



HIT PAUSE



SCRIPTURE

Romans 12:10
Hebrews 3:13
Hebrews 10:25



LESSON AIM

I can “Hit Pause” to be in fellowship and encourage others.



MEMORY VERSE

Romans 12:10

Relationship (10 minutes before and after start time)

As children enter the room, immediately engage them in an activity (table games, coloring, maze ball, etc.). Ask questions about their week. Learn every child's name and include them in group discussions.

Experience (10 minutes)

“Find Someone Who...” Bingo

What you need: “Find Someone Who” Bingo handout

What you do:

1. Give each child a “Find Someone Who” Bingo handout and a pen/pencil.
2. Explain to the children that you are going to set a timer for 5 minutes. During that time, they have to find someone in the room that fits the description in each box. (Ex: Find someone who likes to play soccer. The children have to find someone in the room that likes to play soccer.)
3. When they find someone who fits the description in the box, they need to ask that person to write their name in the box. Then they must move on to another person.
4. Remind the children that the box with the star in it is a “free space.”
5. When a child gets 5 in a row, they should yell “Bingo!”
6. The goal is to fill as many boxes as possible. If, they have gotten a signature from every student and teacher in the room, then they may go back and ask kids to fill in second or third boxes.

Say: Today we're going to learn about fellowship and how that helps us to “Hit Pause” and spend time with God.

Worship (10 minutes)

Follow along with today's video or choose 2-3 songs of your own.

Bible Lesson (20 minutes)

1. **Ask:** Did any of you fast from anything this week? What did you give up? Was it easy or hard to give it up?
2. **Say:** Fasting is one way that we can “Hit Pause” and spend time with God.
Ask: What are we supposed to do with the extra time that we have while we are fasting?
Connect with God by praying, reading the Bible, worshiping, journaling, etc.
3. **Say:** Today, we are going to learn about fellowship which is another way that we can “Hit Pause” and spend time with God. Listen closely, because at the end of today’s video, I’m going to ask you to tell me what fellowship is!

Watch today’s video.

Large Group Discussion (5 minutes)

Say: Today we talked about fellowship and encouragement.

Ask: What is fellowship? *Fellowship is more than just having things in common with someone. Fellowship happens when we gather with people who share the same beliefs.*

Ask: Who can we be in fellowship with? *Anyone who believes what the Bible says about God and Jesus is true.*

[Divide children into groups for Small Group Discussion, Today’s Challenge and Craft time.]



SMALL GROUPS



SCRIPTURE

Romans 12:10
Hebrews 3:13
Hebrews 10:25



LESSON AIM

I can “Hit Pause” to be in fellowship and encourage others.



MEMORY VERSE

Romans 12:10

Discussion Questions (10 minutes)

- Say:** Let's open our Bibles to Hebrews 3:13 and read together.
Ask: How does being in fellowship help us to not “be fooled by sin’s tricks?” *When we hang out with other people who share our beliefs as Christians, we have friends that encourage us to do what’s right and help us not fall into sin.*
- Say:** Very good. Fellowship helps us to not be tricked by sin because we are surrounding ourselves with other Christians who encourage us in our faith. Let's open our Bibles to Romans 12:10 and read our memory verse together.
Ask: What does it mean to honor others more than yourself?
Honoring others mean that we think of them as better than ourselves, we encourage them and put them first.
- Say:** Yes, part of being in fellowship is honoring and loving others. Let's turn to Hebrews 10:25 and read it together.
Ask: How can we encourage one another? *With our words, showing up for one another, any act of kindness, and most importantly, encouraging others to do what the Bible says instead of falling into sin.*
- Say:** God want us to meet regularly in fellowship to encourage one another in our faith. We can encourage others with our words and our actions. We can also encourage others by helping them to do the right thing.
Ask: Are we only in fellowship when we are at church on Sunday? *No, anytime we gather with other Christians we are in fellowship.*
- Say:** Anytime that we gather with other Christians that is fellowship. Whether we are at church, playing games, eating meals, or comforting each other.
Ask: Why do Christians gather as a community to fellowship? *It is something the Bible tells us to do and it helps us grow in our obedience and relationship with God.*
- Say:** Fellowship is something that God tells us to do with the Bible.
Ask: Can you think of one way that you can be in fellowship with other Christians this week? *Help children come up with an idea.*



Prayer Time (10 minutes)

Using the Prayer Time sheet provided, ask each child if they have a prayer request or praise. Include anything they may have shared during today's lesson. Write each request down and pray for it today. Take this sheet home so that you can pray for kids during the week.

