

Welcome To Sunday School

Good Morning Sunday School Students,

I am elated that you have joined me today in our Spirit and Truth Zoom Classroom. Our lesson today will be on God Helps Us Grow. Today's lesson you will need a pencil and the Perfect Picks handout

Our scripture for today is “ My help comes from the Lord, who made heaven and earth, Psalm 121:2 This scripture means that God made everything I can see-the earth and the stars in the sky. And he is the one who helps me!

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 On God Helps Us Grow

Story - The Christian Church

Do You Know What

Prayer For Today

God, Help me today. Show me something new, something amazing (neat clouds in the sky, a kind word spoken in my virtual school). Help me to be grateful for my family and friends and let me be kind to those around me.

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 [Meditation](#)

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

Today let's greet each other by saying Buenos Dias in Spanish. Buenos Dias means Good Day

Buenos Dias _____

All Together Now



God Helps Us Grow

Connecting to the Holy spirit helps us grow in many different ways. The words in the Bible and other Spiritual Books gives us many examples on how we are to live. If we live our lives the way the bible teaches us, we will grow to be big and strong. Not only strong but smart too!

The Bible has a lot of good advice on how we should live; for example you should honor your mother and your father because this is right. In today's story we'll learn about some other ways God wants us to live.

Vocabulary

Suffer

Honest

Patient

Curses

evil

The Book Of Romans Chapter 12 Verses 9-18

(9) Love must be honest and true. Hate what is evil. Hold on to what is good (10) Love each other deeply. Honor others more than yourselves.(11) Never let the fire in your heart go out. Keep it alive. Serve the Lord (12) When you hope, be joyful. When you suffer,be patient. When you pray,be faithful.

(13) Share with God's people who are in need. Welcome others into your homes.(14) Bless those who hurt you. Bless them and do not call down curses on them (15) Be joyful with those who are joyful. Be sad with those who are sad.(16) Agree with each other. Don't be proud. Be willing to be a friend of people who aren't considered important.

Don't think that you are better than others.(17)

Don't pay back evil with evil.Be careful to do what everyone thinks is right.(18) If possible, live in peace with everyone. Do that as much as you can.(19) Don't try to get even. Leave room for God to show his anger. It is written,"I am the One who judges people" I will pay them back says the Lord.

Perfect Picks

[Perfect Picks](#)

Story For The Day

Do You Know What

Kid Prayer-God,thank You for today. Help me to represent You well. Let me say the words You would say and treat everyone with kindness because they are important and matter.

Parent Prayer-God,help me to not get overly distracted with the cares of being an adult, and remember to enjoy life with my kids-not just endure it!

Remember if you want to watch last week' virtual Sunday School Class visit www.mytruthsanctuary.com/family You can also get any handouts we have for the class at this website too.

References- Kids Sunday School Incorporated, The Holy Bible of Inclusion- DEPaulk, Best Day Ever- Joyce Meyer , Amplified Bible, Morning Meeting Book-Roxanne Kriete The Christian Church by Angela Wood