



ABIDERS – YEAR ONE

WEEK 1

AIM: To help Abiders understand the meaning of their club name.

Pre-Session Activity:

Play Fruit Basket Upset. Players are seated in a circle. One Abider is designated to be “it” and stands in the center. The names of several fruits are selected, one fruit for every three to four players, be sure to include grapes! Each Abider is assigned a fruit. The Abider who is “it” calls out the name of a fruit. All Abiders with that fruit must find a new seat (from the ones the others with that fruit have been in) before the Abider who is “it” finds a chair. The one who is left without a chair is the new “it.” “It” may also call, “Fruit Basket Upset,” when *all* players must move.

Songs:

Sing songs about fruit and plants. For example: “*The Fruit of the Spirit.*” Also, include songs about Jesus Christ and our need to stay close to Him.

Suggestion:

I am the Vine

(on tape by “*Bible Song Sing-A-Long,*”
Maranatha Music ©1988)

Song web-sites:

www.kidzup.com/lyrics1.htm

www.kiddles.com

Or, use the search engine to look up the title of the song.

Bible Lesson:

The Abiders’ Theme Verse
John 15:5

Summary: Uses the grape vine to illustrate what it means to abide in Christ Jesus and the fruit that we bear as a result.

Memory Verse:

John 15:5 I am the vine, ye are the branches: He that abideth in Me, and I in him, the same bringeth forth much fruit: For without Me ye can do nothing. (KJV)

John 15:5 I am the vine; you are the branches. If a man remains in Me and I in him, he will bear much fruit; apart from Me you can do nothing. (NIV)

Application: We need to stay close to Jesus, by reading our Bibles, praying, attending church and EG’s, to learn more about Jesus and to be strong for Him in our daily lives.

Memory Verse Visuals: KJV pg. 189, NIV pg. 190

Activity:

Play Get-Acquainted Games

Have a “Grape Toss.” Divide Abiders into two teams. Teams appoint one player who is the “tossor” - the tossor gets a bag of grapes. The rest of the team gets in a circle around the “tossor.” The “tossor” must toss grapes to everyone on their team, one at a time, and each member must catch the grape in their mouth. The first team to go around the circle wins!

Notes:

Other game suggestions are included in the lesson.

At Home Time With God reminder for Week 1:

KJV page: 209

NIV page: 210

Bible Lesson:

You will need: A picture of a grape vine provided with lesson, or, if possible, a real grapevine (a grapevine wreath would work).

Give an example of a grape vine growing in a neighbor's yard (or some other place), long and real leafy and see if they can guess what it is. Go on to tell how vines climb so the person tending to the plant provides four poles connected by a grating at the top that the vine can climb up and then stretch across. The tendrils (green, twisted, curly, thin stems) are what the plant uses to stay attached.

Explain that a vine consists of a long stem and of branches that grow out of that stem which hold the leaves and the fruit. Show them a real branch.

The vine (grapevine) stem circulates water (sap) throughout the whole plant, including the branches. The leaves on the branches add sugar to the sap, therefore providing the plant with the nutrition it needs to produce the fruit. If the branches were to decide to detach themselves from the rest of the plant, they would dry up and no longer produce fruit because they would be away from their nutrition source. The branches need to "abide" (stay attached, stay close to) the rest of the plant.

John 15:5 says that Jesus is the vine and we are the branches. (In fact, we don't even belong to the plant as a branch if we haven't accepted Jesus as our Savior). (Discuss salvation as needed for your group.) Jesus is the source of everything: power, wisdom, strength, help, and if we don't abide or stay close to Him we won't be able to produce fruit (souls to Christ and the fruit of the Spirit). In order to stay close to Him we need His words to stay in us. What can we do so that we are close to God's Word? (go to church, mom or dad read the Bible to us, come to EG's, etc.)

Conclude by singing, *I am the Vine* (on tape by "**Bible Song Sing-A-Long,**" Maranatha Music ©1988.)



Game Suggestions:

(Note: Always be aware of latex allergies within the group.)

