

Beginner Teacher Guide – February 2019



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## Personal Sacrifices

### Get Excited!

***Below are the instructions for the warm-up activity – Play “Trash or Treasure.”***

You will need a trash bag, a cross, children’s toys and clothing, and a play phone or electronic device. Place all the items on a table. Show the children the toys, the nice clothes and whatever electronic devices you have. Ask them what they like about these items. After they share their thoughts, place all the items except the cross into the trash bag. Tie the bag and push it to the side. Observe their reactions and tell them even if they have all the items in the bag, it does not mean more than having Jesus in their lives. (The cross represents Jesus.)

### Scripture Summary

The apostle Paul discovered that everything he used to think was important was really nothing (or trash) when compared to knowing Christ. In this letter Paul tells the Philippians that knowing Christ is worth more than all the money in the world, all the toys in the world, and all the things we love having. Following Jesus is more important than anything we own.

### Key Verse Exercise



***Read the verse to remember aloud.***

***Yet whatever gains I had, these I have come to regard as loss because of Christ. (Philippians 3: 7)***


Tell students to use the shapes to find the missing words in the verse to remember.

 = I     = had     = to     = as     = of


Yet whatever gains

        
  I    
        
    

these

        
  I    
        



have come

        
 to   
        


regard

        
 as   
        


loss because

        
 of   
        


Christ.

## Read and Learn!

*Read Adventures of the Faithful Five: Episode 6 aloud. Review key words.*

### **Adventures of the Faithful Five – Episode 10: Transport to Birmingham**

The Faithful Five were running late for church one Sunday. They arrived just in time for the Sunday School lesson. Sis. White, the Sunday School teacher, had the children sit together in a circle for the lesson. Sis. White shared, “Today boys and girls, our lesson is about making sacrifices for something good.” Everyone looked around and seemed confused by what she said. Sis. White explained that at times we will have to give up some things for something good to come. To **illustrate** what she meant, Sis. White asked the children to close their eyes and listen to a story she was about to read to them. This story is about an event that happened a long time ago. The Faithful Five and all the other children sat on the rug ready to be **transported** back in time.

Sis. White began with, “A long time ago in 1963, there was a church that sat on a corner in Birmingham, Alabama which was named the 16<sup>th</sup> Street Baptist Church. It was a church where many people would come for **rallies** about civil rights. Many years ago, blacks and whites were not treated the same. There were things that white people could do, but black people could not do. Many thought that this was unfair and wanted the laws to change. There were some people who didn’t want the laws to change and didn’t like that people would meet at this church. On Sunday, September 15, 1963 immediately after Sunday School, as some children were getting ready for worship service, a bomb went off in the church. Four little girls were killed and a lot of other people were hurt. Although people were sad that four little girls were killed, and others got hurt, this did not stop them from wanting everyone to be treated the same. One year later the Civil Rights Act of 1964 was signed which made it illegal to **discriminate** on race, color, religion, gender or national origin. This gave full, equal rights of African-Americans. “

After sharing the story, the children began to share their thoughts and ideas about what happened in Birmingham, Alabama. During the discussion, Mekhai realized what Sis. White meant when she shared that sometimes we have to give up something in order for something good to happen. He shared that the four little girls dying was sad, but that their lives helped to bring about change for blacks to be treated equally.

## Rise Up!

**Answers to questions in What Do You Think are underlined.**

Why would Paul give up everything and even suffer and die for the sake of knowing Christ? Nothing is important when compared to knowing Christ.

How did the four little girls killed in the bombing of the 16<sup>th</sup> Street Baptist Church help with change? The Civil Rights Act of 1964 was signed to make discrimination illegal.

**Complete the Superhero Challenge if time permits.**

Tell students the Faithful Five want to thank all the important adults in their lives. Help them by coming up with a list of ways they can express their thanks.

**Below are the instructions for the Time to Create activity – Make a “Give Thanks” placemat.**

Materials needed: white paper, various colored construction paper, glue sticks, scissors, pencils, markers or crayons and copies of Give Thanks template in Appendix A (one per student).

