

*Get Ready!***Only One Me!**

By: Myra Montgomery

**Text**

1 Corinthians 6:19-20; 1 Samuel 16:1-13; 1 Kings 5-8

Key Quest Verse

“Do you not know that your body is the temple of the Holy Spirit who is in you?”
1 Corinthians 6:19a

Bible Background

After a dark and evil period of Israelite history, Samuel was raised up by God as a prophet, priest, and judge. Though he did what was right in God’s eyes, the Israelites wanted a king to rule. With this request they rejected serving God as their King, yet God allowed Saul to be anointed as the first king of Israel. However, in the book of Samuel chapter 16, God sends Samuel to Bethlehem to anoint David, referred to as a “man after God’s own heart,” in 1 Samuel 13:14. Before Samuel anointed David, God tells him, “the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart.” Although David is later described as a handsome man, we see that God is concerned not with his good-looks, but with his heart. The Israelites demanded to have a king, a person in a visible position of authority. While God allowed Saul to reign temporarily, His own plans called for David to be brought to the throne. David’s son, Solomon, would become his successor and the first to build God’s temple. He spared no expense and God blessed the sanctuary with His presence. But we read in 1 Corinthians 6:19-20 that the Lord does not dwell only in grand sanctuaries built by people, but in people themselves.

Get Ready!**Lesson Quest**

What I want my students to:

Know: Their body is considered the temple of God

Feel: A sense of belonging to Jesus Christ and to His Father.

Do: Make sure their body brings glory to God as His temple.

Leader's Devotion

There are many things we wouldn't do when we're in the church sanctuary. Many of us were taught not to run in church, not to take food or drinks in the church. We certainly wouldn't use bad language or commit sins while under the church's roof. Why? Because it's God's dwelling place and we want to treat it with utmost respect and reverence. Seldom do we treat our own bodies with that same reverence. But it too, is God's dwelling place. How we treat ourselves is a reflection of how we feel about God. As you teach God's Word remember to set an example of good health by taking care of yourself as much as you take care of others!

Get Set!

Option A

Materials: Several different pictures of people (family pictures may be used)

Hold up the pictures of the men and women one at a time, asking the students to describe each person. Allow the students to describe the person’s hair, clothing, and external appearance. After a few minutes tell them: **Often we describe people by what they look like. We might put people in categories like tall, short, pretty, skinny, blonde, etc. But in our story today we’ll learn what it is that God looks at when He sees people. Listen carefully and try to pick out the verse that tells us what it is that God sees.**

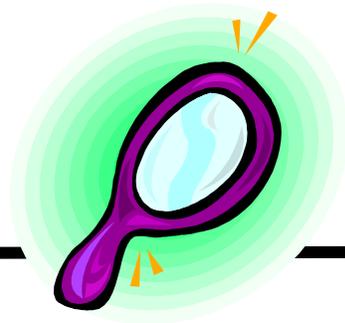
GO TO THE BIBLE STORY

Option B

Materials: A mirror

If I held up this mirror in front of you, what would you see? That’s right, you would see yourself looking back at you. This is called a reflection. Did you know that the Bible tells us that our bodies are the temple of God. When you look in a mirror do you see a temple, or a church building? No, of course not because mirrors can only show what is on the outside, they can not show that God lives inside your heart. But God can, He sees into your heart and He knows if there is room there for His spirit to live in you. Listen as I tell you our Bible story about a man who had a heart that was a good home for God.

GO TO THE BIBLE STORY



Get Set!

Bible Story

Advanced Preparation: Read the story found in 1 Samuel 16:1-13 that is printed below. Retell it to your class in your own words, emphasizing verse 7; “The Lord looks at the heart.”

The Lord said to Samuel, “How long will you mourn for Saul, since I have rejected him as king over Israel? Fill your horn with oil and be on your way; I am sending you to Jesse of Bethlehem. I have chosen one of his sons to be king.” But Samuel said, “How can I go? Saul will hear about it and kill me.” The Lord said, “Take a heifer with you and say, ‘I have come to sacrifice to the Lord.’ Invite Jesse to the sacrifice, and I will show you what to do. You are to anoint for me the one I indicate.” Samuel did what the Lord said. When he arrived at Bethlehem, the elders of the town trembled when they met him. They asked, “Do you come in peace?” Samuel replied, “Yes, in peace; I have come to sacrifice to the Lord. Consecrate yourselves and come to the sacrifice with me.” Then he consecrated Jesse and his sons and invited them to the sacrifice. When they arrived, Samuel saw Eliab and thought, “Surely the Lord’s anointed stands here before the Lord.” But the Lord said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart.” Then Jesse called Abinadab and had him pass in front of Samuel. But Samuel said, “The Lord has not chosen this one either.” Jesse then had Shamamah pass by, but Samuel said, “Nor has the Lord chosen this one.” Jesse had seven of his sons pass before Samuel, but Samuel said to him, “The Lord has not chosen these.” So he asked Jesse, “Are these all the sons you have?” “There is still the youngest,” Jesse answered, “but he is tending the sheep.” Samuel said, “Send for him; we will not sit down until he arrives.” So he sent and had him brought in. He was ruddy, with a fine appearance and handsome features. Then the Lord said, “Rise and anoint him; he is the one.” So Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the Lord came upon David in power.

