

Totally Extreme

LESSON 3 - Extreme Honesty

Main Point:

David was shockingly honest with God, as was Jesus. We can also be honest with God when we pray.

Today's Message:

Extreme honesty is a good quality to have. David possessed it when he cried out to God about his sin and also with his doubts. Jesus had extreme honesty with God in times surrounding the crucifixion. Being real and honest is what God wants from us. We can talk to him about anything through prayer.

Scripture:

Psalm 32:1-5; Psalm 13; Matthew 26:38-39; Matthew 27:46

Series Memory Verse:

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel. 2 Timothy 2:8



Provided Videos:

- **Countdown Video**
- **Game Video:**
Does That Come in Green?
- **Worship Videos:**
Praise You Anywhere
Good Good Father
Runnin'
- **Bible Lesson Video:**
Extreme Honesty

Suggested Order of Service:

1. Icebreaker Activity - 5 Min.
2. Game Video - 3 Min.
3. Worship - 12 Min.
4. Lesson Set-Up - 10 Min.
5. Bible Story Video - 2 Min.
6. Message - 15 Min.
7. Memory Verse Activity - 10 Min.
8. Discussion Time - 20 Min.
9. What We Learned Today (Take-Home Page)
10. Additional Activity Resources Provided in Download Folder



MID-WEEK PREP



Supplies to Gather:

- A Diary (Object Lesson)
- A Screen, Chalkboard, or Dry Erase Board (Large Group Memory Verse)
- A Soft Ball or Beanbag (Small Group Memory Verse)



Parent/Volunteer Email:

Hello!

Extreme honesty – it's something we should possess, but sometimes it's hard to take, right? We don't necessarily like to hear complete and utter honesty from others if it means they doubt our abilities or think poorly of us. This week we are learning that David had extreme honesty, and it was a good thing. He confessed his sins to the Almighty. He shared doubts. And it was all good. Examples of this are found in Psalm 32:1-5 and Psalm 13.

Jesus also communicated with God with complete truth. His time on earth was not easy, and He expressed wishing there was a different way besides going to the cross. These examples show us that God expects us to be real and raw. We want to teach our kids that they can talk to God about anything – fears, doubts, and confessions. Nothing shocks Him nor is too difficult for Him to take. He wants to help bear our burdens.

See you Sunday!



Social Media Post:

Come learn about how God wants us to show Him Extreme Honesty, no matter how we are feeling.

ICEBREAKER ACTIVITY

EXTREME ROCK, PAPER, SCISSORS



Items Needed:

None



Instructions:

Divide students up into two teams. Have them line up in their groups, facing each other, but on opposite sides of the room. At your command, the first person from each group will begin hopping towards the center of the room. When the two meet, they will do rock, paper, scissors. The person who loses goes to the end of their line, and the person who wins keeps hopping towards the other team. The next person in the loser line starts hopping. Continue playing. As two people meet, someone loses and goes to the end of their line, and the winner keeps moving forward. The winning team is the one that makes it all the way to the beginning of the other team's line. Optional: Use carpet dots or hula hoops for kids to hop in as they make their way to each other.

Say, "Today we are going to play Extreme Rock, Paper, Scissors. Let's practice doing Rock, Paper, Scissors. Rock beats Scissors, Paper beats Rock, and Scissors beat Paper. The extreme version means we are going to face off with two teams. You will hop towards each other. As you meet up, you play. The loser goes to the end of their line. The winner keeps moving forward."



Game Video:

Does That Come in Green?



Worship Videos:

Praise You Anywhere

Good Good Father

Worship Video: Runnin'

LESSON SETUP

Use one or both of these activities to prepare your students for the lesson.

Option 1: Group Game

Three Truths & A Lie

Instructions:

Say, “Today is all about honesty. It’s a great characteristic to have. I need three volunteers to come up to the stage. You will each think of four statements. These should be things about you, like I have two dogs, or I can play the piano. Three of your statements should be true, and one should be a lie. I’ll hold up my fingers 1, 2, 3, or 4 for each statement you give us. Then we will take a vote on which one of your statements is false. The audience will vote by showing that number on their fingers.”

You might want to choose the volunteers beforehand, so they have time to think and even write down their four statements. Give kids an example by giving four statements for yourself. Have kids take turns giving their statements. Have kids in the audience hold up a finger to indicate which number they think was the lie.

Variations:

Choose a bigger number of competitors. Have them say one thing about themselves. And have the audience vote by standing if they think it’s true and sitting if they think it’s false. If the audience guesses correctly that student is out of the game. If the audience guesses wrong, they remain for another round of statements.

What’s the Point?

Say, “You might have been a good liar up on stage, but we can never really lie when it comes to God. He knows everything about us, and He wants us to be up front and honest with Him.”

LESSON SETUP

Option 2: Object Lesson

Items Needed:

A Diary

Show students the diary.

This is a diary. Does anyone have a special book like this? You might just call it a journal. But it's a private place where you can write down your thoughts. You can write down good things about your day. You might write down bad things, like how you're angry with your brother or sister. You might even write secret things like who you have a crush on.

