

WEEK 5

LESSON GUIDE

RISE & SHINE

BIG IDEA

I can share God's love every day.

BIBLE

Jesus Restores Peter: John 21:1-17;
John 10:1-10

LARGE GROUP TIME

Life on the farm is centered around the sun. Knowing when the sun rises and sets helps us grow things on the farm and helps us find warmth beneath its rays.

As we wrap up our series this week, let's remember that the darkness never lasts. The sun comes out eventually! With that in mind, let's see how Jesus helped his good friend Peter rise and shine!

WHAT? What are we talking about today?

MUSIC | Worship

- **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!](#)
 - "Good Morning" (Mandisa)
 - "Rise Up and Shine" (Rend Co. Kids)
 - "This is Living" (Hillsong Kids)
 - "Story of the Cross" (Rend Co. Kids)
 - "The All Day Song" (Go Fish)

ACTIVITY | Grow Where You Sow

- **INSTRUCTIONS:** Ball up pieces of paper then "sow" these "seeds" throughout the room. Invite the kids to move around on their hands and knees (or like chickens) and try to pick up one seed at a time without using their hands. Encourage kids to work together to come up with creative solutions. Play until all the seeds are found.
 - ✂ **PRETEEN HACK:** Instead of having preteens crawl individually like chickens, have them work in wheelbarrow-race-type pairs to go around and collect as many seeds as possible.
 - ✂ **SPECIAL NEEDS HACK:** Hide the seeds around the room and have one kid go at a time. Play "Hot or Cold" with them (allow the group to help also) to help them identify the nearest hidden seed. Play until everyone has found at least one seed.

- I loved watching everyone help each other! Helping each other is the best because everyone can use the gifts that God gave them and in the end, it turns out better than if just one person had done it.
- Everything is better when we work together.
- **How much longer do you think it would have taken if we had tried to do these things on our own?** So much longer! It's so good to work together and help each other!

ACTIVITY | Farm to Table

- **INSTRUCTIONS:** Split kids into teams and give each team a basket. Space out the different pictures of food around the room, with as many copies at each station as there are teams. Have all teams start in the middle of the room. One member from each team will take the basket and quickly retrieve one item and return to the group. Then the next player will take the basket and go until everyone has gone and all teams have one of each item. Then, with the food they got from the "Farmer's Market," have them compile a meal with the dietary restrictions you give them (see below). The first team to correctly pick all the items that pertain to the conditions wins each round.
 - ✂ **PRETEEN HACK:** Using various art materials, preteens can each decorate a hardboiled egg that represents them. When finished, have everyone put their eggs in a cartoon as a reminder that each person is different, but it's when we all come together that we can see how creative God is and how each person has a place in God's family.
- Wow, this morning's Farmer's Market was *ripe* with lots of high-quality, farm-fresh foods! Now, in true "farm-to-table" fashion, you are going to prepare a meal with these fresh ingredients.
- I'm going to tell you which special people we're packing for and your group will throw the food items into the basket. We'll empty the basket before the next round.
 - **Round 1:** Food that people in your group would like to eat [*This is a practice round. Everyone wins.*]
 - **Round 2:** Prepare a meal for people who are allergic to dairy
 - **Round 3:** Prepare a meal for people who can only eat vegetables
 - **Round 4:** Prepare a meal for people who *cannot* eat vegetables
 - **Round 5:** Prepare a meal for people who *only* eat fruits and dairy
- One way we can care for the needs of others is to pay attention. If our friend is allergic to dairy, we wouldn't want to serve them a slice of cheese!

POLL | Ways You Have Helped

- **INSTRUCTIONS:** Have kids answer the poll by saying "Me!" if they've ever helped in this way, or say "Moo!" if they have not.
- Let's see the ways you all have been helpful to others. **Who here has ever . . .**
 - **Mowed someone's lawn?**
 - **Helped someone with their homework?**
 - **Washed dishes?**
 - **Picked up someone else's mess?**
 - **Tied someone's shoe?**
 - **Put food on a plate for someone else?**
 - **Shared something special to you?**
 - **Given someone the last of something, even if you wanted it for yourself?**
 - **Let someone else have a turn?**
 - **Listened when they had a problem to talk out?**
 - **Given friendly advice?**
- We all can help others by using our own gifts and talents. Think about ways you can help someone this week!