Go!**Here's Looking At You!****ARTS AND CRAFTS**

Materials: Wiggle eyes, a mirror, tag board, glue, markers, crayons

Quest Connection

Generate a lot of enthusiasm for self-portraits using a secret ingredient— wiggle eyes. Introduce the activity by giving each student a pair of wiggle eyes. They are now available in several colors, so students may be given wiggle eyes that closely resemble the color of their own eyes.

Procedure: Ask each student to draw a self-portrait using the wiggle eyes, glue, markers, and a piece of tag board. Label the back of each illustration with the name of the artist who rendered it. Have them write the Key Quest verse below it!

Close

Each of these self-portraits are great; excellent job! Did you know that when God sees you He not only loves you because He created you in His image, but He also wants to give you His strength to live inside you. Remember, when you see a picture of yourself, look in a mirror, or create a self-portrait like today, God wants you to resemble Him inside and out!

Go!**The One and Only!****BOOKMAKING**

Materials: A copy of the two worksheets “The One and Only,” crayons or markers, a stapler

Quest Connection

We are all unique in the way we look, feel, and think. We are all so precious to God. He lives inside us, He cares about us. He knows what we are doing and He knows what you are thinking. He knows EVERYTHING about us. We are going to make a book about our unique selves.

Procedure: Give each student their two worksheets. Have them color an illustration for each page. Cut apart the pages on the lines. Put the book together and staple.

Close

If we were to read each other’s books, we would be surprised that no two books are exactly alike. God loves us. he has given us an amazing body. He wants us to take care of it the best way possible. How will you take care of your temple of God.

Go!**Ownership****OBJECT LESSON/FOOD**

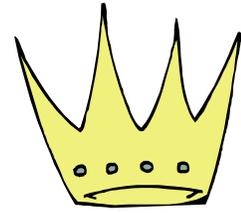
Materials: Several personal belongings such as a wallet, pictures, jewelry and a snack you have made, such as cupcakes to be shared with the class

Quest Connection

Today I have brought several personal items with me to class. Show the students the items that you brought. **Now how do you know that these are mine? How did they get to be mine?** Maybe you bought them, they were given to you, they are family heirlooms. **Right, this one I paid money for and this one was given to me by a friend. All of them are mine and I am in charge of them. What things do you have that you either made, bought, or were given and are in charge of? Do you take good care of them? Would you let just anyone borrow them?** Today, I also brought this snack to class that I made. **Since I made these, who do they belong to? Right, they belong to me so I get to decide who will eat them and if I wanted to eat them all myself I could do that because they are mine. But I want to share this snack with you, but before I do, let's read Psalm 149:13-14. Pass out the snack. Sometimes we forget that God created us, each one of us belongs to Him because He made us. How does it make you feel to know that you were created in the image of the Creator of the entire universe, the only One who knows everything? You are very important to the One who created you and you can trust Him to take care of you.**

Close

I am so thankful that God created everyone one of you and that we could all be together today to be reminded that we belong to God, the best owner ever!

Go!**Useless Crowns****ART**

Materials: Scissors, glue, colored pencils, markers, ribbon, glitter, *Useless Crowns* worksheet

Procedure: Follow the instructions on the worksheet, giving time for students to create wonderful and beautiful crowns.

Quest Connection

If you saw someone wearing a crown, what would think or assume about that person? Would they be someone you thought was good or bad? Many times we make judgments about a person based on their appearance, how they look on the outside. Do you remember a time when you have ever done this? Has anyone ever judged you based on the way you look or the clothes you wear? It’s a pretty common thing to do, but we learned in our Bible story that God isn’t like that, He looks on the inside and gets to know a person’s character which you can’t tell just by looking at the outside. We need to remember that what we look like or what someone else looks like is not what is important to God. Help me finish this sentence, “It’s what is on the inside that (counts)!”

