

MAR 22

Upside Down: Treat Others the Way Jesus Treats You

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

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:

- "Spot the Difference" Activity Page
- Coloring supplies

What You Do:

- Welcome the kids by name with a high five or fist bump!
- Invite the kids who brought an offering to put it in the offering container.
- Divide the kids into pairs.
- Give each pair a "Spot the Difference" Activity Page and a coloring tool.
- Explain that there are two pictures that look almost the same, but some things are different.
- Challenge them to work with their partner to find and circle all the differences.

What You Say:

"Great job, detectives! You had to look very closely to find all the things that were different. Sometimes, two things can look similar, but one is just a little different than the other.

[Transition] "In our true story from the Bible today, two sisters, Mary and Martha, made two different choices about what was most important when Jesus came to visit their home. Let's go find out what they chose!"

SMALL GROUP ACTIVITY

1. Parachute Story

What You Need:

- Bible
- Small parachute or a large sheet
- Pom-poms or other small, soft objects

What You Do:

- Read Luke 10:38-42 out loud to the group.
- Spread the parachute on the floor and scatter the pom-poms all over it.
- Instruct the kids to grab the edge of the parachute with you.
- Say, "In our story, Martha was very busy. She was worried and upset about many things. Let's pretend these pom-poms are all the things Martha was busy with. Let's shake the parachute and make them all jump around!"
- Let the kids shake the parachute for a minute.
- Say, "But Mary made a different choice. She chose to stop and just be with Jesus. Let's do that now."
- Instruct the kids to lift the parachute high over their heads, and then quickly bring it down behind them so they are all sitting underneath it in a quiet "tent."
- While under the parachute, whisper: "Mary sat quietly at Jesus' feet, just listening to Him."

What You Say:

"It was fun to be busy, but it was also nice to be still and quiet, wasn't it? Jesus told Martha that trying to do all of those nice things for Him and His friends was good, but that Mary had chosen what is better. She chose to **[Bottom Line] make time for Jesus first.**

"Sometimes we get busy doing lots of different things. Maybe we are busy playing sports or practicing an instrument or drawing or playing with friends. But today in our Bible Story, we learned that out of everything we do, it's most important to spend time with Jesus first. When we **[Bottom Line] make time for Jesus first**, we turn our hearts toward Him, and we can do all of those things aware that He is with us! Making time for Jesus first affects everything!"

2. Quiet Line Up

What You Need:

- Bibles marked at Philippians 2:3

What You Do:

- Give each kid a Bible marked at Philippians 2:3.

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- Demonstrate how to look up the verse using the Bible Navigation Tips.

Finding verses with 1st graders: Guide them to open their Bibles to the front and find the table of contents. (Hold up a Bible opened to the table of contents to show the kids what the page looks like.) When the kids find the table of contents, lead them to find the name of the book in the list. You can help by pointing out the first few letters of the book's name. When the kids find the book, lead them to look at the page number beside it. Explain that the number tells them on what page they can find that book. Help the kids find the page. When they find the book, explain that the big numbers on the page are the chapter numbers. Help them find the right chapter. Then explain that the small numbers are verse numbers. Help them find the correct verse in that chapter.

- Repeat the verse together several times.
- Review any words that might be unfamiliar to the kids.
- Invite the kids to set their Bibles aside.
- Tell the kids you have a challenge for them. They have to line up in different ways, but they have to do it without talking! They can only use hand signals and gestures.
- Give them the first challenge: "Line up from shortest to tallest, without talking!"
- Give them the next challenge: "Line up in alphabetical order by your first name, without talking!"
- Give them one more: "Line up in order of your birthdays, from January to December, without talking!" (You may need to help with this one.)
- Once they are in their final line, open a Bible and read the verse, Philippians 2:3, to the group.
- Say the Memory Verse together as a group.

What You Say:

"Wow, you had to work together and put others first to get in the right order. Our Memory Verse is all about that! It's so important to take time to learn verses from the Bible. That way wherever we are, we can remember God's Word. The Bible is the truth that God has told us! When we choose to be humble and put others first, including Jesus, it helps us remember that really only one thing is needed: to **[Bottom Line] make time for Jesus first.**"

3. Pray and Dismiss

What You Need:

- No supplies needed

What To Do:

- Tell the kids that you're going to pray in an "upside down" way.
- Invite them to find a safe space to lie on their backs.
- Lead them in a simple prayer while they look up at the ceiling.
- For fun, some kids might want to try putting their feet up on a wall.

What You Say:

"We can pray anytime, anywhere, and in any position—even upside down! God always hears us. Let's pray and ask God to help us remember to spend time with Him this week, just like Mary did.

"Dear Jesus, thank You for wanting to spend time with us every single day. It's easy to get worried and upset about many things, but please help us to remember to **[Bottom Line] make time for Jesus first.** We want to go through life knowing You are with us, so our hearts can rest in You no matter how busy things get. Help us to be like Mary and choose what is better, spending time with You. We love You, and we pray these things in Jesus' name. Amen."