

Materials I Need:

Legend:



= Option 1, Appropriate for 1st – 2nd Grade





= Option 2, Appropriate for 3rd – 6th Grade

Memory Work:

“Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.” 1 Peter 5:6-7 (NIV)

Hook:



Shots, Anyone? (Object Lesson). ,  Bring in a large syringe or needle (if you can get one) and ask the students if anyone likes to get shots at the doctor’s office. Ask them why or why not? Ask them what these shots do for their health. Ask them, “Is it really worth the pain of a shot in the arm to stay healthy?” **Debrief:** In a similar way, pain that God allows in the Christian life is for our spiritual good. In today’s lesson, we will learn how God uses suffering to make us more holy and humble!



Casting All Your Anxieties (Fishing) (Activity/Discussion). ,  For this activity, you will need:

fish shapes, **1PET04.GF1**. Have these copied onto various colors of construction paper. Pre-cut the construction paper in half (makes two fish).

scissors

hole punchers



paper clips

pencils/pens

fishing pole set up with a magnet on the end as its hook. It would be great if two or three poles could be set up.

Give each student a fish to cut out. When the student is done cutting out their fish, they are to write a worry they have onto the fish. Next, they need to have the fish hole punched and a paperclip placed through the hole. Tell the students that in today’s lesson they’ll learn about casting (or giving) all their worries over to God. To help them learn this lesson, they are going to go outside and practice casting their worries. Take the class outside and if you have more than one pole, split up into groups of two or three. Be sure a helper is assigned to each group. The helpers should instruct the students on how to cast. Then have each student take turns hooking their fish onto the magnet and casting it out to a designated location. (*The fish should fall off when it is cast out*). Another helper should stand out in the field collecting all the fish that are cast out. At the end of the lesson, pray for each one of those worries.



Before and After (Object Lesson/Visual Aid). ,  Bring in pictures that depict a “before and after” theme. Maybe you could bring in pictures of some bad looking teeth and nice, white, straight teeth. Or it could be a picture of someone who is in poor shape versus someone in good shape. Ask the students, “What do you think it takes to get from the BEFORE to the AFTER?” The point will be to endure some pain and struggle and hard work. **Debrief:** In a similar way, God desires that pain and suffering be used in our lives to get us to become healthier spiritually. In today’s lesson in 1 Peter 5, we are going to see how God uses suffering to make us more like Christ!



Refined Like Gold (Object Lesson). 🐛, 🦋 You will need:

- one cube of real butter
- an electric frying pan, coffee maker, or other appliance that has a hot surface
- a clear container that can be placed on a heated surface (such as Pyrex)

Read 1 Peter 1:7 “These (trials) have come so that your faith - of greater worth than gold, which perishes even though refined by fire - may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.” One of the reasons that God sends suffering in our lives is to make us pure and holy. Illustrate this as follows:

1. Put the cube of butter in the clear container. Tell students that this butter represents impure gold, which is a symbol of our lives.
2. Put the “gold” on the heat. Explain that the heat represents suffering and trials in our lives. Heat the butter until it melts.
3. As it melts, skim off the impurities. God allows suffering in our lives and uses it to make us holy.
4. Ask the students to share examples of suffering in their own lives. How have they seen God work through these things for their good? Be prepared to share an example of this truth from your own life.



Talk About Worries (Discussion). 🐛, 🦋 Ask students to share some of the things they worry about. Prompt them with these questions:

1. Is there anything you are worried about right now?
2. Did you worry about anything this week?
3. What are some of the things your friends worry about?
List their responses on the board. When you have a good list, discuss these questions:
4. Why do we worry?
5. How does worry affect our lives?
6. Does God want us to worry?
7. How can we have ‘victory’ over worry, especially when we really have things in our lives to worry about?



Character Education—the Missing Quality (Discussion). 🐛, 🦋 Ask students if any of them have had character education in school. Ask them to help you list all the qualities of good character they have learned. One of the most recognized character curriculums, “Character Counts,” is built around these six “pillars” of good character:

trustworthiness, respect, responsibility, fairness, caring and citizenship

Another list sounds similar:

honesty, compassion, justice, courage, and perseverance

Schools in Chicago teach character from this list of traits:

integrity, honesty, respect, self-discipline, and responsibility

Some add:

diligence, sincerity, self-control, loyalty and personal accountability

One list even includes

hope and love!

