



Xtreme Livin' – An 8-Week Series

Lesson 1: XTREME LOVE



The **it**

The **it** of the lesson is that ONE THING you say over and over so they understand it. If their parents ask, "What did you learn at church?", you want them to answer with the **it** of your lesson. If YOU ask the kids, "What am I trying to get you to learn/understand?" and they answer with this phrase, you can say, "That's **it**!"

THE **it** THIS WEEK IS:

I can put others first.

Story: Ananias Heals Paul

Scripture: Acts 9:10-18

Summary: Ananias chose to obey God and travel to heal a man who was only known at that time as someone who was killing Christians! He chose to put the needs of Paul over his own personal safety. As a result, one of the greatest Apostles and writers of the Bible was reached. Ananias put others first by showing Paul love.



Things you might need for this lesson:

FIND/GATHER/BUY:

- Fitness Outfit for Whyit (all 8 weeks)
- Rope Licorice and Life Savers for Play it
- Balloon for Watch it
- Envelopes for Tell it
- Fruit for Teach it
- Giant Heart and Marker for Teach it
- Large Bag of Candy for Teach it
- Baby Food, Spoons, and Timer for Teach it

FROM DOWNLOADS:

- Hints for Tell it
- True/False Signs for Show it
- Fruit Shapes with Names for Hide it
- Take it Mini Booklet
- IMAGES and VIDEO for projection

INTRO *it* Get the kids curious about *it*



Whyit (*Pronounced Wyatt*)

Whyit announces that he is now an Xtreme Fitness Coach. He will be offering Xtreme Fitness Tips to help kids be winners in life on and off the field of life!



Today he is revealing his secret health vitamins, Fruit Loops. (Describe the different flavors.) He eats a bowl every morning but substitutes Mountain Dew instead of milk to add extra energy and pizzazz! He goes through the ingredients of Mountain Dew to explain how healthy it is, pointing out that it contains carbonated water, and water is essential to your health. After all, you are made up of 80% water. It also has corn, a vegetable, in the high fructose CORN syrup. It contains orange juice in the concentrated orange juice, and everyone knows orange juice is great for your health. There is natural flavor and anything “natural” is obviously good for you. It also states there is vegetable oil, so it contains vegetables, and moms are ALWAYS telling us to eat our veggies. Therefore, it is clear that Mountain Dew should be a regular part of any healthy breakfast. That’s why he uses it to fortify his Fruit Loops.

Leader suggests that perhaps Whyit should consult a certified health nutritionist, to which Whyit reveals that HE is certified. He downloaded a certification off the Internet! Leader says, “Oh, I don’t doubt you are 100% certifiable!” and says to the kids, “Boys and girls, before you take any health advice from Whyit here, let me suggest you check with your moms first. But we are going to be learning about some ways that we can be healthier spiritually... by working into our lives some spiritual fruit! Today we’ll be learning about the Extreme Fruit of Love!”

PLAY *it* A Game that demonstrates *it*



Life Saver on a Rope Race!

PREPARATION: You’ll need some thin Rope Licorice and Life Savers or any candy with a hole in the middle.

PLAYING: You can have two kids compete, or several pairs of two kids. You tie a candy in the center of the rope licorice. The kids face each other and place one end of the licorice in their mouths. The candy will drape between them. They put their hands behind their backs and on “GO!” race to eat the licorice



trying to get to the candy in the middle! Whoever gets to the candy first and gets in into their mouth first wins! It's a funny game because as they get closer, it can get a little awkward. Jokes about "not kissing" are sure to be said!

THE POINT: It looked like they might end up kissing to get that candy! (Yuck!) Today we will be talking about love. Usually when you hear the word "love" you think of ooey gooey mushy kissy stuff, and that is a kind of love. Husbands and wives kiss to show love, and I hope you still give your mom a kiss every morning and say, "I love you." But when the Bible talks about love, it's talking about something far more important than just that mushy kind of love. Let's learn about it!

WATCH it A video that sets it up



PREPARATION: The video is included in your lesson downloads. A screen shot is also included in your download to display on screen before you start playing the video.

VIDEO TITLE: THIRST

INTRODUCTION: Show an uninflated balloon. If you have one, show one that is the type used to make balloon animals (long and narrow - the technical name is a 260). Talk about how balloons need to be filled. The key to the Fruit of the Spirit is what the Spirit of God produces in our lives when we are "filled" with his Spirit, just like the things that can be made when a balloon is filled with air. In this video you see an amazing balloon creation as well as learn a little more about how we can be filled with the Holy Spirit so God can do amazing things with our lives through His Spirit.

