



Meeting 1

God's Plan to Save Me



Here are three fun ways to teach Sunbeams about Jesus' love. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirements for My God I: God's Plan to Save Me. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

God Loves Me

15

MINUTES

WHAT YOU DO

Ahead of time: Ask the children to bring pictures of themselves to this meeting that they can cut and make a craft with. Another option is to take and print out pictures of the children at the meeting.

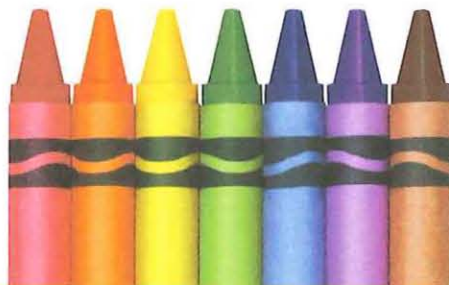
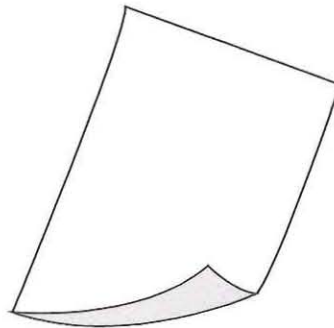
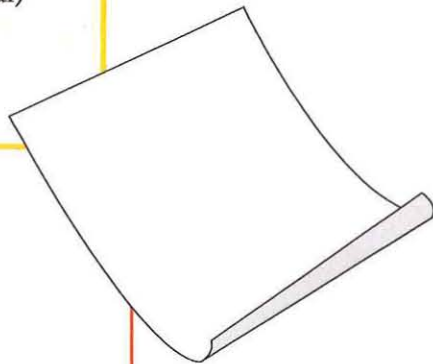
Begin by telling the story of Jesus blessing the children in Matthew 10:13-16. Emphasize His personal love for each of them. Then have the Sunbeams color the picture of Jesus, cut it out, and glue it to the center of a large sheet of construction paper. Next have them cut out pictures of themselves to glue around the picture of Jesus.

MATERIALS NEEDED

- God Loves Me Coloring Sheet (see Pinterest)
- Construction paper, 14 × 17 in (35.5 × 43 cm)
- Printer and photo paper
- Crayons or markers
- Safety scissors
- Craft glue
- Camera (optional)
- Printer (optional)
- Photo paper (optional)



Find the **God Loves Me Coloring Sheet** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)



Alternate Investiture Activity

Create a story chart or lapbook using the Sunbeam Activity Book or coloring sheets on pp. 118-121. Have the Sunbeams use their story chart or lapbook to show someone the joy of being saved by Jesus.



Games Jesus Played

15
MINUTES

WHAT YOU DO

Talk to the Sunbeams about John 3:16 and explain that God loved each of them so much that He sent His son Jesus to save them. Then tell them that when Jesus was their age He liked to play with His friends. Archaeologists (explain this word to the Sunbeams) have found that children during Jesus' time might have played games similar to hopscotch, hoops, jacks, checkers, and tops. Let the Sunbeams rotate through play stations for all of the toys. Have enough games so all of the children are always playing; you don't want to have children standing around while others play.

