

Totally Extreme

LESSON 4 - Extreme Humanity

Main Point:

David was great. But he was also very human. Only Jesus is perfect.

Today's Message:

We often compare David to Jesus. They are from the same family line, and both had some pretty extreme characteristics. But while David was a man after God's own heart who did many good things, he also had his share of flaws. Why? Because no one is perfect. Thank God for His grace! Jesus' extreme humanity shows us the perfect example of how to live. And we can know that when our humanity fails, we are covered by His perfection.

Scripture:

1 Samuel 13:13-14; 2 Samuel 11; 1 Samuel 25; Romans 3:23-24

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:**

Spring Closeups

- **Worship Videos:**

Praise You Anywhere

Good Good Father

Runnin'

- **Bible Lesson Video:**

Extreme Humanity

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:

- 4 Plastic Cups (Large Group Game)
- A Heart Shaped Pillow (Object Lesson)
- A Screen, Chalkboard, or Dry Erase Board (Large Group Memory Verse)
- Dice (Large Group Memory Verse)
- 3x5 Index Cards (Small Group Memory Verse)



Parent/Volunteer Email:

Hello!

This month have been comparing and contrasting two men: David and Jesus. They were alike in many ways, but as you know, Jesus is better, of course, because He is God. Both were extreme in how they presented themselves to people. This week, we'll learn about their extreme humanity. We'll point out some of David's worst moments and show in comparison how Jesus was perfect.

Much of David's story is found in the books of 1 and 2 Samuel. There are many things we admire about David, despite his shortcomings. We'll talk about those things, too. The Bible tells us that Jesus was descended from the line of David. Throughout the many generations after David, none were found worthy of what the people were waiting for until Jesus came. His perfect example is what we can follow for our own lives. David and Jesus were both "Totally Extreme." This month, we'll learn how we can be that way too.

See you Sunday!



Social Media Post:

Who in the Bible was "Totally Extreme"? Come this weekend for some extreme fun and to find out if you know the answer.

ICEBREAKER ACTIVITY

EXTREME CHARADES



Items Needed:

None



Instructions:

Have students take turns acting out different extreme sports. They should do this by playing Charades and not speaking. If they cannot come up with their own, give them help by whispering something to act out in their ear. Some extreme sport examples are sky diving, bungee jumping, skateboarding, dirt bike riding, white water rafting, and scuba diving.

Say, “Do you know what extreme sports are? Not basketball or track. Extreme means they are considered dangerous and exciting. We are going to play Charades by acting out extreme sports. I will pick one or two of you to act, while the rest of the group guesses which extreme sport you are doing.”



Game Video:

Spring Closeups



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

The Extreme Cup Game

Instructions:

Say, "We are going to play some extreme games with our Extreme series this month. First up, you need to know anatomy and have good eye-hand coordination. What I mean by that is our players will need to think quickly to know their body parts and have fast reflexes. I will choose eight players for our game. They will partner up and face off with a cup in between them. As I call out a body part, you must touch that part. For example, if I say 'elbow' then touch your elbows. I'll quickly call out parts, and at some point, say 'cup.' At that point, whoever grabs the cup first is the winner. The four winners will then partner up and play each other until we have the final two contestants."

You will need one cup for every two students. Call eight students up on the stage. Partner them up and have them face each other. Place a cup on the floor in between them. Call out body parts quickly. Then call out 'cup!' Whoever grabs the cup first is the winner.

Variations:

Have the contestants face off away from each other, so they can't see each other and have to turn around to grab the cup, making it more difficult.

What's the Point?

Say, "Our elbows, knees, ears, and toes, all make us human. Did you know Jesus was human, too? God sent Him to be a real person. He showed extreme humanity in the way that He lived on earth."

LESSON SETUP

Option 2: Object Lesson

Items Needed:

Heart

Show students the heart.

What shape is this? It's a heart. Hearts remind us of Valentine's Day and love. A heart is also an organ in your body. There are lots of important body parts – lungs to help us breathe, stomachs digest food, and muscles to keep us strong.

