

WEEK 4

LESSON GUIDE

RISE & SHINE

BIG IDEA

Jesus is there for me every day.

BIBLE

The Road to Emmaus:

Luke 24:13-35

WELCOME TIME

MUSIC | Sunrise Songs

- **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!](#)
 - "Rise and Shine" (Go Fish)
 - "Brand New Day" (Arkkids)
 - "On the Farm" (Kingspring Children's Ministry)
 - "Your Light Has Come" (Cokesbury VBS)
 - "It's a Happy Day" (Yancy & Little Praise Party)

ACTIVITY | Walk This Way

- **INSTRUCTIONS:** Create a "road" using pool noodles or tape lines on the ground in your room. Invite preschoolers to move down the road in various movement styles. Examples: walk slow, skip, hop, jump, walk backwards.
 - ✂ **TODDLER HACK:** Use a preschool walking rope to take toddlers on a short walk through the church!
- **Who here likes to go on walks?**
- Today in our Bible story we're going to hear about a pretty amazing walk some people were on, but before that, let's take a walk of our own!
- I'll tell you how we're going to walk. Come on! Follow me!

ACTIVITY | B-I-N-G-O!

- **INSTRUCTIONS:** Print and cut the printable so that each kid can get one bingo card. Distribute a bingo card to each kid and lay out [farm animal stickers](#) or [stamps](#) for them to place on their blank cards. Tell them they can put any animal in any space, but only one per space. Stamp or place a sticker on small slips of paper (one per paper), and use these to draw out the bingo animals. Then play Bingo! Have preschoolers cross out any animal you call out and whoever gets four in a row should sing out the line, "B-I-N-G-O!"

✂ **TODDLER HACK:** Sing the song “[B-I-N-G-O](#)” together! Come up with silly motions to do for each letter of “B-I-N-G-O” and do them each time it comes up in the song.

- **Do you remember who died and came back to life?** J-E-S-U-S! Jesus is his name-o!
- Let’s find out what else he did in today’s Bible story!

STORY TIME

SCRIPTURE | Luke 24:13-35 (The Road to Emmaus)

- **INSTRUCTIONS:** Read and tell the story from Luke 24:13-35 as a farmer taking a break from their work. You can set up your story space with [DIY hay bales](#) and [fruit crates](#) kids can sit on instead of regular chairs.
- Hi friends! It’s time for story time on the farm! Everyone come circle up by me!
 - (Sing to the tune of “Old Macdonald Had a Farm”.)
 - **Circle up for story time, E-I-E-I-O.**
 - **Bible stories are the BEST, E-I-E-I-O.**
 - **the Bible is TRUE, the Bible is FUN,**
 - **the Bible is for everyone!**
 - **Circle up for story time, E-I-E-I-O.**
- Today our story starts with someone named Cleopas and his friend. They were walking on a road to a town called Emmaus.
 - **Everyone say “Emmaus.” Good job!**
- They were walking and talking about Jesus and everything that happened to him. Suddenly, someone else was walking with them. The new friend asked them what they were talking about.
- Cleopas was surprised that this new friend joined them from out of nowhere. He asked the stranger, “Don’t know you all the things that have been going on around here?”
- But the new friend answered, “What things?”
- Cleopas and his friend couldn’t believe that this man knew nothing!
 - **Everyone scratch your heads with me. Hmm . . .**
- So Cleopas and his friend told their new friend all about Jesus.
 - How he was an amazing teacher who did all sorts of wonderful things. But some people did not like the attention he was getting and decided to find a way to make him go away.
 - Even though Jesus did nothing wrong, they ended up capturing him and putting him on a cross. He died and was put inside a tomb.
- And now some people were saying that Jesus was alive. If he is, where is he?
 - **Shrug your shoulders with me.**
- The new friend told Cleopas and his friend that it sounds like Jesus is exactly who the Bible has been talking about all along. He started teaching them as they walked together. He explained that all the people from long ago have been talking about a savior for a long time, and that savior was Jesus.
- Cleopas and his friend listened closely to the man. They loved hearing him talk.
 - **Everyone say, “Tell us more!”**
- So when they got to town, they begged their new friend to stay with them. So he did. When they sat down to eat, he took the bread, prayed, and passed it out to everyone at the table.
- This felt very familiar! Then they knew. This new friend . . . was . . . none other than . . . wait for it . . . JESUS!
 - **Let me see you open your eyes really big!**
- Right when they figured it out, Jesus disappeared.
 - **Let’s put our hands over our eyes and look around. Where did he go?**

- They didn't know where Jesus went but they remembered how they felt when Jesus had been talking to them on the road. They knew their new friend was someone very special. And he was. It was Jesus all along!
- Even though they didn't notice right away, Jesus was with them the whole time that day, on that long walk.
- And even though we can't see him, Jesus is with us, too!