Instructions: Discuss what it means to be appreciative. (Appreciative means to be thankful.) Then ask students what makes them appreciative. Prompt them to think about all the blessings God has given them and all those who make sacrifices for them to have a good life.

Give each student a “Give Thanks” template and a piece of construction paper. Ask them to color and decorate the hands before cutting them out. Glue the hands to the construction paper with the thumbs touching. Read the words on each finger in unison. (**G**ratitude – **I**s – **V**ery – **E**asy – **T**hank others – **H**elp others – **A**ppreciate what you have – **N**otice your blessings – **K**now your gifts – **S**erve others)

***Close the lesson with prayer.***

Dear God, please give us the strength to overcome the things in our lives that we consider greater than knowing you. Help us to understand that you are the most important one in our lives. In Jesus’ name we pray. Amen.

Lesson 11 – February 10, 2019 | Psalm 48: 1-3; 9-14

## An Everlasting Love

**Get Excited!**

***Below are the instructions for the warm-up activity*** – Watch “Why Do We Worship Jesus.”

Show students the YouTube video (<https://www.youtube.com/watch?v=D2RyakyNd30&t=46s>).

**Scripture Summary**

The scripture tells us that God is great and worthy to be praised. God has blessed the people of Zion and provided them with safety and protection from their enemies. The people are grateful for God’s love towards them. They want to praise and worship God for all that God has done.

**Key Verse Exercise**

***Read the verse to remember aloud.***

***We ponder your steadfast love, O God, in the midst of your temple. (Psalm 48: 9)***

Tell students to color the verse to remember.

**Read and Learn!**

***Read Adventures of the Faithful Five: Episode 6 aloud. Review key words.***

**Adventures of the Faithful Five – Episode 11: We Are Zion**

The Faithful Five are so excited that today is Sunday. In Church School today, they are going to learn about the A.M.E. Zion Church. Sis. White told them last week they would be learning about their church history.

After everyone gathered together at the table, Sis. White took out a poster with a big triangle on it. “This is the symbol of the A.M.E. Zion Church. Does anyone know what the A, M and E stand for,” Sis. White asked. Ashanti, Zakiyah and Jahari raised their hands.

They knew the answer because these letters are also their Faithful Five symbols. “The A is for African,” said Ashanti. “The M is for Methodist,” said Zakiyah. “And the E is for Episcopal,” said Jahari. “That’s right,” replied Sis. White. “The full name is **African Methodist Episcopal Zion** Church. The A.M.E. Zion Church began in 1796, when Peter Williams, Christopher Rush, James Varick, and other African Americans left the white John Street Methodist Church in New York City to form a black church.”

“Why did they leave,” asked Zakiyah. Sis. White shared that many years ago, black people could go and worship at white churches, however they were not treated fairly. Because they weren’t treated fairly and couldn’t have black pastors, they decided to start their own church. Five years later, the group of people who left formed a church that was chartered as the African Methodist Episcopal Church and the word “Zion” was added in 1848. Sis. White also shared that the AME Zion Church is also known as the Freedom Church. It is called the Freedom Church because of its efforts to help slaves escape from their masters, and because its membership included celebrated black leaders like Harriet Tubman, Sojourner Truth, and Frederick Douglass. “Wow!” said Zakiyah. “I am so proud to go to a church and belong to a denomination that believes in standing up for the rights of African Americans and wants us to have a place to worship God and share God’s love.”

### **Rise Up!**

**Answers to questions in What Do You Think are underlined.**

Why were the people of Zion grateful to God? For God’s protection, safety and love toward us

When we worship God, we show God that we love him.

In what year was the word Zion added to the A.M.E. Zion Church? 1848

Name a historical person who was a member of the A.M.E. Zion Church? Harriet Tubman, Sojourner Truth or Frederick Douglass

**Complete the Superhero Challenge if time permits.**

Tell students the Faithful Five want to share expressions that show God’s love us. Help them design a billboard.

**Below are the instructions for the Time to Create activity – Make a “God is Always with Me” mini book.**

Materials needed: Copies of the mini book template in Appendix B (one per student), crayons, scissors, glue

Instructions: Before class, cut the templates to separate the outside of the mini-book (top half) from the inside of the mini-book (bottom half) before class. Fold the inside piece in half and then cut around the heart on the solid line, leaving the unmarked edge uncut.

