

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 special people that are talked about in the bible named Mary and Martha

**Our scripture for today is“ Let us keep looking to Jesus”
Hebrews 12:2a**

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 -Learning About Mary And Martha

Do You Know What

Prayer For Today

Dear God,

Every day help me to make the decision to follow You and the lessons that I learn in my studying of the bible. Amen

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

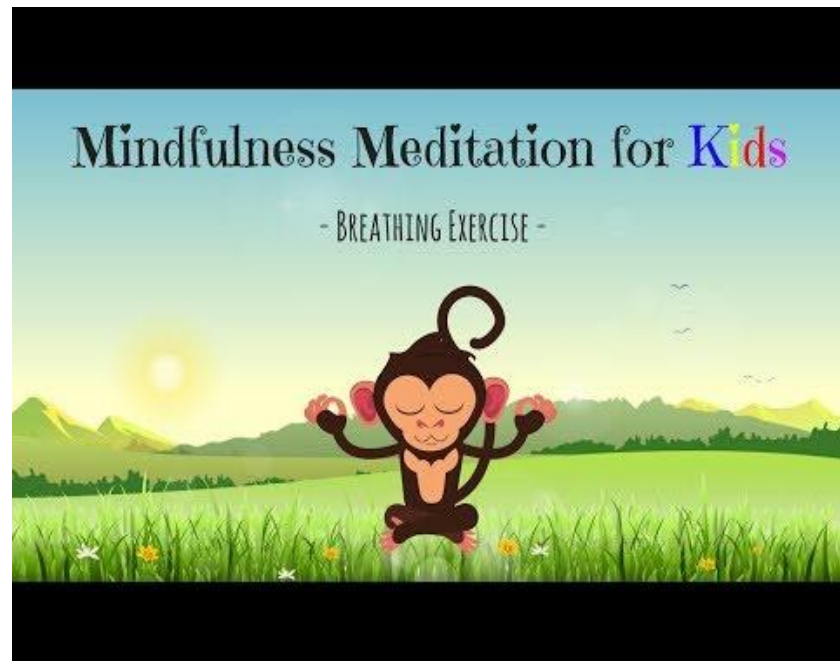
Breathing out, I smile

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

Hello neighbor, what d'ya say?

It's gonna be a wonderful day.

Clap your hands and boogie on down

Give me a bump and turn around

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 a fun, energetic mood. The background is a plain, light-colored wall.

Every Move I Make

Dance-A-Long

Learning About Two Special People

In The Bible

Mary And Martha

Vocabulary

God- Everything that is good is representative of God

Evil-Something that is bad,causes harm,or destruction

Behavior-The way a person acts especially toward other people and situations

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.

Praying- Talking to God

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

Bible Lesson Luke 10:38-42

38 Jesus and his disciples went on their way. Jesus came to a village where a woman named Martha lived. She welcomed him into her home. 39. She had a sister named Mary.

Mary sat at the Lord's feet listening to what he said.⁴⁰ But Martha was busy with all the things that had to be done. She came to Jesus and said, "Lord my sister has left me to do the work by myself. Don't you care? Tell her to help me!"

41 “Martha,Martha,” the Lord answered.”You are worried and upset about many things.There is no need to be upset. 42 But only one thing is needed enjoying our time together. Mary has chosen what is best!



MARY AND MARTHA

GOD'S STORY

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)