

Bible Ninja

LESSON SNAPSHOT

BOTTOM LINE:

God wants to strengthen us through his Word.

OBJECTIVE:

Kids will make a plan to read the Bible every day.

KEY PASSAGE:

Proverbs 3:3-12, Health and Strength

MEMORY VERSE:

"Having respect for the Lord leads to life. Then you will be content and free from trouble." Proverbs 19:23 NIRV

SUMMARY:

Ninjas are strong, but a ninja knows that sometimes he cannot rely on his own strength alone. Fools try to do everything in their own strength. Kids will learn that when we lean on God he will make us strong.

SIMPLE PRAYER:

Dear God,

Be our strength when we are weak.

*In Jesus' name,
Amen*

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MEMORY VERSE

*"The fear of the Lord leads to life; then one rests content, untouched by trouble."
- Proverbs 19:23 NIV*

"Having respect for the Lord leads to life. Then you will be content and free from trouble." Proverbs 19:23 NIRV

LARGE GROUP:

Divide the room in half. Pick one side to start and have them all shout the first word, then the other side shouts the second word, and so on until they finish the verse.

SMALL GROUP:

Have the kids sing the memory verse in the style of their favorite pop/rock singer.

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SKIT

BLOCK BUSTER

ITEMS NEEDED:

A concrete paver, suspended between two concrete blocks.

CHARACTER BREAKDOWN:

2M

CHARACTERS:

Wise Master - A ninja warrior

Eugene - A wannabe ninja

The concrete pieces are set up on stage, so that someone can try to split the paver down the middle.

MASTER: Welcome, Eugene-san, you have worked hard to become a ninja. You have learned the first lesson well. Now it is time to learn to rely on something other than your own strength.

EUGENE: Does that mean I get to beat someone up today.

MASTER: No.

EUGENE: Man!

MASTER: But, you do get to hit something.

EUGENE: I do?

MASTER: I want you to break the concrete block.

EUGENE: All right! Finally!

MASTER: Eugene-san, remember what I have taught you.

EUGENE: You don't have to remind me of anything, Master. I know what I'm doing here.

SKIT

MASTER: Eugene-san, do not be overconfident in your abilities.

EUGENE: I'm not, Master. I'm confident in my own strength.

MASTER: That is exactly what I mean. You cannot rely on your strength to help you break this block. You need strength from—

EUGENE: Look, Master, I've listened to your wisdom mumbo jumbo for a week now. It's time that Eugene teaches you a thing or two.

MASTER: Eugene-san, I see a broken hand in your future.

EUGENE: You mean a broken block.

MASTER: No, I mean a broken hand. Trust your training. Do not rely on your own strength. Remember that—

EUGENE: I got this, Master. Now back off and wait to be amazed.

Eugene tries to break the block and hurts his hand. He yelps in pain.

MASTER: I warned you. Do not rely on your own strength, Eugene-san. Sometimes, you need strength that comes from outside you.

EUGENE: Why didn't you say so before?

MASTER: I did say so before! Come, Eugene-san. I know what will heal your hand.

EUGENE: Ancient Chinese secret?

MASTER: No, just an ice pack.

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OBJECT LESSON OR KIDS SERMON

ITEMS NEEDED:

An unopened pickle jar

Do I have any pickle lovers here this morning? If you wanted to get some pickles from this unopened jar, but you had trouble opening it, what would you do? Would you keep working on it yourself? Or would you get help from an adult?

As kids, you're probably always asking for a little help. Whether it's tying a shoe, reaching something on a high shelf, or opening a stuck jar. You know that not everything can be done with your own strength.

The older you get, the stronger you get. The stronger you get, the more you'll be able to rely on your own strength for simple tasks like these. But even when you are grown, there will be times you need some extra strength. God wants us to rely on him in those times. God's Word can help us through tough times, through temptations, through any challenge life brings us.

No matter how old you are or how strong you are, you can't do everything in your own strength. Give those challenges to God. Give them to him like a stuck pickle jar, and let God make you strong!

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LARGE GROUP GAME

NINJA PUSH-UPS

ITEMS NEEDED:

None

INSTRUCTIONS:

Choose four players for this game. The challenge will be to see who can do the most push-ups before they give up. Start all the players at the same time, and count off each push-up. Players must stay together as you count. The player who outlasts the rest wins.

VARIATION:

Instead of push-ups, you could also set up a chin up bar and do a pull-up challenge.

WHAT'S THE POINT?

We can rely on God when we need strength.

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LARGE GROUP LESSON

BOTTOM LINE:

God wants to strengthen us through his Word.

