

## Sunday School Lesson Outline



**Lesson:** You are my Son

**Passage:** Hebrews 1:5-2:4

**Big Idea:** The angels spoke things worth listening to, and Jesus is much greater than them.

**Main Aim:** Realise how much greater Jesus is than the angels, so listen to him!

**Key verses:** Hebrews 1:5-6, 2:1-3a

**Please pray** for the lesson preparation, that God's word would feed us and the children.

**Laptop/tablet + speaker:** You will need to bring a device to play media.

If needed, Jonny can provide **a laptop and Bluetooth speaker**. 😊

**Additional resources for prep:** Grace Group booklets or talk to Jonny if needed.

### Hebrews Overview

The Letter to the Hebrews tells us (at least) two things: why we must keep going as Christians, and why we are absolutely able to keep going to the end. It's Jesus. Jesus is Even Better, he is The Best. He is the help we need to run across the finish line.

We need to learn from Israel's mistakes, and also realise that with Jesus we have all we need.

### Passage overview – Talk outline on page 3.

There are complicated details, but the basic message is simple.

1. Seven statements about how Jesus is much greater than angels. 1:5-14  
He's the eternal son, made king forever!
2. The words that angels spoke were reliable. 2:1-2  
People who didn't listen to them were punished. (Old Testament apostate Israel)
3. The words that Jesus speaks are surely EVEN MORE reliable! 2:1-3  
Listen to him!!

*Main Aim/Application - For them then & us now.*

We need realise who it is that is speaking to us: The Son is so much better than angels.

How well would we listen if an angel told us something? How much more should we listen to Jesus??

When do we find it hard to listen to Jesus? We need to remember who is speaking.

### Groups

At CW – Prepare for **Sailors and Officers**, taught together.

At GR & EC – Prepare for either **Sailors or Officers**, taught separately.

Ages
<b>Sailors: Age 3 to Year 2</b>
<b>Officers: Years 3-6</b>

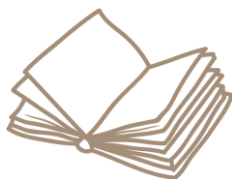
## Lesson Overview

**Get Going**  
~3 min + Song



Welcome & Pray  
Intro Idea  
Song

**Bible Talk**  
~10 mins



The Big Idea  
The Main Aim

**Heart & Hands**  
~30 mins



Craft/Worksheet  
Further teaching  
Memory verse

**Catechisms**  
~10 mins

The New City  
Catechism for Kids



Practice Together

**Land the Lesson**



Recap  
Pray  
Extra Fun Time



### Get Going

Welcome, Pray, Introduction idea & Song

At GR and EC the Sailor Leader will lead the “Get Going” section, by default.

### Welcome and connect briefly with the children

- Ask a fun question. Something like:  
Was your week good or bad? Show me with thumbs up/down/halfway. Why?  
How was your week out of 10? Show me with fingers. Why?  
What's the most fun/boring thing that happened? The best food you ate? Smelliest smell?

### Prayer by the leader

- Help us to listen carefully to what God has to say to us today, and to have fun.

### Set expectations:

- Rules:
  - We listen to the leader.
  - We love our neighbour.
- We're here to learn about Jesus and have fun.
- If you need the toilet, let us know and we'll take you.

### Intro Idea - Introduce the “Big Idea” of the passage with Intro Powerpoint slides.

- Ask the children – Which is more awesome?
  - Lion or elephant?
  - Whale or cuttlefish?
  - Skateboarder or Horse jumper?
  - Spiderman or Bluey?
  - Angels or the Son of God? The Son is the king of the world he made.
    - The most awesome being is speaking to us. We need to listen to him.

### Sing - If needed, talk through the words and actions before singing.

Your love. Choose one of the following versions (or another!)

<https://www.youtube.com/watch?v=znPfF7AY66E>

[https://www.youtube.com/watch?v=2qb31RRg\\_Eo](https://www.youtube.com/watch?v=2qb31RRg_Eo)



## Bible Talk

### Teaching the Big Idea & Main Aim.

### Using the ICB translation: International Children's Bible.

Available at: [Bible Gateway](#)

*Keep it clear and snappy.*

*Centre the talk on the Big Idea and the Main Aim.*

*Have a Bible open throughout to show that we're teaching from God's word, and not from our heads.*

*Think of ways to make the Bible talk engaging. Ideas for this are below.*

## Key Verses – Hebrews 1:5-6, 2:1-3a

### Teaching an Epistle

- It can be easy to get bogged down in details.  
Stick to the Big Idea as we teach it to the children.
- Use the narrative elements where possible.  
Hebrews references Jesus' story and Israel's story a lot. We can pick up and dramatise these elements.

### Lesson Points

#### Introduction

Sometimes, we read the Bible, that's when Jesus speaks to us.