THIRST
**HOW TO BE
FILLED WITH THE
HOLY SPIRIT**

SUMMARY: This video features Pastor Karl, the Kidologist, demonstrating how to make a balloon twisting creation while the kids in the audience try to guess what he is making. (Don't say what the creation is in advance since the children will be guessing.) In this video, Karl makes a **deer** and talks about how we need to **THIRST** after God, just like the deer in the Psalm thirsted after water.

Featured Verse: *Psalm 42:1*



Story: Ananias Heals Paul
Scripture: Acts 9:10-18
Summary: Ananias chose to obey God and travel to heal a man who was only known at that time as someone who was killing Christians! He chose to put the needs of Paul over his own personal safety. As a result, one of the greatest Apostles and writers of the Bible was reached. Ananias put others first by showing Paul love.



GAME SHOW: Name the Xtreme Bible Champion!

PREPARATION: You'll need a Game Show Host as described below. You'll also need to prepare nine envelopes with hints inside. Print the hints from your downloads and put one in each of nine envelopes. You'll also want 9 fruity prizes available.

YOUR HOST: Xtreme Bible Dude – Sam's Son, a Muscle-Bound Athlete and expert on the Champions of the Bible! Sam's Son wears a costume that has fake muscles. You can put balloons into an extra-large sweatshirt or purchase online a shirt with fake muscles. He wears a headband, arm bands, carries a trophy (like a teddy bear), perhaps inflatable weights, wears tennis shoes, and if he wears shorts, he'll have striped socks on, too. Basically, he's a sports nerd.

ENVELOPES: A contestant is invited up on stage to try and guess an 'Xtreme Bible Champion' with as few hints as possible! On stage, NINE HINTS are displayed in giant envelopes. The envelopes can be on stands, clipped to a clothesline, or displayed however works for your set. There will be nine fruity prizes on display. The contestant can start with a random guess, such as 'Moses', if they would like. After each guess, an envelope is chosen and opened. The leader tells about the Xtreme Bible Champion by reading the hint inside. The kids will figure out that they get more candy with each guess, so they will likely use every guess, which is fine. If they do guess the Bible Champion before all nine envelopes are opened, read the rest anyway to continue the story.

PRESENTATION: Week One – Xtreme Bible Champion Ananias

This week the envelopes all have Strawberries on them. Ananias was a champ of Love. He knew how to put others first.

NOTE: As you remove and read the hints, they should be read as though they are super exciting and obvious, even as they may provide little to no help in identifying the Bible Champion.

HINT #1 - This Bible Champion trained in the city of Damascus in Bible Times!

HINT #2 - This Bible Champion received a VISION from God who called him by name, and he responded by saying, "Yes, Lord!"

HINT #3 - God told this Bible Champion to GO! to the house of a man named Judas (not to be confused with the disciple who betrayed Jesus) who lived on Straight Street and was named Saul.

HINT #4 - This man Saul had seen a bright light and heard a voice from the sky saying, "Why do you persecute me?" and had struck him with blindness!

HINT #5 - This Bible Champion was afraid to go to Saul because he had heard that Saul was actually rounding up Christians to arrest them... and worse!

HINT #6 - But God said to this Bible Champion, "Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel."

HINT #7 - This Bible Champion obeyed, risking his own life, to put Saul's well-being above his own, and entered the house of this enemy. He said to Saul, "Brother Saul, the Lord Jesus, who appeared to you on the road as you were coming here, has sent me so that you may see again and be filled with the Holy Spirit."

HINT #8 - Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized.

HINT #9 - This Bible Story is found in Acts 9:10-18

WHO IS THIS BIBLE CHAMPION, A CHAMPION OF LOVE, WHO PUT SAUL ABOVE HIMSELF? WHO DEMONSTRATED LOVE AT GREAT PERSONAL RISK?

HIS NAME IS ANANIAS!



ACTIVITY: A Tree is Known by its Fruit!

NEEDED: Several different kinds of fruit, real or fake: Apple, Banana, Pear, Orange, etc.

Show the kids several different types of fruit that grow on trees. Ask them to tell you what kind of tree they grew on. As they answer, ask, "Are you sure? Come on, can't an apple grow on an orange tree? Sometimes?" Do this for each variety of fruit. Then ask them, "How do you know this apple grew on an apple tree? How do you know it didn't grow on a pear tree?" Point out that when you see a tree, you can tell what kind of tree it is by the fruit it has on it.



You can also tell what kind of a person somebody is by the things they do. Their actions can be called their "fruit."

