

WEEK 4 PRESCHOOL LESSON GUIDE



BLAST OFF

THE BIG IDEA

We can serve others.

THE BIBLE

Jesus Washes His Disciples' Feet: John 13:1-17, 34-15

WELCOME TIME

MUSIC | Worship Time

- **INSTRUCTIONS:** You can lead kids in worship with any songs you like best, but here are a few songs that go along with this month's theme. Make sure you have purchased any licenses required to play or perform these songs. For more information, [read this!](#)
 - "Jesus Loves Me" (KidSpring)
 - "Thy Word" (Cedermont Kids or Veggietales)
 - "A Friend Loves at All Times" (Summit Kids)
 - "Free as a Bee" (Hillsong Kids Jr.)
 - "Gonna Serve" (Yancy)

ACTIVITY | Dirty Feet

- Hello! We're going to play a game and get our feet a little dirty this morning!
- **INSTRUCTIONS:** Fill a few pie tins with objects or substances that are "dirty" but not too messy, like smooth aquarium stones, sand, Cheerios, and cotton balls. Have your preschoolers take their shoes off and sit in a chair on top of a tarp. Put the pie tins under their feet, let them dip their feet in, and then have them try to guess what their feet are in, without looking.
- Your feet got dirty and stinky in this game!
- Our Bible story has to do with some people who had dirty feet, and how they got their feet clean again.

ACTIVITY | Space Race

- We've been talking a lot about outer space this month. That's because we're talking about how to launch our faith to new heights, like you'd launch a rocket ship into space. To get us thinking about what it means to "launch" our faith, let's pretend we're rocket ships.

- **INSTRUCTIONS:** Before your program, print two copies of your Rocket Ship printable – one on red paper and one on green paper (or you can color them in). Explain that you’re going to play Red Light, Green Light, but everyone is going to pretend they are rocket ships on their way to the moon. Have your preschoolers all stand on one side of the room. When you say “Blast off,” and hold up the green rocket, they will need to take off and make a rocket blasting sound. When you say “Freeze,” and hold up the red rocket ship, they will need to freeze. Keep doing that until everyone gets to the other side of the room.

TEACHING TIME

BIBLE STORY | Jesus Washes His Disciples’ Feet

- **INSTRUCTIONS:** Look up the story from John 13:1-17; 34-35 in your Bible and read it to your preschoolers. After you finish the story, wipe some dirt on your hands and show it to your preschoolers.
- **How many of you would want to come up and shake hands with me right now? Would you want to get all yucky and dirty?**
- Probably not, right? Back in the Bible times, people didn’t have good shoes like we have now, and they didn’t have cars to take them places. So wherever they went, they had to walk through lots of sand and mud and grass, so their feet got really dirty and stinky.
- In this story, we learned that Jesus sat down to have a meal with His friends, the disciples. And then He did something amazing.
- He got down on the ground, took a washcloth, and washed His disciples’ feet, kind of like how I’m wiping all of this dirt off my hands right now.
- Yeah! Gross! Jesus started to wash His disciples’ dirty, stinky feet. Jesus was the King – the most important person in the room!
- **Why do you think Jesus was doing that dirty job of washing their feet?**
- Jesus did it to show His disciples that it’s important to serve and help others. And He told them to do the same.
- When we serve others like Jesus did, we are showing everyone how much God loves them, and how much we love God.

BIG IDEA | We can serve others.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea. This week, write it on a piece of paper and hide it somewhere in the room. Have the kids go on a “hunt” for it. When it’s found, read it to them.
- This week’s Big Idea: **we can serve others!**

VIDEO | Blast Off, Episode 4

- **INSTRUCTIONS:** Play this week’s episode of [Cali’s World](#).

ACTIVITY | Kindness Charades

- Let’s play a game to help us think about some ways we can love and serve others.

