



# MY CUP RUNNETH OVER

## HOW TO USE THIS RESOURCE

These teaching outlines are meant to help you plan your Sunday children’s church services in the season of Lent. In addition to providing the week’s scripture and the supplies needed, each outline has three main sections, which you can adapt to your context to get the most out of your Lenten teaching experience.



### GAME

This section offers a suggestion for engaging children in simple play to get them ready to receive the week’s message.



### MESSAGE

This section introduces the weekly scripture and offers suggestions for how to begin to talk about that week’s topic with kids. This section is also where the children’s sermon/message is provided. There’s a writeup with suggested talking points and things to cover, but you have complete flexibility to adapt the material to your context.



### RESPONSE

This section offers children the chance to respond to the week’s message with creative games, crafts, or discussion.





## OVERVIEW

### WEEK 1

**Scripture Passage:** Luke 9:18-27  
**Adult Theme:** Facing Jerusalem: The Call to Discipleship  
**Kid Theme:** Jesus Calls Us to Follow Him  
**Key Verse:** Luke 9:23

### WEEK 2

**Scripture Passage:** Luke 22:7-23  
**Adult Theme:** The Upper Room: Blessing and Betrayal  
**Kid Theme:** Jesus Calls Us to Prepare  
**Key Verse:** Luke 22:8

### WEEK 3

**Scripture Passage:** Luke 22:39-46  
**Adult Theme:** Gethsemane: Prayer and Obedience  
**Kid Theme:** Jesus Calls Us to Pray  
**Key Verse:** Luke 22:40

### WEEK 4

**Scripture Passages:** Mark 14:27-31; Luke 22:54-62; Romans 3:23  
**Adult Theme:** Peter's Denial: Facing Failure  
**Kid Theme:** Jesus Calls Us Back to Himself When We Fail  
**Key Verse:** Mark 14:28

### WEEK 5

**Scripture Passages:** Various Passages from the Gospels  
**Adult Theme:** Via Dolorosa: The Way of Suffering  
**Kid Theme:** Jesus Calls Us to Remember  
**Key Verse:** 1 Peter 2:21

### WEEK 6

**Scripture Passages:** Various Passages from the Gospels  
**Adult Theme:** Golgotha and the Tomb: The Seven Last Words  
**Kid Theme:** Jesus Died for Us  
**Key Verse:** John 19:30

### WEEK 7

**Scripture Passage:** Matthew 28  
**Adult Theme:** Easter Sunday  
**Kid Theme:** Jesus Came Back to Life!  
**Key Verse:** Matthew 28:6



**WEEK 1: JESUS CALLS US TO FOLLOW HIM**

**WEEK 1 OVERVIEW:**

Scripture Passage: Luke 9:18-27  
Adult Theme: Facing Jerusalem: The Call to Discipleship  
Kid Theme: Jesus Calls Us to Follow Him  
Key Verse: Luke 9:23

**PREP NOTES:**

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**SUPPLIES:**

- Index cards
  - Markers
  - 11" x 17" paper or poster board
  - Name tags
  - 8.5" x 11" paper
  - Recycle bin
  - Paper Airplane
- Folding Instructions  
(provided at the end of the lesson)



# GAME

## MESSIAH MIX-UP

Pass out an index card and a marker to each kid. **SAY: Today, we're going to find out about a time when people were really confused about who Jesus actually was.**

Have the kids write down on their index cards the name of a person mentioned in the Gospels. It could be Jesus, Mary Magdalene, Mary, Peter, James, etc. It is okay if kids have the same name written down on their index card as someone else. (They should be careful not to show their card to anyone else.)

Once everyone has a name on their cards, say, **The people were trying to figure out if Jesus was the Messiah or someone else. The Messiah was the person the Jewish people were waiting for. They knew that the Messiah was the one coming to save them.**

Have the kids pass their index cards face down to someone else in the room. Then, without looking at the name, have them place the index card against their forehead with the name facing out.

The kids must now figure out who they have without looking at the card! They can walk around the room asking each other yes or no questions about their person like: "Is my person one of the twelve disciples?" or "Does the name of my person start with the letter M?"

At some point during the game, shout out, **Messiah Mix-Up!** When you shout **Messiah Mix-Up!** the kids must throw their index cards into the air and grab someone else's and then place that one against their forehead and try to figure out who it is.

Play a few rounds and then gather together again.