SO WHAT? *Why does it matter to God and to us?*

SCRIPTURE | John 21:1-17 (Jesus Restores Peter)

- **INSTRUCTIONS:** Read John 21:1-17 then invite volunteers to rehearse and act out the story using props and costumes. Characters: Narrator and Peter.
- Every day farmers must take care of their animals and their crops. If they forget, it could lead to real trouble like hungry animals, stinky animals, sick crops, and more! Taking care of their farm is how they show their love for it.
- Farmers aren't perfect, but they do their best. Let's keep reading on how Jesus responded to someone who loved him.
 - **Narrator:** The story begins with Peter. Do you remember Peter? He was the one who panicked after Jesus was arrested and said that he didn't know who Jesus was. He felt terrible after he did that and wanted to make up for it somehow.
 - **Peter:** It's true. One day, my buddies and I were out fishing. We fished for hours and hours but caught nothing. But then someone called out to us and asked us if we had caught anything. When we said that we hadn't, the man told us to throw our nets to the other side of the boat.
 - **Narrator:** When they did this, the net filled with so many fish they couldn't haul it back into the boat! Doesn't this sound familiar? Didn't something similar happen when the disciples were first called by . . .
 - **Peter:** Jesus! It was Jesus! I knew this kind of thing could only come from him. So I jumped into the water and hurried toward Jesus.
 - **Narrator:** The other disciples followed in the boat, towing the net full of fish. When they landed, they saw Jesus had built a fire of burning coals with fish on it. They all knew it was Jesus, too. As they ate, Jesus asked Peter a question.
 - **Peter:** He asked me, "Do you love me?" And I told him of course I did! You know I love you, Jesus! Then Jesus told me to feed his lambs.
 - **Narrator:** Jesus asked Peter the same question two more times. Each time, Peter told Jesus he loved him, and Jesus told Peter to take care of his sheep.
 - **Peter:** That's right he asked me a total of three times if I loved him. And he told me a total of three times to take care of his sheep. It was as though Jesus was telling me that he had forgiven me for denying him before.
 - **Narrator:** And in telling Peter to take care of his sheep, Jesus was telling Peter to take care of others and to share all the things he knew about Jesus with them.
- Saying I love you and acting like you love someone are two different things. Jesus was showing the difference. Jesus showed us he loved us by dying on the cross and rising again. Now Jesus was telling Peter to show that he loved Jesus by taking care of others.

BIG IDEA | I can share God's love every day.

- **INSTRUCTIONS:** Using a garden bed or an inflatable pool filled with dirt, have kids dig and find the words from the Big Idea. Let kids know there are nine separate words they are searching for. Bring towels and wipes

for kids to wash their hands afterwards.

- The soil on our farm is important in so many ways, but once again, digging in the dirt is going to reveal something extra special . . . Our BIG IDEA!
- **I can share God's love every day.**
- Yes! Jesus told Peter to take care of his people, and that's what he tells us too. When we take care of others we are sharing God's love.

VIDEO | Rise & Shine, Episode 5

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

VIDEO | Farm Equipment

- **INSTRUCTIONS:** Show a [video](#) about farm vehicles and machines. Talk about how each helps farmers with their work.
 - ✂ **SPECIAL NEEDS HACK:** Split the kids into groups and assign a toy truck or tractor to each group. Have volunteers assigned to each group who can go over fun facts and functions of that truck. Then have kids take turns repeating some of the information that was shared while holding the truck or tractor.
- Farmers use various equipment to help them do tasks around the farm. As you might have noticed, they're not just little wheelbarrows and wagons. Some of these are heavy-duty equipment!
- When it comes to the task of sharing God's love with others, we can do better than little wheelbarrows and wagons — meaning, we can do more than just the bare minimum. We can share God's love by actually doing some heavy lifting . . . by caring for them!
- **How do we start taking care of someone else?**
- **What are questions we could ask them?**
- Jesus did the same for Peter by helping him cast off that giant burden he had been carrying around since denying Jesus. Then he invited him to do the same for others.

OBJECT LESSON | Farm First Aid Kit

- **INSTRUCTIONS:** Bring a first aid kit to class. Be sure to buy one that is kid-friendly and with multiple band-aid skin colors for greater inclusion. Give kids turns to open the kit, take an item out, and ask questions.
- The items in the first aid kit help us when we are hurting, by protecting our injury.
 - **What is each item for?**
 - **Have you ever had to use that?**
 - **If yes, how did it help with your injury?**
- In the same way, Jesus takes care of us when we are hurting. We can share that love with others by helping our friends when they are hurting. **I can share God's love every day.**
- **Is there a time you helped a friend when they were hurting? What did you do?**

SCRIPTURE | John 10:1-10

- **INSTRUCTIONS:** Show kids [an image](#) of an ancient sheepfold, then read John 10:1-10. Point to the parts of the image that the passage refers to while reading.
- **Do you know what a sheep pen is?** It's a place where the sheep are kept.
- Jesus tells us that he is the gate to the sheep pen. That means he keeps all the sheep inside safe and he can also let anyone in that he wants to.
- Jesus told Peter that if he really loved Jesus, he should take care of Jesus' sheep. That meant that Jesus wanted Peter to show his love for Jesus through actions.

