

# Measure Up (Pre-K)

Week 3

## **BIG IDEA**

We can follow Jesus.

## **BIBLE**

The Baptism of Jesus: John 1:29–42

## WELCOME TIME

### PLAY | Free Time

- **INSTRUCTIONS:** *Tables will be set with toys and activities for kids to play until the lesson begins. This is a great opportunity to get to know kids and build relationships.*
  - *Get on the floor and be silly*
  - *Play along with what they're playing*
  - *Ask get-to-know-you questions*
  - *Learn names and use them as you interact*

### MUSIC | Worship Playlist

- **INSTRUCTIONS:** *During free time, use one of our spotify playlists to play some background music.*

### CLEAN UP

- **INSTRUCTIONS:** *Before moving onto the lesson content, play the "Clean Up" song and work together as a class to put all toys and activities away.*
  - *Place all toys in labelled tubs.*
  - *Place all tubs away in labelled cabinets*

## INTRO

### ACTIVITY | Follow the Leader

- Welcome to church, friends! I am so glad you're here today.
- This month we're hearing all about Jesus' life. Did you know that Jesus came to Earth as a little tiny baby, just like you and me?
- And did you know that he was once a kid, just like you? Pretty cool, right?
- In the story we'll hear today, Jesus is more grown up and people are listening to what he teaches and beginning to follow him.
- Let's play a game of Follow the Leader right now!
- **INSTRUCTIONS:** *Have kids make a line behind a leader. Then, kids will follow leader around the room, copying whatever the leader does. Let kids take turns leading the group.*
- That was fun! Are you all ready to hear today's story? We'll meet some people who start to follow Jesus!

## STORY TIME

### SNACK

- **INSTRUCTIONS:** *Pass out pre-packaged goldfish crackers to each child. Kids can eat quietly on their sit-spot while you tell the Bible story.*
  - *Be sure to check for any allergies before serving snack*

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

- **INSTRUCTIONS:** *Re-tell the story of Jesus baptism and early ministry from John 1.*
- Last week we heard a story about Jesus when he was a kid. Today we'll hear a story about Jesus when he was more grown up.
- There was a man named John who was given a very special and important job by God. His job was to get people ready for meeting Jesus. John loved to tell others about Jesus and did you know that John was Jesus' cousin?!?
- One day, while John was teaching people about God he saw Jesus coming towards him! *[Jesus walks towards John.]*
  - John excitedly said, "Look!" as he pointed Jesus out to those around him. *[point 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 wrong, ever. 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.
    - **Can you make a bird with your hands?** *[Create a bird gesture with your hands, flying it down]*
  - God spoke and said that Jesus was God's own son. That's why John told everyone about Jesus - because He was the most important person to ever live and he came to do something very special.
- The next day, John was with two of his followers when he saw Jesus walking by again!
  - *John* got excited . . . again! **What do you think John said?** He said, "Look! The son of God" as he pointed Jesus out again!

■ **Can you say that, too?**

● **What do you think John's disciples did when they heard this?**

- They actually started to follow Jesus wherever he went!
  - Jesus saw them following and asked, "What do you want?"
  - The disciples wanted to know more about Jesus so Jesus invited them to come with him.

■ **Can you say, "Follow me!"**

- 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 had found Jesus.
  - Andrew brought Simon to meet Jesus, and Jesus gave Simon a new name, Peter.
- Once people got to know Jesus, they couldn't help but follow him! They knew he was someone special.
- Jesus taught them all about living life God's way.
- Did you know that Jesus says "Follow Me!" to each of us, too? That's right! We can follow Jesus, too and when we do, we can learn to live life God's way.

BIG IDEA | We can follow Jesus.

- That reminds me of our Big Idea today! Here's what it says:
- **INSTRUCTIONS:** *Point to and read today's Big Idea posted on the white board.*
  - **We can follow Jesus.**
- Can you repeat it after me?

MUSIC | Dance and Sing

- I'm so glad that we can follow Jesus! Let's stand up and celebrate together! Will you dance with me?
- **INSTRUCTIONS:** *Invite kids to stand while you play the worship motion videos.*
  - *Make it fun to get kids excited about participating. Dance along, be silly, sing it loud!*

MEMORY VERSE | Matthew 6:33 (NLT)

- We're working on a new memory verse together! Are you all ready to hear it?
- **"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."**
- **INSTRUCTIONS:** *Read the memory verse to the kids, then practice memorizing it all together along with the motions.*
  - **Seek** (*looking out with hand shading eyes*)
  - **the Kingdom of God** (*point both fingers up*)
  - **above all else** (*move pointed fingers down like a rainbow*)
  - **and live righteously** (*two thumbs up*)
  - **and he will give you everything you need** (*hands stretched out to the sides, swoop in toward self, ending in a hug*)
  - **Matthew 6:33** (*clap hands together, then open like a book*)

## PRAYER

- Now, we're going to head to our small groups to talk with our friends, but first, let's pray together.
- Praying is one of the ways we can follow Jesus! Did you know Jesus prayed, too?
- **Can you show me you're ready to pray by folding your hands together and closing your eyes?**
  - God, thank you for showing us that Jesus is your son. Show us how to follow Jesus every day. Amen.

## SHARING TIME

### ACTIVITY | Coloring Page

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

### DISCUSSION | Circle Time

- **INSTRUCTIONS:** *Review today's Bible story by discussing these questions together.*
- **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 for you to follow Jesus?**

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

- Let's practice our new memory verse together! Are you all ready to hear it?
- **"Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."**
- **INSTRUCTIONS:** *Read the memory verse to the kids, then practice memorizing it all together along with the motions.*
  - **Seek** (*looking out with hand shading eyes*)
  - **the Kingdom of God** (*point both fingers up*)
  - **above all else** (*move pointed fingers down like a rainbow*)
  - **and live righteously** (*two thumbs up*)
  - **and he will give you everything you need** (*hands stretched out to the sides, swoop in toward self, ending in a hug*)
  - **Matthew 6:33** (*clap hands together, then open like a book*)
- Award prizes for saying the verse.

## PLAY TIME

### EXTRA TIME ACTIVITY | Follow Jesus Reminder

- **INSTRUCTIONS:** Give each kid one [Follow Jesus](#) sticker. Have them decorate their sticker with crayons and stickers. They can stick their Follow Jesus sticker to their clothing as a way to share with others about Jesus.
- In our story today, we learned that Jesus is God's son and that he invites us to follow him. Andrew decided to follow Jesus and learn from him, and then he invited his brother, too.
- **We can follow Jesus**, too, and when we do, we can also tell others about Jesus!