OBJECTIVE:

Kids will make a plan to read the Bible every day.

KEY PASSAGE:

Proverbs 3:3-12, Health and Strength

INTRO:

You know something you never really see? An out of shape ninja. When you see ninjas in movies or comic books or anywhere else, ninjas are in the peak of physical health. They are solid muscle, without a bit of flab on their bodies. They are trim, lean, and mean.

Ninjas don't keep their bodies in that kind of shape by eating gummi bears and candy bars. Ninjas eat right. They exercise. They work out. Ninjas take care of their health so they can perform their duties to the best of their abilities.

Ninjas can do amazing things with their bodies. Have you ever seen a martial artist kick a wooden board in two? Or how about this, have you ever seen a guy break a stack of concrete blocks with his bare hand or even his head? It's an amazing trick - but it's a trick that relies on a lot more than physical strength. The people who can break boards know exactly where to hit those boards. They concentrate all their power on the weakest point, and they strike hard. They're not relying just on their strength; they're relying on training, on strategy, and on skill. That's how they can do what they do.

Proverbs talks about health and strength, but not of the physical kind. God is concerned with our spiritual health and strength. The world we live in can throw some huge challenges our way, stuff that's even harder than breaking concrete blocks. God wants us to be lean, mean Bible ninjas so we can face those challenges. And when something comes along that is too much for our own strength, God wants us to rely on his.

READ PROVERBS 3:3-12

MAIN POINT:

King Solomon says an awful lot in this chapter.

LARGE GROUP LESSON

He tells us that we need to trust in God, not in our own understanding. He tells us that we need to trust God and follow his teachings. He tells us that we need to avoid sin and we need to avoid pride. We need to listen when God corrects us so that we can stay on the right path.

The key to spiritual health is to listen to God. We can gain spiritual health by reading God's Word and obeying what he says. God's Word will not only give us direction, but the strength we need to overcome the challenges of life.

God will give us strength to overcome temptation. He will give us strength to overcome sadness and grief. He will give us strength to endure persecution. When we rely on God, we will have the strength to overcome anything.

DRIVE IT HOME:

There are two ways we can draw strength from God. First, we can build our strength by reading God's Word. The Bible is full of the kind of wisdom we've found in Proverbs. The Bible teaches us how we can tell right from wrong. It teaches us how to handle just about any situation we encounter, including dealing with bullies, helping those in need, and standing up for God. The Bible also teaches us that we have a God who loves us and gave his own Son to save us.

The Bible is the nourishment we need to have a healthy spirit. Just as good food and exercise will keep our body and mind strong, the Word of God will make our spirit healthy and strong. That's why we need to read from it every day.

The second way we can draw strength is through prayer. When we find ourselves in a tough situation with no way out, we can pray for God's help. God knows that we don't have the strength for every challenge that comes our way, and God wants to give us that strength. All we have to do is ask, and God is faithful to help us.

Ninjas take excellent care of their bodies. They eat right. They exercise. They know their limitations. When we feed ourselves with God's Word, we will be ready to face our own challenges. And when we need strength, God will give us his. Let's make this the week we start to build our spiritual muscles. Let's feed ourselves on God's Word, and let's ask God to make us strong.

CLOSE WITH A SIMPLE PRAYER:

Dear God,

Be our strength when we are weak.

*In Jesus' name,
Amen*

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SMALL GROUP DISCUSSION (K-2ND)

ICEBREAKER:

What is one ninja or martial arts trick you would like to do?

MEMORY VERSE ACTIVITY:

Proverbs 19:23

Have the kids sing the memory verse in the style of their favorite pop/rock singer.

SMALL GROUP GAME/ACTIVITY:

Show off your ninja skills today by demonstrating how quietly you can sneak around the room.

DISCUSSION QUESTIONS:

Read Proverbs 3:3-12

What does Solomon say about trusting our own understanding?

Why does Solomon say we should not despair when God corrects us?

How can we gain strength for our spirit?

How can we rely on God's strength?

Will you commit to reading your Bible every day this week? (Why not start with Proverbs, and read a chapter every day for a month?)

SIMPLE PRAYER:

Dear God,

Help us to grow in health and strength in Jesus.

*In Jesus' name,
Amen*

Bible Ninja

SMALL GROUP DISCUSSION (3-5TH)

ICEBREAKER:

What is one ninja or martial arts trick you would like to do?

MEMORY VERSE ACTIVITY:

Proverbs 19:23

Have the kids sing the memory verse in the style of their favorite pop/rock singer.