Usually, a diary is for your eyes only. You would never want anyone, not even your best friend to read it. It contains your private thoughts. Some diaries even have a lock and key. If we are having big feelings, it might be hard to share them with the people around us. It's good to write things down in a diary, but it's even better to share those things with someone who can understand.

God is that someone! He actually knows all about us, even the thoughts inside our head. Our happy thoughts, our angry words, and even our crushes don't surprise him at all. God wants us to be honest with him. That means we don't have to wait to talk to Him until we are having only good thoughts on a good day. He wants us to communicate when we are mad or sad or don't understand what's going on. He can handle our questions. He can handle our big feelings. Both David and Jesus were extremely honest with God, and we can be too.



Bible Story Video:

Extreme Honesty

MESSAGE:

EXTREME HONESTY

Main Point:

David was shockingly honest with God, as was Jesus. We can also be honest with God when we pray.

Scripture:

Psalm 32:1-5; Psalm 13; Matthew 26:38-39; Matthew 27:46

▶ Introduction

We started this series by talking about the extreme way that David worshiped, and last week we talked about his extreme gratefulness toward God. This week we're talking about his extreme honesty. David definitely wasn't perfect. But he was honest about his imperfections. We know that honesty means telling the truth, right? Being extremely honest means you are truthful no matter what, however you are feeling.

We can have some pretty big emotions sometimes. Things can make us super angry. We might want to hold that anger in, but we can talk to God about it. Sometimes we get really worried. Our brains get the best of us when we keep that all inside, but God wants us to share with Him. Other times, things don't make sense, and we are full of questions. We can't be afraid to share those thoughts with God. But He welcomes all of our conversations with Him.

▶ Transition

Extreme honesty can be scary. It's not easy to share how we are feeling. When we think about telling a friend or family member our thoughts, we might worry that they won't understand or think we are crazy or silly for those big feelings. Know that you have adults in your life, like the ones you are at church with, who are ready to listen.

Even more, God is always waiting with a listening ear. He can handle our anger. He can handle our worries. He can handle our questions. We are going to learn about how both David and Jesus had extreme honesty in their lives. They were real, and that can challenge us to act the same way.

▶ Psalm 31:1-3

Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

David penned these words as a prayer to God. He confessed his sins to God. He admitted he had done wrong. Often, we try to hide our sins. We make a wrong choice and see if we can keep it covered up. It's embarrassing to have to admit that we messed up. It takes bravery.

MESSAGE:

Have you ever done something wrong and kept it a secret? Even if no one else finds out, you know in your heart you made a mistake. It can make you feel really bad inside, like there's a pit in your stomach. It can make you unable to go to sleep. David felt like this. He says when he kept silent about his sin, his bones wasted away through his groaning, and he had no strength. He felt sick. What an awful feeling!

► Psalm 31:4

Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord.” And you forgave the guilt of my sin.

David may have kept things bottled up inside of him for a while, but then he realized, no matter how bad his mistakes were, he needed to confess them to God. When he did so, an amazing thing happened. God forgave him!

Let's go back to thinking about when you have made a wrong choice. Bottling it up isn't good for you. It can make you feel physically bad. But when you tell the truth about the situation, number one, you feel better, and number two, it gives God the chance to forgive you. We are commanded to ask for forgiveness. Even Jesus modeled this when he taught his disciples how to pray. He plainly said, "Forgive us our sins..."

► Psalm 13:1-2

How long, LORD? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?

David not only talked to God about his sin, but also his doubts. He had questions and wondered a lot about things that didn't seem fair. Psalm 13 is just one example of the conversations he had with God.

Can you tell how he was feeling from his words? He felt like God had forgotten him. He must have felt like God was far away. He was struggling with his thoughts. Maybe they were angry or worried. His heart was sad. He felt like he just couldn't catch a break from his enemies. He unloaded it all.

► Psalm 13:5

But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the LORD's praise, for he has been good to me.

He questioned and begged and pleaded, but... He remembered that trusting God was His best option. He professed joy and praise for all the good things God had done for him.

MESSAGE:

When we have questions and pleadings for God, and we share them with Him, he listens. When we are really talking to Him, He gives us peace and a remembrance for how He is near and loves us.

So, what about Jesus? Was He brutally honest with God? What questions or worries could He possibly have had? We're going to take a look at a couple of verses for the answers.

▶ **Matthew 26:38-39**

Then he said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

These were some of the last moments of Jesus' life before being arrested and led to His death on the cross. He knew what was going to happen. It had been the plan from the beginning, but that didn't mean it was easy. He was sad and overwhelmed. Jesus was having some pretty big feelings in His heart. What did he do? He took that extreme honesty straight to His Father, God. He questioned – is there another way this can end? But He resigned Himself to God's will. Not too much later, he was tried and punished by death.

▶ **Matthew 27:46**

About three in the afternoon Jesus cried out in a loud voice, “Eli, Eli,[c] lema sabachthani?” (which means “My God, my God, why have you forsaken me?”)

