

**FBC FAMILY DISCIPLESHIP: LESSON PLAN - WEEK 1**

**Main Point:** God knows me intimately.  
 For young children: God knows me “inside and out;” I am special to Him.

**Bible Reading:** Psalm 139:1-6      **This Week’s Meeting Date:** \_\_\_\_\_

<p><b><u>PREPARE BEFOREHAND:</u></b></p> <ol style="list-style-type: none"> <li>1. Use a good study Bible and read the passage.</li> <li>2. Ask God for wisdom and insight.</li> <li>3. Review Lesson plan and tips.</li> <li>4. Write down additional thoughts on page 3.</li> <li>5. Provide Overview to WASABI/ROCK students for independent study.</li> <li>6. Select a special place to gather.</li> <li>7. Optional: Have a special dessert afterward.</li> </ol>	<p><b><u>MATERIALS NEEDED:</u></b></p> <ul style="list-style-type: none"> <li>• Week 1 Icebreaker Activities Sheet</li> <li>• Application activity materials (See below)</li> <li>• A Bible in book form</li> <li>• <b><i>Optional MUSIC RESOURCE:</i></b>  <i>"Fearfully and Wonderfully Made (Psalm 139:13-14)" by Seeds Family Worship on Spotify, iTunes, etc.</i></li> </ul>
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**Unit Memory Verse:** (This is the same version as the optional music resource.)  
**"For you formed my inward parts. You knitted me together in my mother's womb. I praise you for I am fearfully and wonderfully made."-Psalm 139:13-14 (ESV)**

**Optional Bible Memory Challenge - Week 1: Psalm 139:1-6**

**New International Version**

You have searched me, Lord, and you know me.  
<sup>2</sup>You know when I sit and when I rise;  
 you perceive my thoughts from afar.  
<sup>3</sup>You discern my going out and my lying down;  
 you are familiar with all my ways.  
<sup>4</sup>Before a word is on my tongue  
 you, Lord, know it completely.  
<sup>5</sup>You hem me in behind and before,  
 and you lay your hand upon me.  
<sup>6</sup>Such knowledge is too wonderful for me,  
 too lofty for me to attain.

**English Standard Version**

O Lord, you have searched me and known me!  
<sup>2</sup>You know when I sit down and when I rise up;  
 you discern my thoughts from afar.  
<sup>3</sup>You search out my path and my lying down  
 and are acquainted with all my ways.  
<sup>4</sup>Even before a word is on my tongue,  
 behold, O Lord, you know it altogether.  
<sup>5</sup>You hem me in, behind and before,  
 and lay your hand upon me.  
<sup>6</sup>Such knowledge is too wonderful for me;  
 it is high; I cannot attain it.

✓ Keep memory work sessions short and fun. Review daily when children are rested and fresh.

**IDEAS FOR MEMORIZING SCRIPTURE WITH CHILDREN:**

1. Make up hand motions with children for the major actions in each verse. You can also use sign language for words like “Lord.”
2. Post verses on the bathroom mirror to look at while brushing teeth.
3. Copy verses onto poster paper (each week’s section in a different color) and add drawings/facial expressions above key words. Use symbols for repetitive words, like a red letter “U” for “you.”
4. Make it a game to play after dinner, on road trips, waiting in line, etc.: Ask for a volunteer to recite the first verse. That child selects another person to recite the next line. Repeat until the family finishes the section.
5. Pre-readers: Draw or find clipart for each thought on notecards, attach with a binder ring or bracket.
6. HS and MS children: Use free Bible Memory app or Bible Memory for Kids app(for purchase)

## SUGGESTED SCHEDULE

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### **Prelude and Opening Prayer (3 minutes):**

You can play the “Fearfully and Wonderfully Made” song or a song of choice to gather children for Family Devotions. Older kids should bring their Bibles if they have one.

Parent briefly explains family devotions and how it will be a special time for the family to learn and grow together. Pray and ask God to help each one to know Him better and to bless your family time together.

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### **“INTEREST-CATCHER” ACTIVITY (10 minutes):**

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#### **1. “Most Likely To” Icebreaker (All Ages)**

*Purpose: To test how well you know each other. This is meant to be a fun, interactive activity to kick-off the discipleship series. Feel free to make up your own scenarios, keeping it positive.*

Instructions:

A. Everyone sits in a circle.

B. One parent begins by selecting a scenario below(1-16) to insert in the following question:

➤ **“In our family, who is most likely to \_\_\_\_\_?”**

C. Once everyone hears the question, the reader **slowly counts down “3-2-1.”** After “1,” each person simultaneously points to the person he/she thinks best fits the description. If there is a discrepancy, ask why they chose that person.