During class, allow students to color the letters on the outside piece and the heart on the inside piece. They should also write or draw ways they know God is always with them in the shapes. (Optional: Students can write scripture references in the shapes like “Psalm 23.”) Fold the heart back and forth along the uncut edge to create a pop-up. Make sure the middle fold of the heart is pointing toward you. Then fold the inside piece and outside pieces in half. Glue the pieces together. Be careful not to get any glue on the heart pop-up.

**Close the lesson with prayer.**

Dear God, we love you with our whole heart. Thank you for loving us and help us to love others. In Jesus’ name we pray, Amen.

# Rejoice! Rejoice!

## Get Excited!

**Below are the instructions for the warm-up activity** – Watch the “Thankfulness” video. Show students the YouTube video (<https://www.youtube.com/watch?v=FK63GgvJzho>).

## Scripture Summary

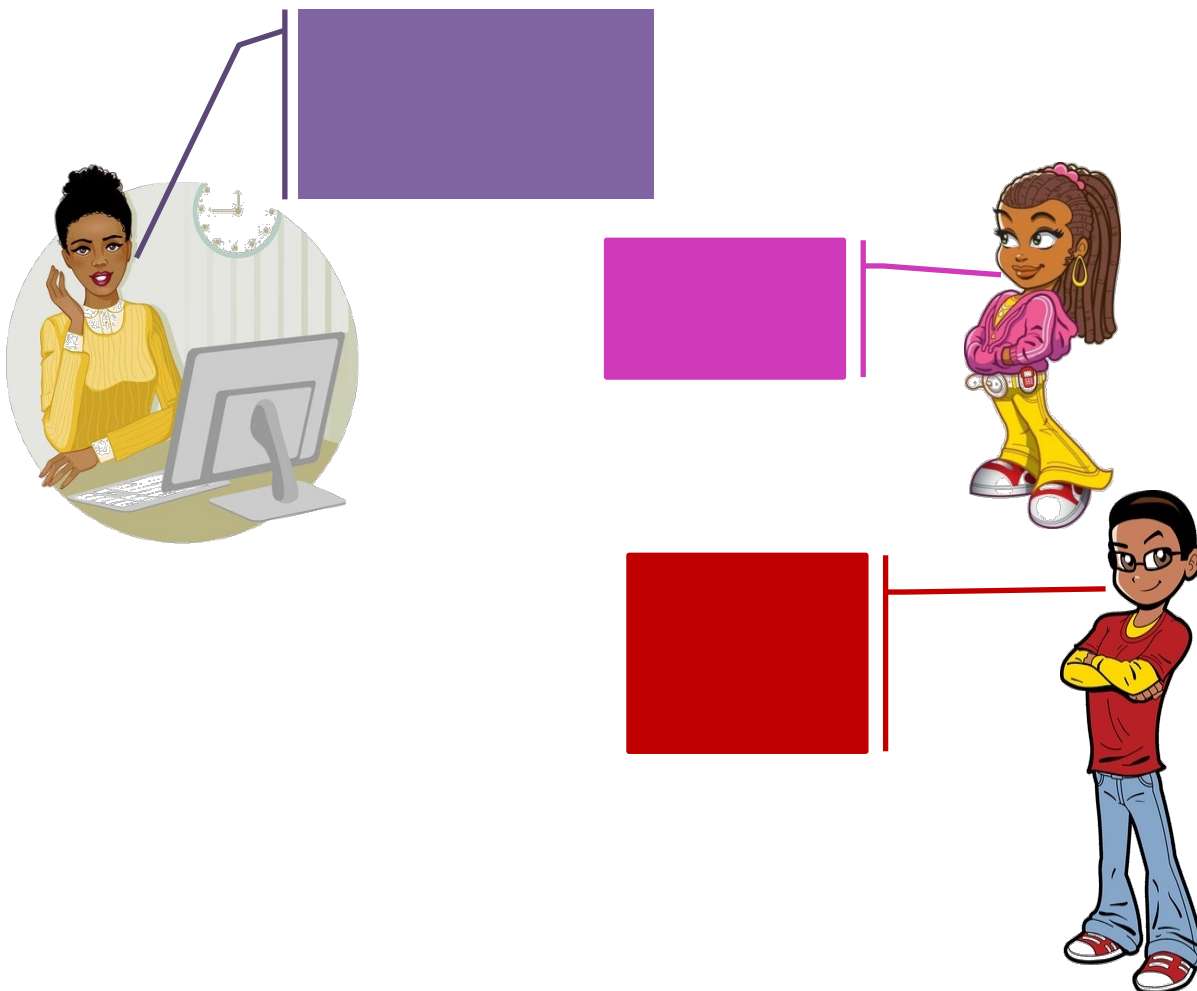
The psalmist tells the entire earth to praise God for God’s great and mighty works. We are to be glad and thankful unto God for all that God has done. We are to sing, shout and make a joyful noise because of God’s power, protection, and provision.

