

Word of God Family Lesson

Learn how the Word of God helps us separate good things that are of God from bad things that harm us.

Bible Verse: Hebrews 4:12 “The word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.” (NLT).

Supplies: Bread or pancakes (whatever bread product you have), peanut butter (or peanut butter substitute), jelly/jam, knife, optional heart cookie cutter, cup of dirt or gravel, pad of sticky notes, pen

Activity 1: The Word of God helps us separate good from bad.

1. **Set out a piece of bread.** Jesus is like bread from heaven. Just like the bread we eat becomes part of us and gives us energy, Jesus’ words in the Bible become part of us and help us live a healthy life.
2. **Spread peanut butter on the bread.** God’s love is sticky like peanut butter to help us stay connected to God and each other. Can you separate the peanut butter from the bread? (No!) Neither can you separate God’s words in scripture from his love because Jesus said that all of God’s instructions help us love God and people.
3. **Spread jelly on the peanut butter.** The Holy Spirit helps us stay connected to God’s truth and love so that we produce good fruit, just like this jelly is made from fruit and tastes good. As we learn to obey the voice of the Holy Spirit who lives inside of us, he helps us do good things.
4. **Carefully sprinkle some dirt on part of the sandwich.** Should we eat the sandwich now? Why not?
5. **Use the knife to cut off the part of the sandwich covered in dirt.** The Bible says that the Word of God is like a sword or knife that separates good from bad. Scripture helps us know what is dirty and needs to be cut off just like we cut the dirty part of the sandwich off. What are some things that the Bible says we need to cut out? (Stealing, lying, etc. You can refer to the 10 Commandments.)
6. **Place a piece of bread on top of the remaining good part of the sandwich and cut out a heart (or 2) from the center.** The Bible tells us that Jesus is the Word or voice of God in the Bible who became a human like us. God’s Word now lives inside us so we can hear his voice. As we eat our sandwich, it represents inviting Jesus and his words to live in our heart, helping us love God and people.

Activity 2: The Word in Me

1. **Draw a picture of a knife on a sticky note and put it on your forehead.** The Holy Spirit gives us a mind like Jesus so we can separate good from bad things that we hear and see. God’s Spirit helps us keep the junk out of our mind by teaching us right from wrong and helping us remember scripture.
2. **Draw a stick figure inside of a heart on another sticky note and put it over your heart.** Jesus is the living Word of God who lives in our heart. The more we talk to Jesus about the things we see and hear, and listen for his voice, the more he guides us to what is true and keeps our feelings healthy.
3. **Draw a smiley face on another sticky note and put it over your lips.** (Go ahead and try to talk with the sticky note on your top lip. It will make kids laugh and that is good!) Jesus said that we speak from the overflow of what’s in our heart. If we’re listening to Jesus and filling our heart with God’s Word, what comes out of our mouth will be good.
4. Ephesians 4:29 says, *“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen”* (NIV). If the words we speak come from what is in our heart, how do we guard our heart so that only good things come out? (Hint: Go back to step 1!)