
- Another interesting fact . . . Amusement parks sometimes have mirror houses with mirrors that make you look really silly! Today, we're going to be mirrors for each other!

### ACTIVITY | Follow the Footprints

- **INSTRUCTIONS:** Draw a walking footprint path on a long piece of butcher paper. You can make it interesting by having parts where they have to jump (large space in between), hop with both feet (draw the footprints next to each other), or even hop with one foot (only one footprint). Lay out the butcher paper, and place the bucket at the end of the path. Give kids a small ball that they can toss into the bucket when they reach the end.
  - ✂ **TODDLER HACK:** Younger toddlers may not be able to jump or hop yet. Instead, draw footprints that are close together then further apart to go from taking small steps to bigger steps.
- [Before laying the butcher paper down, you can choose to do this simple demonstration.]
- **Who can help me take this ball to the bucket?** [Chances are, the volunteer will walk straight over there to put it in.]
- That was great! **Would you like to see another way you can take the ball to the bucket?**
- In today's story, we'll meet some people who start to follow Jesus! Just like how following the footprints makes the game more interesting, following Jesus totally makes life more interesting!

## STORY TIME

### SCRIPTURE | John 1:29–42 (The Baptism of Jesus)

- **INSTRUCTIONS:** Choose five volunteers to play John, Jesus, Andrew, another disciple, and Simon. Designate specific props for each character: vest (John), cross body sash (Jesus), headband (Andrew), hat (another disciple), headband (Simon). Have them remain seated until they are introduced as you tell the story from John 1:29–42. Guide their arm gestures in fun or exaggerated ways as needed to add emphasis to the story.
- A man named John was given a very special and important job by God: to prepare people for meeting Jesus. John loved to tell others about Jesus.
- One day, John saw Jesus coming towards him! [Jesus walks towards John.]
  - John excitedly said, "Look!" as he pointed Jesus out to those around him. [John points to Jesus.]
- John told them about the time when he baptized Jesus in the river.
  - People get baptized in the water to show that they want to start a new life with God. It's like the water was washing away all the things from their old way of life and they can start new and clean.
  - Jesus didn't really need to be baptized because he never did anything against God. But he did it anyway because that's what God wanted him to do.
  - When Jesus came out of the water, John saw the Holy Spirit of God come down from the sky like a flying dove and land on Jesus. [Create a bird gesture with your hands, flying it down to land on Jesus.]
  - God spoke and said that Jesus was God's precious son. That's why John told everyone about Jesus.
- The next day, John was with two of his disciples when he saw Jesus walking by again! [Jesus walks by John, Andrew, and another disciple.]
  - John got excited . . . again! **What do you think John said?** He said, "Look! The son of God" as he pointed Jesus out again! [John points at Jesus.]
  - **What do you think John's disciples did when they heard this?**
- They actually started to follow where Jesus went! [Disciples stand behind Jesus. John sits down.]
  - Jesus saw them following and asked, "What do you want?" [Jesus turns around, raises hands to side, and shrugs shoulders.]
  - The disciples wanted to know more about Jesus so Jesus invited them to come with him. [Jesus waves them to follow him.]
- They spent the rest of the day with Jesus! One of these disciples was named Andrew.

- The first thing Andrew did was tell his brother, Simon, that he found Jesus. *[Andrew taps Simon on the shoulder then brings him to Jesus.]*
- Andrew brought Simon to meet Jesus, and Jesus gave Simon a new name, Peter. *[Jesus and Simon shake hands.]*
- Once people got to know Jesus, they couldn't help but follow him!