Close in prayer, asking God to **help children to encourage others in their faith. Thank God for giving us the opportunity to be in fellowship with other Christians.**

Challenge (5 minutes)

Say: This week, I want you to think of one way that you can encourage one person to be more like Jesus. You can write them a note, give them a gift, or maybe even encourage them with words of hope and help them to not sin. Remember that encouraging others is part of being in fellowship and doing what the Bible says.

Craft/Activity (15 minutes)

Fellowship

What you need: Copies of activity page

What you do:

1. Pass out activity pages.
2. Help children brainstorm four ways that they can encourage others in fellowship this week.
3. Have the children write one idea in each of the sticky notes on the page.
4. Let children color, draw pictures and decorate their page.


Say: You can use this page as a reminder of how you can encourage others this week. Put a checkmark by each box as you accomplish that task. Remember, part of fellowship is encouraging others to grow in their own relationship with God.





FELLOWSHIP BINGO

FIND A FRIEND WHO...

loves to play soccer	has never seen snow	who loves Jesus	has no siblings	has a pet
is afraid of spiders	has been on an airplane	has green eyes	doesn't like ice cream	can play a musical instrument
likes math	loves chocolate		has never broken a bone	has lived in more than one state
likes to play video games	goes by a nickname	likes to watch baseball	likes to go on hikes	like sushi
doesn't like pizza	can do a cartwheel	doesn't like roller-coasters	likes the color red	plays basketball