- **INSTRUCTIONS:** *Gather your preschoolers in a circle. Before your program, print and cut the kindness cards provided in this week’s folder and fold them up. Put them in a bowl in the middle of the room, then let kids take turns drawing cards. When they draw a card, tell them to look at it but not show it to the other kids. When it’s their turn, have them act out their act of kindness while the other kids try to guess what they’re doing. After the game, go through each card and ask your preschoolers to help you come up with a list of all the ways you could serve others in that scenario.*
- In this game, we got to practice serving others.
- When we help others, we are showing them the love of God. God can help us know how to serve others.
 - ✂ **TODDLER HACK:** *Have each child pick a kindness card and have everyone act it out together. For example, you can say, “We can serve our parents by helping wash our dishes! How do you wash dishes?”*

PRAYER

- Dear God, thank you for the example of Jesus when He showed us that we can serve others. Help us to also serve and love other people.
- **Would you like to pray? Is there anything I can pray for you about or thank God for?**

DISCUSSION TIME

SNACK | Foot Snacks

- **INSTRUCTIONS:** *Serve a themed snack while you discuss today’s story. For this week, you could use a [foot-shaped cookie cutter](#) to bake cookies or make finger sandwiches, or you can give them Fruit by the Foot™ fruit snacks.*
- **What was Jesus doing at the beginning of the Bible story?** *(He was sharing a meal with His disciples.)*
- **What did Jesus do that was amazing?** *(He washed the feet of the disciples.)*
- **What did Jesus say we should do?** *(He said we should serve one another.)*
- **How do we let people know that we love God?** *(By the way we love one another.)*

ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Have your preschoolers sit or stand in a circle. Give them a washcloth to pass around the circle, but they have to pretend to wash their neighbor’s hands with the wash cloth before they pass it to the next person. When you call, “Stop,” whoever is holding the washcloth must answer a question.*
 - **Tell us about a time you have served or helped someone else.**
 - **Why is it important to serve others?**
 - **How can you serve others at your home?**
 - **How can you serve others at school?**
 - **How can you serve others at church?**

- **How can you serve others in your community?**
- **How can you serve people around the world?** *(If your church is involved in any missions projects, tell them about opportunities they have to serve those missionaries.)*
 - ✂ **TODDLER HACK:** Every time you say “stop,” the child who is holding the washcloth shouts the Big Idea, “We can serve others!”

ACTIVITY | Whose Shoes

- **INSTRUCTIONS:** Tell the kids to take off their shoes and put them in one pile in the middle of the room. When you say, “go!” kids need to find both of their shoes and put them on as fast as possible. Repeat this activity with a slight twist the second time: one kid has to go in and quickly find a matching pair of shoes that is not theirs. They have to find and help the owner of the shoes put their shoes on. Then that kid goes and finds a pair of shoes, and the game continues until everyone is wearing shoes again!
 - ✂ **TODDLER HACK:** Collect everyone’s shoes and put them in a pile in the middle of the room. Ask one of the children to find two shoes that match from the pile. Then everyone has to try and guess whose shoes they are.

MEMORY VERSE | Psalm 119:105 (NIV)

- **INSTRUCTIONS:** Write out the memory verse, one word per sheet of paper. Shuffle up the paper on the floor or on a board, and have your kids help you put the verse in the correct order.

PLAY TIME

While you’re waiting for parents to pick up their kids . . .

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Give every kid a Coloring Page, plus markers or crayons. As they color, remind them how important it is to serve others.

ACTIVITY | Trace Your Feet

- **INSTRUCTIONS:** Have the kids take their shoes off and use crayons to trace their own feet on sheets of paper. You can also have them trace each other’s feet. They can color them in with crayons or draw shoes on their feet.

ACTIVITY | Serving Your Friends

- **INSTRUCTIONS:** Have some kids sit down and pretend to be hungry, while the other kids use play food to serve their friends a meal. Tell them that Jesus said one of the ways we can serve people is by giving them food if they are hungry.

Encourage your preschoolers to help clean up the room while they wait for their parents.