### BIG IDEA | We can follow Jesus.

- **INSTRUCTIONS:** Assemble a carnival punch-out game board following [these instructions](#). To make it more reusable, you can use rubber bands to secure the tissue paper rather than using hot glue. Use raffle tickets and write one word of the Big Idea on each ticket. Without tearing them, fold them up and place them inside one of the cups before placing the tissue paper to cover the opening of the cup. Kids can take turns punching holes in the cups until the winning ticket is found!
- You found the winning ticket! Today's Big Idea is . . . **We can follow Jesus.**

### VIDEO | Measure Up, Episode 3

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

### ACTIVITY | Along for the Ride

- **INSTRUCTIONS:** Line up a set of single or double chairs in a vertical row (like riding a rollercoaster). Choose a leader to sit at the front while the rest of the kids choose another seat. The leader can move their body left, right forward, backward, or up (jump), and the rest of the kids follow along. Have the riders exit the ride, and invite a new set of kids to enter the ride.
  - ✂ **TODDLER HACK:** Have sitting dots or tape pieces of paper to the floor for kids to sit on. Have an adult volunteer at the front leading which direction kids move their body in (sway to either side, lean forward, get up and jump, or sit down).
- **What kinds of rides have you been on?** Perhaps a train ride or a small rollercoaster! Rides can go left and right, fast and slow, and even up and down. Sometimes, we can't tell which way it'll go!
- John's disciples asked Jesus where he was staying. Jesus didn't tell them where he was staying or how to get there. Instead, Jesus invited them to come and see. You could say that Jesus took them for a ride!
- We won't always know where God is taking us, but Jesus invites us to come along for the ride by following him. Remember, **we can follow Jesus!**

### PRAYER

- God, thank you for showing us that Jesus is your son. Show us how to follow Jesus every day. Amen.

## SHARING TIME

### SNACK | Just Add Water

- **INSTRUCTIONS:** Ask for a couple of kid volunteers to help you make Kool-Aid. Add Kool-Aid powder to a pitcher, then "just add water." Stir it up, and serve a small cup of Kool-Aid alongside watermelon and graham crackers.
- **What is your favorite water activity?**

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** Set up a water coin drop game by placing a short, wide-mouth jar in a bin and filling the bin with water until the jar is covered by at least three inches of water. Give a coin to the person who will answer a question. After they answer, have them toss the coin into the bin to try to get it in the jar. Give another coin to the next person.

- Who did John say Jesus is?
- How did John know that Jesus is God's Son?
- What did John's disciples do when they saw Jesus?
- What does it mean to you to follow Jesus?

### ACTIVITY | Follow Jesus Pin

- **INSTRUCTIONS:** Give each kid one Follow Jesus circle label, one wooden circle, one clothespin, and some glue dots. Have them stick their labels to their circles. Encourage kids to color their circles and decorate with gem stickers. Then use the glue dots to adhere their circles to the clothespins. They can pin their crafts to their clothing as a way to share with others about Jesus. (See a worked example [here](#).)
- Andrew decided to follow Jesus back to where Jesus was staying. Then, Andrew went to bring his brother, Simon, to meet Jesus! **We can follow Jesus**, too, and when we do, we can also tell others about Jesus!

### MEMORY VERSE | Matthew 6:33 (NIV)

- "But seek first his kingdom and his righteousness, and all these things will be given to you as well."
- **INSTRUCTIONS:** Teach the kids hand motions as they learn the whole verse. Split the kids into nine groups. Assign each group one of the hand motions to do as you say the verse a few times. Continue assigning each group a different (or an additional) hand motion until they've all had a chance to do each hand motion at least one time.
- Our memory verse for the month is from Matthew 6:33. Let's learn some hand motions to go with it!
  - **But seek first** [Show one finger.]
  - **his kingdom** [Raise arms up.]
  - **and his righteousness** [Show thumbs up.]
  - **and all** [Spread arms wide across.]
  - **these things will be given** [Hold palms up in front of body.]
  - **to you as well** [Point to yourself using your thumbs.]
  - **Matthew** [Unfold hands like you're opening a book.]
  - **6** [Hold up three fingers on each hand.]
  - **33** [While still holding up three fingers on each hand, push hands close together.]

## PLAY TIME

### ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Print and distribute the coloring page along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.

### ACTIVITY | Jesus' Baptism

- **INSTRUCTIONS:** Make [blue rice](#) and an [origami dove](#) beforehand. Place blue rice in a bin along with two peg people and the dove. Encourage kids to reenact Jesus' baptism.

### ACTIVITY | Following Jesus

- **INSTRUCTIONS:** Set modeling dough out on a table. Encourage kids to make people out of the dough, build a house out of the blocks, and reenact John's disciples following Jesus to where Jesus was staying.