## Key Verse Exercise

**Read the verse to remember aloud.**

**Make a joyful noise to God, all the earth. (Psalm 66: 1)**

Print Lesson 12 Key Verse Stickers in Appendix C on self-adhesive paper. Give each student a set of stickers and tell them to place the stickers in the correct order to show the verse to remember.



## Read and Learn!

**Read *Adventures of the Faithful Five: Episode 6* aloud. Review key words.**

### **Adventures of the Faithful Five – Episode 12: The 98<sup>th</sup> Bishop**

One day while Zakiyah was visiting Zoe at her house they decided that they would work together on their Black History project that was due on Monday at school. The two were friends and attended the same church. They wanted to do something different for their project. They learned last week that Harriet Tubman, Sojourner Truth and Frederick Douglass were Zionites. Zakiyah and Zoe wanted to focus on another famous person that was not as recognizable as Harriet Tubman, Sojourner Truth and Frederick Douglass.

While sitting at the table, Zakiyah remembered that last week, they had a guest preacher at their church. It was someone who made history. She suggested to Zoe, “Let’s do our project on Bishop Bonnie Hines.” Zoe got sick after Church School and left church early last Sunday and didn’t hear the guest preacher so she responded with a **puzzled** look, “Bishop Bonnie Hines? Who is that?” Zakiyah explained, “Well, she is the first female bishop of the A.M.E. Zion Church.” “Whaaaaat!” exclaimed Zoe. “I didn’t know we had a female bishop.” Zakiyah continued to explain to Zoe how Bishop Bonnie Hines was elected the first female bishop at the 48<sup>th</sup> A.M.E. Zion **General Conference** in 2008 in Atlanta, Georgia. She is the 98<sup>th</sup> bishop in the line of succession. Bishop Hines also became the first female president of the A.M.E. Zion Board of Bishops on February 20, 2013.

When Zakiyah finished sharing what she knew about Bishop Bonnie Hines, Zoe was super excited. “Wow! We have something special to share on Monday. If God made a way for Bishop Bonnie Hines, God will do the same for all girls. Our God Rocks! Zion Women Rock!”

## Rise Up!

**Answers to questions in *What Do You Think* are underlined.**

What/Who should make a joyful noise unto God? The earth

Who is the first female bishop of the A.M.E. Zion Church? Bishop Bonnie Hines

In what year was the first female bishop in the A.M.E. Zion Church elected? 2008

**Complete the Superhero Challenge if time permits.**

Give each student a blank index card. Then tell students the Faithful Five want to make a stack of cards with messages that will inspire others to praise God. Help them by making one of the cards.

**Below are the instructions for the Time to Create activity – Make a praise instrument.**

Materials needed: 2 paper plates per child, crayons or markers, tape, Christian stickers, popcorn kernels or dry beans [Optional: colorful ribbons and a stapler]

Instructions: Allow students to decorate the outside/bottom of the two paper plates with drawings and stickers. They can also write why God should be praised. Next, place a handful of popcorn kernels/beans onto one plate. Then place the other plate on top of the plate filled with popcorn kernels/beans. Seal plate edges together with tape. You may add ribbons at the bottom by stapling them to the plate. Give children a few moments to play their instruments.

**Close the lesson with prayer.**

Dear Lord, help us to give you praise and say thank you for all that you have done. In Jesus’ name we pray, Amen.