The heart is vital because it pumps blood to the rest of our body. It's impossible to live without a heart. You may know someone who had a sick heart. Doctors had to fix it with medicine or surgery so it could keep beating.

Our hearts are necessary for life. We also like to say that we feel things with our hearts. Not literally...our heart doesn't touch things to see if they are hot or cold. Our hearts feel our emotions. Our hearts show the characteristics of who we really are.

Sometimes those emotions and character traits are pretty big. We might even say they are extreme. Do you think it's good to have extreme emotions in our hearts? This month, we are going to find out the answer by learning about both David and Jesus who had some extreme emotions and characteristics.



Bible Story Video:

Extreme Humanity

MESSAGE:

EXTREME HUMANITY

Main Point:

David was great. But he was also very human. Only Jesus is perfect.

Scripture:

I Samuel 13:13-14; 2 Samuel 11; I Samuel 25; Romans 3:23-24

▶ Introduction

Are you extreme? What I mean by that is, are you extremely passionate about something? Think about extreme sports. These are the ones that not your average player participates in. Sky diving and scuba diving aren't for the faint of heart. They take human bravery that goes beyond what many people feel they possess.

Extreme sports may give you a thrill, but that's not the only thing that can be extreme. People can be extreme in the way they act or react. Some might call it intense. Extreme goes beyond normal and can put us out of our comfort zone. But extreme can be good.

▶ Transition

We are going to take a look at two extreme people from the Bible. One was David, the shepherd boy who became a king. He was extreme in how he told the truth, in how he worshiped and in how he praised God. But he was not without fault. Why? Because he was human, just like us. The other guy we are going to talk about is Jesus. He was extreme in all the same ways, yet He never sinned. His extreme humanity showed us His heart and paved our way for a relationship with God, and that's what this month is all about.

▶ I Samuel 13:14

“But now your kingdom will not endure; the LORD has sought out a man after his own heart and appointed him ruler of his people, because you have not kept the LORD’s command.”

These words were spoken to King Saul, and the promise was fulfilled. Samuel, the prophet, found David and anointed him as the next king of Israel. David was called a man after God's own heart, which was quite the compliment. But even with such high praise, David was far from perfect.

▶ 2 Samuel 11:1

In the spring, at the time when kings go off to war, David sent Joab out with the king’s men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. But David remained in Jerusalem.

When David became king, God was with him and the Israelites won many wars. Usually kings went into battle with their troops. But as it says here, David chose not to go out to war during this time. That led David into one mistake after another.

MESSAGE:

He saw a woman who was very beautiful. Her name was Bathsheba, and David wanted to have her as his wife. The problem was that she was already married. But David still decided to take her into his home. Then, he tried to get rid of her husband, Uriah.

► 2 Samuel 11:14-15

... David wrote a letter to Joab and sent it with Uriah. In it he wrote, “Put Uriah out in front where the fighting is fiercest. Then withdraw from him so he will be struck down and die.”

David's crazy choice was to have Bathsheba's husband, Uriah, put in the front battle lines, ensuring he would get killed, so that nobody would find out what David had done.

There's a little saying that goes like this, “What a tangled web we weave, when first we practice to deceive.” That means, one bad choice can snowball into lots of bad choices. This is exactly what happened in David's situation. David's sin created a lot of problems.

There was another time when David's extreme nature got the best of him. He encountered a man named Nabal, who was rude and disrespectful. Instead of turning the other cheek, David got extremely angry. He gathered his small army, and rushed into Nabal's town with the intention to destroy everyone and everything there.

► 1 Samuel 25:13

David said to his men, “Each of you strap on your sword!” So they did, and David strapped his on as well. About four hundred men went up with David, while two hundred stayed with the supplies.

Thankfully, David's destructive plans were changed when he met Nabal's wife, Abigail, and she was able to smooth things over with him. Otherwise, several innocent lives could have been lost due to David's extreme anger.