Did students know that character education is nothing new? The Greeks in Peter’s time taught these four “cardinal virtues”:

wisdom, justice, self-mastery and courage

All these lists cover most of the qualities we recognize as good Christian character, but can you think of one very important one that is always missing? It’s humility! Humility is not a virtue that most people want to pursue. Most don’t even recognize its value (although they might admit that they like it when other people are humble towards them!). Why do you think that schools don’t teach this character quality? Most people don’t want their children to be ‘lowly’ and serve others, but God does! God wants us to humble ourselves - even in times of suffering so He can “lift us up.” In our passage today Peter says, “God opposes the proud, but gives grace to the humble” (5:5).



Where Do You Go? (Discussion). 🎭, 🦋 Start this discussion by reading 1 Peter 5:14. Tell the students that when Peter wrote this he wrote it to Jewish Christians during Nero's reign. Though our worries are different our attitudes toward those worries are often the same. Ask one of the students to go sit in a corner. Ask the other students if they ever felt more like sitting in a corner than being with a group because they are worried or uncomfortable. Have the student in the corner come back to the group. Often when we are anxious we pull away from others. When we have a test or a fight with our best friend we avoid talking about it. We also tend to pull away from God. We are caught up in the act of worrying and forget to pray and to use quiet time to be with Him. Ask the students where they go when they are worried. Do they hide in silence or in an imaginary box? Or do they pretend that nothing is wrong. When we pull away, are we trusting God? End this discussion by reading Philippians 4:6-7 to the class.



Book:

Presentation Ideas –



Refiner's Fire (Song). 🎭, 🦋 Sing this song during the song time:

Purify my heart,
 Let me be as gold
 and precious silver
 Purify my heart,
 Let me be as gold, pure gold.

Chorus

Refiner's fire, my heart's one desire
 Is to be, holy,
 Set apart for You, Lord
 I choose to be, holy
 Set apart for You, my Master
 Ready to do Your will.

Purify my heart
 Cleanse me from within,
 and make me holy
 Purify my heart
 Cleanse me from my sin
 Deep within. (*repeat chorus*)

Bible Adventure for 1st – 6th Grades –

Raise your hand if you absolutely love going to the doctor for a shot. Better yet, raise two hands if you just can't wait to go get a shot AND get some blood drawn. Hmm—not many of you seem very excited. Why is that? Is the doctor a mean and vicious person who loves to inflict pain on children? No—that's not the case at all! Even though there can be pain associated with a doctor visit, the overall goal is to keep you healthy. The discomfort of getting a shot and an occasional blood draw is worth it. Such things are necessary to help you get over a sickness or to keep your body strong in the first place.

In a similar way, God uses the pain of suffering for our overall benefit. In the midst of a difficult trial such as sickness or the loss of a loved one, we may be tempted to cry out, "Why, God? Why are You allowing such a hard thing to happen to me?" Thankfully, God has graciously answered our cry in His Word.

The answer to the "why" of suffering is that God desires us to be more and more holy and humble. Romans 8:28 reminds us that God causes suffering and **all things** to work together for our good. The "good" that God wants for each of His children is to become increasingly more like His Son, Jesus Christ. When we suffer, our faith is tested and what's going on in our hearts and minds is revealed. God uses the pain to turn us to Himself so we can learn to rely on our powerful and loving heavenly Father instead of ourselves or our weak and fleeting possessions and pleasures.

In the final chapter of 1 Peter, the apostle Peter called his suffering readers to a life of sanctification.

(Remember, the emperor Nero had falsely accused these believers of burning down the city of Rome and had them ruthlessly persecuted as a result.) Sanctification is a complicated sounding word but it simply means the process God takes us through as we turn our backs on sinful ways and pursue Christlikeness. Peter urged the elders of these churches to provide godly leadership for their people. In difficult times, it is especially important that there be spiritual leaders to shepherd and set an example for God's people so that they can have "victory over suffering" (which, of course, is the theme of the whole book of 1 Peter!).

Specifically, Peter called on the elders to "shepherd God's flock" in the same way Jesus would. They were to do their job out of a love for God and His children, not because they were forced to. They were to be gentle and lead by example rather than be harsh and bossy. This is the way a shepherd leads real sheep. He stays out in front of the flock and guides them. He does not force and drive them from behind.

Another great need during times of suffering is the Christlike attitude of humility towards one another. When trials hit our lives, it can be very easy to blame others and get angry. This is why Peter warned, "God opposes the proud but gives grace to the humble" (5:5). Anytime pride creeps into our relationships with each other, it shows what our relationship is really like with God. People get prideful with others when they rely on themselves and do not trust God for absolutely everything. This was especially true of young men in the churches who had a tendency to challenge their leaders.

