

# Lydia Learns to Follows Jesus Lesson 7















**Scripture:** Acts 16:11-15  
**Bible Memory:** 2 Peter 3:18  
**Focus:** ♥ We can learn to follow Jesus.

## Heart to Heart Teacher Devotion

Being a follower of Jesus is both a privilege and a responsibility not to be taken lightly. Our desire to follow Him can be frustrated by weakness and lack of discipline. Like Paul, we struggle to live for the Lord: “I do not understand what I do. For what I want to do I do not do, but what I hate I do” (Romans 7:15). Thankfully, we don’t have to try to follow Jesus on our own. The Holy Spirit has been given to us to guide, convict, inspire, poke, prod, and pull us along to be the servants of Jesus we are meant to be. Praise God! He knows how weak we are and provides the help we need to be faithful.

## Lesson 7 at a Glance

<p><b>1 FOCUS IN</b> Use one or more of these activities to help children <i>tell what makes a good role model.</i></p>	 <b>Quick Step</b> Role Models   <b>Option</b> “Follow Me” Draw   <b>Bible Memory</b> Introduce the Bible Memory verse.	<p><b>HeartShaper Materials</b></p> <ul style="list-style-type: none"> <li>• none</li> <li>• none</li> <li>• none</li> </ul>	<p><b>Other Materials</b></p> <ul style="list-style-type: none"> <li>• whiteboard, dry-erase marker</li> <li>• drawing paper, markers</li> <li>• Bible</li> </ul>
<p><b>2 EXPLORE HIS WORD</b> Use these activities to help children <i>tell what Lydia did when she learned about Jesus.</i></p>	 <b>Bible Exploration</b> Acts 16:11-15   <b>Bible Review Activity</b>   <b>Bible Memory</b> 2 Peter 3:18   <b>Optional Bible Skill Builder</b>	<ul style="list-style-type: none"> <li>• <i>Resources</i> sheet 6 Paul’s Face Mask and sheet 5 Map of Paul’s Travels with add-ons 4a and 7a–7c, <i>Teaching Picture 7</i></li> <li>• <i>Resources</i> sheet 6 Paul’s Face Mask</li> <li>• <i>Resources</i> sheet 8 Unit 2 Bible Memory Strips</li> </ul>	<ul style="list-style-type: none"> <li>• whiteboard, dry-erase marker, Bibles, blanket, reusable adhesive</li> <li>• none</li> <li>• whiteboard, dry-erase marker, Bibles, reusable adhesive</li> </ul>
<p><b>3 MAKE IT REAL</b> Use one of these activities to help children <i>tell why Jesus is the best person to follow.</i></p>	 <b>Quick Step</b> The Best Role Model   <b>Option</b> Role Model Role Plays   <b>Option</b> Story from <i>Weekly Bible Reader</i>	<ul style="list-style-type: none"> <li>• none</li> <li>• none</li> <li>• <i>Weekly Bible Reader</i> issue 7</li> </ul>	<ul style="list-style-type: none"> <li>• list from Focus In <i>Quick Step</i> activity, whiteboard, dry-erase marker</li> <li>• slips of paper, pen, paper lunch bag</li> <li>• none</li> </ul>
<p><b>4 LIVE IT OUT</b> Use one of these activities to help children <i>choose a way they will follow Jesus.</i></p>	 <b>Quick Step</b> Following Jesus Reminder   <b>Option</b> Follow Jesus Walk  <b>Saying Good-bye</b>	<ul style="list-style-type: none"> <li>• <i>Activities</i> p. 21</li> <li>• none</li> <li>• <i>Weekly Bible Reader</i> issue 7, <i>Activities</i> p. 13 Unit 2 Bible Memory Poster and stickers</li> </ul>	<ul style="list-style-type: none"> <li>• scissors, tape</li> <li>• (optional: photos of various areas of your church facility)</li> <li>• none</li> </ul>

## Focus In (10-15 minutes)

- 1 Use one of these activities to help children **tell what makes a good role model**. Use the Bible Memory activity to introduce the memory verse.

