



Xtreme Livin' – An 8-Week Series

Lesson 6: XTREME FAITHFULNESS



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 stick around when others split.



Story: Ruth's Faithfulness to Naomi

Scripture: Ruth 1

Summary: Ruth, a foreign girl who demonstrated faithfulness to her Jewish mother-in-law, ended up being part of the lineage of Jesus, the Savior the world, because she chose faithfulness over what appeared to be the easier choice at the time. She stuck with Naomi even when her own sister-in-law took the easy path and God rewarded her with a wonderful new husband and a legacy of faith that lasts even to today.

Things you might need for this lesson:

FIND/GATHER/BUY:

- Fitness Outfit for Whyit (all 8 weeks)
- Balloon for Intro it
- Fruit Snacks for Play it
- Envelopes for Tell it

FROM DOWNLOADS:

- Hints for Tell it
- Pennies and Prizes for Teach 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*)

PREPARATION: You will need a balloon for Whyit.

Whyit is back with more health advice as your Xtreme Fitness Coach! Today, Whyit demonstrates how to hold your breath for an entire hour. Whyit starts out explaining how important breathing is to your health and especially to your personal exercise routine. He then says that he has been practicing holding his breath and would like to demonstrate how to hold your breath for an hour. Leader says that we don't really have time for an hour demonstration, but how about a full minute. That will be impressive enough. Whyit agrees, gets out a balloon, blows it up, and holds the balloon while the leader asks what is happening. (No need to go the entire minute.) Whyit explains, he is 'holding his breath' – his breath is in the balloon. Leader groans and explains to the kids that they will be learning about the Xtreme Fruit of Faithfulness today.



NOTE: If you use a puppet, which obviously can't blow up a balloon, Whyit can come out with the balloon already blown up, or he can have Leader blow one up to teach Leader how to hold their breath for a minute.

PLAY *it* A Game that demonstrates *it*



Fruit Snack Towers

PREPARATION: You'll need a large box of fruit snacks.

PLAYING: You need teams of two who will race to build the tallest tower of fruit snacks. You can have as many teams as you have fruit snacks. The winning team will have the highest number of floors or rows of fruit snacks, not how many fruit snacks are used.



THE POINT: The more Fruit of the Spirit we have in our life, the greater our impact will be!

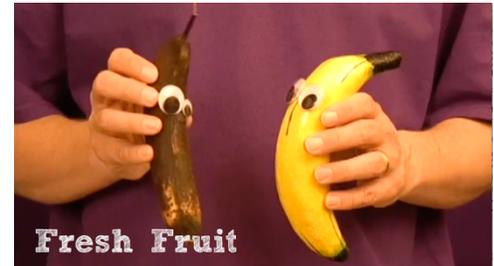
WATCH *it* A video that sets *it* up



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: FRESH FRUIT

SUMMARY: This video is a short object lesson featuring a conversation between a fresh banana and one that is old and brown. The fresh one represents fresh service to the Lord, and the old one signifies good deeds done long ago – once good but now stale. Show this short teaching video to the kids, or use it to train a leader to do the talk 'live'.



Featured verse: 1 John 3:18

TELL *it* The Bible story that illustrates *it*



Story: Ruth's Faithfulness to Naomi

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GAME SHOW: Name the Xtreme Bible Champion!

PREPARATION: See details in Lesson One.

PRESENTATION: Week Six – Xtreme Bible Champion: Ruth

This week the envelopes all have Bananas on them. Our Champion was a champ of Faithfulness. She showed what it looks like to stick with someone through thick and thin.

HINT #1 – There was a famine in the land of Moab during the time of our next Bible Champion.

HINT #2 – Our Bible Champion lived with her husband, his brother, and their parents, but in time all three of the men died and the wives were left alone.

HINT #3 – This Bible Champion’s mother-in-law, who was originally a Jew from Israel, heard that God was providing food during the famine to His people in Judah, so she planned to return to her home country of Judah to seek food and shelter.

HINT #4 – The mother-in-law said to our Bible Champion, my son married you here in Moab, far from my homeland. Now that he has die, you are free. I release you to go find a new husband, here in your land. You do not need to go with me. Go with my blessing.

HINT #5 – While the other daughter, Orpah, kissed her goodbye and left, our Bible Champion chose to live out Xtreme faithfulness and stay with her mother-in-law even though she was not bound to do so.

