



Future-proofing our children

Sunday School Class 3

Lesson Title

“Our Strength as Children of God”

A Parent's Guide

Sunday School Home Schooling



Dear Parent

Welcome to the “Our Strength as Children of God” Sunday School 3 lesson.
 This document provides you with a minimum guide on how to present the lesson.

How to prepare and present the lesson

Below are some tips on how to go about preparing and presenting the lesson:

Step	Action
1.	<p>Access the New Apostolic Church Website by keying-in or clicking on the following link from WhatsApp:</p> <p>https://bit.ly/3NACSSHS</p>
2.	<p>Gather the following tools to ensure that you are ready for the lesson:</p> <ul style="list-style-type: none"> • Bible • The PDF lesson that is already prepared • Child’s workbook and pencils, crayons, etc. • The Video Clip which is an additional optional resource tool <p>Note:</p> <p>2.1: An ideal time preferably to present the lesson is after the Sunday morning service in line with the normal Sunday School time to maintain the routine.</p> <p>2.2. Please keep the lesson as concise as possible, bearing in mind the retention span (to focus on the lesson) of our children – you know your child best. <i>Sunday School normally does not exceed 45 minutes.</i></p> <p>2.3: The lessons are class specific (i.e. SS, RI or Confirmation).</p> <p>2.4: Please contact your SS teacher if you need any of the above resources.</p>
3.	<p>Pray (see the prayer at the end of this document) and ask God to use you as a tool to present the lesson the way He would want us to present it.</p>



Present a Sunday School Lesson at Home

How to prepare and present the lesson

We continue to share some tips on how to go about preparing and presenting the lesson:

Step	Action
4.	Create a pleasant (disturbance free) learning environment where you and the children are at the same level Example: Sit on the mat or at a table
5.	Read through the lesson. Re-read the lesson so that you understand it. Watch the video clip of the lesson to get a better understanding of the lesson.
6.	Make notes for yourself on important points that you would like to remember.
7.	Understand the objective of the lesson that your child must remember.
8.	Present the lesson to your child by telling the story. You can even read the story if you like.
9.	Show your child the video and recap on the meaning/purpose of the lesson.
10.	Refer your child to the activity in the child's workbook.
11.	Pray, or ask your child to pray and close the lesson.

Available tools in terms of Home Schooling

Herewith some tools to enhance the quality of the lesson:

1. WhatsApp chat the lesson with another Sunday School family.
2. Discuss with other parents to obtain clarity regarding the lesson before it is presented.
3. Feel free to conduct your own research for additional information.



The Lesson

Lesson Title	Our Strength as Children of God
Text	Philippians 4 v 13:
Lesson Objective	Today's lesson teaches us that we are children of God and that believing in God and Christ gives us strength so we can carry on, even when times are tough.

Lesson Summary:

Our Bible text for this lesson is Philippians 4 v 13: It tells us that:

"I can do all things through Christ who strengthens me."

Wow. What a powerful word.

Here are 3 short stories that illustrate this strength, told by people who have experienced it first-hand.

Strength to carry and forgive

Anita was assigned to a class where the teacher was very strict and sometimes even unfair. She was worried. Her mom told her to pray about it, and to ask the Lord to help her. Anita soon saw that she was learning a lot – to read and write, but also that she was learning to forgive and understand her teacher.

Courage to tell the truth

Our young brother's bicycle was stolen outside a shop. But he had forgotten to lock it. Even after looking for it, he couldn't find it. He prayed that God would help him. He had to decide whether to tell his parents the truth that he had not locked the bike. Even though they never found the bike, he could be very proud of the fact that he was honest.

Courage to confess

One of our fellow friends was part of the school choir. She loved it so much. She enjoyed the practices and singing with her friends. Her teacher told them about an upcoming concert. HOW EXCITING. But she soon realized that the concert was on a Wednesday evening – the same time as service. What should she do? Missing service just this once surely wasn't going to be a problem. But she prayed and then decided to tell her teacher that she couldn't sing at the concert because of service. "No problem", the teacher said, "we've moved the concert to Thursday. Can you sing then?" Our sister was so excited. And She immediately thanked our Heavenly Father for His help.



What does this lesson mean for us today?

What does the lesson want to teach us?

- Everyone has to go through some tough times or experiences. Even Children of God. And everyone's lives are different.
- God gives us the strength to go through difficult times.
- Being His child helps us choose between right and wrong. It gives us the strength to tell the truth
- We are never alone. God knows all our needs and our worries.
- All God's Children pray for one another. This is a great strength.

Maybe you can think of ways in which you can allow the Lord to help you give strength to someone else – Pray for them this week.

Some questions that we can ask:

- Can the children think of times they felt alone or weak?

Answer: Maybe prompt them with examples.

- How did God help them in these circumstances? What could they do?

Answer: We can always **pray** to God. We can always ask for **help** from others especially our parents, our teachers and our ministers.

- How can we share this strength with others?

Answer: We can learn from Jesus. We can remember that we are Children of God and He needs us to help his people. This makes us humble to realise that God has asked us to help. We can pray for our friends and those who are going through a difficult time.



A Prayer for Daddy and Mommy to pray before the lesson:

Dear God, thank you for another day

Bless us all.

May we feel your presence

Bless the lesson we will have

Help us to remove all the doubts and unclean thoughts that are inside our mind, heart, and soul now.

Let Your power be revealed in us, God and create in us a clean heart.

Send Jesus to fetch us

And may we be ready to meet Him

In Jesus name we pray this

Amen

 Notes