It is essential to understand that all the suffering that these Christians faced did not happen by chance or accident. God is sovereign and allowed it into their lives for His good purposes. To say that God is sovereign is to say that God can do whatever He wants, whenever He wants, to whomever He wants. And what was true for the believers in Peter's day is true for us as well. Every difficult situation, person, or persecution that comes our way does so because God has allowed it to enter into our lives. Peter instructed, "Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you" (5:6-7). What this means is that anxiety (which is worrying) is a result of failing to humble ourselves before God's sovereign plans. We need to trust the Lord and be completely confident that He is in total control of our lives and the outcomes of our trials. Humility before God comes first and then we are able to show humility to others.

Finally, Peter called on his readers to remain alert because he knew that the devil would try and use their sufferings to cause them to sin. What a tragedy this would be, for instead of having victory over suffering, they would face defeat because of their lack of holiness and humility. Peter exhorted them to "resist the devil" and "stand firm in their faith." They were to be like an immovable rock that stands firm against the storm of Satan's attacks by trusting God and living according to the truths of His Word.

So, after studying 1 Peter, how do you view suffering? You must forever fix in your mind that God allows trials into our lives for our **good!** He is perfecting our character and causing us to be like His precious Son. In the process, sin is weeded out and holiness and humility takes its place. Peter ended his letter with this glorious promise that all believers can cling to during times of trial and heartache. "And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast. To Him be the power for ever and ever. Amen" (5:10-11).

Aim Questions

1. **Who wrote the book of 1 Peter and where did he write this book?** (*The apostle Peter wrote it from the city of Rome.*)
2. **Who was the emperor during this time and what did he do?** (*Nero was the emperor and he blamed Christians for burning down the city of Rome.*)
3. **What specifically did Peter want his readers to understand in 1 Peter? What's the theme?** (*To have victory over suffering and to respond rightly.*)
4. **What is God's desire in all of our suffering?** (*He desires our spiritual good.*)
5. **What should be our attitude towards anxiety in the midst of trials?** (*We should not be anxious, but humble instead.*)
6. **How does God use suffering in our lives?** (*He uses it to make us more holy and humble.*)



Look:

- Pray for One Another (Prayer Time).** 🎨, 🦋 Break up the class into small groups with a teacher in each group. Go around and ask for specific prayer requests that relate to anxiety: “Is there anything that is causing you to be worried or anxious that we can pray for right now?” Bring some paper and have each of the students write down the request of the person on their right. Go around in the prayer group circle and have each of the students pray for each other’s specific request.
- Handbook for Aliens on Planet Earth (Craft/Worksheet).** 🎨, 🦋 Have the students complete the ‘Handbook for Aliens’ this week—five more Do’s for suffering aliens, (refer to **1PET01.GF3**). *Answer Key: Do: be submissive; Do: clothe yourselves with humility; Do: cast all your worries on Him because He cares for you; Do: be self-controlled and alert; Do: resist the devil.*
- Sanctification In Suffering (Worksheet).** 🎨, 🦋 Reinforce 1 Peter 5:5-10 by having students fill out this worksheet, **1PET04.GF2**.
- No Pride; No Worries (Memory Verse Worksheet).** 🎨, 🦋 Explore the memory verse by filling out this worksheet, **1PET04.GF3**.
- Aim Questions (Worksheet).** 🎨 Have the students answer the Aim Questions about today’s Bible Adventure, **1PET04.GF4**.
- Passage Review Questions (Worksheet).** 🎨, 🦋 This booklet contains many questions from the Scripture passage covered in today’s lesson. Students may work on them in class and complete them during the week at home, **1PET04.GF5**.
- 1 Peter 5:6-7 (Memory Verse Song).** 🎨 Words and music for today’s memory verse are available upon request from Children’s Ministry.




Took:


- Box It Up (Craft/Discussion).** 🎨, 🦋 Each student will need:
1PET04.GF6 Pgs. 1-4 copied onto cardstock
 colored pencils
 scissors
 a real set of Matroiska Dolls (if you have one). This is for the discussion part; otherwise you can just use a set of boxes that you pre-made for this purpose.
 Students will make Matroiska Doll boxes. Give each student one box of each different size. Let them color the dolls on the boxes first and then cut each box out. Show them how to fold the boxes on the broken lines. Then explain to them how worry is sneaky. It starts out small, like this: (*Show the smallest doll—or box if you don’t have any dolls.*)


Continue teaching as you demonstrate by placing one doll/box inside the other until all are used.)
 One worry leads to another, then another, until your head is filled to the brim with worry. It’s hard to think clearly when you are worrying so much. God knows that worry is not good for us. He knows that worry keeps us from trusting Him. He also knows we can put a stop to worrying if we “Cast all our anxiety on Him because He cares for us” (1 Peter 5:7).

