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EX 01 WHO IS GOD?

PASSAGE: Psalm 90:2,

BIG IDEA: God is the first and best being of all.

A. INTRODUCTION

1. DISCUSS SUPERHEROES:

- a. WRITE the word “Superhero” or DRAW a superhero in the center of the chalk/marker board.
- b. What are some words to describe what superheroes are like? (Various responses)
- c. AS THEY RESPOND, record their answers on the board around the superhero.
- d. A “super” hero is supposed to be a person who is better or more excellent than all other people.
- e. What things make a super hero... super? (Various responses)

2. INTRODUCE THE LESSON:

- a. It’s fun to read about superheros and the amazing things they can do.
- b. But superheroes that can fly and shoot lasers only exist in stories that we write.
- c. However, the Bible teaches us about someone who is a million-billion times more super than any superhero!

B. LESSON

RESOURCES:

Question Cards, Answer Cards

MATERIALS:

NIRV Bible*, Chairs, string, clothespins, tape, scraps of paper, marker, stopwatch

OPTIONAL:

Workout sweatband

*This lesson was written using and designed for an New International Reader's Version Bible.

SETUP:

- Place a chair on either side of the teaching area, about 10 feet apart.
- Tape each end of the string to a chair so that it hangs parallel to the ground.

1. INTRODUCE THE LESSON:

- a. Normally, we read and talk about a story from the Bible.
- b. But the Bible isn't just a storybook.
- c. It's a book to teach us about God.
- d. It tells us about what God has done and what he's like.
- e. Today, we'll look at the Bible and try to learn a bit about God.
- f. To learn about God, we'll ask a few questions and learn their answers.

2. ASK THE FIRST QUESTION:

- a. HOLD UP the first Question Card: How old is God?
- b. ASK a child to read what it says.
- c. ATTACH the sign to the wall using poster putty.
- c. ASK several children to guess how old they think God is.
- d. It seems like we all agree that God has been around for a long time.
- e. Let's see if we can figure out how old God is.

3. LEAD A TIMELINE ACTIVITY:

- a. Let's pretend this line is made of time.
- b. STAND at one end of the line of string.
- c. This end of the line will stand for the time right now and the other end will stand for a long time ago.
- d. WRITE the name of a baby that was recently born in your church and the year they were born on a scrap of paper.
- e. Looking at the year this person was born, how old are they? (A year or less old)
- f. Where should this person go on our timeline? (Near the beginning)
- g. ATTACH the scrap of paper to the beginning of the string using a clothespin.
- h. REPEAT this process with the names listed below, using their birthdates as a guide to help the children place them appropriately on the timeline:
 - You (insert your own birthdate)

- Abraham Lincoln (1809)
- George Washington (1732)
- King David (1000 BC)
- Moses (1440 BC)

- i. Where do you think we should put God on this timeline? (At the beginning)
- j. WRITE "God" on a scrap of paper and attach it at the very beginning of the line.
- k. To truly know how old God is, we need to read his word to us, the Bible.

4. READ PSALM 90:2. BEFORE YOU READ, ASK THE CHILDREN TO LISTEN FOR THE FOLLOWING WORDS AND DO THE LISTED MOTIONS WHEN YOU READ THEM:

- world - draw a circle in the air
- mountains - form a mountain shape with your arms above your head
- beginning - point to the left
- end - point to the right

5. DISCUSS HOW OLD GOD IS:

- a. According to this verse, what is God older than? (The mountains and the world)
- b. The Bible doesn't tell us exactly how old the world is, but everyone agrees that it's pretty old.
- c. If God is older than the world, he must be really old!
- d. The Bible tells us that God created everything (ref. Col. 1:16), so he'd have to be older than it to make it!
- e. In the beginning, before anything else existed, there was just God.
- f. No one made God; he's always been around.
- g. I guess you could say God is "forever" old.
- h. SHOW the children the first Answer Card: Forever.
- i. ASK a child to read it out loud.
- j. ATTACH it to the wall below the Question Card.

6. INTRODUCE THE FIRST PART OF THE BIG IDEA:

- a. God is older than everyone.
- b. He's older than everything.
- c. God is the very first being.
- d. The word "being" is kind of like a person, but God is more than just a person like you and me.
- e. REPEAT THIS PHRASE with the children: "God is the very first being."

7. ASK THE SECOND QUESTION:

- a. HOLD UP the second Question Card: How strong is God?
- b. ASK a child to read what it says.
- c. ATTACH the sign to the wall, next to the other question.
- d. Let's talk about just how strong God is.
- e. Before we can do that, let's see how strong one of you are.

