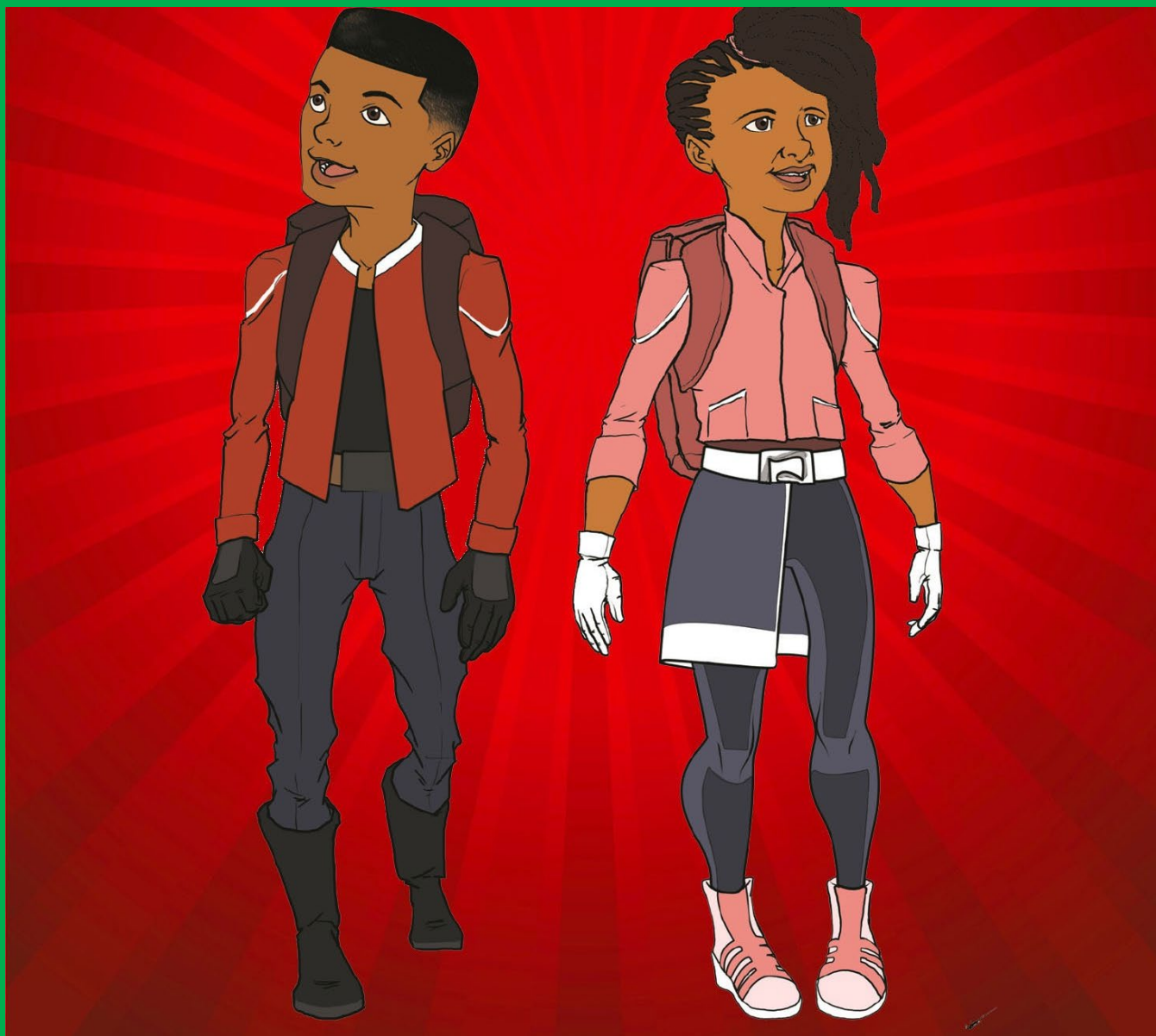


Junior Teacher Guide – February 2019



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February 17 – Rejoice! Rejoice! (based on Psalm 66: 1-9, 16-20)	Watch the “Thankfulness” video	Zion and Zaya Talk about Making a Joyful Noise	Make a praise instrument	7
February 24 – A Protective Covering (based on Psalm 91: 1-8, 11-16)	Share what you do when you are afraid	Zion and Zaya Talk about Living Under God’s Protection	Make a Psalm 91 cube	9

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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.)