Our verse today reminds us that God cares for us and that is why we can trust Him with **all** our worries. All we have to do is give them to Him. We give them over to Him by praying. So the next time you think about worrying, let these boxes remind you to give them over to God.

 **Ways to “CAST” Our Anxieties on Christ (Worksheet).** 🎨, 🦋 Use this worksheet, **1PET04.GF7**, to encourage the students to see *how* the Bible tells us to “cast” our anxieties on the Lord. *Answers:*

- *Prayer ~ Philippians 4:6*
- *Turn to God’s promises in His Word for consolation ~ Psalm 94:19*
- *Confess your sin ~ Psalm 38:18*
- *Trust in God’s sovereign plans for your life ~ 1 Peter 5:7*
- *Hope in God, that He will help you ~ Psalm 42:5*
- *Don’t fear because God is with you ~ Isaiah 41:10*

 **Review for Aliens (Activity/Worksheet).** 🎨, 🦋 Recap the book of 1 Peter by going over the answers to all of the questions in the Alien Handbook together as a class. Even if you did not choose to use it in previous lessons, you may want to supply all new books to the students and fill them out as a class or in small groups, **1PET01.GF4**. This won’t take too long if you work together. Answer keys are supplied in LOOK sections of this and previous lessons.

 **Clothed with Humility (Craft).** 🎨, 🦋 Read 1 Peter 5:5a to the class: “Clothe yourselves with humility toward one another, because, ‘God opposes the proud but gives grace to the humble.’” In the original Greek text, the words “clothe yourselves” meant to ‘tie on’ as you would an apron. People used this particular expression when they described a slave putting on an apron to keep his clothes clean while he served. Peter used this word picture to illustrate the humble attitude that belongs to a person who will assume a ‘low’ position in life and is not ‘too good’ to serve others. For option A (waist-tie apron), each student will need:

- 1PET04.GF8 Pg. 2** only
- one 4-foot piece of yarn or string
- scissors
- tape or stapler and staples
- glue
- a few small (about 2”) assorted squares of fabric or wrapping paper

Have the students follow the directions below to complete their crafts:

1. Fold the top of the “apron” toward the back on the top “stitching line.” This will form a “pocket” for the yarn or string tie.
2. Center the tie in the pocket so it extends from the sides equally.
3. Secure the pocket with tape or staples. (If you are using staples, staple from the wrong side so that points will be on the outside and not snag the student’s clothing).
4. Decorate with humble ‘patches’ made from fabric or wrapping paper.

For option B (bib style apron), each student will need:

- 1PET04.GF8 Pgs. 1 & 2** (for older students, use large apron pattern **page 3** and follow instructions on pattern)
- one 7-foot piece of yarn or string
- scissors
- tape or stapler and staples
- glue
- a few small (about 2”) assorted squares of fabric or wrapping paper

Have the students follow the directions below to complete their crafts:

1. Glue or tape the top piece of the “apron” (page 1) to the bottom piece (page 2), overlapping to the ‘stitching lines’.
2. Cut out ‘armholes’ on double lines.
3. Cut into armhole ‘facings’ on double lines as indicated.
4. Fold armhole facings toward the back on broken lines. This will form “pockets” for the yarn or string tie.
5. Center the tie between the pockets at the top of the apron.
6. Run both sides down through the pockets extending at the sides equally.
7. Secure the pocket with tape or staples. (If you are using staples, staple from the wrong side so that points will be on the outside and not snag the student’s clothing).
8. Decorate with humble ‘patches’ made from fabric or wrapping paper.
9. Apron will adjust to fit student by slipping the tie through the facing pockets.



The Worry Box (Craft). 🎨, 🦋 Each student will need:

1PET04.GF9 Pgs. 1 & 2 duplex copied onto white cardstock
scissors
pencil

Have the students cut out their Worry Boxes. The teacher could have one box prepared to show how the students should assemble and use their Worry Boxes. Discuss with the students how they can cast their worries on God according to 1 Peter 5:6-7. Have them write down those things they worry about most. Encourage the students to share some of their worries. After they have had sufficient time to write down their worries, pause for a moment of prayer giving all these worries to God. If appropriate have several of the students pray for some of the items on the lists. Have the students assemble their boxes and explain that they are to take the boxes home and display them where they can see them. This will remind them that God is concerned for them and to give Him any other worries they have at a later time.