# A Protective Covering

## Get Excited!

**Below are the instructions for the warm-up activity** – Share what you do when you are afraid.

You will need a blanket or shawl with the words “God is my Protection” on it. Ask students what they do when they are afraid or scared? The answers may vary and there is no wrong answer. Limit the discussion to five minutes. Wrap the blanket around your shoulders and tell students God will wrap his arms around us like this blanket and keep us safe.

## Scripture Summary

If we call on God for help and ask God to protect us, God will be there for us. There will be times when we may be scared, sick or even going through hard times. God is there with us and will bring us through if we trust God. No matter what God will help us win in the end!

## Key Verse Exercise

**Read the verse to remember aloud.**

**[You] will say . . . my God, in whom I trust. (Psalm 91: 2)**

Tell students to solve the problems to decode the verse to remember. (Optional: You can use manipulatives like craft sticks, crayons or LEGO pieces to help students with their addition. Create a few bundles of 10 to aid the counting of larger numbers.)

You will say my God in whom I trust  
9 25 6 15 14 4 10 23 8

God = 10 + 4 = 14    I = 20 + 3 = 23    say = 4 + 2 = 6    my = 10 + 5 = 15    you = 5 + 4 = 9    trust = 5 + 3 = 8  
whom = 7 + 3 = 10    in = 1 + 3 = 4    will = 20 + 5 = 25

## Read and Learn!

**Read Adventures of the Faithful Five: Episode 6 aloud. Review key words.**

**Adventures of the Faithful Five – Episode 13: Songs of Protest**

One Sunday, after church the Faithful Five went over to Sis. Mabel’s house for Sunday dinner. Once in a while, Sis. Mabel would invite some of the children and their families over for fried chicken, macaroni and cheese, collard greens, cornbread and old fashion ice tea. It was a treat that everyone looked forward to, especially the Faithful Five. After dinner, everyone sat around eating sweet potato pie and listening to music that many of the children, even the Faithful Five, felt was for the old folks. Sis. Mabel was playing records and one of the songs she was playing was *We Shall Overcome*. Sis. Mabel sat in her rocking chair, closed her eyes and began to sing. Many of the children did not understand what she was singing and wondered why she was crying.

Jahari asked, “Sis. Mabel, why are you crying?” Sis. Mabel shared that she was remembering something that happened a long time ago when she lived in Birmingham, Alabama. It was 1963 and she was a student in school. It was a day when all her classmates decided they were tired of being treated unfairly because of the color of their skin and they decided to march in **protest**.

White people were not happy about their decision and many of her the students, including Sis. Mabel were put in jail. While they were in jail they were afraid and didn't know what was going to happen to them. So, to make themselves feel better, they would sing special songs. Sis. Mabel's favorite was *We shall Overcome*. Some of the words are:

We shall overcome  
We shall overcome  
We shall overcome some day  
Oh, deep in my heart  
I do believe  
We shall overcome some day.

The Lord will see us through  
The Lord will see us through  
The Lord will see us through some day  
Oh, deep in my heart  
I do believe  
The Lord will see us some day.

Many of the protesters believed that God was their protector and that in the end, God would see them through their time in jail. God surely did that. This protest was called the Birmingham Children's Crusade of 1963. The Children's Crusade of 1963 made a big impact in the **civil rights movement** and Sis. Mabel was a part of history.

### **Rise Up!**

#### **Answers to questions in *What Do You Think are underlined*.**

When we are afraid who can we trust to be our protection? God

When school children in Alabama came together to protest, what was it called? Children's Crusade

In what city did the Children's Crusade take place? Birmingham, AL

#### **Complete the Superhero Challenge if time permits.**

Give each student a copy of the Faith Conquers Fear worksheet in Appendix D and share the definitions of fear and faith. Fear is being afraid or anticipating something unpleasant will happen. Faith is confidence or trust in God or belief that does not require proof. Tell students the Faithful Five want to face their fears by having a stronger confidence in God's Word. Help them by tracing the words in the worksheet.