READ the "Fruit of the Spirit" passage:

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

If a person belongs to God, he should show spiritual fruit – all of the things mentioned in this passage.

The first thing mentioned is love. What does it mean to show love? It means to put the needs and desires of others above your own.

Read: John 13:34

"A new commandment I give you: Love one another. As I have loved you, so you must love one another."

ACTIVITY: What do you love?

PREPARATION: You need a giant paper heart or white board with a heart drawn on it, plus a marker.

Have the kids share some things that show love. Write these suggestions in the large paper heart. By putting others first, we are showing the love that Jesus showed us. We need to put others before ourselves.

Read: Romans 12:10 (NIV)

Be devoted to one another in love. Honor one another above yourselves.

Love is putting others first and helping those in need.

ACTIVITY: The Big Dilemma

PREPARATION: Purchase a large bag of individually wrapped candy or have enough small pieces of candy for each child.

PRESENTATION: Explain to the kids that you have this dilemma. This bag of candy was given to you but it's more than you can eat. But you just love this candy. It's your favorite. But you also know that the kids love candy too. But... if you keep it you will get to eat it all! And it will last a long, long time. Ask the kids what they think you should do with it. Of course, they will think you should share it. Ask the kids why they think you should share it. Hopefully, one of them will say because you love them.

Share the candy with the kids. (Or let them know they will get a piece at dismissal.) Explain that Jesus set an example for how we are to live Xtreme for Him. By putting other people's needs before our own we are expressing love, the kind of love Jesus showed us by loving us. We need to think of others and show love to those who need it!

Let me read a few verses for you from God's Word that talk about this:

READ: Philippians 2:3-4

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

READ: Romans 12:10 (ESV)

Love one another with brotherly affection. Outdo one another in showing honor.

OPTIONAL GAME: Guess that fruit.

PREPARATION: Have 2-3 jars of baby food (fruit flavored) with labels peeled or covered ready for 3 volunteers. Have a spoon and blindfold for each. Cover the table so volunteers cannot see the set-up before starting.

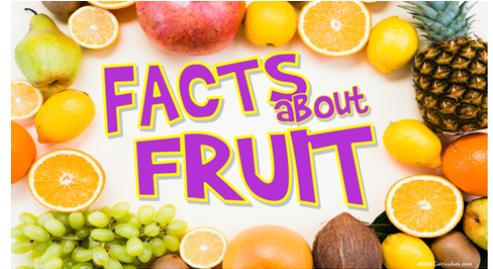
PLAYING: As each volunteer arrives on stage they are blindfolded and lead to their spot at the table. Explain that they will be tasting 3 different flavors and will need to identify each one. Tell them they are all fruit. The one that can name all three wins. Bonus for eating the whole jar! Give them 1 minute (timer) to complete the task.

THE POINT: We all know love when we "taste" or experience it.



FACTS ABOUT FRUIT!

PREPARATION: Print out the **FRUIT FACTS TRUE** and **FRUIT FACTS FALSE** signs from your lesson downloads and put them on the walls on opposite sides of the room. As you read the Fruity Facts, the kids will guess whether the fact is True or False and move to stand under the appropriate sign.



PRESENTATION: Show the fruit you are going to talk about today. (A real one is ideal to eat right there in front of the kids!) If you have a small group, you can have a snack of the fruit for them.

LOVE = Strawberries

TRUE or FALSE FACTS ABOUT STRAWBERRIES:

Read the facts below one by one. Have the kids choose whether they think each is true or false before proceeding to the next fact.

NOTE: These are ALL TRUE – have fun changing a few facts to false on your own.

- The average strawberry has 200 seeds.
- Strawberries are the first fruit to ripen in the spring.
- 94% of American households consume strawberries.
- According to the USDA, the average American eats 3.4 lbs. of fresh strawberries a year.
- One acre of land can grow about 50,000 pounds of strawberries per year.
- Strawberries are grown in every single U.S. state and Canadian province.
- About 1 billion pounds of strawberries are produced each year in California alone.
- 10 million baskets of strawberries are shipped daily during harvest time in California.
- Strawberry's botanical name is "Fragaria ananassa."
- You think strawberries are only red? Think twice! There are yellow, blue, white, black, and purple strawberries too.
- Some strawberries are the size of an apple.

FACTS ABOUT LOVE *Have the kids return to their seats and let them know you want to share a few facts about today's Fruit of the Spirit, Love.*

- God is Love.
- God loves you.
- God wants us to love each other.