1 Peter Memory Verse Incentive (Review). 🎨, 🦋 For the book of 1 Peter, **please order** for each student in your class a 1 Peter “military bar” to place their medals on. The theme of 1 Peter is *Victory over Suffering* and each student will receive the letter “V” to remind them of this theme. Each week as students memorize the memory verse, they will also receive a “medal” (brass charm) that corresponds to that week’s lesson, which they can place on their “military bar.” The memory verses for each week and each “medal” are as follows:

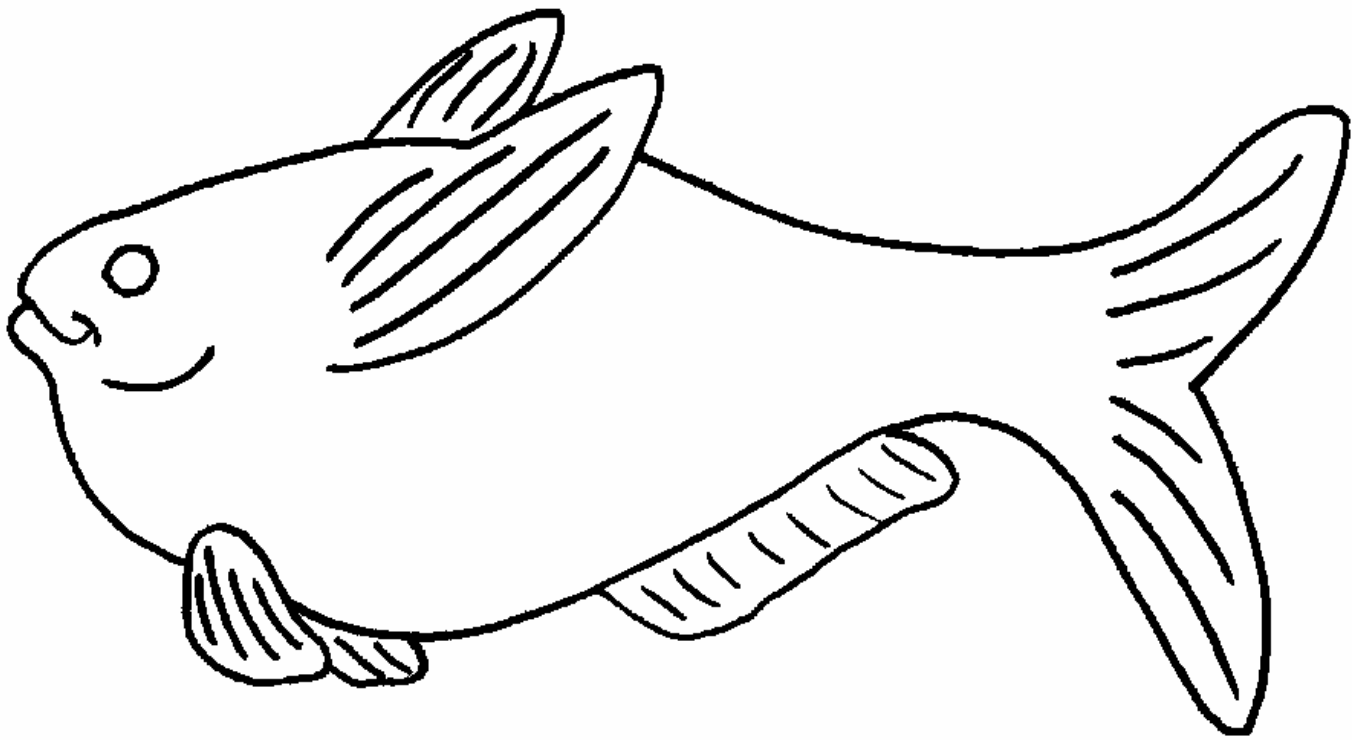
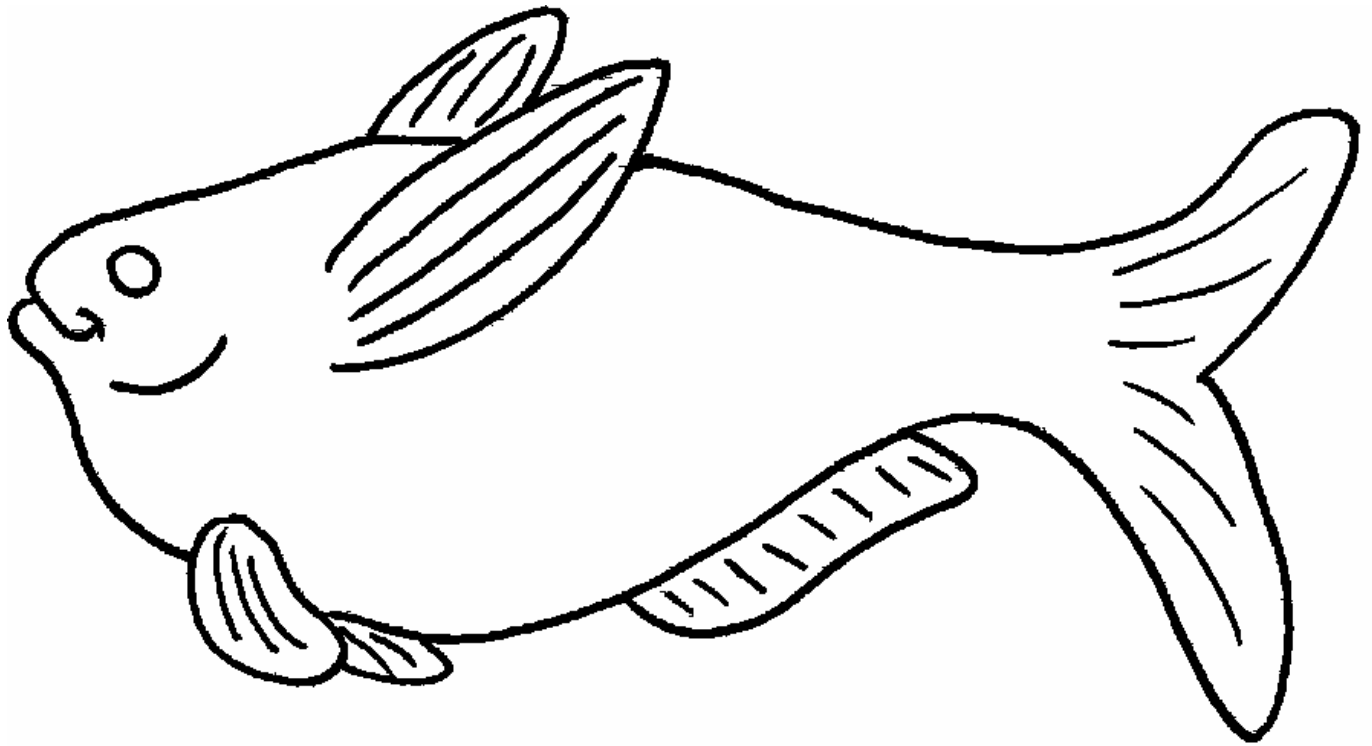
Week 1 ~ 1 Peter 1:3 (Salvation = cross)