### Welcome

- Welcome each child by name.
- Engage early arrivers by offering one or more of the activities described on the Additional Activities for Unit 2 page.

### Quick Step Role Models

Have kids gather in a circle. SAY: **A role model is someone who sets an example that others follow. Let's make a list of things a good role model does or does not do.** Explain that you will read a statement someone might say. If the statement describes something kids should do, they can show a thumbs-up. If it is not something they should do, they will show a thumbs-down. List the thumbs-up characteristics on the board  
Statements: **I try to tell the truth.** (up) **I sometimes lie to keep from getting into trouble.** (down) **I always try to do my best.** (up) **I lose my temper easily.** (down) **You can trust me to keep my promises.** (up) **I like to show off.** (down) **I usually say, "Ask someone else if you need help!"** (down) **I try to show respect for others.** (up)

ASK: **What are some other things good role models do?** Write on the board responses given by the children.

SAY: **Jesus is the best role model we can follow. ♥ We can learn to follow Jesus.**

### Option "Follow Me" Draw

Have kids gather at a table. Distribute drawing paper and markers. SAY: **A role model is someone who sets an example that others follow. Let's draw pictures that show good role models. You can add speech balloons to tell what a good role model might say.** Allow time for children to draw. If children can't decide what to draw, suggest they show a person who is telling the truth, being kind to someone, or showing respect for someone.

Ask volunteers to show what they have drawn. They can tell what the person is doing and why that action is something kids could follow and do too. SAY: **Jesus is the best role model we can follow. ♥ We can learn to follow Jesus.**

### Bible Memory 2 Peter 3:18

Read 2 Peter 3:18. SAY: **When we grow in our knowledge of Jesus, we learn what Jesus did or did not do. We learn actions we can follow.**

ASK: **What are some things we can do to grow in our knowledge of Jesus?** (read the Bible; listen to parents, teachers, and others who teach about Jesus; watch videos or movies about Jesus' life)

SAY: **Jesus is the best role model we can follow. ♥ We can learn to follow Jesus.**

## Focus

♥ We can learn to follow Jesus.

### Materials

whiteboard, dry-erase marker



### Note

The good role model statements will be used again in the Make It Real *Quick Step* activity.



As you read the statements, add gestures or exaggerate facial expressions to make the activity more concrete.

### Added Fun!

For a more energetic activity, have kids respond by waving arms high in the air (do) or stomping feet (don't do).

### Materials

drawing paper, markers (optional: whiteboard, dry-erase markers)



### Teaching Tip

If you have a small class, kids might enjoy drawing pictures on a whiteboard. Provide a variety of markers and assign sections of the board for drawing.

### Materials

Bible



### Transition to Explore His Word

See the *Resources* CD Transition Tips printable file. As children gather, make sure you have all the materials you need.

## Focus

♥ We can learn to follow Jesus.

# Explore His Word (20 minutes)

**2** Use all of these activities to help children **tell what Lydia did when she learned about Jesus.**

## Bible Background for the Teacher

Ten men were required to organize a traditional synagogue. Because Philippi was a Roman colony, there were probably not enough Jews living in the city to organize a synagogue. So instead of meeting at a synagogue, the Jews in Philippi met outside for prayer. Such places of prayer often were located by bodies of water. Even though the group mentioned in Acts 16 was comprised of all Jewish women, it is possible that the Jewish men met someplace else for prayer.

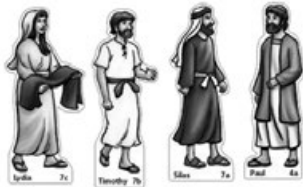
During this time, many Jewish men would not even have considered joining a prayer service made up of all women. Being a Christian freed Paul from that legalistic idea. Lydia already worshipped God, but she needed to learn the way of salvation, which comes by obediently accepting Jesus as Lord. Responding to Paul's message, Lydia and the members of her household did obey Jesus and were baptized. Afterward Lydia gave a convincing argument for Paul and his companions to stay at her home.