# MESSAGE

## JESUS CALLS US TO FOLLOW HIM

Ahead of time, write “WHO IS JESUS?” at the top of an 11” x 17” piece of paper. Hang up the paper so everyone can see it. (Use a piece of poster board for a large group)

Pass out the name tags and markers. Have the kids write down their names and put on their name tags.

**SAY:** How easy is it for you to remember someone’s name when you first meet them? Show me with your fingers how easy or hard it is for you to remember someone’s name. Hold up 1 finger if it’s really hard all the way up to 5 fingers if it’s super easy for you. Or maybe it’s somewhere in between!

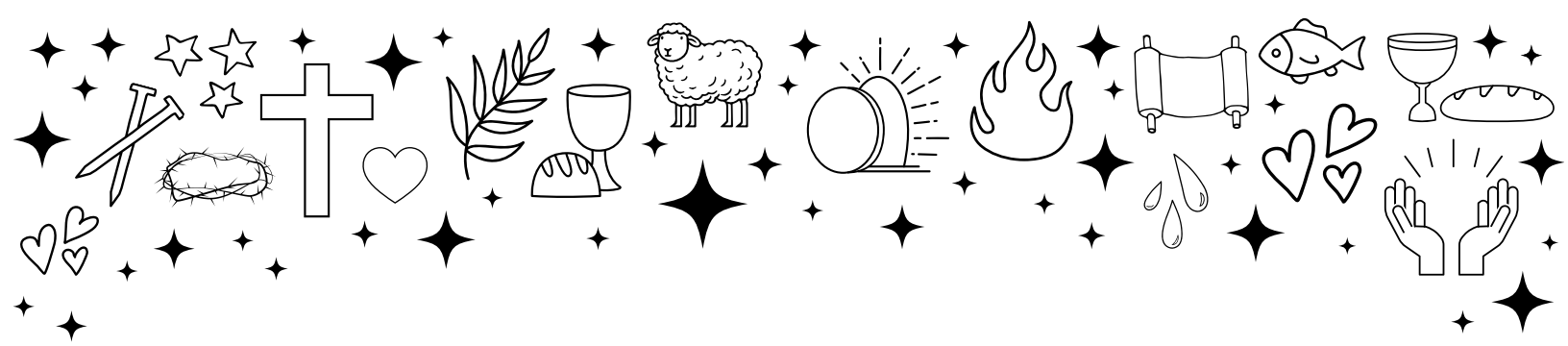
Go around the room and have each child introduce themselves.

**SAY:** Today, we’re going to look at a story from the book of Luke. Luke is in the New Testament, and is one of the four Gospels. The four Gospels are Matthew, Mark, Luke, and John. Each one tells the story of Jesus, but each one focuses on different parts of his life.

In our story, some people were really confused about who Jesus actually was. Let’s take a look and see what happened.

**READ:** Luke 9:18-22

**ASK:** Who did people think Jesus was? As the kids share, write each answer on a name tag and put it on the piece of 11” x 17” paper under the question, “WHO IS JESUS?”



The people thought Jesus might be John the Baptist, Elijah, or another prophet who had come back to life. But is this who Jesus really is? Cross off each name tag that is not who Jesus really is.

Then Jesus asked the disciples a question: “Who do you say I am?”

Let’s look at verse 20 and read what Peter said together: “You are the Messiah sent from God!” (This is from the New Living Translation. The translation you’re using may say “God’s Messiah” or something similar.) Write “THE MESSIAH SENT FROM GOD” on a name tag and place it on the 11” x 17” piece of paper. **This is who Jesus really is! He is the Messiah—the one who came to defeat sin and death and bring anyone who chooses to follow him into the family of God.**

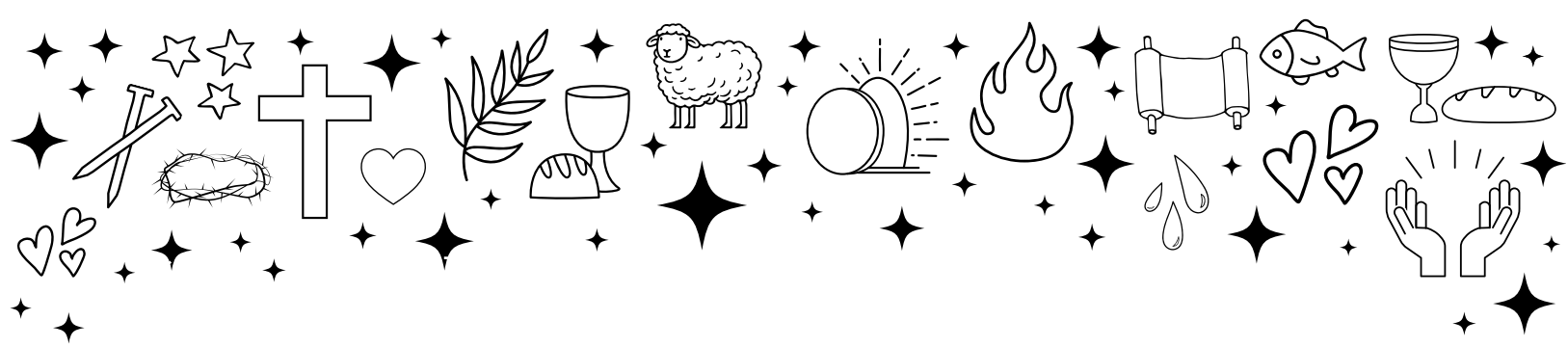
ASK: What else do you know about who Jesus is?