Close

Practice memorizing 1 Samuel 16:7 by having students repeatedly finish these sentences:

“Man looks at the outward (appearance).”

“The Lord looks at the (heart).”

Go!**Encouragement****GAME****Materials:** None**Quest Connection**

Procedure: Form a large circle and sit down. Begin a clapping rhythm. One person will stand up and say their name to get the cheer started. Once they say their name, the entire class will say, “**Jane Smith she’s our woman, if she can’t do it...**” and then the next person stands up and says, “**John Jones can!**” The group then says, “**John Jones, he’s our man, if he can’t do it...**” and another person stands up continuing the cheer and inserting their name until everyone in the circle has stood up.

That was a fun and silly way to get to learn everyone’s names and to cheer for each other. In Ephesians 2:22, it says that “in Jesus Christ we are being built together to become a dwelling place in which God lives by His Spirit.” Not only are each us the temple of God, but as Christians and a group of believers we are being built together as one temple. Therefore, we must encourage each other and appreciate one another. We need to be able to come to church and be ready to support other believers that come here as well.

Close

When you come to church, are you ready to be kind and loving to one another? It’s not always easy, sometimes we are in a bad mood or our feelings have been hurt. But no matter if we are happy, angry or sad when we come to church, we need to be ready to show love. After all we are all one temple, a place for God’s spirit to live, we ought to offer Him a loving home.

Go!**Pocket of Goodness****FOOD**

Materials: Flat round pocket bread cut in half, fillers for the sandwich (lettuce, tomatoes, deli meat, cheese, etc.)

Quest Connection

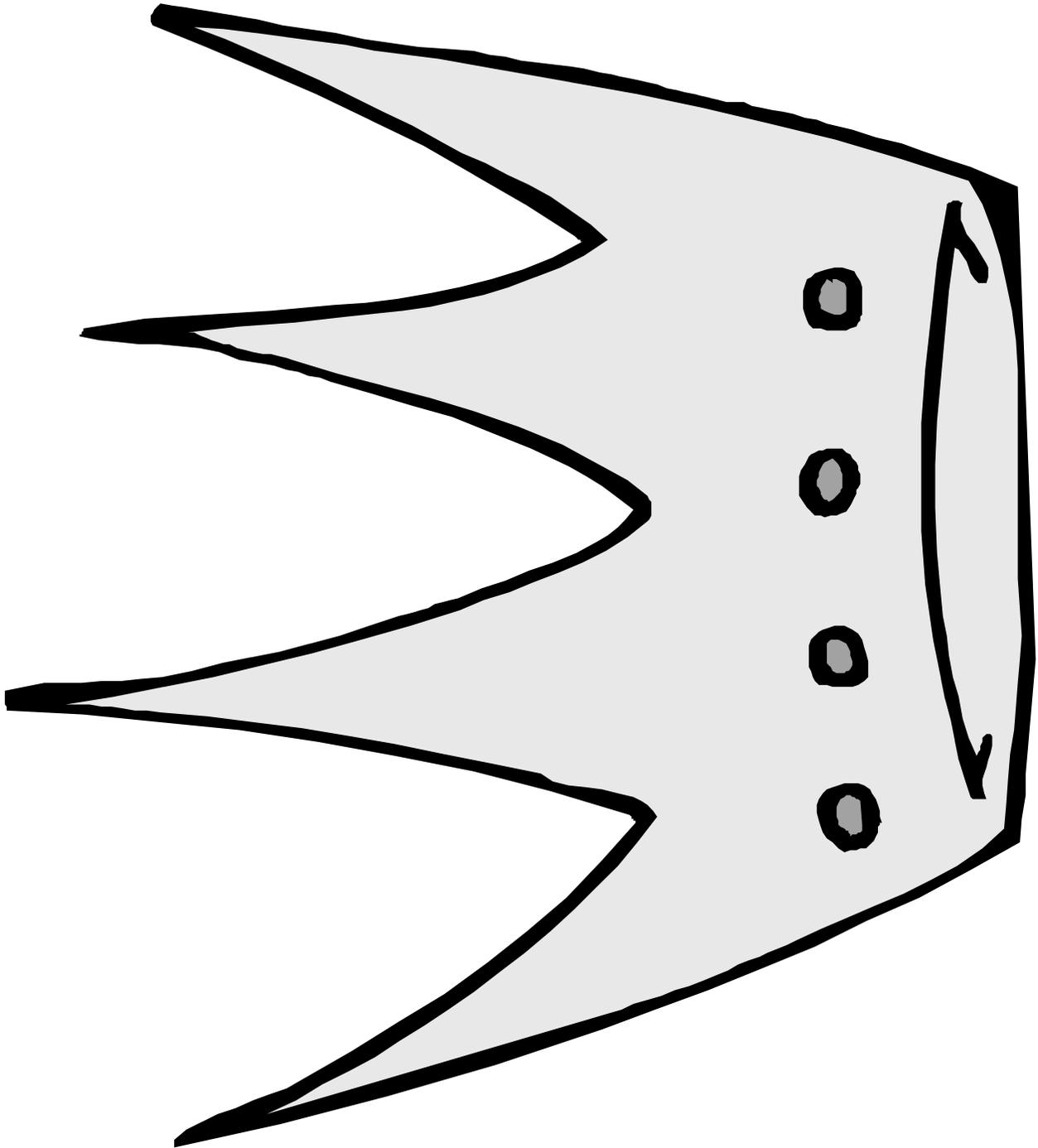
Did you ever think how much you are like a sandwich? As a believer in God’s Word, you have His power, the Holy Spirit living within you. There is the outside you—your body, your face, and even your hair, hands, and feet. But inside you lives the Holy Spirit. You have maybe heard of someone being filled with the Holy Spirit. He fills you up with His goodness and presence, and now you are not just an empty “pocket.” Your life is full and complete and satisfying.