- His previous actions before Jesus died did not match his words – even though Peter told Jesus he loved him, the night Jesus was captured, Peter pretended to not know him. Jesus was telling Peter to step it up now . . . it was time to demonstrate his love for Jesus by the way he loves others.
- **Who is someone you might want to invite to the sheep pen with you so they can experience the love Jesus gives?**

NOW WHAT? *What does God want us to do about it?*

REFLECTION | Feeding God's Sheep

- **INSTRUCTIONS:** Create a [3-dimensional bonfire scene](#) with toilet paper rolls and construction paper (see your Shop & Prep List for more details). Cut fish shapes out of construction paper. Make sure the background butcher paper extends well past the sides of the bonfire so kids can stick the fish around during the reflection time. You may choose to play some [ambient noise](#) like you are by a body of water.
 - ✂ **PRETEEN HACK:** Instead of having students stick fish on the wall, have preteens each take one fish and write the answers to these questions on them. You can also add that the fish represents food, and as Jesus said in John 4:34 that his food is to do God's will, show kids that helping others can be part of our spiritual food.
- Jesus created a fish breakfast meal for his disciples when he met them on that lakeshore. It might have looked a little like this. Right now we're going to focus on Jesus' ask for Peter to love his people.
- Remember he said to "feed my sheep" which meant taking care of people. **How does feeding others take care of them?**
- You don't need to say the answer to these questions out loud, but you can think of your answer in your head.
 - **Who in your life might need your help?**
 - **Who do you turn to when you need help?**
 - **How does spending time with Jesus make us more helpful?**
- **On your fish, write or draw one way you can take care of God's sheep (other people).**

RESPONSE | Farmer's Almanac

- **INSTRUCTIONS:** Kids will reflect by journaling this Easter season using the Farmer's Almanac printable. Since this is the final week of Rise & Shine, have kids bind their pages together. You can do this by having kids 1) fold all their entries in half (text inside, blank outside), 2) stack all the pages in order so that the second page of the first entry is on the back side of the first page of the next entry, 3) glue the pages that touch using a glue stick, then 4) glue the first and last page to a piece of colored cardstock folded in half. Kids can decorate the cover if they'd like!
- Today, we will complete our Farmers Almanac, where we store important information about what we have been learning and thinking during this series.
- **Make a list of things you know how to do that could possibly help others in the future by drawing or writing ways you can share God's love with others.**
 - **How can you help?**
 - **How can you listen?**
 - **How can you lead?**
 - **How can you give?**
- Ask God for the ability to see people who need help. Ask God for courage when offering to help others.

MEMORY VERSE | Luke 24:6a (NIV)

- "He is not here; he has risen!"
- **INSTRUCTIONS:** Use stones like you might use to build a sheepfold. Paint one word from the memory verse per stone. Take kid suggestions on how to stack the sheepfold stones up to write out the memory verse.
- (Don't forget to also check out the memory verse signs – a combination of SEE and ASL – available in your Programming folder or at growcurriculum.org/Luke24-6a.)

PRAYER

- **INSTRUCTIONS:** Invite each small group leader to lay out a picnic blanket for a picnic prayer time. As they gather in small groups upon picnic blankets, have the group repeat the following prayer after you, then have leaders spend a few minutes praying with their small groups.
- Jesus, thank you for taking such good care of me. Remind me that I can use my hands and feet to help others. Help me to see those who need help and give me courage to help them. Give me courage to share your love with them. Amen.

SMALL GROUP TIME

DISCUSSION

- Why do you think the disciples were fishing instead of waiting for Jesus?
- What did Peter do when he recognized Jesus on the shore? Why would he do that?
- When Jesus tells Peter to feed his sheep, what is he asking Peter to do?
- Read John 10:4. Who is the shepherd and who are the sheep in this verse?
- Can you think of a time someone shared God's love with you? What did they do or say?
- What is one way you can share God's love with someone?
- When we share God's love, God's love spreads. Where is a place you can spread God's love?

ACTIVITY | Sheepfold Marble Maze

- **INSTRUCTIONS:** Build a [marble maze](#) naming the marble as sheep and guiding them to the pen.
 - ✂ **SPECIAL NEEDS HACK:** Instead of building a maze, give them a piece of paper to lay inside their box. Provide washable paints that kids can dip their marbles into and roll it around inside the box to create interesting [marble art](#).
- Just like we can guide the marble sheep through the maze, we can help guide people to Jesus by sharing God's love with them!
 - Who can I help at home this week?
 - How can I help them?
 - Who can I help at school this week?
 - How can I help them?
 - Who can we help in my neighborhood this week?
 - How can we help them?
 - Are there things this group can do to help these things become a reality?