



## ABIDERS – YEAR TWO WEEK 2

**AIM: To accept God's gift of salvation through Jesus.**

### **Pre-Session Activity:**

Have name tags in shapes of various vessels that are used to hold water. Use Bible time vessels as well as modern. For example: cups, pitchers, jugs, glasses, urns, etc.

(This will tie in with the Samaritan woman coming to the well to get water in her pitcher.)

### **Songs:**

Sing songs about water, salvation through Jesus Christ and God's great love for us.

*Song web-sites:*

[www.kidzup.com/lyricsl.htm](http://www.kidzup.com/lyricsl.htm)

[www.kididdles.com](http://www.kididdles.com)

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

### **Bible Lesson:**

Jesus and The Samaritan Woman:  
John 4:1-42

**Summary:** The story of Christ and the Samaritan woman is used to show the compassion of God towards all people.

### **Memory Verse:**

John 3:16 For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life. (KJV)

John 3:16 For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. (NIV)

*Application: Because of God's great love for everyone, He sent His Son, Jesus, to pay the punishment of each Abider's sin so that they might have eternal life with Him in Heaven.*

**Memory Verse Visuals: KJV pg. 171, NIV pg. 172**

### **Activity:**

#### **Games**

2. Discuss the rules of good sportsmanship and why it is important for us as Christians to follow these.
3. Divide the Abiders into three groups. Have each group pick one game from at least two of the following categories to play: relay or team games, scavenger hunt, quiet games, mixers, elimination games, water games. Practice the games chosen.

#### **OR, Sports**

1. Discuss sportsmanship and how we show it while playing sports. Why is it important to have good sportsmanship?

### **Notes:**

Games requirement #1 completed Week One with "Grape Toss."

### **Activity (cont.)**

#### **Sports**

2. Ask an athlete, former athlete (professional, college, or high school varsity) to talk about what is needed to be a good athlete and to enjoy sports.

#### **OR, Biking**

1. Learn parts and care of a bicycle. (page 16)

**At Home Time With God reminder for Week 2:**

**KJV page: 191**

**NIV page: 192**

## **Bible Lesson**

*Teacher Note:*

- *This story is taken directly from the Scriptures. Please take the time to read through the Biblical account 4 or 5 times before presenting it to the Abiders.*
- *The lesson plan gives extra information about women, Samaritans, and Jews during the first century A.D. The information is given to help the Abiders understand the significance of Jesus' actions and not meant to replace or add anything to the Scriptures.*
- *The object lesson used for this lesson is a science "trick" with bleach. In order for the Abiders to be "mystified," you will need to place the bleach in another container (i.e. a glass jar with a tight lid) and keep it away from the Abiders (the smell will give the secret away).*

*Lesson Preparation:*

*A map of the Holy Land has been provided for you on page 11. If you have a large group, you may want to enlarge the map.*

*For the Object Lesson you will need:*

- *2 clear glass containers that will hold about 4 cups of liquid (mason jars are perfect!)*
- *2 cups of water*
- *1 cup of liquid bleach*
- *Liquid food coloring (a dark color like blue works the best)*
- *A stick or spoon for stirring*
- *A towel (just in case of spills)*

*Procedure: place 2 cups of water in one jar, and 1 cup of bleach in the other jar before the Abiders arrive. Put both jars, the food coloring and the stirrer close to where you will be teaching the lesson. As you teach the lesson you will be putting ONE drop of food coloring in the water jar for every "strike" the women at the well has against her. The colored water will eventually represent the sin in the woman's life. Toward the end of the lesson you will pour the bleach, "the living water, only Jesus can offer," into the colored water. Upon stirring, all of the liquid becomes clear again. (WARNING: please be very cautious while using the bleach!!! It takes the color out of EVERYTHING!!!)*

Have you ever been really thirsty? I mean the kind of thirsty you get after being in the summer sun, running all day; where your lips stick together, and your tongue feels like sand paper; when you feel like you could drink a gallon of water and still be thirsty? Have you ever been THAT thirsty? Some of us have, but most of us haven't. Most of us have a water source wherever we go. Think about it: at home you have at least two faucets (water sources), maybe more; at school there are water fountains and sinks in the bathrooms; at church there are water fountains; most businesses have kitchens and bathrooms where you can get water; we take water bottles with us everywhere.

