

SABBATH SCHOOL

Preteen Sabbath Instruction Program — Teacher's Outline

Level 1 • Unit 9 • Week 2

GOODNESS

OBJECTIVE:

To learn about the virtue of goodness, a fruit of the Holy Spirit, by the example of Mary, the mother of Jesus.

ATTENTION GETTER:

Ask: Have you done some notable good deed this week?

Say: If you've done something good this week stand up and tell us what you did.

Do: Have each child give their example and then sit down after they have told what they have done. Write on the chalkboard the list of things the children did that showed their goodness (e.g. obeyed my parents, helped wash the dog, told the truth, etc.).

Ask: What are some things grown-ups do to show goodness?

Do: Make a list of the things grown-ups do (e.g. help a neighbor, follow the commandments, say something nice to someone) Try to relate these to the Ten Commandments if possible.

Say: Today we are going to talk about another fruit of the Spirit.

Ask: Can you guess what that is? [Goodness.]

Can you think of a good person in the Bible? [Accept all viable answers.]

Who do you think taught those people to be good? [Parents, God.]

Say: Yes, most of these people were probably taught how to be good by the example of their parents. Their parents taught them how to obey. Their parents obeyed God.

Ask: Do you think Jesus' parents taught Him, too? [Yes.]

BIBLE LESSON:

Ask: Do you know who the mother of Jesus was? [Mary.]

Why do you think God chose Mary to be Jesus' mother? [She was a very good person. She tried to obey God's laws. God wanted to bless her.]

Say: She was a special, humble person. She wasn't sure that she was good enough to be the mother of Jesus! Mary tried to do what was right and obey God all of her life. She was an example of goodness. God blessed her by choosing her to be the mother of Jesus.

Ask: Can you imagine God choosing you to do something special for Him?

Say: Listen while I read the story of how Mary was told that she would be the mother of Jesus. This story is found in the book of Luke, chapter 1, verses 26-56.

Do: Read Luke 1:26-56 using a modern Bible or other appropriate children's version.

Ask: What was Mary's reaction to the angel's message? [Surprised; didn't understand; humbled.]

Say: Mary was willing to obey God and become the mother of Jesus.

Ask: Does God help us to be good people? Did God help Mary? [He gives us strength and help to be good.]

LESSON APPLICATION:

Supplies: "Goodness" cards (for the game)
Colored ink stamp pads (the kind that wipes off easily)
Baby wipes
"Thumbs up" sticker pattern
"Caught You Being Good" calendar

Prepare: Copy the "Thumbs Up" sticker pattern on address label sheets (one sheet per child).
Copy the "Caught You Being Good" calendar (one per child).
Cut apart the "Goodness" cards (you may want to copy these on cardstock).

Say: We need to learn to be good examples by practicing goodness. Sometimes others may laugh at us or get angry with us for doing the right thing. Sometimes doing the right thing is not always popular. When we do what is right we are following Mary's example of goodness and displaying fruits of the Holy Spirit.

Let's play a "goodness" game. Can you tell which action is a good example? I am going to call on someone to pick a card. I will read the card. If you think the answer to the situation is a good one, give me a "thumbs up." If it is not a good example, give me a "thumbs down."

Do: Play the game. (See the sample "goodness" game cards at the end of the lesson.)

After the game—

Say: When we make the right choices and practice goodness, we are like Mary, the mother of Jesus. When we show goodness, a fruit of the Spirit, we make everyone happy—ourselves, our parents, Jesus and God.

I have a special activity we can do. Let's make some "thumbs up" prints to help us remember what we learned.

Do: Pass out sticker sheets to children. Assist the children in making thumbprints in each oval (over the face), by pressing their thumb on the ink stamp pad and then on the oval. (They will be able to make more than one thumbprint at a time.) Use baby wipes to clean up.

Say: We will collect these and attach them to your Family Activity sheet and "Caught You Being Good" calendar. [Show calendar.] Take this home, and each time someone in your family is good, you may cut out a sticker and put it on the calendar. See if you can "catch" people in your family showing goodness and being good examples.

