

Good Morning Sunday School Students,

I am excited that you have joined me today in our Spirit and Truth Zoom Classroom. Our lesson today will be about a Man Named Noah And How He Obeyed God

Our scripture for today is “Say to those with an anxious and panic stricken heart,” Be strong, fear not! Indeed, your God will come with vengeance (for the ungodly); The retribution of God will come, But he will save you.” Isaiah 35:4

Pick A Job

1. Prayer Leader

2. Teacher Assistant

3. Bible Verse Leader

4. Meditation Leader

Schedule for Today

Prayer

Meditation

Greeting

Group Dance

Lesson - The Story of Noah - A Man That Obeyed God

Do You Know What

Prayer For Today

Dear God,

I can't control what happens every day, but I can trust You every day to take care of me. Help me to rely on You-no matter what the day looks like.

Meditation is quieting your spirit so you can hear God speaking to you. I'll read the meditation exercise first, then you will repeat it after me.

Breathing in, I relax

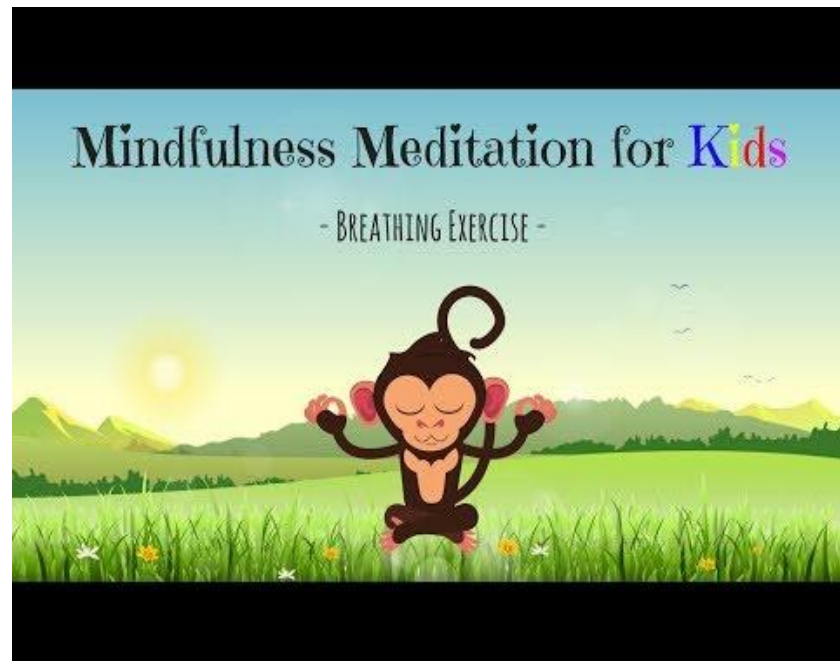
Breathing out, I smile

Breathing in, I feel calm

Breathing out I feel good

Breathing in, no more anger

Breathing out, peace and quiet



Adapted from Thich Nhat Hanh

Greeting

Let's share an African Greeting this morning

This greeting uses two phrases: "Sawa bona" which means "I see you," and Sikhona which means I am here

Sawa bona _____

Sikhona

A photograph of three people dancing in a studio. On the left, a man in a light blue jacket and black pants is dancing with his arms raised. In the center, a woman in a pink shirt, light blue jacket, and jeans is dancing with her arms crossed. On the right, another woman in a light blue jacket and black pants is dancing with her arms crossed. They are all smiling and appear to be in the middle of a dance routine. The background is a plain, light-colored wall.

Every Move I Make

Dance-A-Long

A Man Named Noah And How He Obeyed God

Vocabulary

God- Everything that is good is representative of God

Behavior-The way a person acts especially toward other people

Knowing God- To know God we have to study the words in the Bible and other spiritual books and try as hard as we can to do the things we learn in the bible.

Holy Spirit- A synonym for God

Praying- Talking to God

Meditation-Quieting your body and mind so you can hear the spirit of God guiding you thoughts and actions

Bible Lesson-Genesis 6:9-17

Here is The Story of Noah- Part 1

9.Noah was a godly man. He was without blame among the people of his time. He walked with God. He studied the word of God. He prayed and meditated every day! 11 The people on the earth were very sinful in God's eyes. The people were full of mean and harmful acts. 12. God saw how sinful the earth had become, All of the people on the earth were leading very sinful lives.

13. So God said to Noah, "I am going to put an end to all people. They have filled the earth with harmful acts. You can be sure that I am going to destroy those people and the earth. 14 So make yourself an ark out of wood. Make rooms in it. Cover it with tar inside and out. 15 Here is how I want you to build it. The ark has to be 450 feet long. It has to be 75 feet wide and 45 feet high.

16 Make a roof for it. Leave the sides of the ark open a foot and a half from the top. Put a door in one side of the ark. Make lower, middle and upper decks. 17” I am going to bring a flood on the earth. It will destroy all life under the sky. It will destroy every living creature that breathes. Everything on earth will die.

Song

[God Is So Good](#)

Do You Know What

Parent Prayer-God, when I feel alone or like I'm missing the mark as a parent, help me to make the choice to trust You and Your word.

References- Kids Sunday School Incorporated, The Holy Bible of Inclusion- DEPaulk, Best Day Ever- Joyce Meyer , Amplified Bible, Morning Meeting Book-Roxanne Kriete,[https:// ministry-to-children.com](https://ministry-to-children.com)