Prayer Time

Child's Name: _____

Request: _____

Child's Name: _____

Request: _____

Child's Name: _____

Request: _____

Child's Name: _____

Request: _____

Child's Name: _____

Request: _____

Child's Name: _____

Request: _____

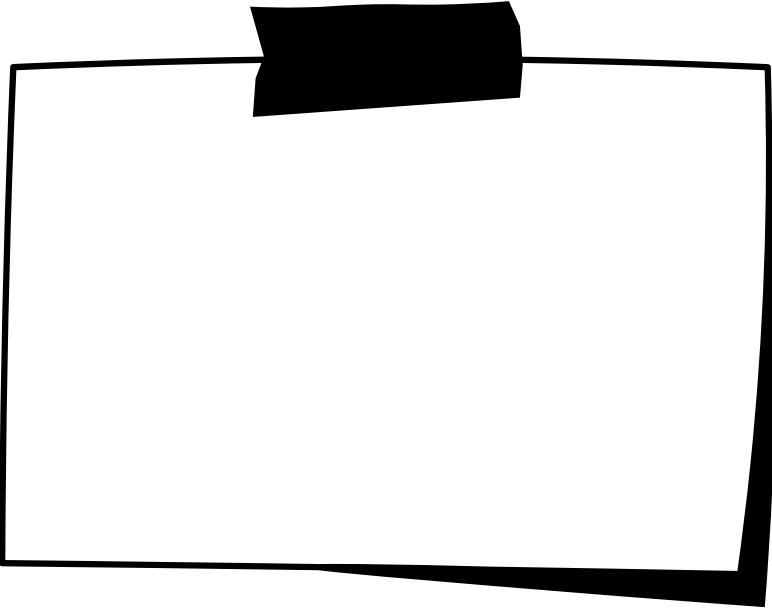
Child's Name: _____

Request: _____

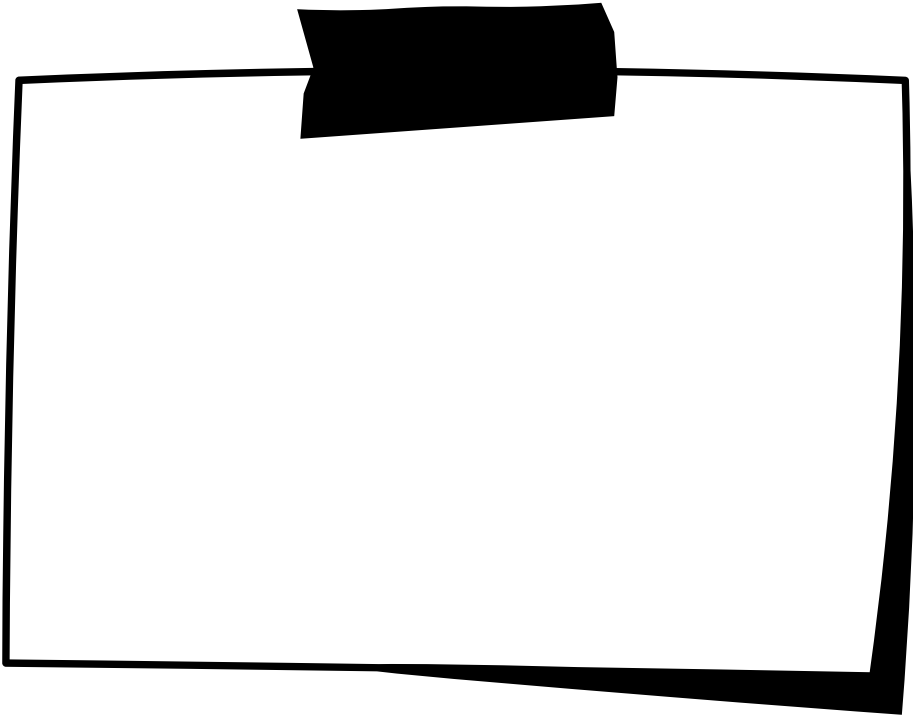
Today's Date: _____



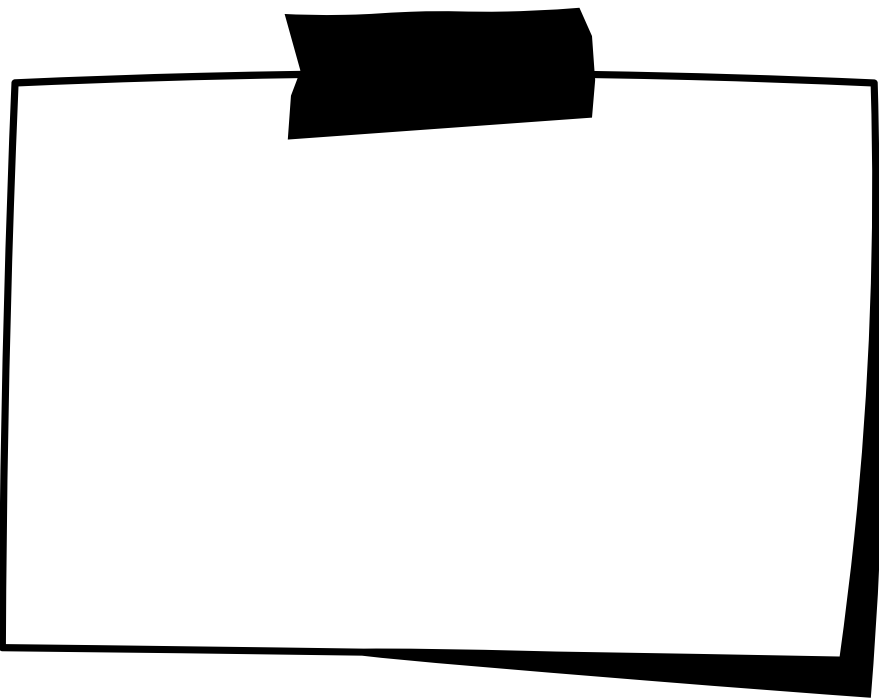
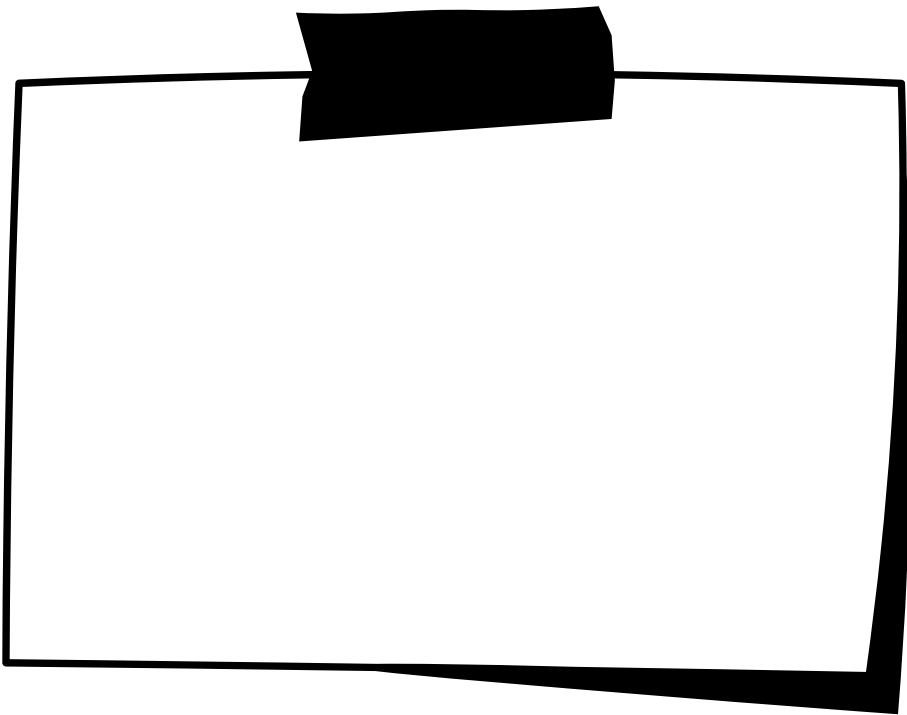
"LOVE ONE ANOTHER DEEPLY. HONOR OTHERS MORE THAN YOURSELVES."
-ROMANS 12:10