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 student to use the clues to decode the verse to remember.

12 = because of Christ 14 = Yet whatever gains I had 15 = these I have come to 17 = regard as loss

It is more than 10.
It is less than 15.
Add the two digits and you
get 5.
Answer:

It is more than 14.
It is less than 18.
Add the two digits and you
get 6.
Answer:

It is more than 16.
It is less than 20.
Add the two digits and you
get 8.
Answer:

It is more than 10.
It is less than 14.
Add the two digits and you
get 3.
Answer:

Read and Learn!

Read Zion and Zaya Talk about Giving Up Everything to Follow Christ aloud.

Zion and Zaya Talk about Giving Up Everything to Follow Christ

Zaya – One of Nana’s favorite hymns is *“I Have Found a Friend in Jesus.”* In the hymn, we find the words: *“He’s everything to me.”*

Zion – Yes. Nana always tells us to go to God first.

Zaya – Having Jesus in our life is the best thing that can ever happen to you.

Zion – Jesus is a friend who will never leave you or forsake you.

Zaya – Paul found this out the hard way. But once he met Jesus, his life was never the same. And Paul wrote about his conversion on several occasions.

Zion – Although Paul was in prison, his opening verse in Philippians 3 gives us no hint of what he was suffering. Paul opens this chapter of his letter to the believers at Philippi on a note of joy: *“Be joyful because you belong to the Lord”* (3:1). But then Paul’s tone of joy changed to a warning: *“Watch out for those dogs”* (3:2). (*“Dog”* was a term used as a degrading description of a person). Here, Paul was referring to Jews who were trouble-makers to the faith. Some Jews wanted Gentiles to be circumcised before they could become Christians.

Zaya – Paul puts the whole matter into perspective in these clearly-stated sentences: *“But we have been truly circumcised”* (3:3) (true/authentic). We worship God by the power of His Spirit. We brag about what Christ Jesus has done. We don’t put our trust in our weak human nature (3:4).

Zion – Then Paul identifies his authority for writing as he does. Not only is Paul a Christian, he is also a Jew. He gives a brief autobiographical account of his life. He was circumcised as an eight-day-old baby, an act that fulfilled the command God gave to Abraham. But Paul is just not a Jew, he is of the tribe of Benjamin of the house of David as well as a Pharisee. But then Paul admits his persecution of the church. However, Paul’s encounter with Jesus on the road to Damascus changed his life drastically.

Zion – Though Paul seemingly had everything, Paul said, *“I consider them to be nothing because of Christ, nothing compared to knowing Christ Jesus my Lord. To know Jesus is the best thing of all”* (3:7-8). Paul was saying that before he met Jesus on the road to Damascus, none of his experiences in the Jewish religion had provided the necessary nourishment for his mind and soul. Paul rejected the confidence that he used to have in himself as being righteous. It was only in trusting in the faithfulness of God that Paul, and ultimately us, become right with God.

Zaya – Paul verbalized his primary goal in life: *“I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death”* (3:10). The Christian faith is a relationship with Christ now, not in the future. This relationship is possible through the *“power of His resurrection.”* This is our power – our gain.

Zaya – Paul’s writing takes on an athletic tone. It seems to be of a runner looking ahead toward a goal – the final tape at the end of the race. Paul’s motivation for all he does is his acceptance of the Lord. Paul knows he cannot make it on his own, so he says: *“Forgetting those things that are behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus”* (3:13-14). Paul closes with challenging the Philippian Christians and us to review their own pattern of life as they seek their own spiritual guidance.

Rise Up!

Answers to questions in What Do You Think are underlined.