But maybe we think it takes energy to read, it takes time to know what it's saying,

It's a bit boring, talking about random stuff.

It seems a bit rubbish.

There are lots of other things I could do instead, like playing outside.

We might wonder why we need to bother listening to Jesus.

It's because Jesus is more awesome than we could ever imagine.

He is even more awesome than anything else.

Even more awesome than angels!

This is why we need to listen to Jesus.

1. Jesus is much greater than angels.

1:5-14

*Get a child and dress them up as an angel: Tinsel, white sheet, wings?*

*Imagine if an angel appeared and told you to do something, how would we feel?*

*Jesus is more awesome than them.*

Jesus is the Son.

Angels worship the Son.

The Son made everything.

Angels didn't make everything

The Son is king forever.





“When we feel x, we can remember y”

- **Officers** Ask questions to arrive at the Main aim application.  
How does this help us think/act/talk/feel differently?  
What about at home/school/church or when we're sad/happy/tired?  
Give a concrete example:  
“When we feel x, we can remember y”

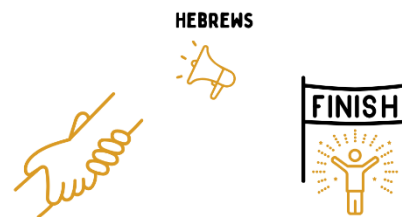
### Teaching ideas - Ask Jonny if you'd like more ideas.

- Use the *Hebrews* series teaching image.

This is laminated and in the Sunday School box.

We're finding out why Jesus is The Best.

He is what we need to keep running the race to the end.



JESUS IS THE BEST

- Use the teaching images.

Lay them out as you explain. They can help children track through the talk.

- Act something out.

Could you act out what the passage is talking about?

- Use actions and a catch phrase.

For example: “We don't fear man (*trebling action and point at children*),  
instead we fear God! (*Tremble and point up*).”

The angels are awesome. *Thumbs up*.

The angels said words. *Listening ear*.

Jesus is more awesome! *Thumbs up higher*.

We really need to listen to his words. *Listening ears*.

- **Sailors - More question ideas:** What noise/ smell do you think it made? How many stars did he see? Have you ever seen that before? How did he feel? What face would she have made?
- **Sailors - More teaching ideas:** Make actions to copy at certain points, act it out with costumes and scenery, go for a walk around the room, use Lego/Playmobile figures.
- **Officers - More question ideas:** Why do you think he did that? What did she get right/ wrong? What would you do in his situation?
- **Officers - More teaching ideas:** Act it out, have them draw scenes, shout out the best thing they see in the passage, make a puppet show using paper and card, go for a walk, use Lego.

### Heart and Hands

More on the Big Idea & Main Aim with activities.



### Table Activities - Craft or worksheet - Spares go to the Eltham service.

- **Sailors** Craft.  
*Cut, stick, fasten, colour. Chat about how it relates to the teaching point.*

- **Officers** Activity Sheet.  
*This is a guided Bible study to help them learn how Bible studies work.  
The sheet progresses from easy questions to harder questions.  
Help them find answers in the Bible and think about them.*

The New City  
Catechism

for Kids



## New City Catechism

### Practice Together

What is this? [Tim Keller Introduces the New City Catechism](#)

Why do this? [Why We Should Catechize Our Children](#)

### This week - Question 29.

- **If you have time...**
- Open up the Catechism of the week.  
Practice saying it with the children. Some might have learnt it at home to say it with less help.  
Talk about difficult words and ideas.
- **Sailors** Use Children's Mode and the songs to learn.  
Choose the right question from the following playlist:  
[Q1 What is Our Only Hope in Life and Death?](#)
- **Officers** Use Children's Mode where necessary.  
You could make up a rhyme or rap to learn it.  
Or make up a game of trying to remember it: Get in a circle, say one word each.



## Land the lesson

**Bring everything together: Recap, prayer and game.**

**Recap** - Use the craft/ worksheet to remind them of the [Big Idea & Main Aim](#).

**Pray** - Encourage the children to pray with you about the [Big Idea](#) and [Main Aim](#).  
They could **thank/praise God** for it or **ask for help** in believing it.

- **Sailors** You could suggest "Popcorn prayers" - really short prayers.  
Or "Arrow prayers" - We all shoot up like an arrow at the end.  
Or you could try the idea we use with Officers.
- **Officers** You could pass an object, like a Bible, around the room.  
When a child receives the Bible, they can choose to pray in their head or aloud.

**Game idea** - Check the OneDrive

**Time fillers, Games and Music** - Check the OneDrive

- I often play something from: <https://www.youtube.com/@thebiggeststory>
- A Spotify playlist of Sunday School songs can be found in the Term Overview Document.

**Sign out** - Give each family a Take Home Sheet

- Sign out with Check-In.