### Worship Time

If you want to offer a time of worship, see the Unit 2 Worship Time Ideas printable file on the *Resources* CD.

### Materials

whiteboard, dry-erase marker, Bibles, blanket, *Resources* sheet 6 Paul's Face Mask and sheet 5 Map of Paul's Travels with add-ons 4a and 7a-7c, reusable adhesive (or self-adhesive magnetic strip), *Teaching Picture 7*



### Before Class

Display the map on a wall, a bulletin board, or a whiteboard. Press out story add-ons 7a-7c. If you are using a whiteboard, put a piece of magnetic strip on the back of each add-on.

### How to Say It

Lydia (*Lid-ee-uh*)  
Philippi (*Fih-lip-pie*)  
Silas (*Sigh-luss*)

## Bible Exploration Acts 16:11-15

Write "Acts 16:12" on the board. Ask whether Acts is in the Old Testament or New Testament. (New) Have children turn to the table of contents in their Bibles and look in the New Testament section. They should run their fingers down the page until they find Acts. Help children turn to Acts 16:12. Ask for a volunteer to read the verse.

Give one child the face mask of Paul to hold up to his face and pretend to be Paul. If you have enough children, ask for volunteers to play the roles of Silas, Timothy, and Lydia. The rest of the class should pretend to be a group of people living in Philippi. It would be best if the class sits on a blanket on the floor. Everyone should listen for how a woman named Lydia learned to follow Jesus. Use the Map of Paul's Travels and add-ons as directed.

Ask the child playing the part of Paul to stand beside you. SAY: **Paul was traveling to many places, telling people about Jesus. Paul had other friends traveling with him. Two of these friends were Silas and Timothy.** Ask the children portraying Silas and Timothy to stand beside Paul. **The friends arrived at a town called Philippi.** Attach add-ons 4a, 7a, and 7b near Philippi on the map. **They stayed in the city for several days.** Have the three actors walk around the room and then sit down away from other children.

**Soon it was the Sabbath Day, the day when Jewish people stopped their work to worship God. Paul and his friends knew this would be a good day to tell others about Jesus. They took the road that led outside the city gate to the bank of a river. Have the three actors walk around again. They were looking for a place where they would find people praying.**

**Beside the river, several women were praying.** Show *Teaching Picture 7*. **Paul and his friends stopped.** Have the actors stand by the rest of the class. **They began talking to the women.** Paul, Silas, and Timothy can pretend to talk.

**A woman named Lydia was listening.** Attach 7c by 4a on the map. Ask the child portraying Lydia to cup one hand behind her ear. **Lydia made and sold purple cloth. She knew about and worshipped God. Lydia believed what Paul and his friends said about Jesus. Lydia and the members of her household decided to become followers of Jesus, and they were baptized.**

**Then Lydia did a very kind thing. She invited Paul and his friends to stay at her house.** Lydia can stand and motion with her hand. **Paul and his friends must have been happy. They were always glad to help others learn about Jesus.**

## Bible Review Activity

ASK: **How did Lydia learn to follow Jesus?** (She listened to Paul's teaching and was baptized.)

Tell the children that they will take turns holding the Paul face mask to their faces and answering questions as if they were Paul.

ASK: **Paul, why were you traveling to so many places?** (to tell about Jesus)

**Paul, what two friends went with you to Philippi?** (Silas and Timothy)

**Paul, what did you do your first few days in Philippi?** (probably visited around the city, telling people about Jesus)

**Paul, where did you go on the Sabbath Day?** (down by the river)

**Paul, who did you meet there?** (Lydia and other women)

**Paul, what did you do?** (told them about Jesus)

**Paul, what happened?** (Lydia listened and believed, and she and her household were baptized.)

**Paul, who invited you and your friends to stay in her home?** (Lydia)

SAY: **Lydia learned to follow Jesus. ♥ We can learn to follow Jesus too.**

## Bible Memory 2 Peter 3:18

"Grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen."