Procedure: Carefully open the “pocket” in the bread and spread the inside of it with whatever condiments you have provided. Let the students fill the pockets with whatever good items you have provided.

Close

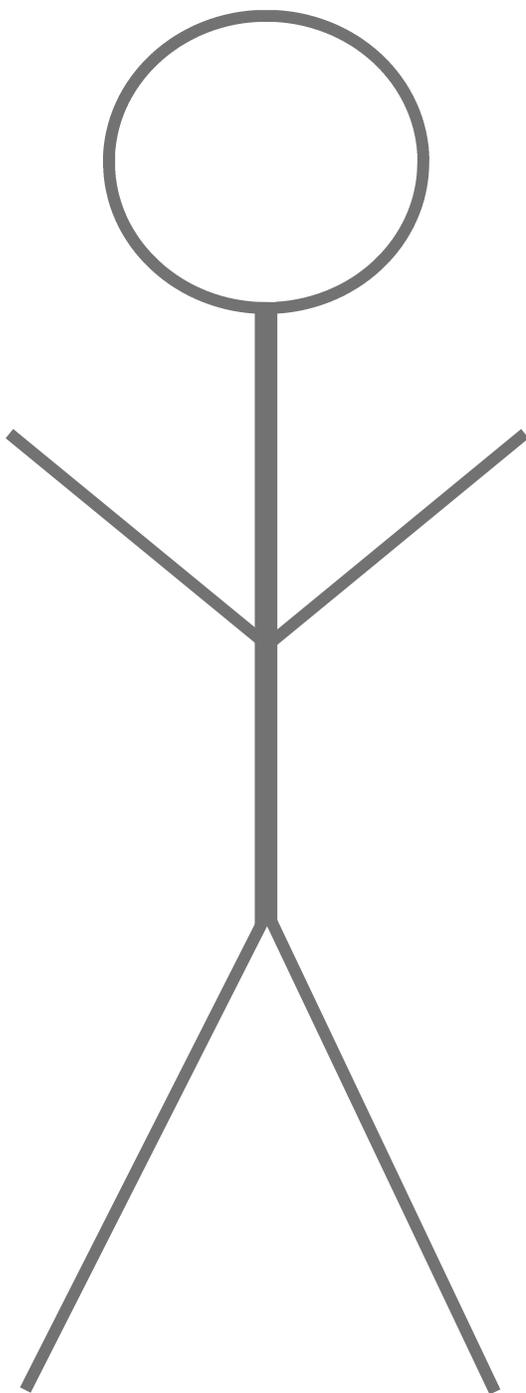
Let’s say our memory verse together. Then we can enjoy our pocket sandwiches!