Things were much different back in Bible times. How do you think they got their water? (From wells, rivers, lakes. People had to go get the water in pots or jars and bring it back to their homes or businesses). We should also remember that the Bible takes place in the Middle East. It is very hot and dry there, so water is a precious resource.

Our lesson is about water. I have two jars of water. As I tell you a story about water from the Bible, I will be using these jars as an object lesson. (An object lesson is something that serves as a practical example of an abstract idea). This jar, (point to the water) will represent the water that we drink. This jar (don't say this, but point to the bleach) will represent the kind of water that Jesus talks about in our lesson. If you have your Bible, turn to John 4 and we'll see what Jesus teaches us about water.

The story opens with The Pharisees (Jewish religious leaders) hearing rumors of Jesus and His disciples. Rumors are stories that usually start with very little truth and become huge tales of lies. Because of this, Jesus decided to leave the area (Judea, most likely out by the Jordan River where John the Baptist was ministering) and travel to Galilee (the place where Jesus lived, and where much of His ministry took place). (Show Abiders the map on page 11.) When we look at the map, Judea is here (point to location) and Galilee is here (point to region). What do you think would be the easiest way to get from point A to point B? (A straight line.) People at this time mostly walked to their destinations, even if they were going **very** far, so the shorter the trip the better! The easiest route from Judea to

Galilee would take the traveler right through Samaria and in verse 4 it says that Jesus did just that, “Now He had to go through Samaria. So He came to a town in Samaria called Sychar...” This may seem like a little fact to the story. But it is actually a *huge* detail. Jesus was a Jew. The Jews hated the people who lived in Samaria\*. They would actually travel 20-40 miles out of their way in order to avoid traveling through Samaria. (Show the map: point out that most Jewish travelers would journey to Jericho, cross the Jordan River, travel north through Decapolis, then cross over the Jordan again into Galilee adding approximately 20-40 miles to their trip or 2-4 days walking.) But Jesus chose to go through Samaria. Why do you think He went this way? (Allow for response: it was shorter, He wasn’t like all the other Jews, He had a plan, etc.) Let’s keep reading to find out.

(Read verses 5 & 6 aloud). It was about noon time (the sixth hour). Jesus and His disciples walked for a long time and now He was tired and thirsty. He sat down by a well as His disciples went into the nearest town to buy food. As Jesus sat there, a woman came to get water from the well, and He asked her for a drink. This may also seem like a little fact in the story, but this is also huge!

1. Jewish men DID NOT speak to *women* in public (Put one drop of food color in the water jar.)
2. Jewish people never spoke to *Samaritans* (Put another drop of color in the water jar.)
3. Jewish people did not drink from a Samaritan well (Drop again in water.)
4. The woman was out at noon. Most women drew their water very early, before it got too hot, or very late, after the day’s heat. The well was the meeting place for women to talk and catch up with each other. Today women go have a cup of coffee and chat, during Bible times they met at the well. She was trying to avoid her neighbors and the town gossip. Why? (Drop in jar.)
5. We find out in verse 17, that the woman has had many husbands. (Put a Drop in the jar.)
6. Jesus ASKS for a drink. He does not demand or command the woman. (Stir the jar.)

The woman knew that this situation was not normal and said so herself (Read verse 9.) Then Jesus offered her something that the woman could not quite understand... “living water.” (Read verses 10-15.) This would be an incredible gift: to never have to come to get water any more! WOW! She wouldn’t have to lift the heavy jars; she would never be thirsty again! But she didn’t understand... Jesus wasn’t talking about this kind of water (show the Abiders the jar that is now tinted with food dye). The kind of water that Jesus was talking about was “living water”.

Have the Abiders look up, and read aloud, these verses:

Psalm 42:1-2, Psalm 63:1, Psalm 143:6 (All verses that speak of thirsting for God.)