Display the Bible Memory strips in random order. If you are displaying the strips on a whiteboard, make sure each strip has a piece of magnetic strip on the back.

Write "2 Peter 3:18" on the board and point to it. Remind children how to find the verse, and help them as needed to turn to the verse in their Bibles. Ask a volunteer to read the verse from the Bible.

Ask for volunteers to rearrange the strips, one strip at a time, so that the verse can be read correctly. When all the strips are in place, lead the children in saying the verse. Then ask volunteers to remove the strips, one strip at a time. As each strip is removed, ask who would like to say the entire verse, supplying the missing words. SAY: **♥ We can learn to follow Jesus as we learn verses from the Bible. And that will bring glory to Jesus—now and forever!**



See the *Resources* CD lesson 7 printable files for a way to help children who struggle with acting out Bible stories.

### Materials

*Resources* sheet 6 Paul's Face Mask



### Teaching Tips

Demonstrate where to hold the face mask so children are not losing their line of sight to you.

If a child does not know the answer or would rather not be singled out, he can ask another student to be Silas or Timothy to help answer the question.

### Materials

whiteboard, dry-erase marker, Bibles, *Resources* sheet 8 Unit 2 Bible Memory Strips, reusable adhesive (or self-adhesive magnetic strip)



### Optional Bible Skill Builder

If you have not already done so, print copies of the unit 2 Optional Bible Skills activity from the *Resources* CD. Distribute the pages and let children work with partners to complete the activity. The activity points out differences between the Old Testament and the New Testament.



## Focus

♥ We can learn to follow Jesus.

# Make It Real (10–15 minutes)

**3** Use one of these activities to help children **tell why Jesus is the best person to follow.**

### Materials

list of role model qualities created in Focus In *Quick Step*, whiteboard, dry-erase marker



### Note

If you did not use the Focus In *Quick Step* activity, ask the children now to name some things a good role model does. Write their ideas on the board.

### Teaching Tip

Beginning readers may not be able to read the words, but they will enjoy guessing letters. Praise all efforts to participate.

### Materials

slips of paper, pen, paper lunch bag (or basket)



### Before Class

Write the following sentences on slips of paper. Place the papers in a paper bag.

### Sentences:

Feed someone who is hungry.  
Help someone who is sad.  
Show care for someone who has a disability, such as being blind.  
Teach a truth from the Bible.  
Pray to God.

### Materials

*Weekly Bible Reader* issue 7



## Quick Step The Best Role Model

If you created a list of things good role models do, refer to that list. SAY: **Let's think again about good role models and why we follow their example.** Read the list created in the Focus In *Quick Step*. (The list of qualities should have included: tells the truth, does his best, keeps promises, respects others.) SAY: **Jesus did all these things—and more! Let's play a word game and see if you can guess other good examples Jesus set for us.**

Play a game similar to Hangman. Draw blank lines on the board, one blank for each letter of the word (or phrase) kids are to guess. Choose someone to guess a letter of the alphabet. If that letter is in the word, write it in each blank where it appears. If the letter is not in the word, write it off to the side so that children will know which letters have been called. Let children take turns guessing other letters until the word is revealed. (Words and phrases that describe Jesus as a good role model: cared for people, took time to pray, obeyed His parents, obeyed God, forgives, keeps His promises)

SAY: **Jesus is God's Son. The Bible says Jesus did not sin. Jesus is the best role model ever, and He wants us to follow Him. The more we know about Jesus, the more ♥ we can learn to follow Jesus.**

## Option Role Model Role Plays



SAY: **We have talked about role models and about learning to follow Jesus. Jesus was the perfect example. He is the best role model to follow. Let's act out some things Jesus did. We'll tell how we can learn to follow Jesus' example.** Ask two volunteers to draw one slip of paper from the bag and act out what the paper says. Give assistance with reading as necessary. After each role play, talk about how Jesus did what was acted out. Then have the kids tell how they can do that same thing for someone they know. Continue until all situations have been acted out. SAY: **As we grow and learn more about Jesus, ♥ we can learn to follow Jesus. We can do as Jesus did.**

ASK: **What is your favorite way to follow Jesus?** Encourage children to share their ideas.