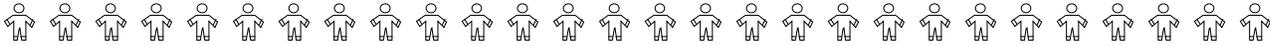
**“WHAT MAKES A CROWN SPECIAL
IS THE HEART OF THE PERSON WHO IS WEARING IT.”**



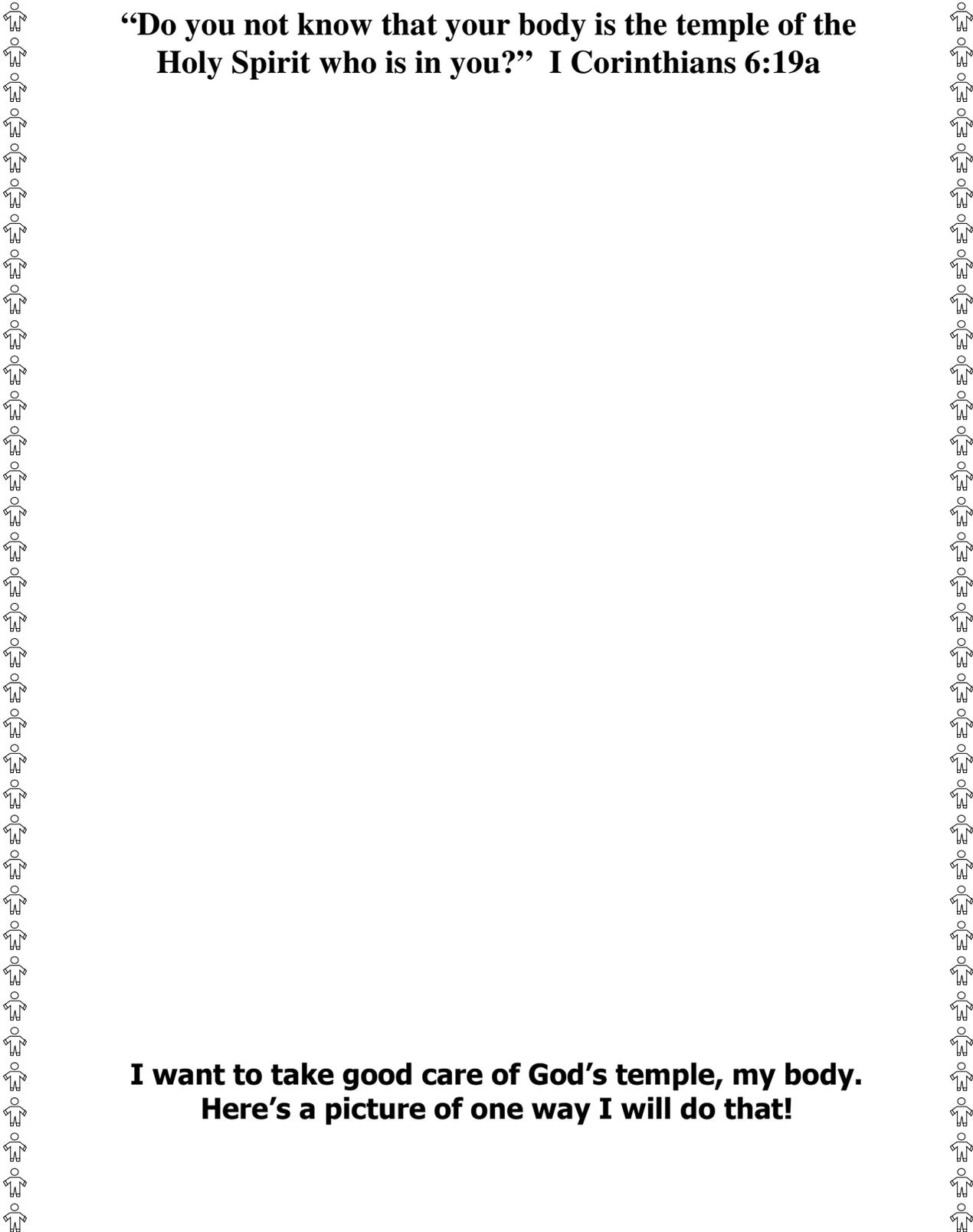
Cut out the crown and decorate with your own special designs and creative artwork.
Glue the quote at the top of the page on the back of your crown.

Complete the stick figure with details that resemble exactly what you look like today.
Then on the right side of the black line, write five words that describe the way you want
to be seen by your actions, such as kind, trustworthy, friendly, obedient, etc.
Remember, men see the outward appearance, but God looks at the heart!





“Do you not know that your body is the temple of the Holy Spirit who is in you?” I Corinthians 6:19a



**I want to take good care of God’s temple, my body.
Here’s a picture of one way I will do that!**



**The One and Only
ME!**

This is my family.

This is my favorite food.

This is how I exercise.

**This is how I take care
of my teeth.**

**This is another way I take
care of myself.**

This is how I keep happy.

I will take good care of myself inside and out because: