

Title – My Two Feet

Main Burden – God made man in a very special way, with feet to do things that the animals cannot do. We should be kind to those who cannot walk properly. Jesus healed this kind of man.

I Introduction

1. Welcome the children, check any new ones or visitors, and learn their names.
2. Make sure the children know the teachers' names.

II Notebook & Memory Verse

1. Ask the children who can say their memory verse from last week.
2. Allow those who know the verse to say it one by one.
3. Put sticker on their lesson next to the memory verse.

III Review previous lessons

1. God is the Creator.
2. On the first day, God called light into being.
3. On the second day, He created the atmosphere, the sky.
4. On the third day, He brought the dry land out of the waters and created the grass and the plants as the first kind of life.
5. On the fourth day, He placed the sun, the moon, and the stars in the heavens for light during the day and the night.
6. On the fifth day, God created fish in the sea and birds in the air.
7. On the sixth day, God brought forth all the wonderful animals; then He made man.
8. God made man different from the animals.

IV Lesson

1. Today we are going to talk about our two feet.
2. First we are going to do an activity, I want you to listen to my words carefully and follow directions:

Activity: Stand up, and push your chairs in. Take three steps backward. (Teachers, make sure all the children have are at least 2 feet apart from each other.) Run in place. Stop and stand still with your hands on your sides. Jump up and down five times: one, two, three, four, and five. Now follow the teacher and hop around the tables. Stop. Stand on one leg. Walk tippy-toe to your chair. Pull out your chair and sit down.

3. Isn't it wonderful that our feet can run, walk, jump, skip, hop, stand still, walk on tip-toe, kick a ball and dance even on tip-toes. Wow!
4. To be able to do all these things, God knew exactly where to place our feet when He created us. God didn't put our feet anywhere else on our body but on the bottom of our legs so we can stand up straight.

5. Isn't it wonderful that our two feet can hold us up? As we grow up, our feet also grow to just the right size.
6. God gives us two feet with five toes on each foot, so that we can balance and not fall over.
7. Cats and dogs have four paws. They don't have two feet like we do, with toes that can wriggle; but they have padded paws. Some can run faster and jump higher than we can, but they can't skip and dance on tiptoe. Rabbits have four paws, but they can only hop – they cannot walk, skip, or kick a ball. God didn't make the animals the same as we are.
8. We have to be so thankful that we have two feet that we can walk and run.
9. There are some children who cannot walk; they rely on somebody else to push them around in a wheelchair. They just can't go wherever they want to.
10. Then there are others who have to use crutches or a walking stick to help them get about. You may know somebody at school who has a hurt foot and can't walk properly. Do you know anyone like this? If you do, I hope that you will be kind and help them.
11. There is a story in the Bible about a man who couldn't walk. His friends cared for him very much and decided to carry him on his bed (it was like a flat mat) to Jesus and ask Him to heal their friend. When they arrived at the house where Jesus was, there were so many people listening to Him that they couldn't get in the door. So do you know what they did? They went up on the roof and took some tiles off, and let their friend down through the roof in front of Jesus! Jesus saw their faith, and said to the man on the bed – "Rise! And take up your bed and walk" and immediately the man rose up and walked to his house carrying his bed with him! (Luke 5:17-26)

V Give each child his/her lesson sheet.

Read the lines on the lesson with the children, and have them repeat after you.

You may want to repeat each line at least twice.

VI Memory Verse: (Say it to the children and then have them repeat with you several times)

"Look therefore carefully how you walk." Ephesians 5:15

VII Song (These are suggested songs, you may sing other songs that the children like.

Teacher can listen to the tune on Hymnal.net.)

"Oh be careful little feet where you go"

VIII Coloring Page

Today we are going to color this page (show the children the coloring page) showing a child using his two feet.

IX Craft -- Footprint

X Preparation –

Read and pray over Luke 5:17-26.

Make copies of the lesson and the coloring page for the children.

For the craft, you will need construction paper, washable paint and paintbrush, a small tub, some old towels and some newspaper.

Lesson 45

GOD'S CREATION - MY TWO FEET

God made man with two feet.

Our feet can run, jump,

Skip, hop or stand on tippy toe,

We can kick a ball or dance,

Thank you Lord for our feet.



Bible Verse:

Look therefore carefully how you walk.

Ephesians 5:15



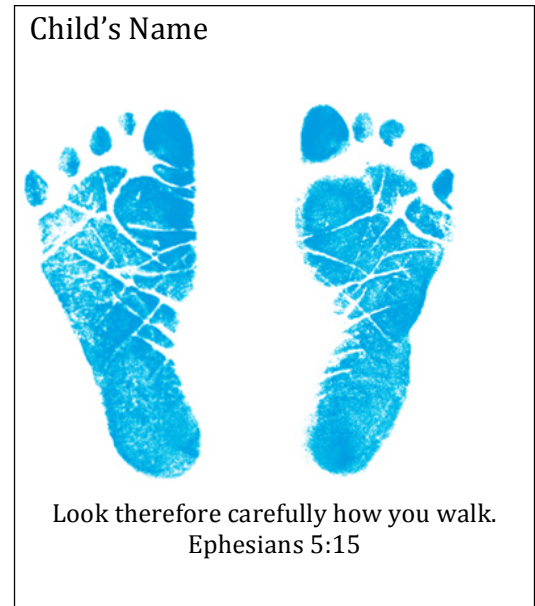
Oh be careful little feet
where you go
Oh be careful little feet
where you go
For the Father up above
is looking down
in love
So be careful little feet
where you go

Look therefore carefully how you walk.

Ephesians 5:15



Craft – Footprint



You will need:

- . Washable paint and paintbrush
- . Construction paper
- . A tub of water
- . A couple old bath towels
- . Newspaper to cover the work area

1. Get materials ready.
2. Set up the work area.
3. Write the child's name and the Bible verse on the paper.
4. Child takes off his/her socks and shoes, and sits on the chair next to the teacher.
5. Teacher uses paintbrush to put paint on the bottom of one of the child's feet. (Avoid using too much paint)
6. Put the construction paper close to the chair where the child is sitting, and have the child put his/her foot on the construction paper. (Being careful not to move the foot.)
7. Remove the foot and place it on the newspaper next to the chair.
8. Repeat steps 5 – 7 with the other foot.
9. Remove the paper with the footprints and put in a safe place to let the paint dry.
10. Wash child's feet.
11. Put on socks and shoes.