Now, don't get me wrong. David did a lot of good things. After all, he was a man after God's own heart. And every time that he realized he had messed up, he was sorrowful and admitted what he had done. He did his best to stay in tune with God and follow his ways. But try as he might, David did mess up. He wasn't perfect. And neither are we.

► Romans 3:23-24

for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.

MESSAGE:

Every single one of us messes up. We all fall short of perfection. But that's not how our story ends. Jesus was sent by God to give us grace and redeem us. We spent a lot of time talking about David. His extreme character led him to a truly passionate relationship with God. David was a good guy that we can look up to and take notes from – he pursued God despite his failures. But Jesus is the one and only example that is perfect; flawless; without fault. Jesus is perfectly human, and perfectly God. It's a hard thing to wrap our minds around, but it's an important thing to know.

▶ Conclusion:

The example of David points to Jesus. In fact, Jesus came from the line of David; they share a family tree. They were both extreme. The difference is that Jesus was perfect. That's because He is God. We can read all about His life on earth in the New Testament, where He lived, who He associated with, and how He treated people. He did it all without sin. Now, that's extreme righteousness!

Jesus is our One and Only Extreme Example of what we should try to be like. We want to have an extreme love for God and for others. And when we don't meet expectations, we need to remember that God's grace covers our extreme imperfections. We just need to keep looking to Him as our example.

Simple Prayer:

Dear God,
Thank You for giving us grace through Your Son.
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

Hand Motions

Give your students a set amount of time to come up with hand motions to go along with the verse. As they do this, pull your volunteers aside and give the kids a little space. When time is up, have the students teach the motions to you and your leaders. If you have a larger group, divide students into groups and have each group come up with their own motions, and then let each group take a turn showing what they came up with.

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 extreme sport?

How is David a good example for us?

Was David perfect? How?

Who is our perfect example?

How do you think David felt when he messed up and who did he turn to?

Do you think there will ever be another perfect human?

How can you be more like Jesus?

Memory Verse:

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

2 Timothy 2:8

Memory Verse Activity: Trade-Off

Make multiple sets of memory verse cards, with one word of the verse written on each card. You will need a full set of cards for each student. If you want to make less cards, you can make them with two or three words, but each set should be made the exact same way. Thoroughly mix up all of the cards and deal all of them out to the students. Say, "When I say 'go' I want you to get up and start trading cards. If you have more than one of a card, trade away the duplicates to get something you don't have. Let's see who can trade to get all the words of our verse first. Ready...go!"

Simple Prayer:

Dear God,

Thank You for giving us grace through Your Son.

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 extreme sport?

What are some sinful parts of David's extreme humanity?

What are some things you think David did to be a man after God's heart?

Do you think it's easier to do the right thing or to sin?

Why did God need to send Jesus to the earth?

Who has never sinned? How do you know?

What are some ways we might try to be good enough with our own efforts?

How can you be like Jesus?

Memory Verse:

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2 Timothy 2:8

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WHAT WE LEARNED TODAY

Message:

We often compare David to Jesus. They are from the same family line, and both had some pretty extreme characteristics. But while David was a man after God's own heart who did many good things, he also had his share of flaws. Why? Because no one is perfect. Thank God for His grace! Jesus' extreme humanity shows us the perfect example of how to live. And we can know that when our humanity fails, we are covered by His perfection.

Scripture:

I Samuel 13:13-14; 2 Samuel 11, 1 Samuel 25; Romans 3:23-24

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:

When your child displays a failure in some area this week, use it as a teaching point about grace. Remember that God sent Jesus and it's through His grace that we are saved. We can show that same grace to our families.

At Dinner:

Here are some great discussion starters:

- What are some of the ways David's extreme humanity caused him to sin?
- How was David's connection to God about a relationship and not about his performance?
- How does God handle our failures? What does Jesus have to do with that?

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:

We are all guilty of trying to be good enough. Sometimes we even expect this from our children. Our love or rewards for them can come with conditions. Take a step back this week and remind your family that love from the family and love from God isn't something we earn with “good enough” behavior. It's something freely given.