#### **Below are the instructions for the Time to Create activity – Make a "Psalm 91" cube.**

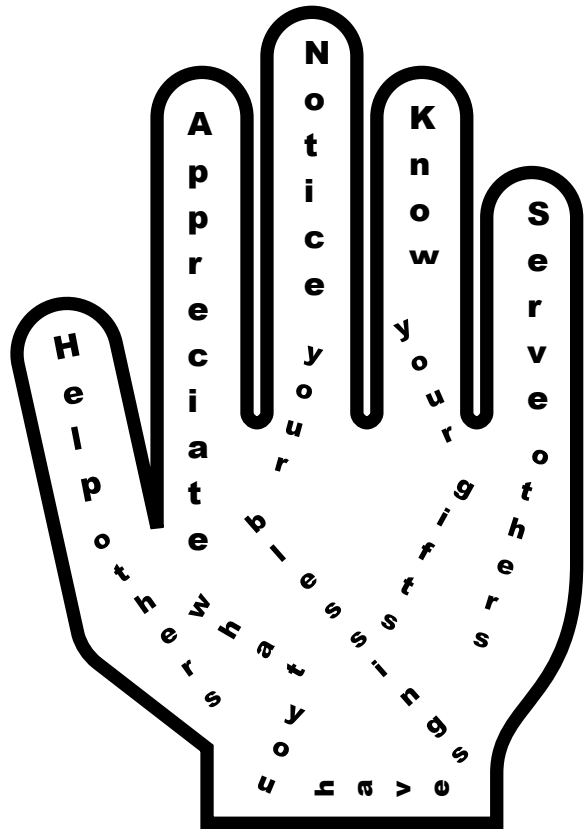
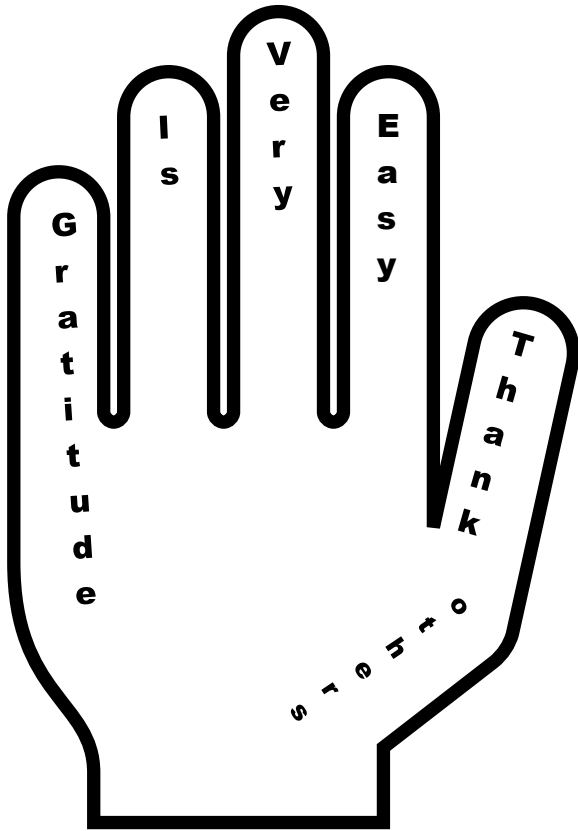
Materials needed: Copy of the Psalm 91 cube pattern in Appendix E (one per student), scissors, glue or tape, crayons or markers