Music:

Sing "God Is So Good" from *Sunday School Favorites 1, 2, 3*, 1998 Everland Entertainment.

God is so Good, God is so good, God is so good, He's so good to me.
He cares for me, He cares for me, He cares for me, He's so good to me.
I love Him so, I love Him so, I love Him so, He's so good to me.
I praise His name, I praise His name, I praise His name, He's so good to me.

MEMORY VERSE:

Galatians 6:10 "Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith."

Repeat the verse with the children. Next repeat the verse and leave out key words. Have the children fill in the words as you leave them out. Repeat this process and leave out more and more words until the children are saying the entire verse. (If the verse is too difficult you may want to shorten it to "Therefore, as we have opportunity, let us do good to all.")

family activity

THE POINT:

To learn about the virtue of goodness, a fruit of the Holy Spirit, by the example of Mary, the mother of Jesus.

ASK ME...

- What fruit of the Spirit did you learn about today?
- Who was Jesus' mother?
- How did Mary show goodness in her life?
- Is doing the right thing always popular or easy?
- How can you show goodness in your life?

FAMILY TOGETHER TIME:

In our lesson, we learned that we must try to be good and learn to recognize goodness in others. Help your child complete the attached "Caught You Being Good" calendar. Each time your child sees someone in your family showing goodness, have them cut out a "Thumbs Up" sticker and attach it next to the correct name on the "Caught You Being Good" calendar. On the Sabbath if each family member has at least six stickers, you can celebrate by giving everyone a treat, or you can go for a family walk and identify the good things that God has made.

Instructions: Cut the strip off the bottom of this page. You will see this week's memory verse on the back. After your child has learned the verse, glue the two ends together, forming a link of a paper chain. Each lesson's memory verse will add a new link to their chain of Bible knowledge.

-----cut along dotted line-----

(Teacher's note: please write the memory verse on the back of this page at the bottom.)

Cards for the “Goodness” Game

1. Your friend’s little brother just fell off of his tri-cycle. Should you:

- a. Laugh at him? (Thumbs down.)
- b. Help him and ask if he is hurt? (Thumbs up.)

2. A friend makes fun of you because you celebrate the Sabbath. Should you:

- a. Smile and say “everyone is different and that’s OK”? (Thumbs up.)
- b. Stick out your tongue at them? (Thumbs down.)

3. Your sister borrowed your favorite shirt and got mud on it. She says she is sorry and will wash it for you. Is she showing goodness? (Thumbs up.)

4. Your friends at school begin to tease a classmate about their clothes. Should you:

- a. Say, “Yeah, your shoes are funny looking too!” (Thumbs down.)
- b. Tell your friends that they should not make fun of others. (Thumbs up.)

5. You aren’t allowed to cross the street alone. Your friends make fun of you when you say you can’t come with them. Should you:

