



foundations

UNIT 1





Guiding ages 8-12 to build
their identity on the rock-solid
foundation of God's Word.





UNIT 1

who are you?

Note to Teachers Any good home builder knows that you need a rock-solid foundation if you want the house that you build to last. This session aims to lay a foundation for each student to understand the following truths:

- God created them
- They are unique and special
- God has a plan for them
- The ultimate goal of God's plan is for them to spend eternity in heaven with Him

Once the students have this strong Biblical foundation, they can begin to understand the mistruths that society says to them about their identity.

There is a strong evangelical theme to this session. That is not a mistake. Accepting Jesus Christ as Savior is key to having a strong foundation of identity in Christ.

Pray for your students - that they may come to understand the love and message of Jesus Christ in order to have a strong foundation against the lies of the Devil.

Main Point **Who am I? What is my identity?** - In Christ, I am who He says I am

Bible Passage **Paul and Silas in Prison (Acts 16:25-33)**

Unit Verse **Jeremiah 29:11**
For I know the plans I have for you, declares the Lord, plans to prosper you and not harm you, plans to give you hope and a future.



Supplies and Prep **BIBLE MESSAGE**

- 6-8 moving boxes
- Long stick (such as a broomstick, mop handle, shower curtain rod or curtain rod)
- 2 rolls of black streamers
- Transparent tape
- 4 paper chain loops (see diagram #1)
- Sword (such as a toy sword, a large paint stir-stick or a ruler)
- 4 Bible-times men's costumes *optional*
- 1 Bible-times women's costume *optional*

Make a 'prison': Set up the boxes against a wall as shown in diagram #2. Lay the long stick across the top as shown in diagram #3. Loop the black streamers onto the long stick to make prison bars as shown in diagram #4.

GAME: Who Among Them...?

- "1 UNIQUE THING ABOUT ME" handout, printed on heavy paper and cut out to create cards - you will need 1 card per student
- Pencils/Pens - 1 per student

LIGHT FORCE

- EPISODE 1: Meet the Squad

SMALL GROUP APPLICATION ACTIVITY: God's Ultimate Plan

- "GOD'S ULTIMATE PLAN" handout for each student (handout needs to have the verse written on it)
- Markers/pencil crayons





UNIT 1

session 1

Introduction and Verse
10 minutes

- **SAY: Welcome to Foundations. We are going to explore God's Word, the Bible, and find out what God says about us. Let's start with a word of prayer.**
- **PRAY: Dear God, thank you for each student here today. Thank you that they are interested in knowing what You say about them. I pray for Your blessing on our time together. We really hope it is glorifying to You. Amen.**
- **SAY: You might be wondering how the Bible says anything about you since it was written long before you were born. Well, God knew he was going to create you LONG before your parents or grandparents or even great-grandparents existed. He knew that you would be a very special person and He planned out every part of you. That reminds me of our verse for this unit. It is found in God's true book the Bible in the book of Jeremiah, chapter 29 and verse 11. To help us learn our verse, we are going to add some actions.**

For I know

(point to your temples)

the plans I have for you,

(reach arms out in front like you are making a path)

declares the Lord,

(point up)

Plans to prosper you

(both thumbs up)

and not harm you,

(both thumbs down)

plans to give you hope and a future.

(reach arms out in front like you are making a path)

Jeremiah 19:11



Repeat the verse a few times.

- SAY: **I need a volunteer.**

Choose one of the students to join you and begin asking the question WHAT ARE YOU over and over. Begin in relaxed fashion... “Hey _____, what are you?” As soon as they give an answer, say “But, what are you?” Continue this over and over a few times until the student runs out of answers or gets frustrated at the questioning. Ensure that you don’t make the student look foolish or get too frustrated.

- SAY: **Thanks _____ for being such a good sport with that.**

Let the student sit down.

- ASK: **If someone were to walk up to the rest of you and ask you the question, “What are you?” like I just did to _____, how would you answer? I think _____ did a great job of handling my questions, especially since they had absolutely no time to prepare.**
- SAY: **The truth is that we are lots of things. We are a PERSON, we are someone’s CHILD, we are someone’s FRIEND, we are a STUDENT, you may be an ATHLETE, a MUSICIAN or a DANCER. You may be a GAMER, or a WRITER, or a BULLY.**
- SAY: **The questions we will be answering today are: WHO AND WHAT AM I? ... and... WHAT IS MY IDENTITY? The word IDENTITY is defined by the dictionary as: “the distinguishing character or personality of an individual: their individuality”**
- SAY: **People, like your family, friends, classmates or teammates, have lots of ideas about what you are. Television and movies want to tell you what you are. Things on the internet want to tell you what you are. Even complete strangers have ideas and want to tell you what you are.**
- ASK: **With all these different messages about what YOU are, how do you know the truth? (pause for answers)**
- SAY: **The Bible is God’s true book, which means that what is in the Bible is true. We are going to read God’s Word together during Foundations so we can understand the TRUTH about what God says that you are.**
- SAY: **When I say: WHAT ARE YOU? I want you to reply back to me: A CHILD OF GOD.**

WHAT ARE YOU? (a child of God)

WHAT ARE YOU? (a child of God)

WHAT ARE YOU? (a child of God)

Stand beside the prison that you have created.