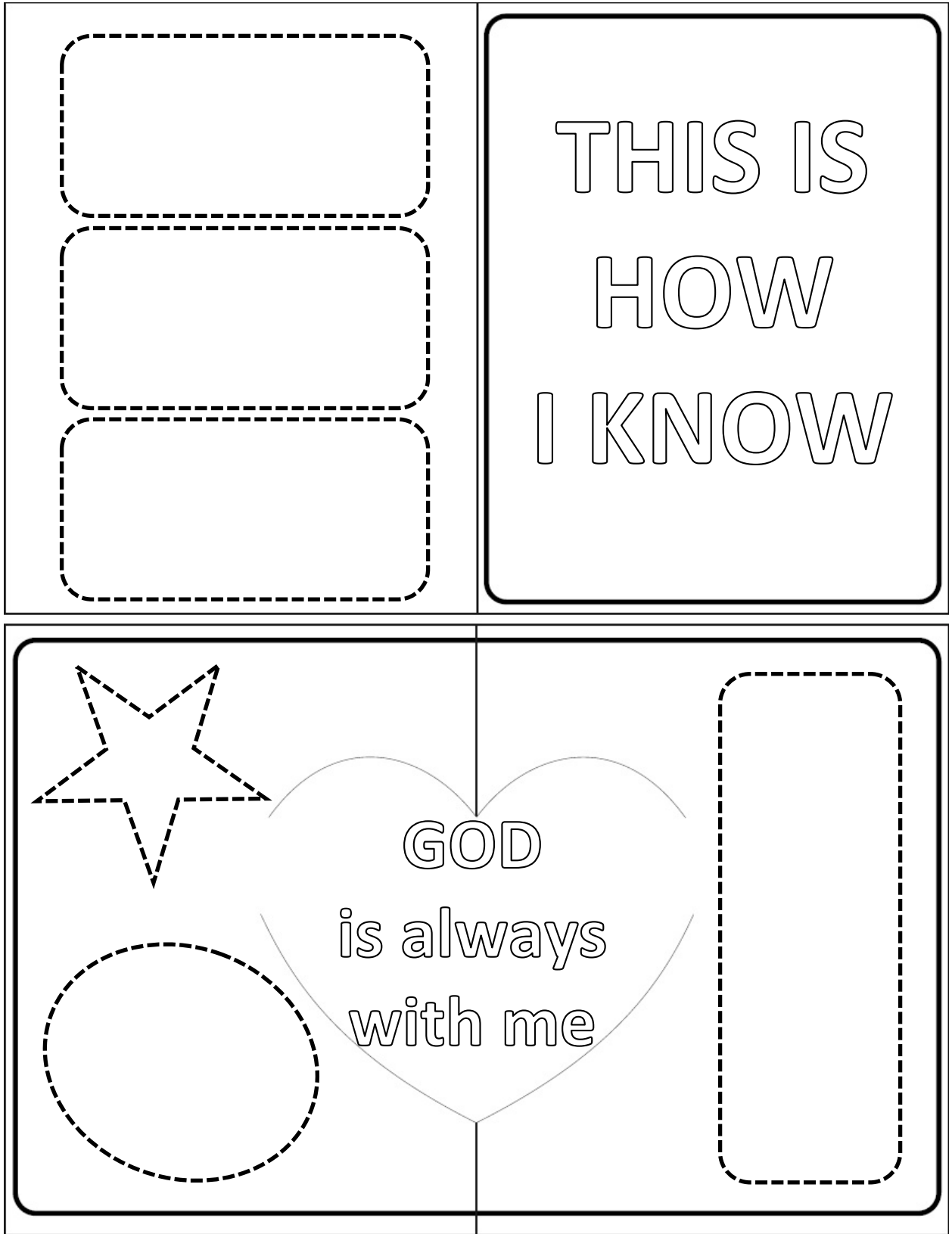
Instructions: Before class, cut out the cube pattern along the edges of the gray tabs. Also cut along the dark gray lines to create slits. Allow students to decorate the cubes. Make folds at all the dotted lines. Use glue or tape to secure the tabs, tucking them inside.

#### **Close the lesson with prayer.**

Dear God, help us realize that every day we can call on you to be our protection. In Jesus name we pray, Amen.

Appendix A | Give Thanks Template





**Make a  
joyful noise**

**to God**

**all the  
earth.**

**Make a  
joyful noise**

**to God**

**all the  
earth.**

**Make a  
joyful noise**

**to God**

**all the  
earth.**

**Make a  
joyful noise**

**to God**

**all the  
earth.**

**Make a  
joyful noise**

**to God**

**all the  
earth.**

# FAITH versus FEAR

Fill in the blanks with the appropriate word (faith or fear).

**FEAR** does not make things easy; it makes them possible.

Let your **FAITH** be bigger than your **FEAR**.

We walk by **FAITH** and not by sight.

God has not given us a spirit of **FEAR**.

**FEAR** has two meanings:  
“forget everything and run” or “face everything and rise”

