

Sunday School Lesson Outline



Lesson: We have a priest
Passage: Hebrews 4:14-5:10
Big Idea: We have Jesus, our priest, who is ready to help us trust God every day.
Main Aim: Today, we need to use our priest to pray for help with trusting God.
Key verses: Hebrews 4:14-16
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 lots of details. Here is the basic train of thought:

1. (Last time) It looked impossible to cross the desert. *Hebrews 4:7-13*
 Almost everyone died because they stopped trusting God.
 How could we possibly keep trusting and cross the desert?

2. Answer: We have a priest. We need to ask him for help. *Hebrews 4:14-16*
 We can keep trusting. We can make it across the desert.
 But we need to ask for his help. Without our high priest's help, we'll be like those who died.

3. This priest is qualified. *Hebrews 5:1-10*
 More qualified than the Levite priests. This is the priest we need to get us across the desert.

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

God has given us a way to keep going and never give up: Jesus our high priest.
 He is ready to help, we really need to ask him. It would be foolish not to ask him for help!

Groups

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

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

Ages
Sailors: Age 3 to Year 2
Officers: Years 3-6

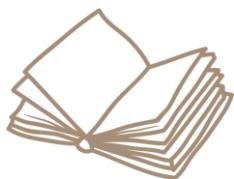
Lesson Overview

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 – What do we need to ask for?
 - We're having trouble swimming. There is a lifeguard. (Help!)
 - We're stuck in a big muddy puddle. Your friends are there. (Help!)
 - We're trying to make a cake, but we can't touch the hot oven. There is a Parent/carer (Help!)
 - We're riding on a t-rex and it's a bit wobbly. A t-rex tamer is there. (Help!)
 - We're trying to keep trusting God, but it's not always easy. (Help!)
 - Jesus is our priest, he is ready to help us. Today we'll see that we should ask him for help.

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

God showed us his love: <https://www.youtube.com/watch?v=Przck2Jf-PI>



Bible Talk

Teaching the Big Idea & Main Aim.

Using the ICB translation: International Children's Bible.

Available at: [Bible Gateway](http://BibleGateway.com)

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 4:14-16

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.
The sermon to the Hebrews has many references to Jesus' story and Israel's story.
We can pick up and dramatise these elements.

Lesson Points

Introduction

Who can remember what we were hearing about last week?

The Israelites were on a journey, where were they? In the desert.

Did they manage to arrive at the end of the journey? Why not? Didn't trust God.

So, what happened to them? They died in the desert.

Maybe we find it hard to remember that God is good.

Maybe we might feel scared, maybe we'll become like the Israelites.

But God gave us a helper, to help us to trust him every day.

Let's see...

1. We have an amazing priest.

Hebrews 4:14

"We have a great high priest who has gone into heaven. He is Jesus the Son of God." ICB.

We have a great high priest.

His name is Jesus.

A priest is like a helper, a helper to keep us trusting God.

Explain an Old Testament priest:

In the Old Testament, they helped people keep trusting God.

They sorted out sins.

They took people's prayers to God.

We have a new, better priest: Jesus.

Act out Israelites crossing the desert. We acted the same thing last week.

*It's a bit like we're travelling across the desert.
 It's hot, it's windy, it's hard to keep going. We're tired.
 We need help!
 One person has gone across the desert. It's Jesus!
 Send a child to the other side of the room who cheers.
 Jesus has made it to the end!
 He can now help us get to the end.*

2. So, we can keep trusting God.
 "So let us hold on to the faith we have." ICB.

Hebrews 4:14-15

We don't have to stop trusting God.
 We are able to keep trusting him every day.
 Let's keep going!

But there is one thing we need to do...

3. So, we need to ask for help.
 "Let us, then, feel free to come before God's throne. Here there is grace. And we can receive mercy and grace to help us when we need it." ICB

Hebrews 4:16

*Act out children calling out to Jesus for help. Help! Help!
 The child acting Jesus comes to take us by the hand and take us to the end.*

Children, what would happen if we didn't ask for help?
 We wouldn't get to the end.
 Jesus is ready to help us, we need to ask him!

We can ask him to help as we pray.
 Every day we can ask God, please help me to trust you today.

Conclusion

We might find it hard to trust that God is good.
 We might think it's impossible.

Actually, God gives us Jesus, he is our helper.
 We can ask God for help whenever it's hard to trust he's good.
 And he will help us.

Let's ask him for help now.
Pray – Big idea.

Brief application - The Main Aim expanded.

- **Sailors** State the Main Aim application and expand it a bit.
 When we're at home/school/church or when we're sad/happy/tired...
 This is how it's right to think/act/talk/feel.
 Give a concrete example:
 "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"

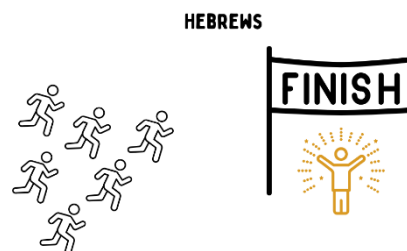
Teaching ideas - Ask Jonny if you'd like more ideas.

- 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 HELP WE NEED

- 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*)."

Today, we have a priest helper. *Shake our own hands*.

His name we Jesus. *Arms out*.

We need to ask him for help! *Cup hands around mouth as if shouting up*.

- **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 30.

- **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.