- Love is mentioned in the Bible 684 times. (NIV)
- 100% of people need love.
- Love is the primary fruit of the spirit; all the others are expressions of love. That is why it is the 'Fruit' (singular) of the Spirit. The Fruit of the Spirit IS love. (Period.) The other eight, grammatically in the Greek, are descriptors of love. So, technically, there aren't nine "fruits" of the Spirit, there is ONE Fruit of the Spirit with eight ways it shows itself. LOVE is joyful, peaceful, patient, kind, good, faithful, gentle and self-controlled.

FIND it Bible verses that help unpack it



Have the children get their Bibles out and race to find these verses.

Encourage all the kids to look up the verses. After a student reads it, put it up on the screen and read it together. Briefly discuss the passage and explain it as it relates to the lesson.



1 John 4:19

We love because he first loved us.

1 Corinthians 10:24

Let no one seek his own good, but the good of his neighbor.

John 13:34

"A new command I give you: Love one another. As I have loved you, so you must love one another."



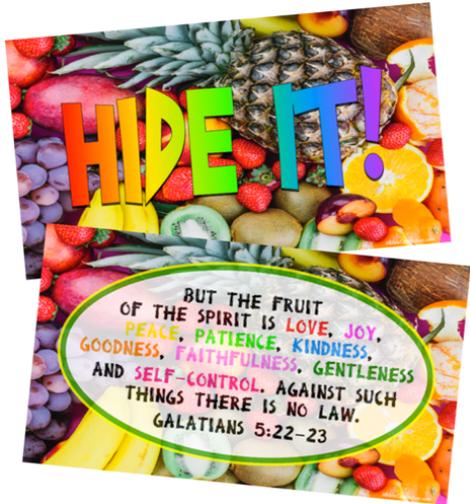
HIDE it *The unit scripture that kids will memorize to hide it in their hearts*

This is the THEME PASSAGE

Challenge the kids to memorize this passage during this series. You may want to have a fun prize or treat for those who memorize it!

PREPARATION: From your downloads, print out the fruit shapes with the names of the Fruit of the Spirit on them. Use them to help the kids memorize all nine fruits.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.
Galatians 5:22-23



NOTE: 'Fruit' of the Spirit IS singular. The other 'fruits' are the result of love. It's worth mentioning to the kids, though you need not over-emphasize it. Refer to the final fact in Show It for more details on the singular 'Fruit'.

FRUIT FOCUS: Love

Love is putting others first and helping those in need.

LIVE it *The practical life application challenge so the kids can live it this week!*



This Application Challenge is an opportunity for kids to LIVE IT – to allow God's Spirit to produce this week's fruit in their life! Download the LIVE IT slide to display on the screen as you talk about how they can LIVE IT this week.

See how many times this week you can say to someone, "You go first." You'll find it can be fun to see their reaction!





PREPARATION: Included in your downloads. Use as paper handout to direct kids to the online digital tool they can use with their parents.

For this series, there is a single TAKE IT mini booklet for the entire series! It is a foldable booklet with an overview of the Fruit of the Spirit with bonus online content. Kids may not attend church for all eight weeks, and we want them to go home with an overview of all the Fruit of the Spirit so they can engage with the content with their parents.



This fun, foldable booklet contains a link that directs them to a webpage where they can view the WATCH IT videos again on a phone, tablet, or computer with their parents, as well as find additional BONUS content!

Print and fold the Xtreme Fruit Field Guide booklets and make them available every week. Simply ask the kids, "Do you have your Xtreme Fruit Field Guide? You can take another if you no longer have it. Or share one with a friend!" Encourage them to be memorizing Galatians 5:22-23 which is in the TAKE IT booklet as well as on the website.

INCLUDED FOR PARENTS:

- The **it** for the lesson
- FIND IT verses they can look up
- HIDE IT Xtreme theme verse in full to review
- LIVE IT application from the lesson
- REVIEW for parents to discuss the lesson with their children

We are continually experimenting with new and creative ways to engage kids and families in the content beyond the church experience. Your feedback and ideas are always welcome.

LOOKING AHEAD

Here is next week's lesson topic:

Lesson 2: Xtreme Joy and Peace
I can see God in the middle of trouble.



BONUS IDEAS!



it is always growing and adding NEW IDEAS!

Be sure you are a member of the **Kidology.org Facebook Group** so you don't miss out on BONUS IDEAS or COACHING VIDEOS that Pastor Karl or Doug often post to help make your Sunday Experience the best it can be! If they get new ideas, they will share them! AND if YOU come up with a great idea for this lesson, you can share it too!

VISIT OR JOIN AT: [Facebook.com/groups/kidologyorg](https://www.facebook.com/groups/kidologyorg)