



Session 10:
**I choose to think
the best**



**Aims for this
session**

- Exploring how to think the best of others
- Learning how to keep our hearts healthy
- Stopping weeds from growing in our hearts



Memory Verse

Jesus said, "Don't let your heart be troubled. Trust in God and trust in Me."

(John 14:1)



Catch Up (10 mins)

Refer to the teaching notes for this term for guidance on how to run this section.



Healing (5 mins)

(This is based on teaching from Session 9, Term 2 of the curriculum. If you haven't done this session then see the teaching notes from this term.)

Is there something you would like healed? Or is there someone you know who is sick? If the answer is 'Yes', just put your hand up. Can the people around them please pray.

Remember to remind them to: ask, tell it to go, wait, see what God did and pray again. Allow the children time to do this. Then ask what God did.

Heart Garden idea taken with permission from Rachel Turner's 'Parenting Children for a Life of Purpose' (BRF, Abingdon, 2014) p.60-62



God Spot (5 mins)

Resource:

- Yellow mat

Use your yellow mat. Ask the children what good things God has been doing in their life this week and ask them to come and share on the God spot while everyone else listens. (This is based on teaching from Session 6, Term 1. If you haven't done this session then refer to the teaching notes from that term.)

Last week we challenged you to try giving a word or a picture to someone in your family. Would anyone like to share what happened when they did that?



Game 1 (5 mins)

Resources:

- Appendix 1 printed onto paper for each team

Give each team a copy of Appendix 1. Each sheet of paper is to be used as a stepping stone. The aim of the game is for each team to get everyone across the room using the stepping stones. Every time someone steps on a stone they must say the words on the sheet of paper. The team with the most people across in five minutes wins.



Introduction (5 mins)

Resource:

- Tray
- Soil
- Small plants if you have them
- A few weeds with roots (see Resources section).

Show the children your tray. *Imagine inside you is a garden: when you let God's love inside you, it fills the garden with beautiful flowers. Now imagine someone is horrible to you or hurts you in some way. That can plant something different inside you, that thing can become a weed. (Add a weed to your miniature garden.) Today we are going to think about how to take out those weeds and how we can keep treating people as priceless even when they hurt us.*



Bible story

5-7

(5 mins)

(Based on 1 Samuel 18 - 1 Samuel 26)

David and Saul (5 -7 years)

David served King Saul faithfully. David was kind and thoughtful to everyone he met. He was also brave, leading Saul's army to victory again and again. However, King Saul became jealous of David because he thought people liked David more than him.

It made King Saul so mad he tried to kill David, not just once, but many times. David's best friend warned David and David escaped to live in caves in the hillside. No matter what tricks Saul tried, David didn't give in but he also never said a nasty thing about Saul.

David had the chance many times to hurt King Saul but he chose not to. He told everyone who would listen that God had chosen King Saul and that he, David, wouldn't go against God. So even though Saul was making David's life really hard, he didn't try and hit back or even talk about him behind his back. David is really sensible in this part of the Bible; he doesn't give Saul the chance to hurt him. He protects himself by making sure he hides from Saul. David doesn't worry about how to get Saul back or how to get his role back in the palace. David lets God sort out these things. Then David is crowned king when Saul dies.



Bible story

8-10

(5 mins)

David and Saul (8-10 yrs)

Recommended resource:

The Action Bible p. 287-288, 294-295, 300-308, 1 Samuel 18 - 1 Samuel 26 . (If you aren't using the Action Bible, you may wish to retell an account of how David and Saul interact throughout their relationship based on these passages.)



Talk

(5 mins)

In the story of David and Saul, David chooses again and again to think the best of Saul. He doesn't let Saul hurt him and he goes into hiding to move away from Saul to keep himself safe. Even though Saul is being bad and doing nasty things, he still treats Saul as a person loved by God.

David has the chance to kill Saul and stop Saul from hunting him but he doesn't. When others tell him to hurt Saul he reminds them Saul is loved by God, chosen by Him. He doesn't even let other people talk in a nasty way about Saul and David's own words about Saul are kind. How did David do that? How did he manage not to get mad at Saul? How did he stop himself telling other people that Saul was a bad person?