8. LEAD AN EXERCISE ACTIVITY:

- a. SELECT a volunteer to come up front.
- b. IF YOU HAVE THE SWEAT BAND, ASK them to wear it.
- c. INSTRUCT the child to do as many push-ups in a row as they can.
- d. The world record for most push-ups without stopping is 10,507 by a man named Minoru Yoshida (ref. <http://www.recordholders.org/en/list/ulysses.html>)
- e. INSTRUCT the child to hold their breath for as long as they can. TIME them using a stopwatch
- f. The world record for holding your breath was made by a man named Peter Colat who held it for 19 minutes and 21 seconds! (ref. <http://www.telegraph.co.uk/news/worldnews/europe/switzerland/7242852/Swiss-freediver-breaks-world-record-for-holding-breath-underwater.html>)
- g. INSTRUCT the volunteer to return to their seat.

9. DISCUSS HOW STRONG GOD IS:

- a. How many pushups do you think God could do? (Various responses)
- b. How long could he go without breathing? (Various responses)
- c. Do you think anybody or anything is stronger than God? (No)
- d. The best place to find out just what God can do is to read his word, the Bible.

10. READ JEREMIAH 32:27. WORDS/MOTIONS FOR THE CHILDREN:

- Lord - point up
- All people - wave your arms in one big circle
- Anything - shrug your shoulders and hold out your hands

11. ANSWER QUESTION TWO:

- a. That verse asks the question, "I'm God. Is anything too hard for me?"
- b. What is the answer to that question? (Nothing)
- c. Nothing is too hard for God to do.
- d. God is all-powerful, which means he can do everything!
- e. SHOW the children the second answer card.
- f. ASK a child to read it out loud.
- g. ATTACH it to the wall below the corresponding question.

12. ASK THE THIRD QUESTION:

- a. HOLD UP the third Question Card: How smart is God?
- b. ASK a child to read what it says.
- c. ATTACH the sign to the wall, next to the other questions.
- d. Let's talk about just how smart God is.
- e. Before we can do that, let's see how smart one of you are.

13. LEAD AN INTELLIGENCE ACTIVITY:

- a. SELECT a volunteer to stand next to you.
- b. I'm going to ask our friend here some pretty tough questions.
- c. Question 1: How many stars are there and what are all their names?

- d. WAIT for the child to answer, most likely with an “I don’t know.”
- e. That was a really tough question.
- f. Even the smartest scientists in the world don’t know how many stars there are in the universe.
- g. And there are so many stars, it’d take a lifetime to name them all!

14. CONTINUE THE INTELLIGENCE ACTIVITY:

- a. For question 2, we’ll need another volunteer.
- b. SELECT another volunteer to stand next to the first.
- c. Question 2: How many hairs are on our friend’s head here?
- d. WAIT for the child to answer, once again with a likely “I don’t know.”
- e. That question was just as tough.
- f. You could start counting hairs, but it’d take you forever!
- g. INVITE both volunteers to return to their seats.

15. DISCUSS HOW SMART GOD IS:

- a. We’re trying to answer the question: how smart is God.
- b. Is he smart enough to know how many stars there are?
- c. What about the hairs on our heads?
- d. The best way to find out about God is to read his word.

16. READ PSALM 147:4. WORDS/MOTIONS FOR THE CHILDREN:

- Stars - hold your hands in the air and wiggle your fingers
- Gives - cup your hands together and gesture away

17. READ MATTHEW 10:30. WORDS/MOTIONS TO DO:

- Hair - rub your hair
- Head - knock yourself once on the head

18. DISCUSS HOW SMART GOD IS:

- a. So, does God know how many stars there are and what their names are? (Yes)
- b. Does he know how many hairs are on our heads? (Yes)
- c. Do you think there is anything God doesn’t know? (No)
- d. The Bible tells us that God knows everything there is to know! (ref. 1 Jn 3:20)

18. ANSWER QUESTION THREE:

- a. So, does God know how many stars there are and what their names are? (Yes)
- b. Does he know how many hairs are on our heads? (Yes)
- c. Do you think there is anything God doesn’t know? (No)
- d. The Bible tells us that God knows everything there is to know! (ref. 1 Jn 3:20)
- e. SHOW the children the third answer card.
- f. ASK a child to read it out loud.
- g. ATTACH it to the wall below the corresponding question.

19. INTRODUCE THE SECOND PART OF THE BIG IDEA:

- a. God is so strong, he can do anything.
- b. POINT to the answer to Question 2.
- c. And he's so smart, he knows everything!
- d. POINT to the answer to Question 3.
- e. And there are even more awesome things about God that we don't have time to talk about.
- f. Not only is God the first being of all, he's the best being of all
- g. REPEAT this phrase with the children: God is the best being of all.

20. REPEAT THE BIG IDEA:

- a. Let's quickly review what we learned about God from the Bible.
- b. How old is God? (Forever)
- c. How strong is God? (He's all-powerful)
- d. How smart is God? (He knows everything)
- e. The Bible teaches us that God is the first and best being of all.
- f. REPEAT the big idea with the children: God is the first and best being of all
 - Some motions to do:
 - God = Point up; First = hold up one finger; best = hold two thumbs up