Write down each suggestion on the 11” x 17” piece of paper.

Jesus is fully God and fully human. You could almost say it like this: 100% God + 100% Human = 100% Jesus. Jesus showed us how to love God and love others perfectly and then Jesus died on the cross to defeat sin. But that wasn’t the end of the story. Jesus came back to life three days later and defeated death. Now anyone who follows Jesus can be freed and forgiven of their sin and become part of the family of God!

After Jesus asked the disciples about who he really was, he turned to the crowd and spoke to them about what it meant to follow Jesus.

READ: Luke 9:23-27



Jesus said that in order to be his follower, we have to give up our own way, take up our cross, and follow him. That means turning away from sin and turning to God. During the season of Lent, we spend time thinking about who we are and who God is. God loves us so much that God sent Jesus to us. Not only did Jesus die on the cross and come back to life, he also showed us how to love God and love others perfectly.

When we decide to follow Jesus, we're not just being forgiven and freed from sin, we're also making a choice to live the same way Jesus did: loving God and loving others.

**ASK:** How do you think someone's life has to change when they decide to follow Jesus? What has to stop? What has to start?

Following Jesus means that our lives are going to change. We have to turn away from sin and turn to Jesus, loving God and loving others the same way Jesus did.

**Jesus is the Messiah, and he calls us to follow him!**





# RESPONSE

## PAPER AIRPLANE DECISIONS

Give each kid two pieces of paper and a marker.

**SAY: The season of Lent is a time to think about our own lives. During Lent, we want to let go of things that hold us back from following Jesus, and say yes to loving God and loving others.**

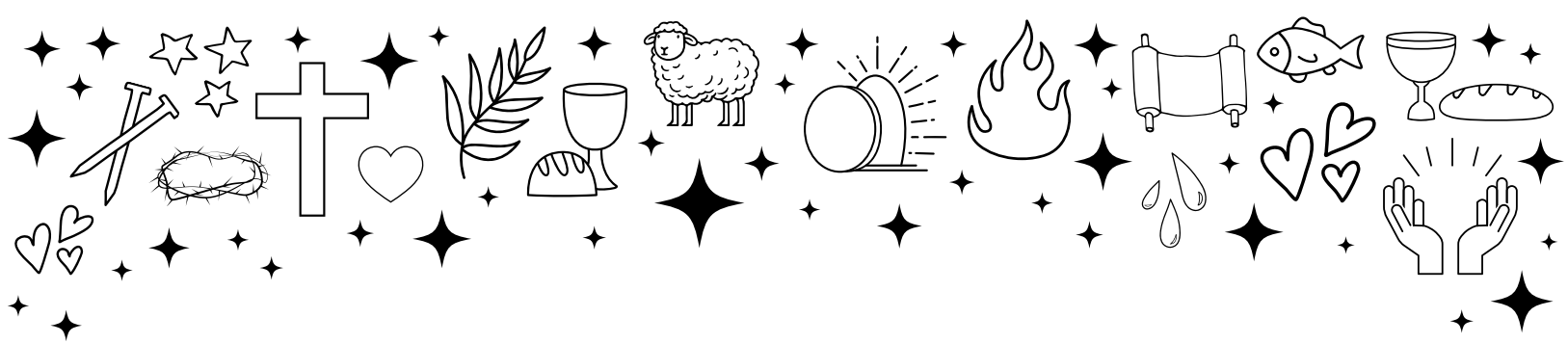
On one piece of paper, have the kids write at the top of the page, “TURN AWAY FROM” and on the other piece of paper, have the kids write at the top of the page, “TURN TOWARD.”