Week 2 ~ 1 Peter 2:13 (Submission = soldier)

Week 3 ~ 1 Peter 3:14 (Suffering = crutch)

Week 4 ~ 1 Peter 5:6-7 (Sanctification = crown)

Please remember that **you must order the incentives weekly** for the number of students in your classroom. Thank you!



Casting All Your Anxie-

SANCTIFICATION In SUFFERING

Match these verses from 1 Peter 5:5-10 to the correct quality of sanctification. Draw a line from the verse to the quality it describes. Then fill in the blanks below to find out the promise to those who endure suffering.

Young men, in the same way be submissive to those who are older.

Clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble." Humble yourselves, therefore, under God's mighty hand that He may lift you up in due time.

Cast all your anxiety on Him because He cares for you.

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast. To Him be the power for ever and ever. Amen.

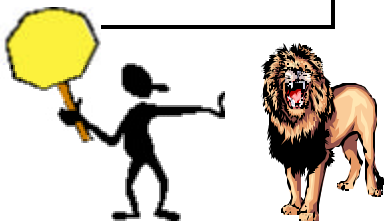
Vigilance (watchfulness)

Submission

Trust

Humility

Faithfulness



A Promise for those who endure:

God will _____ you.

God will make you:

_____ ,

_____ , and

_____ .

No Pride; No Worries

'Pride' is written several times within this verse (letters are sometimes separated, but they are in order). Cross out **PRIDE** to reveal God's better way. 1Peter 5:6

P R H U M B L E I D E Y O U R S E L V E S
 P R I T H E R E F O R E D E U N D E R P R
 G O D S I D E M I G H T Y P R H A N D I D
 E T H A T P R I H E D E M A Y P R
 I L I F T D E P Y O U R I D U P E P I N R
 I D E D U E P R I T I M E D E



Now, cross out **WORRY** to reveal the rest of this comforting verse. 1 Peter 5:7

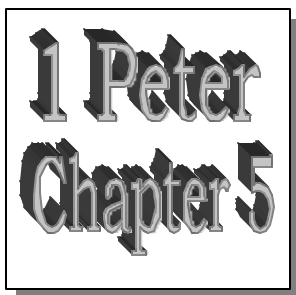
W O C A S T R R Y A L L W O R R Y Y O U R
 W O A N X I E T Y R R Y O N W O R H I M R
 Y B E C A U S E W O R H E R Y W C A R E S
 O R R F O R Y W O R Y O U R Y

Aim Questions

Answer the following questions about today's Bible Adventure.

