Son of God Family Lesson

Learn about the grace and kindness that God the Father pours out on his children who are in Christ.

Bible Verse: Galatians 3:26. *"You are all children of God through faith in Christ Jesus."*

Supplies: Bowls and spoons, vanilla ice cream (or dairy free vanilla ice cream), chocolate chips or chopped candy bars (or Enjoy Life DF chocolate chips), chocolate or caramel syrup (Torani chocolate syrup is DF), whipped cream (Trader Joe's sometimes carries DF canned whipped cream), more toppings like M&Ms, colored sprinkles, berries, nuts, crushed cookies, etc.

Activity 1: Make ice cream sundaes! Set out all the supplies before you begin. Read each scripture before adding items to your bowl, emphasizing the underlined words like "poured out," then read the following explanation of what each item represents. Older children can follow directions as you read aloud and make their own sundaes while you demonstrate on your own sundae or make one for a child.

1. ***"Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens" (James 1:17).*** **Read aloud:** As we read from Ephesians 1 about our adoption as God's children through Jesus, we're going to build ice cream sundaes to demonstrate how everything good in our lives comes down to us from our heavenly Father. (Set out a bowl and spoon for each person.)
2. *"All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ" (Ephesians 1:3).* **Point to all the toppings.** Our toppings represent the blessings God pours out on those who believe in Jesus.
3. *"Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes" (v. 4).* **Put a scoop of vanilla ice cream in a bowl for each person.** Our white scoop of ice cream represents being pure and without fault in God's eyes. Even though we have all made messes, Jesus makes us clean so that God sees us as pure and white like vanilla ice cream.
4. *"God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure" (v. 5).* **Sprinkle chocolate chips or chopped up candy bars on top.** The phrase "chip off the old block" describes someone being like their father, just like a chip of a block of chocolate would taste the same as the chocolate block. We're sprinkling chocolate chips (or candy bars) on our sundaes to remind us that God wanted lots of kids in his family who are like Jesus, a "chip off the old block." It gave him pleasure to adopt us just like it gives us pleasure to eat chocolate!
5. *"So we praise God for the glorious grace he has <u>poured out</u> on us who belong to his dear Son" (v. 6).* **Pour chocolate or caramel syrup over the top.** We're pouring sweet syrup over our sundaes to remind us of the grace God has poured out on us because we belong to his Son.
6. *"He is so <u>rich in kindness and grace</u> that he purchased our freedom with the blood of his Son and forgave our sins" (v. 7).* **Squirt some whipped cream or other rich topping on your sundae.** Just like whipped cream is rich and creamy, God is rich in kindness and grace.
7. *"He has <u>showered his kindness on us</u>, along with all wisdom and understanding" (v. 8).* **Sprinkle lots more candies and/or nuts on top.** We are showering our sundaes with sweet things just like God the Father showers his kindness on us, giving us wisdom and understanding.
8. Psalm 34:8 says, *"Taste and see that the Lord is good."* **As we enjoy eating our sundaes, let's take turns sharing something good God has poured out to us and give thanks to our heavenly Father.**

Activity 2: HIDE AND SEEK WITH THE FATHER. In Jeremiah 29:13 our heavenly Father says, *"'You will seek me and find me when you seek me with all your heart. I will be found by you,' says the LORD."*

Instructions: Have someone in your family hide somewhere in the house, representing God the Father, then play hide and seek. If the one hiding is not found quickly, make a little noise to send the seekers your way. Take turns being the one to hide until everyone has had a turn.

Discuss: Was it more fun to seek or to be found? God wants us to seek him with all our heart because it brings him delight to be found. God invites us to seek him because he knows we delight in discovery. When we seek God by reading the Bible, we find him! When we seek the Father in prayer, we find his presence because he has made his home in our hearts.