D. Pass this list to the next person, who picks a different scenario and counts down in the same manner.

E. Do as many scenarios as you can in 10 minutes.

Scenarios: “Who is most likely to \_\_\_\_\_”

1. Be the first one to go to the moon
2. Eat all the fruit in the fridge
3. Travel to Africa (or pick another country)
4. Become famous
5. Wake up first in the morning
6. Have the cleanest room
7. Take the last piece of food from the serving dish
8. Be the first to finish reading a book
9. Be inside on a sunny day.
10. Go outside on a rainy day
11. Grow a beard
12. Become a pastor
13. Fall asleep watching a movie
14. Prefer salty over sweet snacks
15. Be the first one to rescue a stray puppy

#### **2. Optional Activity for Toddler-K: “Who Am I?” Animal Guessing Game**

Materials: A large picture book or pictures of familiar animals; one 8 1/2" x11" paper; scissors.

Cut out a 2" cutout window from the paper. Cover the picture, and see if your child can guess what animal it is. You can move the cutout to another part of the animal or give clues as to where it lives, what it eats, what sound it makes, etc.

**TRANSITION (2 minutes):**

*“I think that we know each other pretty well. Can you imagine how much harder this activity would have been if we had never met each other or weren’t in the same family? It usually takes a lot of time hanging out together to really get to know a person. But, this isn’t the same case with God.*

*(Have Bible in hand) Today, we’re going to learn some important things about **who God is and how He relates to us**. God has given us the Bible, God’s own Word, so we can know him. We will be reading Psalm 139. (Pause and help children find this in their Bibles.) A psalm is like an ancient Israelite song or poem. This particular psalm was **inspired by God and written by King David**, a king who was called “a man after God’s own heart.” King David knew God very well, so I’m sure that we can learn a lot about God from him. **See if you can listen carefully and remember two things about God.***

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**BIBLE READING AND DISCUSSION (15 minutes):**

- ✓ [Tip: Make sure that everyone is situated, quiet, and listening before beginning to read.]

**Open your Bible and read PSALM 139:1-6****LEARNING TIME:**

- ✓ [Tip: For larger families, you can engage older children by involving them as a teacher’s assistant. They can review the memory verse with younger ones, look up vocabulary, gather activity materials, make up hand motions for memory verses, etc.]
- Ask children to share the things they learned about God from the reading today.
- Go over basic **comprehension questions**: *Who is this passage about? (God) What is it telling us about God? (He knows every little detail about us, what we think, do, and say. Nothing escapes His notice.) What is the psalmist’s response to this? (v. 6 He is blown away by God’s intimate knowledge of him).*
- Write down any new vocabulary and definitions beforehand in case you want to go over them.

1.

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2.

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- **Introduce and explain the Word of the Week: Omniscience** - *God knows everything, things actual and things possible, effortlessly and equally well.* [Source: *Basic Theology*, Charles Ryrie]

[ Parent notes from *Systematic Theology* by Wayne Grudem:

*“God’s knowledge may be defined as follows: God fully knows himself and all things actual and possible in one simple and eternal act.”*

*“Elihu says that God is the one ‘who is perfect in knowledge’ (Job 37:16), and John says that God ‘knows everything’ (I John 3:20). The quality of knowing everything is called omniscience, and because God knows everything, he is said to be omniscient (that is, “all-knowing”). p 190]*

- Continue with **personal application questions**. You may use these or write some of your own below:

1. *Can you think of anyone else who knows everything about every person (currently over 7 billion) on the earth like God does?*
2. *God knows all, even every word before one of them is spoken. Is that thought scary, comforting, or a little of both? Explain.*
3. *If God knows everything about us (even our bad attitudes, words, and actions), but still loves us unconditionally, can we trust Him with our lives?*

**Write down parent's closing thoughts or questions for discussion here. What are the main points that you want your children to learn from today's passage?**

1.

2.

#### **OPTIONAL APPLICATION ACTIVITIES:**

1. Each parent/child rewrites these thoughts in their own words. This can be can journaling or using different poetry forms to express thoughts of God's omniscience (ex. Haiku, acrostic poem using "Yahweh," Diamante poem starting with "Me" and ending with "God," group "popcorn" poem writing adjectives about God.)
2. From the "popcorn" poem, make a poster with the words in various large fonts and colors. Alternatively, each child can write a word and/or draw something they learned about. You can add to the poster each week, or make one poster per week.
3. Start working on the Bible Memory Challenge (listed above) or according to your own creativity and giftedness. (Make a sidewalk chalk mural in your driveway?) Setting words to music or making a rap are great ways to memorize scripture.

#### **CLOSING and PRAYER (5 minutes):**

Gather up everyone again to pray together as a family. Let children share what they learned. Make sure that they know the main point of this lesson time.

Ask about what's on their hearts; lift these up to the Lord in prayer. Thank the Lord that He knows us personally and loves us for who we are. Thank Him for giving us His Word so that we can also know Him.

End with a special dessert, snuggle time, or anything that adds to the enjoyment of family time together. You could also play the verse song at bedtime as a lullaby.

- ✓ **Tip:** Take time to write down your children's comments about spiritual things (including their ages/date and the particular occasion). Reading these thoughts years later have been an encouragement and blessing to our children's spiritual lives.