Relay/Team Games

1. Clothes Relay: Line the Abiders up in even teams. Give each team a suitcase or bag with an old hat, trousers, shirt, jacket or large jacket in each. The first person will race to a designated spot, put on the clothes and run back with the suitcase or bag to the next teammate. The first player will take off the clothing, put it back in the suitcase or bag and give it to the next player to repeat the process. The first team to have all its members run the race wins.
2. Balloon Relay: Have an inflated balloon for each team. Space the team members about 15 feet apart. The first person must bat the balloon with either hand to the next teammate, who bats it to the next and so on down the line until the balloon reaches the finish line. If the balloon touches the ground, it must go back to the starting line and the team must begin again.
3. Bean Relay: Provide each team with a cup of beans and a table knife. One at a time, each team member will carry as many beans as possible to a designated point and deposit them in another cup. That player gives the knife to the next player and player 2 does the same. The team that gets the most beans in the cup wins.
4. Paper Cup Relay: Have a paper cup and a 30 foot string for each team. Put the string through the bottom of the cup and tie the two ends of the string to chairs and pull tight. Have each team line up behind one of the chairs for the race. The object is to blow the cup down the string to the other chair. When it reaches the end, "Player One" slides it back for the next runner.
5. Clothespin Relay: Have each team sit in chairs in a row. Give the first player of each team five clothespins. "Player One" will attach a clothespin to the end of each finger of the second player's hand. When all five pins are on, the second player takes the pins off one at a time and puts them on the fingers of the third player's hand. This continues until the last player has all five clothespins on his hand.
6. Crab Relay: Line the Abiders up in teams. Have the first player in each team sit on the floor with his back to the finish line. The Abider then will walk on hands and feet with the body parallel to the floor. When reaching the other end of the room, stand up, run back and tag the next player in line.
7. Broom Relay: Provide each team with a broom and a balloon or beach ball. Each player on the team must sweep the balloon or beach ball to a designated spot and back again. The next player does the same, and so on, until all the team has gone.
8. Feather/Yardstick Relay: Provide each team with a yardstick and a feather. The first player places the feather at the end of the yardstick, holds the yardstick at arms length and goes to the goal line and back. If the feather falls off the yardstick, the player must place it back on the yardstick before continuing. Each member of the team must do the same thing. The first team to finish, wins.

Scavenger Hunt

1. Nature Scavenger Hunt: Divide the Abiders into teams. Give each team a list of nature items to find within a given time period. The winning team is the one that finds the greatest number of items on the list.
Variation: Mark off a piece of ground one-foot by one-foot for each team. Give each team five minutes to collect as many living things as possible in that square. The team that finds the most, wins.
2. Advertisement Hunt: Give every Abider a magazine that contains a large number of advertisements. Select several products that are advertised in these magazines such as toothpaste, automobiles, shampoo, soap, diapers, etc. Start the game by calling out the name of a product such as "toothpaste." The one who finds the ad in the magazine, tears it out and holds it over their head. If it is the right one, the player sits on it. Game continues by calling out another product. After 12 or so calls, the one who is sitting on the most advertisements is declared the winner.
3. Personal Scavenger Hunt: Have a list of items that most Abiders have on them all the time. For example: Shoelaces, watch, glasses, ring, earring, hat, items of clothing that most Abiders are wearing that night, etc. Divide the group up into several teams. Designate one Abider from each team that will bring the objects to the caller. Call out one item. The team whose player gets to the caller first with that item receives a point. The team that gets the most points by the end of the game, wins.

Quiet Games

1. **Animal Rummy:** Give everyone a sheet of paper and a pencil. Have the Abiders write the same name at the top of the paper. Use one of the Abiders' names, such as SARAH. Each letter of the name chosen will be the head of a column. The leader now calls out a category, such as "animal." The Abiders then write as many animals as they can in each column that begins with that letter. For example: Snake, slug, squirrel; ant, anteater; rat, raccoon; etc. After a set time, two minutes works well, the leader asks for all the animals listed in the columns and makes a master list. Players receive one point for each animal they have listed, plus a bonus point for any animals they have that others did not write down. Other categories might include: Vegetables, flowers, trees, cities, girls' names, boys' names, games.

