

Rachel

Trigger

A competition

Material

- Cups

Steps

1. Place cups at each end of the table.
2. The first child to stack their cups wins.



Key Verse

Philippians 2:3

Multimedia & Clips

Images

freebibleimages.org

Clip - YouTube

- Rachel
- MBCA Rachel

Object Lesson

Tinted milk

Material

- Bowl or pan
- Milk
- Food colouring
- Cotton swab
- Dish soap



Steps

1. Put a small amount of milk in a saucepan or bowl.
2. Place a few drops of food colouring in different places in the bowl.
3. Dip a cotton swab in dish soap.
4. Dip that cotton swab in the middle of the food colouring.
5. Explain that a little competition can be beneficial and result in a nice design, but if you do too much it won't work anymore. More than that, the design becomes ugly (if you use different colours and the blending makes the design disappear).

Songs

YouTube

- Psalm 23

The Heart Of The Father

Prayer

Take the time to ask the children if they have a need that they find impossible or that they have been wanting for a long time.

Then, ask them to write it down on and have them pray for it.

Craft

Prayer hands

Material

- Construction paper or felt
- Scissors
- Hole punch
- String
- Paper
- Glue
- Markers



Steps

1. To make it easier for you, prepare 1 example. The children will then see what they are crafting.
2. Distribute 1 popsicle stick to all the children. Ask them to paint or colour it depending on your preference.
3. While the stick dries, distribute 1 sheep template to each child. Ask them to cut it out. Some will need help. Then, ask them to glue cotton balls (about 7) on it. Let dry.
4. Then ask them to paint or colour the 2 small ears on the sheep template the same colour as the popsicle stick. Ask them to cut them out. Some will need help.
5. Distribute 2 small eyes to each child and ask them to glue them to the end of their popsicle stick. Then glue the little ears to the back of the stick. And finally, stick the circle of cotton balls in the middle of the stick. You will then have a pretty sheep.
6. Connect to the story of Jacob and Rachel. He had to work for 14 years herding sheep to marry Rachel.

Activity

Hidden words

Material

- Crossword [worksheet \(activity sheet\)](#)
- Pencils

Steps

1. Before class, print out one crossword puzzle sheet per child.
2. Ask the children to complete the crossword puzzle.

Mot caché

R	A	C	H	E	L	J	R
D	L	O	I	N	E	A	E
H	B	M	C	E	J	C	N
D	R	P	P	P	D	D	J
T	H	I	J	O	S	R	A
N	L	I	K	O	S	L	M
I	E	T	M	S	P	N	I
S	A	I	N	E	M	N	
T	H	O	D	N	P	D	R
E	N	N	A	M	O	U	R



Physical Activity

Unexpected winners...

Material

- A few puzzles
- Chairs



Steps

1. Explain to the children that you have organized different “competitions”.
2. First, play a puzzle race.
3. Give each child a simple puzzle and, on your cue, ask them to put it together as quickly as possible.
4. When all the children have finished, offer a small reward to the last person who finished.
5. Then play a little variation of the game of musical chairs.
6. Arrange the chairs in a circle and play lively music to signal the children to walk around them.
7. When the music stops, have the kids run for a chair as usual, but again, instead of getting eliminated, the person who doesn't have a chair gets a prize.
8. If the children seem confused, explain that Jesus' disciples often were too. Tell the children that you will be talking about a story that Jesus told to explain grace.

Snack

Wedding cake

Material

- Wedding cake
- Plates
- Utensils

Steps

1. Before class, bake a simple wedding cake.
2. Distribute a plate and utensils to all the children.
3. Present the wedding cake to the children and cut several slices.
4. Tell the children about Rachel and Jacob's marriage.





Skyler's Zoo

YouTube

Skyler and the Sheep