Prompt the kids to think about a sin they can TURN AWAY FROM. Have them write it down or draw a picture of their idea on the paper with “TURN AWAY FROM” at the top. They can write in code if they want.

Then prompt the kids to think about a way to love God or love others they can TURN TOWARD. Have them write it down or draw a picture of their idea on the paper with “TURN TOWARD” at the top.

When they're ready, have the kids crumple up the paper that says “TURN AWAY FROM” at the top. **SAY: We can turn away from sin in our lives and ask Jesus to forgive and free us from sin's control of our choices. Jesus never says no when we come to him and ask for forgiveness!** When the kids are ready, have them throw the crumpled paper into the recycle bin.



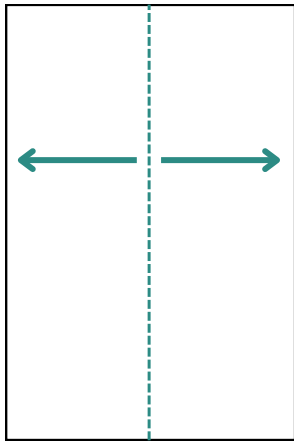
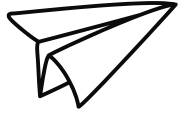


Pass out the **Paper Airplane Folding Instructions** and help the kids fold the paper that says “TURN TOWARD” at the top into a paper airplane. Once they’ve created their paper airplanes, find an open space, line up, and throw the airplanes. Have the kids follow the trail of their airplane to wherever it lands. Have them pick it up and throw it a few more times, following the path of the airplane.

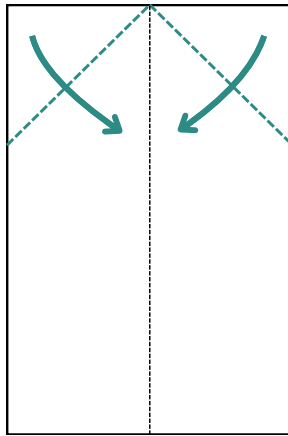
**SAY: Lent isn’t only a season of giving things up. It’s also a season of saying yes to following Jesus. Just like we followed our airplanes, Jesus calls us to follow him every day of our lives by doing what he did: loving God and loving others.**

Close in prayer, praying for the kids to follow Jesus each and every day of their lives.

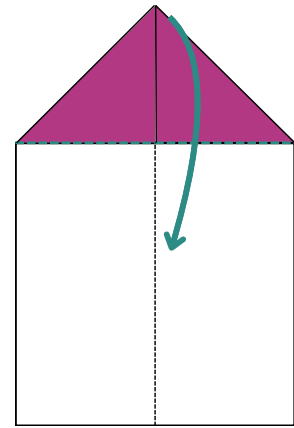
# PAPER AIRPLANE FOLDING INSTRUCTIONS



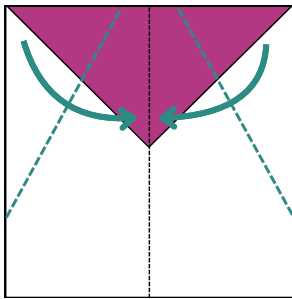
**STEP 1:** Fold the paper in half lengthwise. Unfold the paper.



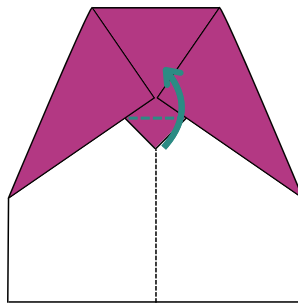
**STEP 2:** Fold the top two corners down towards the center fold.



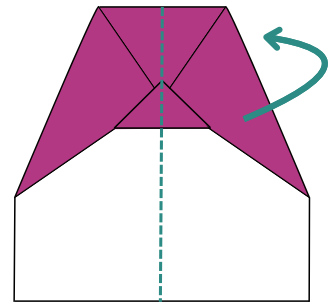
**STEP 3:** Fold the top point down along the bottom of the top triangle.



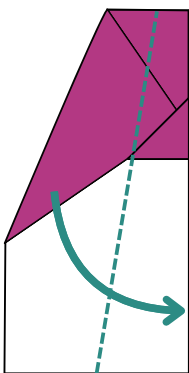
**STEP 4:** Fold the top two corners down towards the center fold.



**STEP 5:** Fold the point of the center triangle up.



**STEP 6:** Fold the paper in half lengthwise again.



**STEP 7:** Fold the two flaps down towards the edge to make the wings.

## READY TO FLY!