Bible Message
20 minutes

- **SAY: Our true Bible story today is from the book of Acts. This true book of the Bible tells us all about the ACTS of the Apostles who were followers of Jesus. In Acts chapter 16, we hear how Paul and Silas were in a place called Philippi (pronounced Phil-e-pie). We need a Paul and a Silas!**

Choose a “Paul” and a “Silas”. If desired, put costumes on them.

- **SAY: In Philippi they met a woman who was a slave. We need a Slave Woman!**

Choose someone to be the “Slave Woman”. If desired, put a costume on her.

- **SAY: The Slave Woman had an evil spirit in her that allowed her to tell people’s fortunes. She made lots and lots of money for her masters. When she saw Paul and Silas, she began to wave her arms around and loudly shout: “These men are servants of the Most High God, who are telling you the way to be saved.” She did this for many days until Paul got so annoyed that he pointed to the woman and said: “In the name of Jesus Christ, I command you to come out of her.” At that very moment the evil spirit came out of the Slave Woman and she stopped acting crazy.”**

Let the Slave Woman sit back down. Choose someone to be the “Master”. If desired, put a costume on them.

- **SAY: The Master of the Slave Woman was very angry because he had made a lot of money from her fortune telling. He seized Paul and Silas by their coats and took them to the Magistrates, which is another word for a judge. The Master angrily pointed his finger at Paul and Silas and said: “These men are Jews and are throwing our city into chaos by doing things that are bad for us Romans to do.” The whole crowd joined in and attacked Paul and Silas. The magistrates had them severely beaten and then sent Paul and Silas to prison.**

Put paper chains on each of their wrists and have them carefully go through the bars and into the prison.



Choose 2 more “Prisoners”. If desired, put a costume on them. Choose a “Jailer” and give them the sword. Put paper chains on each of the Prisoners’ wrists. Have them carefully go through the bars and into the ‘prison’.

- **SAY: The next part of this true story from the Bible happened in the nighttime while the Jailer was sleeping.**
- **READ: Acts 16:25-26 “About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open and everyone’s chains came loose.”**
- **SAY: With their chains off and the prison doors open, all of the prisoners, including Paul and Silas, could have easily escaped. If they had escaped, the Jailer would have been put to death. You see, Roman Guards would pay the same price as a prisoner if any prisoner escaped from prison. In that moment, the Jailer only saw himself as a Roman Guard and did not want the shame and punishment of prisoners escaping while he was on the job. He decided the only thing he could do was to throw himself on his sword. What do you think would happen if you threw yourself on a sword?**
- **SAY: If the Jailer had thrown himself on his sword he would have died. Let’s keep reading from Acts 16.**
- **READ: Acts 16:27-33 “The Jailer woke up, and when he saw the prison doors open, he drew his sword and was about to kill himself because he thought the prisoners had escaped. But Paul shouted, ‘Don’t harm yourself! We are all here!’ The Jailer called for lights, rushed in and fell trembling before Paul and Silas. He then brought them out and asked, ‘Sirs, what must I do to be saved?’ They replied, ‘Believe in the Lord Jesus, and you will be saved - you and your household.’ Then they spoke the word of the Lord to him and to all the others in his house.”**
- **SAY: Let’s give a big round of applause to all our actors today! They can all sit down.**
- **SAY: When the jailer asked Paul and Silas about how he could be saved, he didn’t fear the punishment of the Roman magistrates anymore. Instead, he bravely took Paul and Silas out of the prison and to his home where his family received Jesus as their Lord and Savior. They were even all baptized. Once they believed in Jesus, they were transformed! They were not just Romans. They were Christ’s followers, or as we say, Christians!**

- **ASK: What are you to the Jailer at the beginning of our true story, what do you think his answer would have been?** (a jailer, a Roman guard)
- **ASK: What do you think his answer would have been after he met Paul and Silas and learned how to be saved?** (a Christian, a Christ-follower, a Child of God)
- **SAY: Following Christ means that we have a great answer to the question “What are you?” We can answer, with confidence, that we are followers of Christ, beloved Children of God and that we are special and important the way that God made us! Let’s pray.**
- **PRAY: Thank you God that you have made each and every person here special. Thank you for proving to the Jailer that he was more than a Roman Guard. Thank you for showing him that he was special and that his life was important because You created him. When we struggle with what we are, please help us to remember that we are who You made us to be and that we are important to You.**



UNIT 1

session 2

Review Verse 5 minutes

- SAY: **To begin this session, let's review our Verse a few more times.**

For I know

(point to your temples)

the plans I have for you,

(reach arms out in front like you are making a path)

declares the Lord,

(point up)

Plans to prosper you

(both thumbs up)

and not harm you,

(both thumbs down)

plans to give you hope and a future.