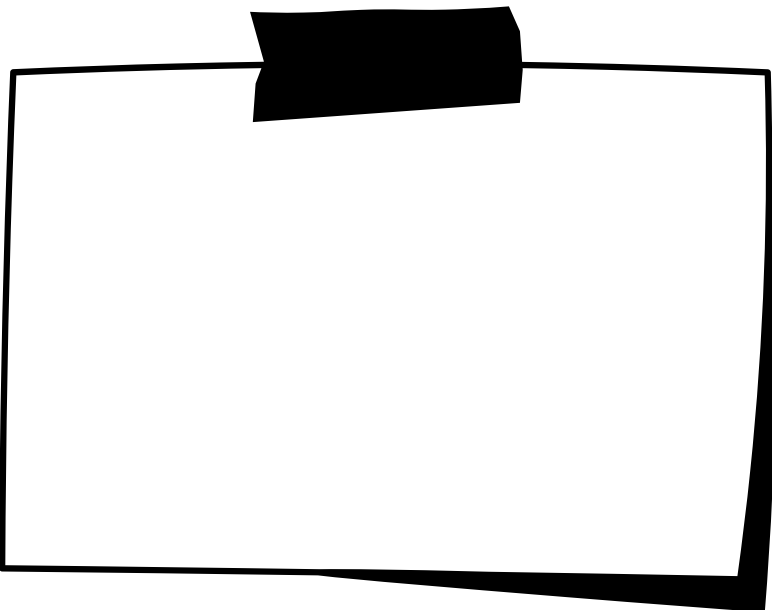
FELLOWSHIP



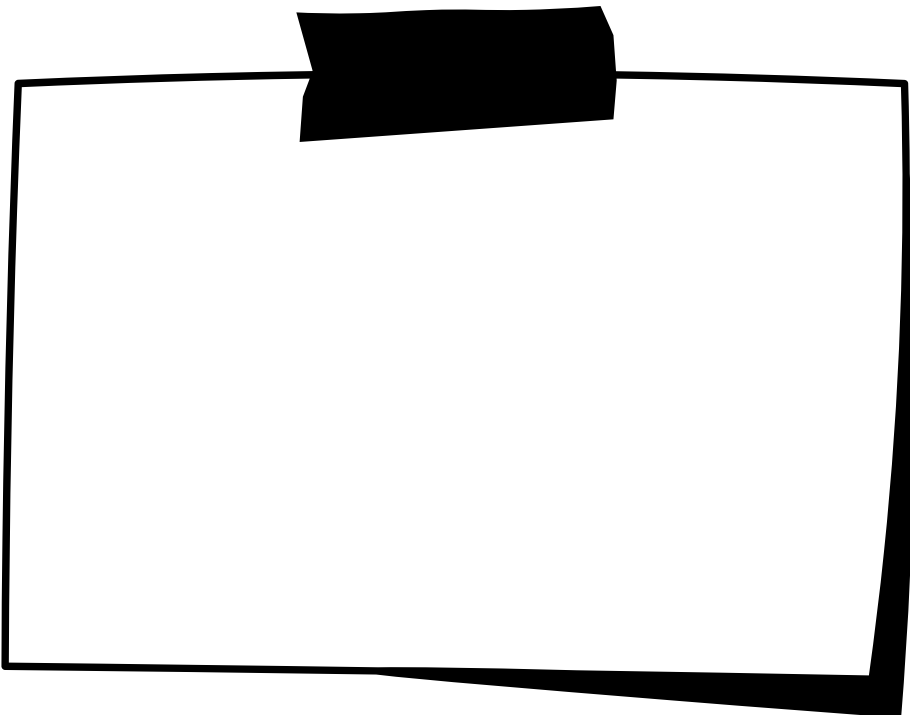
I CAN ENCOURAGE
OTHERS BY...



"LOVE ONE ANOTHER DEEPLY. HONOR OTHERS MORE THAN YOURSELVES."
-ROMANS 12:10



FELLOWSHIP



I CAN ENCOURAGE
OTHERS BY...