Share your spiritual goals. (Answers will vary)

Share your educational goals. (Answers will vary.)

Complete the Superhero Challenge if time permits.

Tell students Zion and Zaya 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 – Sing “I Love You Lord Today.”

Allow students to sing along with the YouTube video (<https://www.youtube.com/watch?v=zj5nQ04sWM>). Lyrics to the song are below.

I love you, I love you, I love you Lord today
Because you care for me, in such a special way
And yes I praise you, I lift you up, and I magnify your name
That’s why my heart is filled with praise

My heart, my mind, my soul belong to you
You paid the price for me, way back on Calvary
And yes I praise you, I lift you up, and I magnify your name
That’s why my heart is filled with praise

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 Zion and Zaya Talk about God's Everlasting Love aloud.

Zion and Zaya Talk about God's Everlasting Love

Zion – Last Sunday, the choir ushered us into the presence of God with the processional hymn – *“We’re Marching to Zion.”*

Zaya – Yes. The words tell us that *“Zion is the beautiful city of God.”* In our study passage of Scripture today, the psalmist wrote about the greatness of God and the beauty of the home in which God resides. God’s greatness is proclaimed along with proof He is great. God has great power, great wisdom, and faithfulness and is of strict holiness and justice, of wonderful grace and goodness. God is great in every way. Not only is God great, He is *“greatly to be praised!”* The holy city of God is built on a mountain and is called Mount Zion. Zion is the name for Jerusalem.

Zion – Did you know the name Zion appears in the Bible 152 times? The psalmist highlighted *“the joy of the whole earth”* – how all people from all nations will come up to Mount Zion with rejoicing and loud singing. The city of God is not only where God resides, it is also where God was to be worshiped. It is also a place of refuge.

Zaya – The temple on Mount Zion causes worshipers to remember the lovingkindness of God. The beauty of the temple brings on thoughts of God. We worship God in the beauty of holiness. God’s praise will be raised throughout the world, *“to the ends of the earth.”* From all parts of the earth songs of praise and glory to Him will be heard (Isaiah 24:15). God’s hands are full of righteous acts.

Zion – *“Let Mount Zion rejoice and the daughters of Judah be glad” (Isaiah 48:11).* Mount Zion is symbolic of the church, so there will be much rejoicing in the church of the Lord Jesus Christ. The psalmist tells believers to walk around Zion and observe its strength and beauty. Count the towers and see the protection the city has. See the wonderful works of God. The power of God surrounds God’s church. The bulwarks (entrenchments) keep the church strong and impenetrable. The dwelling places on Mount Zion are palaces. Believers are commanded to tell future generations about the beauty, glory, strength and safety of the church.

Zaya – God is our God forever. Our relationship will continue forever and we will be covered by God’s everlasting love. God will be our guide. He will order our steps, hold us by the right hand and guide us by His counsel and judgment. God will guide our feet in peace – God through Jesus will lead us into green pastures, beside still waters, and fountains of living waters and all truth.

Zion – God is real- Let us never forget who God is.

Zaya – God will walk with us always. All we need to do is love God and follow Jesus!

Rise Up!

Answers to questions in What Do You Think are underlined.

Set Psalm 48 to music. (Student can use the bible translation of their choice such as, The Message Bible. Music can be to the tune of another song or an original beat.)

Complete the Superhero Challenge if time permits.

Tell students Zion and Zaya 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: 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. 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.

Lesson 12 – February 17, 2019 | Psalm 66: 1-9; 16-20

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>).

Key Verse Exercise

Read the verse to remember aloud.

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

Practice skip counting by 7’s as a class. (Example, 7-14-21-28-35-42-49-56-63-70). Then tell students to skip count by 7 to connect the words in the verse to remember.

50 worship	49 all	56 the	63 earth
38 thank	26 Lord	42 God	46 people
10 sing	22 glory	34 wonderful	35 to
14 joy	18 praise	21 joyful	28 noise
7 Make	14 a	6 Shout	2 for

Read and Learn!

Read Zion and Zaya Talk about Making a Joyful Noise aloud.

