

## Sunday School Lesson Outline



**Lesson:** The Best Priest

**Passage:** Hebrews 6:19-7:28

**Big Idea:** Jesus is the best priest we could hope for, so he really can help us to keep going!

**Main Aim:** We trust that Jesus is our good helper by asking for his help trusting God today.

**Key verses:** Hebrews 7:3, 17, 23-25

**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. Melchizedek is much better than Levi. *Hebrews 7:1-10*

Melchizedek is Royal.

Melchizedek is "forever".

Melchizedek is superior.

2. Jesus is like Melchizedek. So, he's the best. *Hebrews 7:11-28*

Jesus brings regime change (that works)

Jesus is forever.

Jesus is perfect.

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

It's so good to have a helper, who is on our team, forever. Jesus is our perfect, forever priest.

Whether good things or bad things happen, Jesus is on our side, looking out for us.

### 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>

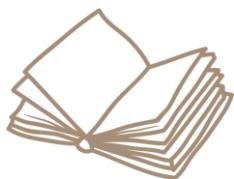
## Lesson Overview

**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 – Who is the better helper?
  - Making a cake: A toddler, or a baker?
  - Building a castle: A kangaroo, or a builder?
  - Sailing across the sea: A pirate, or a friendly sailor?
  - Help trusting God: A normal friend, a King-Priest who lives forever?
    - Friends are helpful. We need someone better.

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

Jesus number 1.

<https://www.youtube.com/watch?v=j4kl7uo6wJY>



## Bible Talk

Teaching the Big Idea & Main Aim.

Using the ICB translation: International Children's Bible.

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

*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 7:3, 17, 23-25

#### 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?

We need to keep listening to Jesus to keep growing!

But sometimes, we might feel like it's hard.

Maybe sometimes we don't want to.

Maybe we wish there was someone to help us.

Well, Hebrews tells us that we have a helper.

Someone to help us keep trusting God, every day of our lives.

Let's hear more...

1. Melchizedek is a better priest than Levi. *Hebrews 7:3*

To find out about our amazing helper, Hebrews tells us an amazing story.

A story from a long long time ago.

Children, we're going to find out about a man,

Who has a very strange name.

He is a very very cool man.

His name is, Melchizedek!!

Does anyone have a friend called Melchizedek?

*Tell the story of Abraham and Melchizedek. Cf. Genesis 14:17-20.*

*The details you need are all in Hebrews 7.*

*As you tell the story, set up a hierarchy: Levi, Abraham, Melchizedek.*

*Have the children act the three parts.*

*One sits on the floor, one on a chair, one standing on a chair. Showing who is most important.  
They can hold their name labels.  
The order is Levi, Abraham, Melchizedek, from least to most important.*

*Melchizedek was a king. Not like Levi.  
You might want a crown and a red robe to put over him.*

*Melchizedek blesses Abraham, not like Levi.  
Blessing goes from more to less important people.*

*It's sort of like Melchizedek lives forever (but he doesn't actually).*

Melchizedek was a priest.

Who can tell me what a priest is?

*Take answers. You might receive a Roman Catholic-type answer. You could clarify you're talking about a priest in the Bible from before Jesus.*

*A priest is someone between us and God.*

*Someone who prays for us. Someone who helps us keep trusting God.*

The normal priests in the Old Testament were Levites. Levi-priests.

Today, we'll see that a Melchizedek-priest, is WAY better than a Levi-priest.

Abraham met him and found out,

Melchizedek is a king. The king of Jerusalem.

Levi is not a king.

A Melchizedek-priest, is WAY better than a Levi-priest.

Melchizedek blessed Abraham.

And Levi didn't bless Abraham. Abraham blessed Levi!

A Melchizedek-priest, is WAY better than a Levi-priest.

It's like Melchizedek lives forever, because we don't know when he died.

A Melchizedek-priest, is WAY better than a Levi-priest.

2. Jesus is the BEST EVER PRIEST, because he's like Melchizedek. *Hebrews 7:21-25*

Jesus is the best priest, he's the best helper we could ever ask for.

Because he's like Melchizedek.

*Swap the child playing Melchizedek off the chair for Jesus.*

*Crown + Royal robe.*

Jesus is the best priest because, like Melchizedek:

He's a king.

He blesses his people.

He is forever.

Jesus is the BEST EVER PRIEST, because he's like Melchizedek.

So, he is exactly the person we need to help us.

### Conclusion

Sometimes, we might feel like it's hard to keep being excited about God.

Maybe sometimes we don't want to.

Maybe we wish there was someone to help us.

Well, Hebrews tells us that we have a helper.

Someone to help us keep trusting God, every day of our lives.

His name is Jesus, he is our priest and he is the BEST EVER PRIEST

This is amazing news.

We can ask our priest for help when we pray.

Let's ask for his 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.

- Use the teaching images.

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

- Act something out.

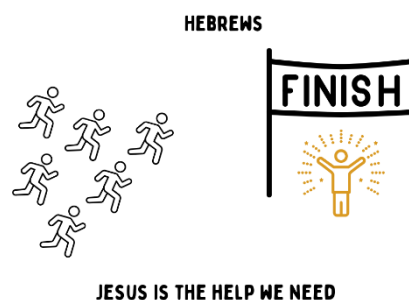
Could you act out what the passage is talking about?

- 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*)."

We have a helper. *Hand shake with ourselves*

His name is Jesus. *Point up*.



Jesus is our priest. *Praying hands.*

And he's the best. *Thumbs 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 32.**

- **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.