Well, I think David did three things:

- First, he made a choice; he chose only to speak good things about Saul.
- Second, he didn't let any weeds grow in his heart. When Saul tried to hurt him or said nasty things about him, David did something we can all do. David chatted to God about it. We know he did this because the words he said to God are written in a book of the Bible called Psalms. In these songs and poems David told God how hurt he felt, he told God what was happening, how people were trying to hunt him down. He told God everything.
- Third, after He chatted to God he let God come and take those weeds out of his heart. He caught from God how God felt about Saul. He caught from God again and again till those weeds had been pulled out of his heart by God, until his heart was only full of love again.



DISCUSS

(5-10 mins)

If you have a large group split them into 3 groups to process these questions.

1. You are at school and your best pencil has gone missing. It's not in your pencil case, it's not in your tray; you can't find it anywhere. On another table is a girl who has a pencil just like yours.

- What things might you be thinking about her?
- What might you do?

Let the children suggest answers. Then explain that, after whatever action was suggested has been done, you get up and notice the pencil has rolled off the table and under a cupboard.

2. You are at the play park and another child pushes past you and knocks you over.

- What things might you think about them?
- What might you do?

After the children have told you, explain that the child was running to help her sister who had fallen off the climbing frame but you hadn't seen this.

3. You have a friend in your street and you often go round to their house to play. Every time you go round, the friend is nice to start with but when you are playing without any grown-ups nearby, they call you names

- What might you think about them?
- What would you do to keep yourself safe?
- How would you look after your heart?



Response

(5 mins)

Find some space where you aren't touching anyone else and you can focus on you and God. You can sit or lie down and you can close your eyes or keep them open – it's up to you. (I find it easier to close my eyes; that way others don't distract me and I find it easier to see the pictures God puts in my head, but it's up to you.)

Now chat to God in your head. Ask Him to show you any weeds in your heart that need to come out. He may show you a person or remind you of something that happened to you.

Now I am going to ask Jesus to come into that picture. 'Jesus, come into each picture in our heads and take this out of our hearts.' (Wait.)

Jesus, please give us something to replace the weed you've taken out. (Then wait and see what He does.)



Reflect and share

(5 mins)

Ask if anyone is happy to share what Jesus did.

Reassure them that, sometimes, it can be difficult to see all these things in our mind. So if they didn't see a picture, they can still trust that Jesus is helping them weed their heart garden if they are asking for His help.



Action & Craft

(10-15 mins)

Resources:

- Appendix 2 for each child, colouring pens

Give each child a copy of Appendix 2 and ask them to colour the picture in. When they are finished (with the agreement of your leadership) have them give the picture to someone in church that God shows them.



Game 2

(5 mins)

Resource:

- A straw for each child
- A packet of Maltesers for each team
- A dish for each team

Divide your children into teams. Place the dish for their team at a distance from the team. Give each team a packet of Maltesers. The aim of the game is to blow a Malteser up the room to the dish then place it in the dish without touching the Malteser. The next person then takes a turn. The team with the most Maltesers in the dish at the end of the game wins.

Resources for this session

God spot:

- ☐ Yellow mat

Game 1:

- ☐ Appendix 1 printed onto paper for each team

Introduction:

- ☐ Tray with deep sides filled with soil, add some small plants if you have them. You'll also want a weed or two with their roots.

Bible story (8-10):

- ☐ The Action Bible p. 287-288, 294-295, 300-308, 1 Samuel 18 - 1 Samuel 26.

Action & Craft Combined:

- ☐ Resources: Appendix 2 for each child, colouring pens

Game 2:

- ☐ A straw for each child
- ☐ A packet of Maltesers for each team
- ☐ A dish for each team





Parental communication

Dear Parent/Guardian,

This week we explored how to think the best of others. Through the story of David and Saul in 1 Samuel 19:18 and 1 Samuel 31, we explored what it means not let bad feelings grow in our hearts and how to weed out our hurts so that we can separate a person from their actions.

In our response time we asked God to show us any weeds He wanted to take out of our hearts and we asked Jesus to come and plant fresh things from God in their place. If you would like to explore this further with your child then do some gardening with your child or visit a garden centre. Talk about a time when God has helped you to see the best in someone. Take some time to chat to God and ask Him if there is anything in your heart He wants to weed out.

Next week, we will be thinking about how to help others integrate into a group and how we can welcome new people to church through the story of Barnabas and Saul in Acts 9:19-28.

Love