Zion and Zaya Talk about Making a Joyful Noise

Zion – In Psalm 66, David calls us to *“Make a joyful noise to God, all the earth; sing the glory of his name; give to him glorious praise”* (66:1-2).

Zaya – The psalmist praises God for God’s awesome deeds and great power. God displays power in history and historical acts such as the defeat of people’s enemies. In fact, the enemies of God’s people have heard of God’s great power and tremble before God.

Zaya – God also displays great power in such awesome deeds as the parting of the Red Sea that prepared dry land for God’s people to escape from the wrath of the pursuing Egyptian army. God never forsakes His people. He keeps watch over them and keeps them safe, out of the hands of the rebellious persons who rise up against them. God protects God’s people. But it is also necessary that God test the people, who through testing will come forth refined like fine silver. The psalmist lists several tests God’s people must endure to change them into what God wants them to be:

- Brought them into prison
- Laid burdens on their backs
- Let men ride over their heads
- Made them go through fire and water

But in the end, God has brought God’s people to a *“spacious place”* (66:12), a place of abundance.

Rise Up!

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

Share why God is worthy to be praised. (Answers will vary)

Describe signs of God's presence in the world. (Answers will vary. If students have trouble thinking of things to say prompt a discussion about the things in nature or someone surviving a terrible accident.)

Complete the Superhero Challenge if time permits.

Give each student a blank index card. Then tell students Zion and Zaya 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.

Lesson 13 – February 24, 2019 | Psalm 91: 1-8; 11-16

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.

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. Encourage them to use skip counting if necessary.

You will say my God in whom I trust
20 100 8 50 40 3 21 60 8

God = $10 \times 4 = 40$ I = $20 \times 3 = 60$ say = $4 \times 2 = 8$ my = $10 \times 5 = 50$ you = $5 \times 4 = 20$ trust = $5 \times 3 = 15$
whom = $7 \times 3 = 21$ in = $1 \times 3 = 3$ will = $20 \times 5 = 100$

Read and Learn!

Read Zion and Zaya Talk about Living Under God's Protection aloud.

Zion and Zaya Talk about Living Under God's Protection

Zion – Do you know what a “phobia” is?

Zaya – It's the fear of something.

Zion – People have so many phobias.

Zaya – I googled “phobia” and found a long list of phobias. Here are a few:

Arachnophobia – the fear of spiders

Dentophobia – the fear of dentists

Gatophobia – the fear of cats

Zoophobia – the fear of animals

Batophobia – the fear of heights

Zion – I wonder if any of my Sunday school friends have any phobias? We face many dangers in our lives – bullies, car accidents, gang fights, gun fire, terrorists – to name a few. We are troubled by these fears and dangers. The psalmist calms our fears by identifying the Lord as “[our] refuge and fortress” (91:2). God as our refuge is the One from whom we receive security and protection. God will deliver us from whatever dangers and fears we might face. God has assigned angels to care for, guide and protect God's children.

Zaya – Do you remember hearing or reading verses 11 and 12? The Bible says “For he will command his angels concerning you to guard you in all your ways. On their hands they will bear you up, so that you will not dash your feet against a stone”? During the last temptation, Satan quoted Psalm 91:11 and 12: “For it is written, He will command his angels concerning you, to protect you” and “on their hands they will bear you up, so that you will not dash your foot against a stone” (Luke 4:11-12). However, Satan misquoted the Scripture for his own purposes. He left out the words, “in all your ways.” Jesus came to do the Father's will, and that meant to walk in God's ways. Jesus would have stepped out of the will of God if He attempted to make stones into bread, if He accepted the kingdom of the world from Satan, or if Jesus had cast Himself down from the pinnacle of the Temple. To do any of that would not have been in the “way” of God. The promise is: “For he will command his angels concerning you to guard you in all your ways” (Psalm 91:11). If we call on God and wait patiently, the psalmist assures us that God will help us. If we seek God, we have nothing to fear. God will never let us down. God is just a prayer away!

Rise Up!

Answers to questions in What Do You Think are underlined.