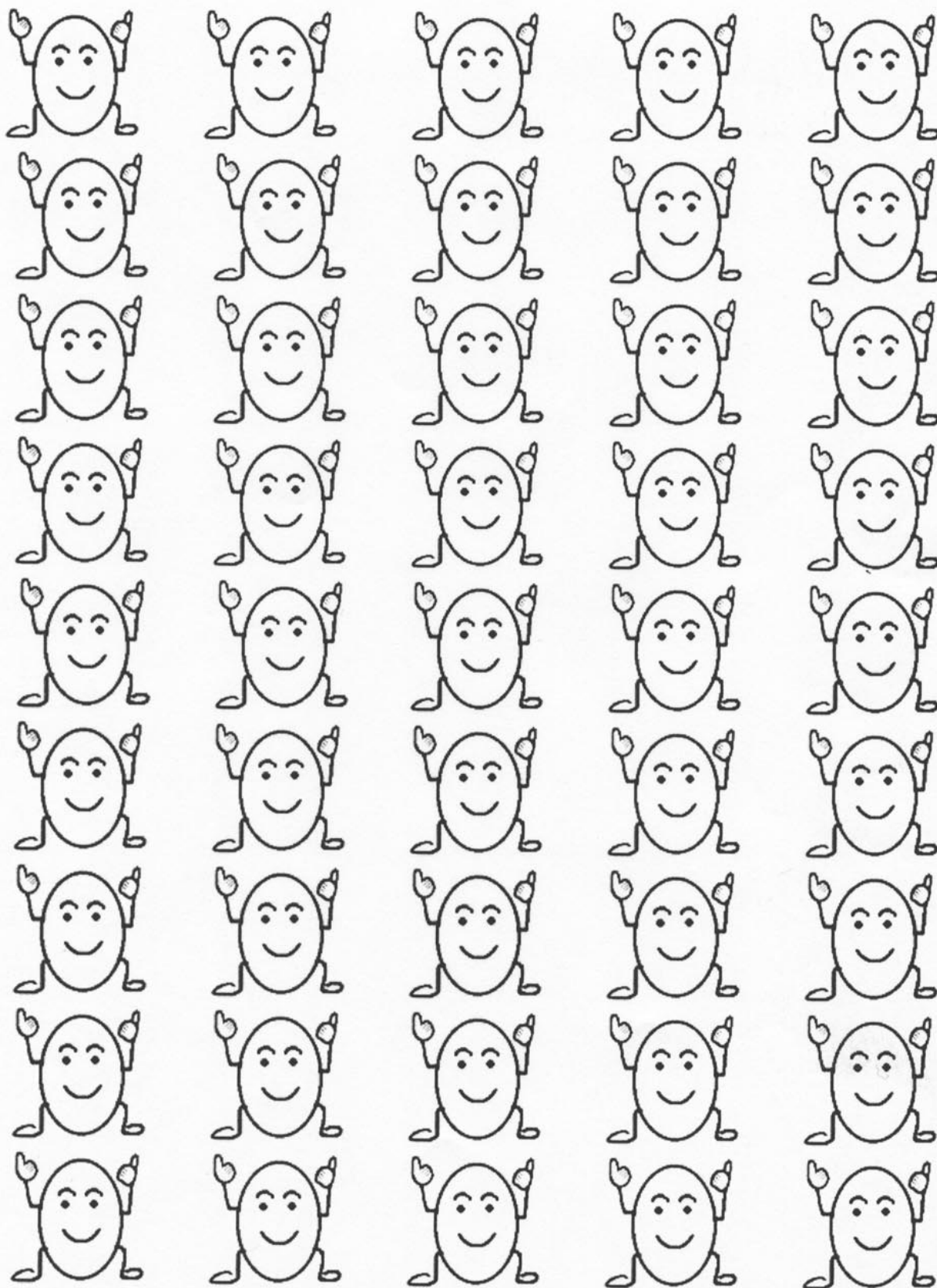
- a. Go with them so they won’t laugh at you? (Thumbs down.)
- b. Say “You can laugh at me, but I’m staying here”? (Thumbs up.)

6. Dad wants to work on his car today. He sees that a very old neighbor lady needs help mowing her lawn. He smiles and waves to her and says, “Lawn mowing sure is hard, isn’t it?” Is he showing goodness? (Thumbs down—he should offer to help.)

7. Mom makes you clean up your room before you can go out and play. Is she showing goodness? (Thumbs up—she is following God’s command to teach her children God’s way and take care of what He has given you.)

8. Your brother is playing with your favorite toy without asking you. Should you:

- a. Say, “I’m glad that you’re being careful with my favorite toy. Can I play with you?” (Thumbs up.)
- b. Yell at him and say, “Give me my toy, now!” (Thumbs down.)





Caught You Being Good

Put a "Thumbs Up" on the chart when you see a good example.

NAME

SUN. MON. TUES. WED. THURS. FRI.