(reach arms out in front like you are making a path)

Jeremiah 19:11

Game 15 minutes

WHO AMONG THEM...? (a guessing identity game)

Details & Instructions:

- There will be a Host (Teacher) and a Guesser. Everyone else is a Puzzling Person.
- The Host asks for a volunteer to be the Guesser. (Hint: Choose a mature student to be the Guesser)
- Hand out the 1 THING ABOUT ME cards to the Puzzling Persons. Ask them to write 1 thing about themselves that is unique, such as: where they were born, what their favorite movie is or their favorite food.
- When the Puzzling Persons are done writing, collect the cards.
- The Host will shuffle the 1 THING ABOUT ME cards without showing the Guesser.
- Have all the Puzzling Persons stand up.

- The Host will ask the Guesser a question starting with the phrase “Who among them...? Examples include:
- Who among them... was born in China?
- Who among them... chose Top Gun: Maverick as their favorite movie?
- Who among them... loves cauliflower?
- If the Guesser chooses the correct Puzzling Person, the Puzzling Person sits down.
- The Guesser will get a specific amount of attempts (based on the number of Puzzling Persons) to choose the right person. When the Guesser is done all of their attempts, or when he/she answers all of the questions correctly, the game is over and the group may start another round.
- **SAY: There are unique things about each and every one of you! Wow, God has a great imagination! But let’s see if you can remember the cheer we did last time.**
WHAT ARE YOU? (a child of God)
WHAT ARE YOU? (a child of God)
WHAT ARE YOU? (a child of God)

Video
5 minutes

LIGHT FORCE

- **SAY: Light Force heroes defend truth throughout the universe and shine God’s light on everything evil. In today’s episode, we meet a group of superheroes-in-training who are working hard to become part of the elite Light Force with the help of their Squad-Leader, named Torch.**

EPISODE 1: Meet the Squad

Discussion
5 minutes

Discuss the following questions:

- **ASK: Why do you think God made each person unique?** (examples of answers: so that we could worship Him differently, so that the world would be more exciting, so that everything can get done in our society)

- ASK: **Do you ever feel like God made a mistake with you?** (remind them that we all struggle with insecurities sometimes, but we can be reassured that God did not and does not make mistakes)
- ASK: **Why do you think God creates people who have physical or learning difficulties?** (remind them that God knows His plans but we don't - the ultimate desire of God is for us to be in heaven with Him when we are done living here on earth - that is the best plan of all)
- SAY: **God did not create us to live here on earth forever. His ultimate plan is for us to live forever in heaven with Him. Sin, the things we say, think and do that are wrong, caused God to create a new plan. God's new plan was that Jesus would be born on earth and live a life without sin, but would die on a cross to pay the punishment for our sins. Jesus, however, would not stay dead. He rose again and is in heaven! If we believe in Jesus Christ and ask Him to forgive our sins, God's ultimate plan to prosper us will happen when we die here on earth and live forever in heaven.**

**Application
Activity**
5 minutes

GOD'S ULTIMATE PLAN (an evangelism activity)

- SAY: **Believing in Jesus and asking Him to forgive your sins makes you a Christ-follower, what we call a Christian. It means that you are asking Jesus to be in charge of your life and that you will go to heaven when you die here on earth. If you have never asked Jesus to save you it is very easy to do. You just need to talk to Jesus and say:**
 - a. **Jesus, I know that I have sinned - that I have said, thought and done things that God says is wrong.**
 - b. **I believe that you paid the punishment for my sins and that you are alive and in heaven right now.**
 - c. **Please save me and be in control of my life so that I can follow God's ultimate plan and go to heaven when I die here on earth.**

Give each student a "GOD'S ULTIMATE PLAN" handout.



Challenge

- **SAY: Keep your GOD'S ULTIMATE PLAN handout somewhere that you will see frequently throughout the week. Try to memorize Jeremiah 29:11. If you have times during the week that you struggle with feeling insecure or self-conscious, say the verse to yourself as a reminder that God made you unique. Remember that you are who God says you are...and He says you are special and He has a plan for you.**

Ask if anyone has a prayer request and then close the session in prayer.

Note to Parents

This unit laid the foundation for the discussion of finding our identity in Christ Jesus and who/what God created us to be, and not in who/what society, culture and media says that we are. Our prayer is that each student in Foundations will come to know the foundational truth that they are a child of God and that they are who He says they are.



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