## Option Story from *Weekly Bible Reader*

SAY: **Lydia learned to follow Jesus. Let's read a story and find out why we should follow Jesus.** Read the rebus story "The List." Pause whenever you come to a picture, and let kids call out the pictured word.

ASK: **Why is Jesus the best person to be like?  
What did Jesus do for others that you would like to do?**

SAY: **♥ We can learn about Jesus. We can learn to follow His example. There's a lot to learn!**

# Live It Out (10 minutes)

- 4** Use one of these activities to help children **choose a way they will follow Jesus.**

## Focus

♥ We can learn to follow Jesus.

### Quick Step Following Jesus Reminder

SAY: **Lydia learned about Jesus, and she chose to follow Him. Let's make reminders that can help us choose ways that we can follow Jesus. ♥ We can learn to follow Jesus every day.** Distribute the activity pages, scissors, and tape. Read the directions aloud. First have kids cut on the solid lines. Then help them fold on the dotted lines and tape the tab under the open end. This will form a pyramid. Look at and discuss the pictures.

ASK: **If you follow Jesus, what will you try to learn from the Bible?  
If you follow Jesus, when will you talk to God? What will you say to Him?  
If you follow Jesus, how will you treat your teachers? your parents?  
If you follow Jesus, how will you treat others? Who will you tell them about?**

Encourage the children to take their pyramids home. Each day they can look at the pyramid and choose one way to follow Jesus. Close the class time with prayer. PRAY. **Dear God, thank You for Your Son, Jesus. Please help us as we learn to follow Him. In Jesus' name, amen.**

### Option Follow Jesus Walk

Before class, make arrangements for taking a walk around your church building. Check to see whether there are areas you should not go.

SAY: **Lydia learned about Jesus, and she chose to follow Him. Let's take a walk and choose ways we can follow Jesus. ♥ We can learn to follow Jesus wherever we go.** Have the children walk with partners or in small groups. Lead the children on a short walk through your church facility, stopping to look in a nursery window, in the auditorium, at offices, and so on. If weather permits, lead the children outdoors. As you walk, talk about the people who are in each place and what happens in each location.

ASK: **How can you follow Jesus and care for babies? older people?  
When can you follow Jesus and worship God?  
When can you follow Jesus and read from God's Word?  
When can you follow Jesus and be helpful to others?  
How can you follow Jesus and take care of the world God made?**

Close your class time in prayer, asking God to help the children as they choose to learn about and follow Jesus.

### Saying Good-bye

- Distribute the *Activities* page 13 Unit 2 Bible Memory Poster and stickers if you have not already done so. Make sure children have projects and activity pages they have done in class.
- If you have time before parents arrive, use some of the activities on the Additional Activities for Unit 2 page.

#### Materials

*Activities* p. 21, scissors, tape (or glue sticks)



#### Materials

(optional: photos of various areas of your church facility)



Plan ahead and have an adult close to any child who may try to leave the group while outside the classroom.

#### Teaching Tip

If you cannot take a literal walk, take photos to bring to class. Show pictures of various areas of your church facility as you ask the questions.

#### Weekly Bible Reader

Give each student a *Weekly Bible Reader* to take home.

Be sure parents know about the *Faith & Family* pages available online to print and use with their children at home. Go to [www.heartshaper.com](http://www.heartshaper.com).