Identify ways God protects you. (Answers will vary)

Research the **A. M. E. Zion Bicentennial Hymnal** for hymns that speak of God's protection. (Answers will vary)

Complete the Superhero Challenge if time permits.

Give each student a copy of the Faith Conquers Fear worksheet in Appendix C 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 Zion and Zaya want to face their fears by having a stronger confidence in God's Word. Help them by completing worksheet.

(Answers: Faith 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." | Conquer your fear with faith.)

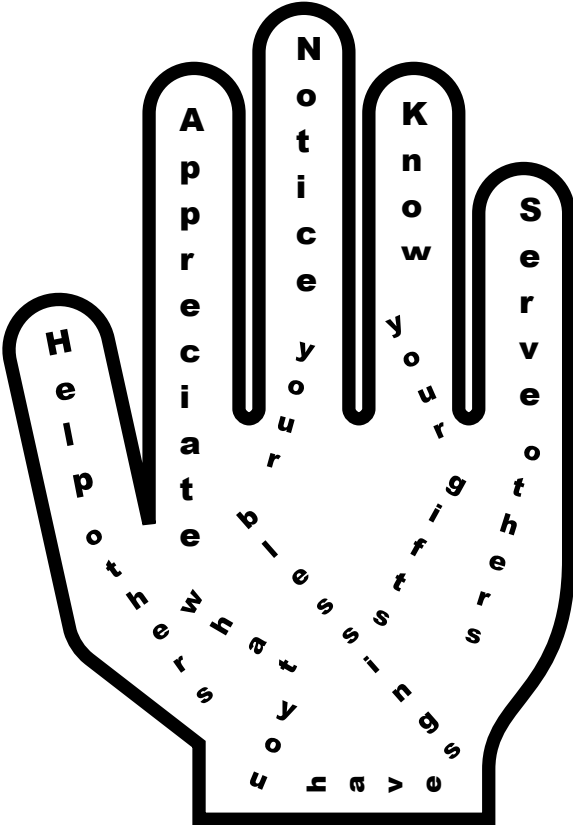
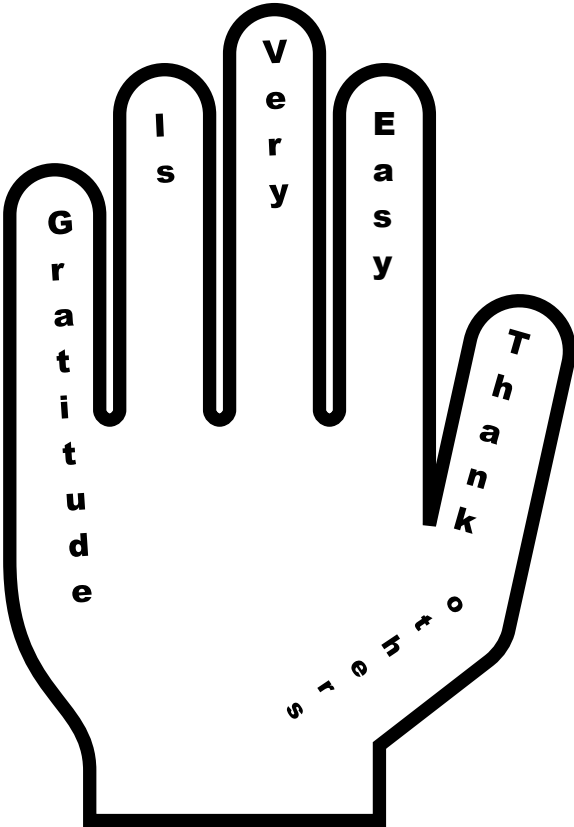
Below are the instructions for the Time to Create activity – Make a "Psalm 91" cube.