Psalm 36:9, Jeremiah 17:13 (God is the fountain of life and the spring of living water.)

When Jesus offered “living water,” He was offering the woman the cure for her thirsty soul. In verses 19-24, we can see that the woman had a thirst for God: 1. she was aware that there was a God, 2. she knew Messiah was to come, 3. she wanted to worship but was told that she was not at the right place. She didn’t know it at the time, but she was longing for God. Jesus came to tell her that He was the answer, the Messiah, the water for her thirsty soul. We all have a part of us that only God can fill. Many people call this part of us our soul. As we thirst to know more about Jesus, and come to know Him as our Lord and Savior, He fills us with His “living water” (pour bleach into the tinted water jar and stir). He takes all of our sins, the wrong things that we do, say or think and washes them away. The Bible says, “Wash me from all my iniquity and cleanse me from my sin...and I will be clean” (Psalm 51:2,7).

Have you ever thought “God can’t forgive me, I’ve been so mean to people,” or “I’ve done some really bad things, God can’t love me?” I’m sure that’s what this woman was thinking too. She hadn’t lived a very good life. Jesus told her the things she had done wrong (5 husbands and the one she is living with isn’t her husband; she doesn’t worship the correct way). But He didn’t shake His finger at her and say “You are a horrible person.” No, Jesus told her more about Himself and how to properly worship God. He continually gave her hope, He spoke life into her heart. She knew about a coming Messiah, and when Jesus revealed that He was the Messiah, she left her jars and rushed into town to tell everyone that she may have just met “The Messiah,” and urged everyone to come out to the well to see Him (verse 28-30).

(Read aloud verses 39-42.) The woman did what was natural to her: she knew something was miraculous about this man named Jesus, and she went and told the townspeople. Because of her words, they came to see Him. After being with Jesus, and hearing His words themselves, MANY believed in Him! Jesus, The Savior of The World!

What are you thirsting for? What do you desire to know, to experience, to understand? Are you wanting to know more about God? Do you want to experience His love and power? Would you like to understand more about Jesus? (Teacher: you may want to present a short Gospel message here.) If you already know Jesus as your Savior, are you telling others about Him? Remember, God loves us right where we are, and He wants to fill us with His “living water.” Are you thirsty for Him?

Pray

*\*Teacher Note: Here is a little background for your knowledge. Add whatever you think is appropriate for your Abiders.*

*“Why the Jews hate the Samaritans”*

*([http://www.prophecyupdate.com/john\\_chapter\\_4.htm](http://www.prophecyupdate.com/john_chapter_4.htm))*

*Israel is divided into three regions: Judea in the south, Galilee in the north, and Samaria in the middle. When a Jew wanted to go from Judea to Galilee, the most direct route led through Samaria. But good Jews would never go that way. They would go through Perea, (also known as Decapolis) on the other side of the Jordan River. Why? Because there was such tension between the Samaritans and the Jews, that Jews uttered the word `Samaritan' only as a curse word. Why were the Samaritans so despised? In the year 722 BC, the Assyrians invaded Israel from the north, and carried the ten northern tribes into captivity. It was brutal. The Assyrians put fishhooks in the mouths of the Jews, tied them together, and literally dragged them out of northern Israel back to Assyria, where they were held hostage. Then the Assyrians sent some of their people (from five different regions) down to Israel, where they intermarried with the Jews not taken into captivity. The marriages which took place between the Assyrians and the Jews produced the Samaritans — half-breeds in the eyes of the Jews. Barred from the Temple in Jerusalem, the Samaritans built their own temple on Mount Gerazim. A Rabbi would not have spoken with a woman in public (even his own wife!), or drink from a Samaritan's cup. Most Jews believed that if they walked through Samaria, they would become “contaminated”, unclean or dirty in the eyes of God.*



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Jesus stops for water at the well in Sychar

Jesus most-likely began His journey from this region of Judea

### **Relay/Team Games (NOTE: Be aware of any latex allergies within your group.)**

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 overcoat 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. Next 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 left 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 left 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 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 5 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 first 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. Continue the game 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, names of girls, names of boys, games.