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2. **Board Game Rotation:** Set up tables in a circle, enough for two students to sit at each table. Put a chair at each table facing into the circle, and a chair facing outside the circle. Put a two-player board game on each table. Have the Abiders take a seat. The games begin and end at the sound of a whistle (about every five minutes). Both circles will rotate to the right, so each student moves to a different game with a different opponent. The games are not reset after every move, instead the play just continues where it left off. So one might be winning Checkers and move to a losing position in Yahtzee. Each game can be assigned points. The team (circle) is given credit for any win, and then the games can be restarted. Suggested games include: Checkers, Yahtzee, Sorry, Dominoes, Chinese Checkers, any game that two people can play and the Abiders are familiar with.
3. **Hangman:** Have one Abider think of a word and draw spaces on the board that correspond to the number of spaces in the word, then draw a scaffold on the board. The other Abiders call out a letter one at a time. If the letter is in the word, write the letter in the appropriate space. If the letter is not in the word, write that letter by the scaffold and draw a person's body part on the scaffold. The game ends when either the word has been filled in or guessed correctly, or the whole person has been hanged. Whoever guesses the word correctly could become the player who thinks of the next word.
4. **I'm Thinking of ...:** Everyone should be seated casually in the room. Have one player be "It." "It" will say, "I'm thinking of an object in this room." The other students guess what "It" is thinking about by asking simple "yes" or "no" questions. The Abider who guesses correctly becomes the next "It."

Elimination Games

1. **Bite the Bag:** Stand a paper grocery bag in the middle of the floor and ask all the Abiders to sit in a wide circle around it. One at a time, Abiders come to the bag and try to pick it up only with their teeth (only the bottoms of their feet can touch the floor), then stand up. As you go around the circle, almost all the Abiders should be able to do this. After all the players have had one turn, cut off or fold down an inch or two of the bag. Go around again. With each round, shorten the bag. When a player is no longer able to pick up the bag and stand up, he is out. The winner is the only one who can pick it up without falling.
2. **Walk the Plank:** Lay a long 2' x 4' board flat on the floor. One by one, blindfold each of the Abiders and have them walk the length of it. If they step off at any point, they've fallen into shark infested waters and are out.
3. **Dodge Ball:** Divide the Abiders into two groups. Have one group form a circle and the other group scatter inside it. The circle group throws a light weight ball at the players inside who try to avoid being hit by the ball. Those who do get hit must leave the circle. The last player in the circle is the winner. When all have been eliminated the groups can change positions.

4. Bean Bag Toss: Abiders stand in a circle with a small container in the center. A bean bag is passed around the circle. Abiders, in turn, try to toss the bean bag into the container. If the player misses, he drops out. Each time around the circle Abiders take one step backwards.
5. Wake Up!: Have Abiders sit in a circle. Wind up an alarm clock and start it ringing. Have Abiders pass it around the circle. The player who has it when the alarm stops ringing must leave the circle. The last player wins.
6. Musical Chairs
7. Simon Says
8. Red Light, Green Light

Mixers

1. Balloon Mixer: Half of the Abiders get a piece of paper and a balloon. They write their names on the pieces of paper, then put them inside the balloons, blow up the balloons, and tie them. All the balloons are placed in the middle of the room. At a signal, the other half of the group grab a balloon, pop it, read the name on the paper inside and try to find the Abider whose name they have. They join with that Abider and they sit down together. (This is a great way to couple the students for another game or activity.)

Water Games

1. Bomb's Away: Have lots of water balloons ready to go. Divide Abiders into two teams and let them have fun trying to get each other wet. This game is best played outdoors on a warm day.
2. Water Balloon Relay: Have Abiders divide up into groups of twos. Each set of students gets a water balloon. They put it between their foreheads and race to a designated spot. If the balloon drops, they pick it up and keep going. If it breaks, they are out of the game.
3. Water Balloon Shot Put: See who can toss a water balloon (like in a shot put event) the farthest.
4. Water Balloon Toss: Abiders are in couples. Each couple is given a water balloon. They line up facing each other and toss the water balloon back and forth at the given signal. After each successful toss, Abiders take one step backward. The last couple with an unbroken balloon wins.
5. Squirt First: Divide the group into two teams. Have the teams go to opposite sides of the room, each staying behind a line. Blindfold one person from each team. Then place a squirt gun somewhere in the middle between the two teams. On "go," the two blindfolded players try to find the squirt gun. The other players may help them by yelling directions. As soon as one of the blindfolded players finds the squirt gun, he may remove his blindfold and go squirt the other player who remains blindfolded. The blindfolded player may try to run back behind his team's line to avoid being squirted.

Points are awarded as follows:

Finding the squirt gun – fifty points

Squirting the other player – fifty points

Removing the blindfold illegally (before the squirt gun is found or while being chased by the player with the squirt gun) – minus one hundred points

(This game can also be played outside with water balloons.)

