

Sunday School Lesson Outline

Lesson: Our Father Sees
Passage: Matthew 6:1-18
Big Idea: Jesus' followers have a Father in heaven who sees us and will reward us.
Main Aim: Follow Jesus remembering that our Father in Heaven will reward us.
Key verses: Matthew 6:1

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.

Sermon on the Mount Overview

Matthew is a book which makes disciples, who go and make disciples, who make more disciples...

This teaching from Jesus is about how his disciples will live the "blessed" life: the good life.

So, each week we'll highlight - this *isn't* how we live to become disciples.

Instead, *this is* how followers of Jesus will live as Jesus' already-saved people.

Passage overview – Talk outline on page 3.

- | | |
|--|--------------------------|
| 1. HEADLINE: We have a Father who sees and rewards. | 6:1 |
| We won't do good things to be seen, like the hypocrites. | For reward from people. |
| We know our Father sees us. | He will reward us. |
| 2. We have a Father who sees. – Giving | 6:2-4 |
| We won't give money to be seen... | |
| 3. We have a Father who hears. – Prayers | 6:5-15 |
| We won't pray to be seen... | |
| Nor will we pray as if no-one hears, like the pagans. | To make ourselves known. |
| We know our Father hears us. | He knows what we need. |
| 4. We have a Father who sees. – Fasting. | 6:16-18 |
| We won't fast to be seen... | |

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

Realise that as followers of Jesus, we have a good heavenly Father. That changes everything.

We know that he sees, he hears and he will reward us.

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

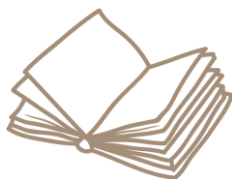
Lesson Overview

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 – When this happens, what will people think of us?
 - Giving a friend a birthday present. The friend is happy. (Seen)
 - Clearing up a mess and no-one will ever know. (Unseen)
 - Getting a school award in assembly for being the kindest on the playground. (Seen)
 - Helping a sad person. (Almost unseen)
 - Jesus says that we have a Father in Heaven who sees us and rewards us. Even when we do things that no-one will see.

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

Long long long long time ago. For Christmas!

https://www.youtube.com/watch?v=O0QtJZ_1hzQ I reckon this one is best to play. Learn actions from my one here <https://www.youtube.com/watch?v=5-pdrEWaRXc> I couldn't get my lips to sync!



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 – Matthew 6:1

Sin

In Sunday school, we have two ways of talking about sin.

Sin is the bad things we do, say, think and feel. With actions. This will be extra useful this week.

Sin is "Shove off God", "I'm in charge", "No to your rule." Classic.

Get to Jesus

Often in the Sermon on the Mount, it's Jesus who practices what he preaches.

We'll make sure to mention him in our talk, and that how we live comes after being saved by him.

Fasting

It'll be worth quickly explaining what fasting is in the Bible: avoiding food to remind us that we need God. I don't think we need to spend much time on it.

<https://www.desiringgod.org/interviews/what-is-the-purpose-of-fasting>

Lesson Points

Introduction

Jesus has saved us, so we live for him.

We know - what we do, say, think and feel matters.

But we might think, we will only do these things when others see us.

Then people will see how amazing we are.

We might not want to do these things when no-one is looking.

What's the point then?! We might think.

Maybe we should only do things in front of people, so they'll like us.

Jesus will tell us how his rescued followers live...

1. HEADLINE: We have a Father who sees and rewards.

6:1

Jesus says...

Don't do good things to be seen by other people.

"Hello everyone! I'd just like to let you know that I'm being really kind right now!"

That's silly.

We might want to do this because we'll get a reward from people.

"I'm really kind right now!"

"Hopefully they'll be my best friend and give me nice things."

We have a Father in heaven who sees and hears what we do.

He will reward us.

With a much better reward.

Jesus gives more examples, to explain what he means:

EXAMPLE 1: Giving money.

6:2-4

Jesus says...

Don't give money to be seen by other people.

"Hello everyone! I'd just like to let you know that I'm giving lots of money away!"

"Look how kind I am!"

That's silly.

We might want to do this because we'll get a reward from people.

"I'm really kind right now!"

"Hopefully they'll think I'm amazing, they'll be my best friend and give me nice things."

We have a Father in heaven who sees and hears what we do.

We give money in secret. We don't tell people how much we give.

"Shh! Don't tell anyone."

Because God sees.

He will reward us.

With a much better reward.

EXAMPLE 2: Praying

6:5-15

Jesus says...

Don't pray to be seen by other people.

"Hello everyone! I'd just like to let you know that I'm praying really hard!"

"Look how kind I am!"

That's silly.

We might want to do this because we'll get a reward from people.

"I'm really kind right now!"

"Hopefully they'll think I'm amazing, they'll be my best friend and give me nice things."

We have a Father in heaven who sees and hears what we do.

We pray in secret. We don't announce when we're praying lots.

"Shh! Don't tell anyone."

Because God sees.

He will reward us.
With a much better reward.

SIDE NOTE ON THE LORD'S PRAYER.

Don't pray as if no-one can hear us.

Going on and on and on.

We have a Father in heaven who hears us.

So, we pray and finish. God has heard us.

EXAMPLE 3: Fasting.

6:16-18

Jesus says...

Don't fast to be seen by other people.

"Hello everyone! I'd just like to let you know that I'm fasting!"

"Look how kind I am!"

That's silly.

We might want to do this because we'll get a reward from people.

"I'm really kind right now!"

"Hopefully they'll think I'm amazing, they'll be my best friend and give me nice things."

We have a Father in heaven who sees and hears what we do.

We fast in secret. We don't announce when we're not eating to remind us to pray.

"Shh! Don't tell anyone."

Because God sees.

Conclusion

We know that Jesus has saved us.

So, we what we do, say, think and feel the right things.

But this isn't for people to reward us.

We do it for God to reward us.

Jesus knew to do, say, think and feel right things. He ALWAYS did!

But he didn't show off. He didn't announce it with a trumpet.

He knew that it didn't matter what people thought of him.

He knew that God would reward him. He did it for his heavenly Father.

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 *Sermon on the Mount* series teaching image.

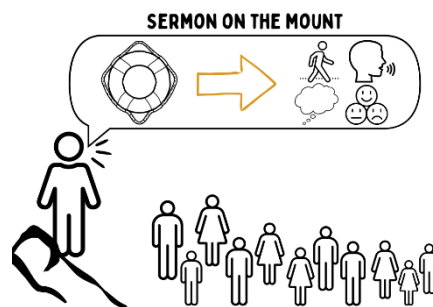
Laminated and in the box.

“Jesus’ rescued people live in this way.”

It’s about the things we do, say, think and feel.

(Sin is the bad things we do, say, think and feel

But Jesus will tell us the good things we do as his followers.)



- 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: someone doing something for a reward from people? Blowing trumpets etc.

- 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*).”

Followers of Jesus. *Walking action*

Don’t do things for people to see us. *Binoculars with hands, looking at the children.*

Have a Father in Heaven. *Point up.*

He sees us. *Binoculars with hands, looking at the sky.*

He will reward us. *Giving action.*

- Feel free to show this video, they might watch it a lot this term!

<https://www.youtube.com/watch?v=6tLMF6shOLE>

- **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 24.

- 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.