BIG IDEA | Jesus is there for me every day.

- **INSTRUCTIONS:** Using a garden bed, an inflatable pool filled, or a plastic bin filled with dirt, sand, rice, or [kinetic sand](#), have kids dig and find the words from the Big Idea. Let kids know there are seven separate words they are searching for. Bring towels and wipes for kids to wash their hands afterwards. Once the kids find all of them, pin or tape them up where kids can see them then point to each word while saying it out loud. Then say it once more while doing the hand motions and have kids repeat after you.
- You dug up today's Big Idea! Let's all say it together:
 - **Jesus is** (Put arms up like a "V")
 - **there for me** (Hug self)
 - **every day.** (Make an "O" with your arms — like the sun — and sweep across from left to right)

VIDEO | Rise & Shine, Episode 4

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

ACTIVITY | Emmaus Walk

- **INSTRUCTIONS:** Mark a long line across the floor using painter's tape. Instruct kids to walk across one at a time like a tightrope (one foot in front of the other). Then have them try it while wearing a blindfold.
- In today's Bible story, we heard about how two friends were walking along a road and didn't even know that they were joined by Jesus!
- **Was it easier to walk across with your eyes open or covered?**
- It was probably a little bit harder with your eyes closed. But even though you couldn't see me, I was right there to help you so you wouldn't fall. You could hear my voice and you knew that I was watching over you.
- It's like that with Jesus, too. Even though we can't see him, Jesus is always with us. He cares about us and he always listens to us.
- **Jesus is there for me every day!**

PRAYER

- Jesus, thank you for always being there for me. Remind me to talk to you every day because I know you care about me. Amen.

SHARING TIME

SNACK | Graham Cracker Roads

- **INSTRUCTIONS:** Give preschoolers a graham cracker, a spoon of frosting, and a small cup of cookie crumbs. They will spread the frosting on the graham cracker then sprinkle the cookie crumbs on the frosting to create a "dirt road".
- Today we're going to make a snack that looks like a road, like the one from our Bible story.
- **Does anyone remember the name of the town that the road led to?** Emmaus!

ACTIVITY | Circle Time

- **INSTRUCTIONS:** Preschoolers will pass a loaf of French bread, reminiscent of the bread that Jesus shared with the disciples from our story today. Play "Hot Potato" with the bread where kids have to pass it around the circle until you say, "Stop!" As a question to whoever is holding the bread. They can pass the bread to a friend if they need help answering. Make sure to tell preschoolers, "This bread is not for eating today."
- **What were Cleopas and his friend doing when a new friend joined them?**
- **Who was the person that joined them?**
- **When did everyone figure out that the new friend was Jesus?**
- **When is Jesus there for you?** Every day!

ACTIVITY | Eyes to See

- **INSTRUCTIONS:** Help preschoolers make glasses out of pipe cleaners like [this](#).
- Jesus was walking on the road to Emmaus with his friends and they didn't even notice it was him until much later in the day!
- Today we're going to make a pair of glasses to help us remember to look for all the ways that Jesus is with us every day.
 - **Where are some places you might find Jesus?**
 - **When is Jesus with us?**
 - **What can you talk to Jesus about?**
- Jesus is everywhere and with us always, and we can talk to him about anything. **Jesus is there for me every day!**

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 | All About the Farm

- **INSTRUCTIONS:** This week, show this [video about the farm](#) and have kids play with the [farm sensory bin](#) you prepared in Week 1.

ACTIVITY | Farm Vehicles Play

- **INSTRUCTIONS:** Create farm road sensory bins like [this](#), using materials like acorns, twigs, string bundled into small hay bales, and tractor toys. Fill the bins with kinetic sand.