SMALL GROUP GAME/ACTIVITY:

Show off your ninja skills today by demonstrating how quietly you can sneak around the room.

DISCUSSION QUESTIONS:

Read Proverbs 3:3-12

Why does Solomon say we can't rely on our own "understanding"?

Why should we not be wise in our own eyes?

How can we gain strength and good spiritual health?

Will you commit to reading your Bible every day this week?

What will we, as a group, try to read each day? (Why not start with Proverbs, and read a chapter every day for a month?)

SIMPLE PRAYER:

Dear God,

Help us to grow in health and strength in Jesus.

In Jesus' name,

Amen

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POWERPOINT REVIEW GAME

TRUE OR FALSE

We can make a good name for ourselves by being faithful to God.

TRUE

We don't need God's wisdom to help us.

FALSE

We have all the strength we need for any challenge.

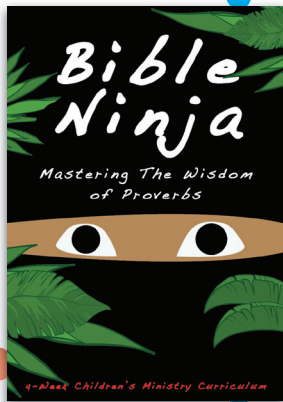
FALSE

The Bible can help us gain strength in Jesus.

TRUE

God will not help us when we need his strength.

FALSE



MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With your Kids

Bible Ninja Lesson 2

THIS WEEK'S LESSON: STRONG



IN THE CAR:

Ask your child what they learned about this week on the drive home:

Ninjas are strong, but a ninja knows that sometimes he cannot rely on his own strength alone. Fools try to do everything in their own strength. Kids will learn that when we lean on God he will make us strong. Proverbs 3:3-12, Health and Strength



HANGING OUT:

Make this week's lesson real:

Ask your kids how they can make their bodies healthier and stronger. Talk with them about diet and exercise. Then ask them how they can gain spiritual strength and good health. How do you do that?



AT DINNER:

Here are some great discussion starters:

- Why is it important to rely on God's Word?
- How can prayer help us to gain strength?
- Is there something you need God's strength for this week we can pray about?



AT BEDTIME:

Quiz your child on this week's memory verse:

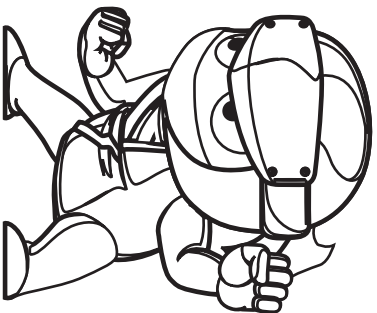
"Having respect for the Lord leads to life. Then you will be content and free from trouble." Proverbs 19:23 NIRV



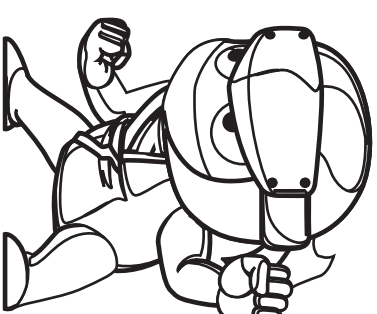
PARENT TIME:

What you need to know:

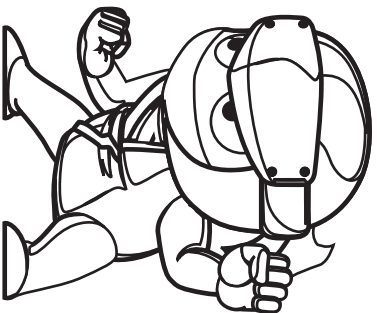
God knows we don't have the strength for every challenge. God wants to be that strength, but he won't come and find us. He wants us to lean on him. Make a commitment to read your Bible each day when the kids do, and ask God to give them strength when they need Him.



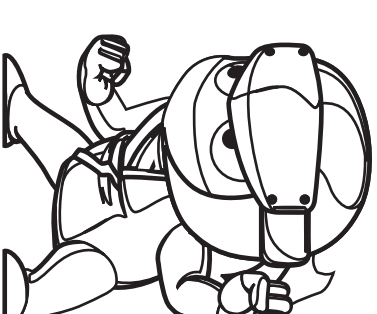
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CRAFT ACTIVITY

It takes a strong hand to throw a ninja throwing star. Have the kids make an origami throwing star they can take home as a reminder of the strength God can give us when we need him.

See instructions/video below:

<http://www.origami-instructions.com/origami-ninja-star.html>