A question again. It hurt. The sin He had to bear, the emotional pain from being tortured, and the physical beatings and hanging. Just like David, He must have felt like God wasn't near.

Have you ever felt like that? Have you been angry? Have you felt like God didn't care about you? Have you wondered why things in life weren't fair? These are all normal thoughts to experience. And the best thing you can do with those thoughts is to share them with the One who is always ready to listen.

▶ **Conclusion:**

God can handle our extreme honesty. He knows that we feel big feelings. He sees us when we are angry. He is sympathetic when we are worried. And He knows that when we question, we are trying to get a better understanding of Him.

So, let's be challenged to show extreme honesty with God. He doesn't want us to be fake. He can see straight through lies. He knows the deepest parts of our hearts and wants us to be real with Him no matter what we are thinking and feeling.

Simple Prayer:

Dear God, Thank You for knowing our hearts. Help us to be honest with You no matter what.
In Jesus Name, Amen

MEMORY VERSE ACTIVITY

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel. 2 Timothy 2:8

Stick Together

Display the memory verse on a screen, dry erase board, or chalk board. The words should be large enough for you to be able to point to each one specifically. Start by reviewing the verse together as a group until it is familiar. As you lead students through saying the verse together, be sure to point to each word as you say it. Once you feel that the group is ready, say, "Alright, now you are really going to need to pay attention. Only say a word when I point at it." Start at the beginning of the verse as usual. But about halfway through, skip back or forward to a random word. Point to words out of order. Try leading the verse backwards. Try starting from the top and then stopping on certain words and pointing to them multiple times before moving on. End the activity by saying the verse correctly.

LET'S TALK ABOUT IT

Discussion Guide for K-2nd Grades

Talk & Play:

See the Talk & Play Guide to prepare for a great time of conversation with your kids.

Discussion Questions:

What is your favorite emoji?

What did David confess to God?

What questions did David ask God?

When was Jesus feeling overwhelmed?

How was Jesus honest with God?

Do you think it's easy or hard to be honest with God?

When is a time you can pray this week and be honest with God?

Memory Verse:

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.

2 Timothy 2:8

Memory Verse Activity: Word Scramble

Write each word of the verse on a 3x5 card. Scramble the cards and lay them face-up on the table. Have students take turns seeing how quickly they can put the cards in the correct order. To add difficulty, make multiple sets of cards and scramble them together on the table with multiple kids playing at once.

Simple Prayer:

Dear God,

Thank You for knowing our hearts. Help us to be honest with You no matter what.

In Jesus Name,

Amen

LET'S TALK ABOUT IT

Discussion Guide for 3rd – 5th Grades

Talk & Play:

See the Talk & Play Guide to prepare for a great time of conversation with your kids.

Discussion Questions:

What is your favorite emoji?

What are some things David said to be extremely honest with God?

What made David feel like God was far away from Him?

How often do you think David talked to God about his struggles?

Do you think Jesus actually worried?

When is a good time and where is a good place for you to pray and talk to God?

Is it easy or hard for you to be honest with God?

How can you be real and not fake with God and with others this week?

Memory Verse:

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.
2 Timothy 2:8

Memory Verse Activity: Word Scramble

Write each word of the verse on a 3x5 card. Scramble the cards and lay them face-up on the table. Have students take turns seeing how quickly they can put the cards in the correct order. To add difficulty, make multiple sets of cards and scramble them together on the table with multiple kids playing at once.

Simple Prayer:

Dear God,

Thank You for knowing our hearts. Help us to be honest with You no matter what.

In Jesus Name,

Amen

WHAT WE LEARNED TODAY

Message:

Extreme honesty is a good quality to have. David possessed it when he cried out to God about his sin and also with his doubts. Jesus had extreme honesty with God in times surrounding the crucifixion. Being real and honest is what God wants from us. We can talk to him about anything through prayer.

Scripture:

Psalm 32:1-5; Psalm 13; Matthew 26:38-39; Matthew 27:46

In the Car:

Ask your child about their experiences at church:

“What was the Bible story about?”

“What did you learn from the story?”

“What activities did you do?”

“Did you share something during the discussion time?”

Hanging out:

Make the lesson real:

Be honest with your child about a hard situation. Tell them that you’re feeling angry or sad or scared. And remind them that those feelings are okay, and God wants to hear about it. Then encourage them to share honestly about something they are struggling with. Pray together.

At Dinner:

Here are some great discussion starters:

- How was David honest with God?
- How was Jesus honest with God?
- What kinds of emotions do we have that God can handle?

At Bedtime: Ask your child if they can say this month's memory verse.

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.
2 Timothy 2:8

Parent Time:

Emotions are big, even in little people! We often experience sadness, joy, excitement, worry, and fear all in the same day, and maybe all in a matter of minutes. Remember, as difficult as it is for us as adults to process our feelings, our little ones struggle as well. The most important thing we can do to help them regulate those emotions is to encourage them to talk to God about every single one. He can handle it! He is bigger than our emotions and can handle our extreme honesty.