1. Who wrote the book of 1 Peter and where did he write this book?
2. Who was the emperor during this time and what did he do?
3. What specifically did Peter want his readers to understand in 1 Peter? What's the theme?
4. What is God's desire in all of our suffering?
5. What should be our attitude towards anxiety in the midst of trials?
6. How does God use suffering in our lives?

God allows us to go through trials so that we might become "healthier" spiritually. He may want to get rid of our self-reliance and pride or some other sinful tendency we have in our lives. Ultimately, God's purpose is to cause us to be more conformed into His Son's likeness. He wants us to be holy and humble as a result.



"Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you."

1 Peter 5:6-7

Passage Review Questions

1 Peter Chapter 5

Who does Peter address this last part of his letter to? (5:1, 5)

What specific things does Peter want the elders of the church to do? (5:2-3)

What specific attitudes does Peter encourage the elders of the church to do? (5:2-3)

If the elders prove faithful, what will they receive from the Good Shepherd? (5:4)

What should be the young men's response to those who are older in the church? (5:5)

How should they treat one another? (5:5)

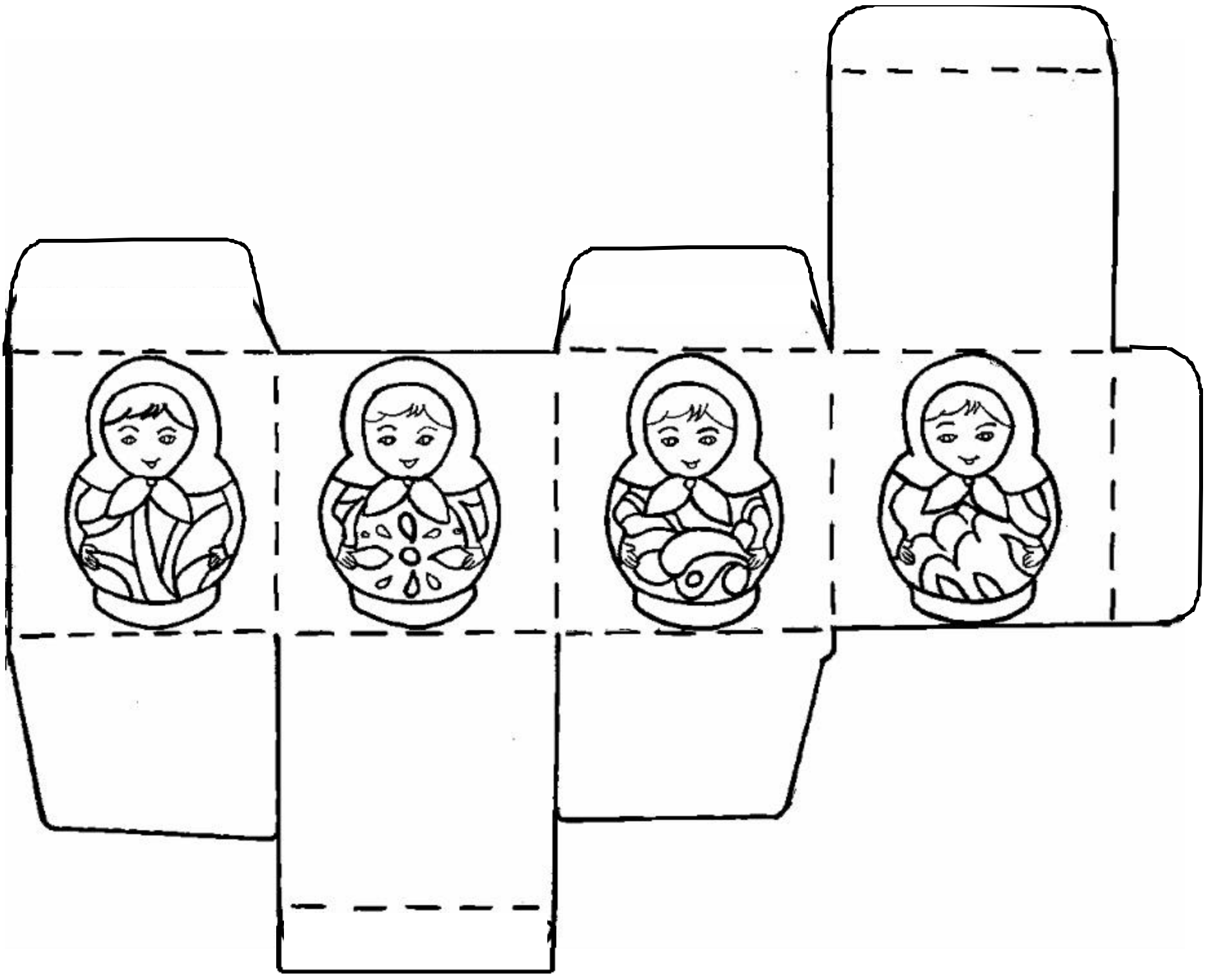
What two things does Peter tell the young men to do? (5:6-7)