<b>S</b>	<b>A</b>	<b>R</b>	<b>A</b>	<b>H</b>

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. 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: The Abiders stand in a circle with a small container in the center. A bean bag is passed around the circle. The Abiders, in turn, try to toss the bean bag into the container. If the player misses, he drops out. Each time around the circle the Abiders take one step backwards.
5. Wake Up!: Have the Abiders sit in a circle. Wind up an alarm clock and start it ringing. Have the 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 students 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 grabs a balloon, pops it, reads the name on the paper inside and tries 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: Again, 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.)

## **GOOD SPORTS**

### **WINNERS**

- 1. Let their playing do the talking for them.**
- 2. Don't get mad when things go against them.**
- 3. Accept the referees decisions without comment.**
- 4. Don't show off when they score.**
- 5. Shake hands at the end with their opponents.**
- 6. Congratulate one another on their good play.**

### **LOSERS**

- 1. Taunt and tease other players.**
- 2. Trade accusations and excuses when they fall behind.**
- 3. Argue calls with the referee.**
- 4. Prance and brag after scoring.**
- 5. Walk away afterward without a word to their opponents.**
- 6. Blame one another for everything that goes wrong.**

### **IN THE STANDS**

- 1. Stand quietly (no talking) for "The Star-Spangled Banner" and all other national anthems. Face the flag and take off your hat.**

- 2. Cheer for your favorite team.**

**Do not taunt the competition or use words that make a sporting event sound like a war.**

**No booing. No jeering.**

**These athletes are playing a game. That doesn't give other people the right to insult them.**

### **More Resources:**

Sports: *Visit your local library for further information under the Dewey Decimal # J 796, J 797, J 799*

Biking: *Visit your local library for further information under the Dewey Decimal # J 796.6*

Bike Like the Best, Pennsylvania's Guide to Bicycle Safety, Commonwealth of Pennsylvania, Department of Transportation

This site offers activity sheets and coloring pages. **National SAFE KIDS Campaign**  
<http://www.safekids.org>.

The National SAFE KIDS Campaign offers information about car seats, crib safety, fact sheets, and links to other health-and-safety oriented sites.

Games: *Visit your local library for further information under Dewey Decimal # J 790 - J 796*

