

FOUR-FIVE CURRICULUM

MAR 22

Upside Down: Treat Others the Way Jesus Treats You

Bible Story: Mary and Martha • *Luke 10:38-42*

Conversation Starter: How can you make time for Jesus?

Bottom Line: Make time for Jesus first.

Monthly Memory Verse: *Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves.* • Philippians 2:3 NIV

SOCIAL ACTIVITY

Opening Activity

What You Need:

- Floor tape
- Crumpled paper balls
- Paper plates

What You Do:

- Welcome the kids by name with a high five.
- Invite the kids who brought an offering to put it in the offering container.
- Create two start lines using floor tape at one end of the room.
- Create two finish lines using floor tape at the other end of the room.
- Divide the group into two teams and instruct each team to line up behind the start line on one end of the room.
- Give the first kid in each line a crumpled paper ball and a paper plate.
- Explain the relay race: One at a time, the kids are to use the paper plate as a fan to “blow” their paper “trash” across the room to the finish line and then run back and hand the plate to the next kid in line.
- The first team to have all its players finish wins.
- Play a second round where the kids have to fan the paper ball while walking backward.

What You Say:

“That was a lot of work! You were all so busy fanning that paper across the room. It’s easy to get busy with tasks and forget what’s most important. **[Transition]** Today’s true story from the Bible is about two sisters, Mary and Martha. One of them was very, very busy ... Let’s go find out what Jesus thought about all her work.”

SMALL GROUP ACTIVITY:

1. Take a Snapshot

What You Need:

- “My Week” Activity Page
- Pencils

What You Do:

- Give each kid a page from the “My Week” Activity Page and a pencil.
- Instruct them to fill in their typical weekly schedule. Encourage them to write down things like school, sports practice, homework, chores, and screen time.
- Once the kids have their busy week filled in, invite them to look for the empty spaces.
- Challenge them to find specific times this week where they can intentionally “make time for Jesus.”
- Instruct them to write “Time with Jesus” in some of the empty slots on their calendar.
- Invite them to share with a partner what time they chose and what they plan to do during that time (e.g., pray, read a devotional, listen to worship music).

What You Say:

“It’s easy for our schedules to fill up, isn’t it? If we aren’t intentional, time with Jesus can get squeezed out. Martha spent time being busy making everything wonderful for Jesus’ visit. She was doing good things, but Jesus told Martha that Mary had chosen what was better. Mary spent time sitting at the feet of Jesus and listened to Him.

“Our days can get very busy. We can get busy with sports practice, music lessons, clubs, playing with friends, or doing chores. These are all good things, but Jesus taught us that it’s most important to spend time with Jesus. When we spend time with Jesus before we do all of those activities, the awareness that He is with us makes all of those activities better! We can spend time with Jesus by praying, reading the Bible, listening to worship music, or singing praises to Him. Making an actual plan on a calendar is a great way to make sure we **[Bottom Line] make time for Jesus first.**”

2. Verses to Take with You

What You Need:

- Bibles

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- “The Color of Humility” Activity Page
- Colored pencils or fine-tip markers
- Music player to play quiet worship music

What You Do:

- Give every kid a Bible.
- Invite them to look up Philippians 2:3 Read the Memory Verse together out loud several times.
- Review any words that might be unfamiliar to the kids.
- Invite the kids to set their Bibles aside.
- Give every kid a “The Color of Humility” Activity Page and make the colored pencils/markers available.
- Explain that this is like an “adult” coloring page, with more intricate designs. They can take their time to color it.
- As they color, play some quiet worship music in the background.
- This activity is meant to be calm and reflective, giving them space to think about the words of the verse.

What You Say:

“This is a great verse about humility. It reminds us to think about others more than ourselves. It seems ‘upside down,’ but it’s exactly what Jesus did. And when we think about it, making time for Jesus is an act of humility too. It’s saying that Jesus is more important than all the other things we could be doing. It’s how we show that only one thing is needed—to **[Bottom Line] make time for Jesus first.**”

3. Discussion Questions

What You Need:

- No supplies needed

What You Do:

Ask:

- Martha was busy serving, and Mary chose to sit and listen to Jesus. Why do you think Jesus said that Mary had chosen “what is better”?
- It’s easy to get caught up in doing good things and forget about God. What are some ways your day can get so busy that you forget to spend time with Jesus?

- How could making time for Jesus first actually help you do other things better?
- Mary didn’t have to do anything to earn Jesus’ attention—she just chose to be with Him. How does that show the way God wants us to connect with Him?
- Jesus is always with us, even when we are busy. What are some small ways you could acknowledge Jesus’ presence with you—at school, at home, or with friends?

4. Make It Personal with Prayer

What You Need:

- Yarn
- Scissors

What You Do:

- Cut yarn into 12-inch lengths, one for every kid.
- Give each kid a piece of yarn.
- Show them how to tie the yarn loosely around their finger or wrist as a reminder.
- Ask them to think silently about one thing that keeps them busy and distracted from spending time with God.
- Lead them in a prayer, asking God to help them with those distractions.

What You Say:

“This week, when you see this piece of yarn on your finger or wrist, let it be your reminder. Let it remind you to pause and focus on Jesus. It’s all about being before doing. Be present with Jesus. Pray before you study for the big test, pray before you go hang out with your friends, pray before you begin your big list of chores. Talk to Jesus and remind yourself that He will be with you as you go throughout your day. When you **[Bottom Line] make time for Jesus first.** Let’s pray.

“God, thank You for the story of Mary and Martha. It’s such a good reminder for us. We get so busy doing so many different things, and sometimes we forget that being with You is the most important thing. Please help us this week to find time to be with You. Help us to choose what is better. We love You, and we pray these things in Jesus’ name. Amen.”