HINT #6 – Our Bible Champion said instead, “Don’t urge me to go! Where you go, I will go, and where you stay, I will stay. Your people will be my people and your God my God. Where you die, I will die, and there I will be buried. May the LORD deal with me if even death separates you and me!

HINT #7 – So the two women traveled together and ended up and continued until they ended up in the little town of Bethlehem. There this Bible Champion would meet a young man named Boaz who would in time become her husband.

HINT #8 – Amazingly, as a foreign woman - meaning not a Jew – our Bible Champion is in the lineage of Jesus, who would come centuries later to save the Jewish people. Her faithfulness led to her becoming part of the greatest story in human history. Imagine if she had not been faithful and had abandoned her mother-in-law as her sister did?

HINT #9 – This Bible Champion’s story can be found in the book of Ruth starting in chapter 1.

WHO WAS THIS BIBLE CHAMPION, THIS CHAMPION OF FAITHFULNESS, WHO REMAINED LOYAL TO HER MOTHER-IN-LAW AND WAS GREATLY REWARDED BY GOD?

HER NAME IS RUTH!



GAME: 'Simon' Says (change to the Leader's name)

Everyone knows how to play 'Simon Says'. But give it a twist by using your name. Say, "We're going to play 'MyName (where MyName is the leader's name) Says'. It's kind of like Simon Says, except, my name's not Simon. Here is how it works. I'm going to give some instructions. If I say 'MyName



Says' before the instruction, do it. If I don't say 'MyName Says', then don't do it. But listen carefully, because I warn you – my goal is to trick you. If you do the instruction and I didn't say 'MyName Says' before it, I love you, God loves you, but you are out and must sit down. If you talk, for any reason, you are out. If you point to your neighbor because you think they are out, you are out, not them, because 'MyName Says' did not ask you to point to your neighbor. If you giggle, you are out. If you even so much as smile too big and 'MyName Says' didn't instruct you to giggle or smile, I just might say you are out. Remember, my goal is elimination, and you all are such good listeners, I'm gonna have to be brutal!"

Tricks to use to get kids out:

- Say, "We're going to start out slow," and then say in slow motion, "Put your hands up" while doing it. You'll always get some kids out as they focus on the slow motion.
- Next say, "OK, we're going to go FAST this time," and say really fast, "MyName says.... Don't put your hands up" as you put your hands up. You'll get some more kids out!
- In the middle of the game say something that rhymes with your name. For example, instead of "Karl Says..." I'll say "Barl Says..." This will get some kids out. Then say, "My name is Karl, not Barl!"
- As it gets tougher ask, "How many of you are still in the game?" as you raise your hand. If they raise their hand, they are out!
- Toward the very end say, "OK, wow! We have a few left. Finalists, come up to the front of the room so I can see you better." Any who walk up toward the front of the room are out!
- When you get to your last two or three say, "OK, this is taking too long, so we have a tie! All three of you come get a prize." Any who talk toward you are out! "I didn't say 'MyName Says' the game is over!"
- Always keep it fun and light-hearted and know you may just get everyone out with these tricks, and then you'll have to go back a step and let it be a warning that you may do that one again!

NOTE: Do this well, and kids will beg you to play this game whenever there is extra time!

THE POINT: In life, faithfulness is doing only what GOD SAYS. Sometimes we do get tricked into doing what the world says, but our goal is to listen carefully to God and do only what He says, even as those around us may be falling left and right.

Faithfulness is being loyal to God and others unconditionally.

ACTIVITY: Entrusted with little

PREPARATION: You'll need ten pennies, several small prizes such as candy, a few little prizes, and then one really nice prize to give the volunteer child. You'll need some other leaders to participate and play along, or even some older kids.

PRESENTATION: Leader chooses one child to come up front and gives them ten pennies. Ask them to hold the pennies as you want to use them for an object lesson. Then Leader starts looking around for something, as though they lost or misplaced something. Finally, they say, "I think I left it in my office" (or other room, etc.), promise to be right back, and literally leave the room. While Leader is gone, another leader comes up and offers to trade the ten pennies for some candy. The child will likely refuse. Another leader then comes up and tries to get him/her to trade it for a prize, if you have a prize box, they can offer that. Bottom line, several attempts are made to get the child to trade the ten pennies for something else while the main Leader is out. Rarely will the child give in.* If they do, just go with it, it won't ruin the object lesson, though it is better if they don't give in. Leader comes back in with a big bag and asks what happened. The audience starts to tell what happened while Leader was gone. Leader is proud of the volunteer for not giving in. The object lesson you wanted to make is that often the world and people in it try to get us to trade God's best for things that are not as good. Ten pennies doesn't seem that valuable, but when it is being held for God, it is! It is a sacred trust. The value isn't in the coins, it is in WHO it is being held for. What you went to get was the REAL GIFT you had for this volunteer, and because they resisted the temptations of those pesky leaders you want to give it to them. Take back the ten pennies and award the prize!