<http://dragon.sleepdeprived.ca/games/games.htm>

## Activity: Bike

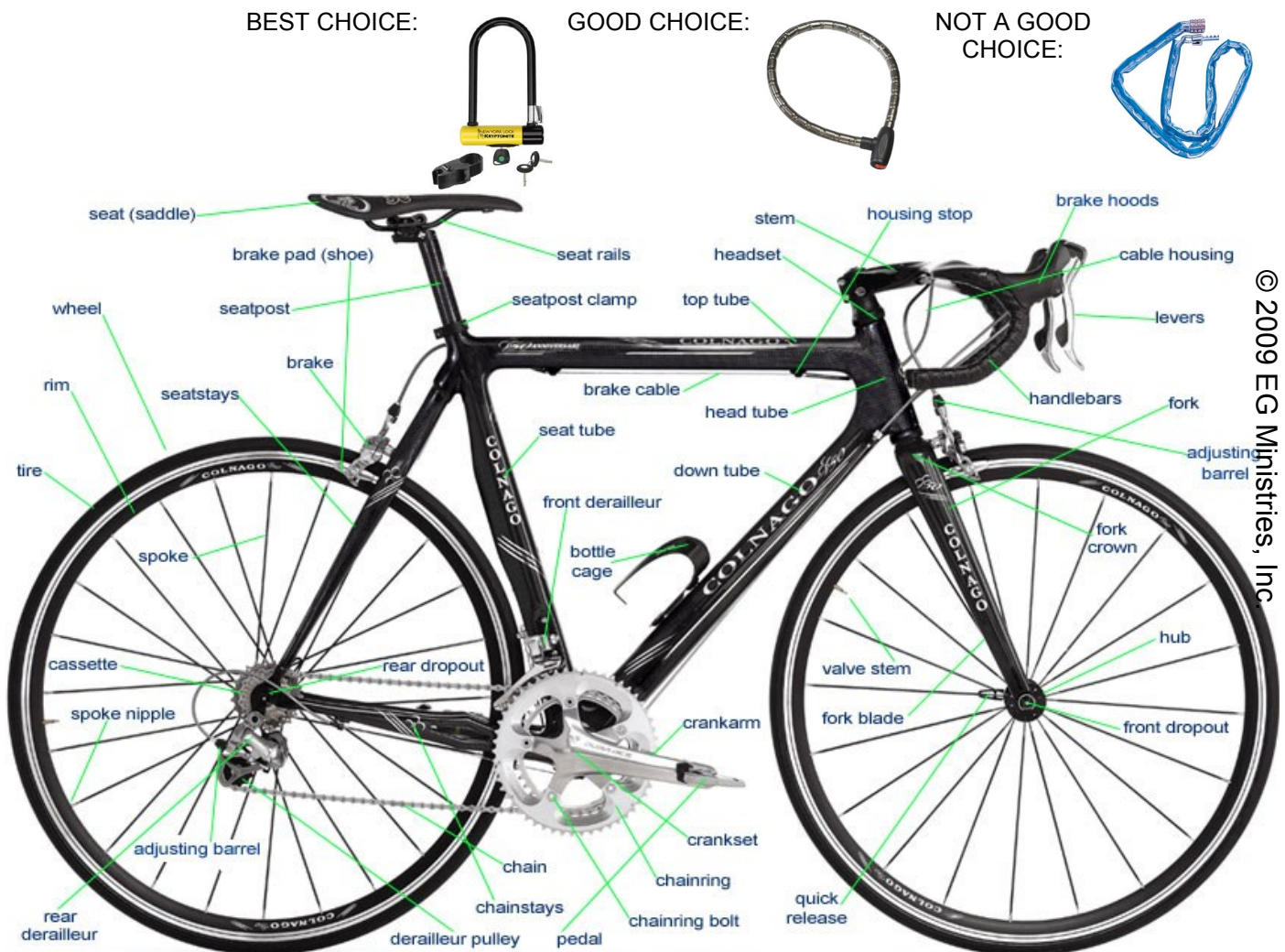
### 1. Learn the parts and care of a bicycle.

A. Parts of a Bicycle: Bring in a bike and label the various parts. (The picture below is a good resource. Use as many or as few parts as you think necessary.) After a brief discussion of the parts and their function, remove the labels and see if Abiders can place the labels back on in the proper places.

### B. Care of a Bicycle:

1. Pump it up: Be sure your tires are in good condition and inflated properly. You should check your tires before every ride.
2. Keep it clean: Rinse your bike from above. Do not spray it harshly as powerful hoses can dislodge parts and ruin chains. Really muddy bike? Get a bucket of warm water, add a few drops of dish detergent (enough to make a few suds) and a soft rag. Rub down the bike after rinsing the worst of the mud off with a gentle spray hose.
3. Store it: To be sure your bike lasts a long time, bring it inside. A good way to store your bike is on bike hook. Attach the hook to the ceiling of your garage and hang bike by front rim.
4. Baby your bike: Be careful where you ride (avoid broken paths, deep ruts, rocks, glass, and oil spots.) If there is a weird squeak, rubbing, or other sound, get it looked at.
5. Ride your own bike. Don't let others ride your bike unless you know they will take good care of it.
6. Be sure to use the kick stand (if you have one) when resting your bike. Don't lean it on anything that would scratch the paint, or wear on the tires. Never "toss" your bike down on the ground! It's too easy to break a reflector, scratch the paint, damage a pedal, get dirt in the chain, bend the handle bars, scuff the tires...all very bad for your bike!
7. Be sure to lock up your bike with a strong "U" or wire type lock set. Chain locks can easily be broken. Never leave your bike unattended AND unlocked! They are too easy to steal!

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