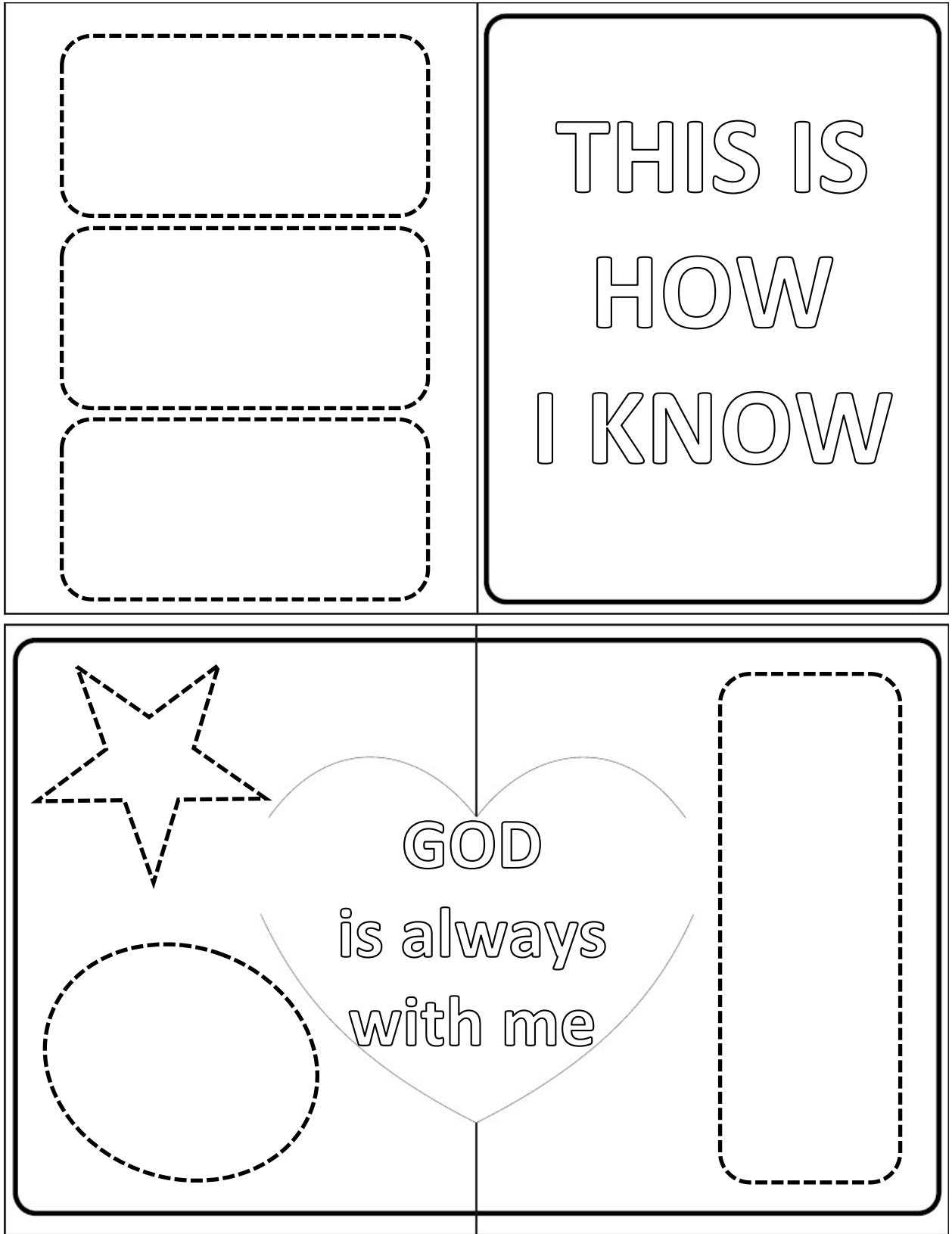
Materials needed: Copy of the Psalm 91 cube pattern in Appendix D (one per student), scissors, glue or tape, crayons or markers

Instructions: 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.





FAITH versus FEAR

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

_____ does not make things easy; it makes them possible.

Let your _____ be bigger than your _____.

We walk by _____ and not by sight.

God has not given us a spirit of _____.

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

Conquer your _____ with _____.

Appendix D | Psalm 91 Cube Pattern