2 ACTIVITY

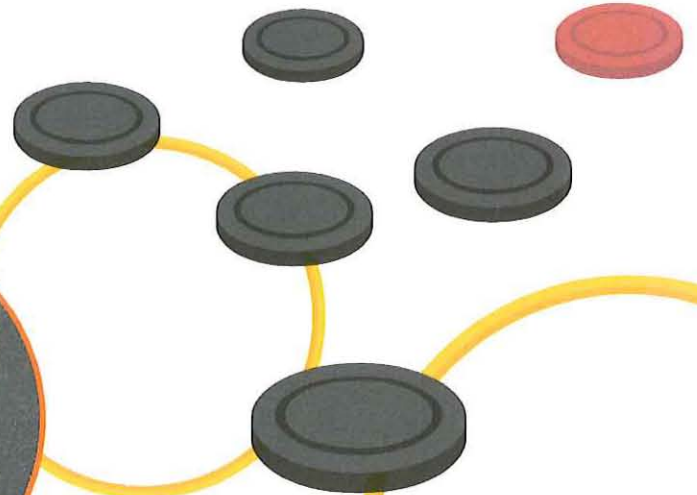
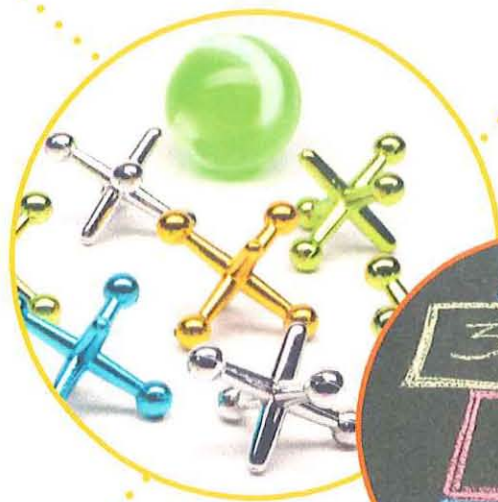
MATERIALS NEEDED

- Hula hoops
- Jacks
- Checkers
- Chalk
- Tops

Need ideas for how to play with these toys? Check out the following sites:

TIP

- Hopscotch: wikihow.com/Play-Hopscotch
- Hula hoops: learnplayimagine.com/2013/06/gross-motor-activity-hula-hoop-games.html
- Jacks: youtube.com/watch?v=OwmCInS2pIM
- Checkers: ducksters.com/games/checkers_rules.php





ACTIVITY

3

MATERIALS NEEDED

- Pictures of Middle Eastern kids with food (search the Internet)
- Olives
- Grapes
- Figs
- Dates
- Pomegranates
- Homemade bread
- Honey
- All-purpose flour
- Salt
- Rapid-rise yeast
- Tepid water
- Heavy-duty Ziploc freezer bags

Foods Jesus Ate: Bread & Honey

15
MINUTES



WHAT YOU DO

Ahead of time: Make printouts of the “At Home” instructions (see below). Also, be aware of any food allergies, sensitivities, or restrictions the children have. If children have gluten allergies, you will need to substitute a gluten-free flour option. Search the Internet for gluten-free bread recipes.

Begin by showing the Sunbeams pictures of Middle Eastern children eating a variety of foods. Explain to the Sunbeams that these children live where Jesus lived. Talk about the types of food that grew in Jesus’ time and let the children sample some of these foods, including homemade bread and honey. Next, have them make bread dough using the following recipe. Note: You will not have time to allow the bread to rise and bake. Send a note home with the parents/guardians about how to finish making the bread.

Bread in a Bag Recipe (Makes one loaf that feeds 3–4 people)

1½ cups (354 grams) all-purpose flour

1 tsp (5 grams) salt, heaping

1 tsp (5 grams) rapid-rise yeast, heaping

2/3 cup (50 grams) tepid water

Baking time: 25–30
minutes

Recipe from
somethingedible.com

Instructions: Measure flour, yeast, and salt into a one-gallon Ziploc bag. Seal the bag and shake to mix ingredients. Open the bag, add the water, and then close the bag to gently knead the whole mixture into dough. Tape the “At Home” instructions (see below) to the outside of the bag to send home with the children.

At Home: Open the bag and let it sit at room temperature for about two hours. When it’s time to bake, cut open the bag and sprinkle the dough with as much flour as necessary to keep the dough from sticking. Shape the dough into a ball. Place the ball on a parchment-lined sheet pan and preheat the oven to 450°F (232°C). When the oven’s hot, dust the dough with a bit more flour, slash the top a couple of times with a serrated knife, and bake for 25–30 minutes. Let the loaf cool at least 15 minutes before slicing with a serrated knife.

If you’re not able to bake the same day: After the initial two-hour proof, close the bag except for the last inch and put it in the fridge. The dough should easily keep for another three to five days. When it’s time to bake, shape and place the ball of dough on the parchment, then let it rest at room temperature for an hour before putting it in the oven.



Requirement: My God I, A and B