*If you are concerned, you can prep the child ahead of time not to give in, no matter what.

THE POINT: God is a rewarder of those who follow Him, but sometimes He is waiting to see if we will be faithful to Him before He rewards us.

READ: Hebrews 11:6

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

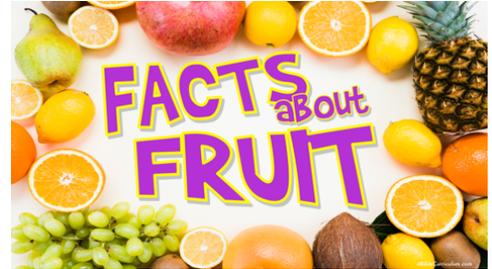
READ: Luke 16:10

Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.



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.

FAITHFULNESS = Bananas

TRUE or FALSE FACTS ABOUT BANANAS:

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 scientific name for banana is *musa sapientum*, which means 'fruit of the wise men'.
- Bananas float in water, as do apples and watermelons.
- Hawaii is the only place in the U.S. where bananas are grown commercially, although at one time they were also grown in southern California and Florida.
- If you rub the inside of a banana peel on a scrape or burn, it will help the pain go away, keep the swelling down, and keep the wound from getting infected.
- Rubbing a banana peel on your forehead can help cure a headache.
- More than 100 billion bananas are eaten every year in the world, making them the fourth most popular agricultural product.
- Americans eat an average of 27 pounds of bananas per person every year.
- More than 96 percent of American households buy bananas at least once a month.
- Bananas don't actually grow on trees—they grow on plants that are officially classified as an herb (not surprisingly, the world's largest herb). They're in the same family as lilies, orchids, and palms.
- Banana plants grow up to 25 feet high, and their leaves can grow to be 9 feet long and 2 feet wide. Their roots can be hundreds of years old.
- Bananas are technically berries.
- If you put a banana in the refrigerator, the peel will turn dark brown or black, but it won't affect the fruit inside.

FACTS ABOUT FAITHFULNESS 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, Faithfulness.

- Faithfulness is being loyal to God and others even when others aren't.
- God is faithful 100% of the time.
- Faithfulness trusts in God's timing and methods.
- Faithfulness understands God's ways are different than our own.
- Faithfulness is independent of understanding or seeing how it will all work out.
- People are not as faithful as we should be, but God can help us if we rely on Him to help us.
- Faithfulness proves itself over time.

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.



Matthew 25:21

"His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'"

Proverbs 2:8

for he guards the course of the just and protects the way of his faithful ones.

Psalms 119:90

Your faithfulness continues through all generations; you established the earth, and it endures.



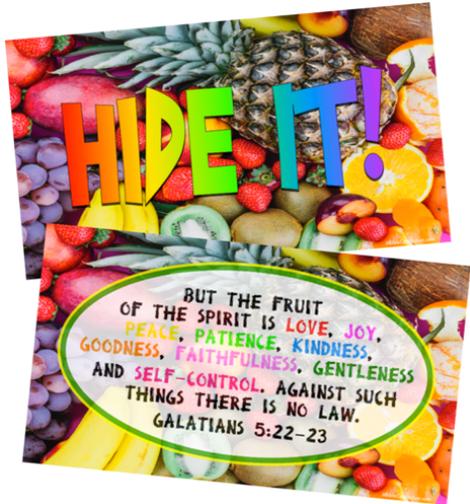
HIDE it *The unit scripture that kids will memorize to hide it in their hearts*

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: Use the fruit shapes with the names of the Fruit of the Spirit that you printed the first week. 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



FRUIT FOCUS: Faithfulness

Faithfulness is being loyal to God and others unconditionally.

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 stick up for someone who needs a faithful friend. You’ll feel great about it and you’ll end up with some pretty amazing friends in return.



TAKE *it* Take home tool to help parents review *it* with their kids



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

Print the tool as instructed in Lesson One. Have enough available each week for kids to take another one for themselves or to share with their friends!

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



LOOKING AHEAD

Here is next week's lesson topic:

Lesson 7: Xtreme Gentleness
I can feel that with you.



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)