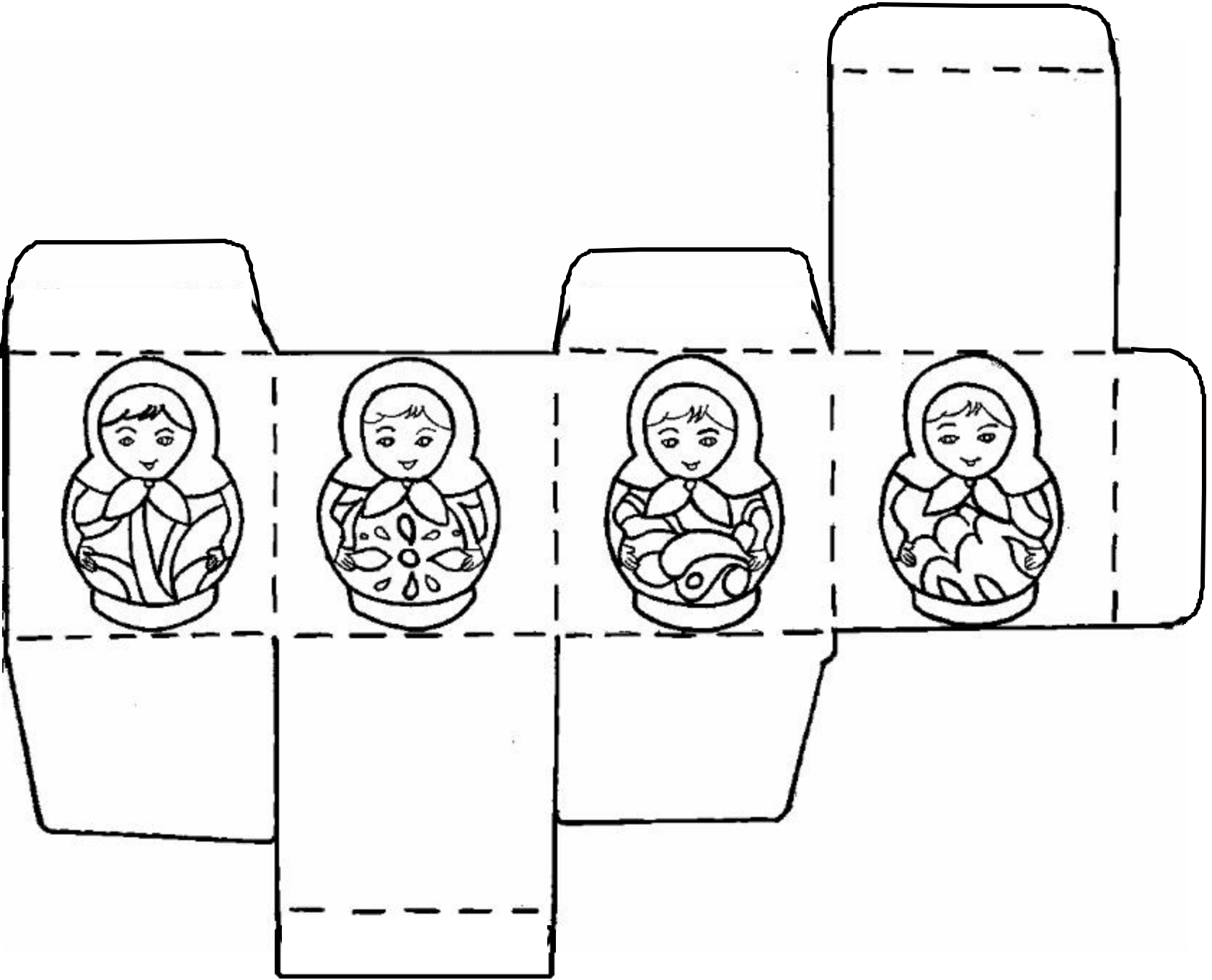
Why does Peter want the young men to be self-controlled and alert? (5:8)

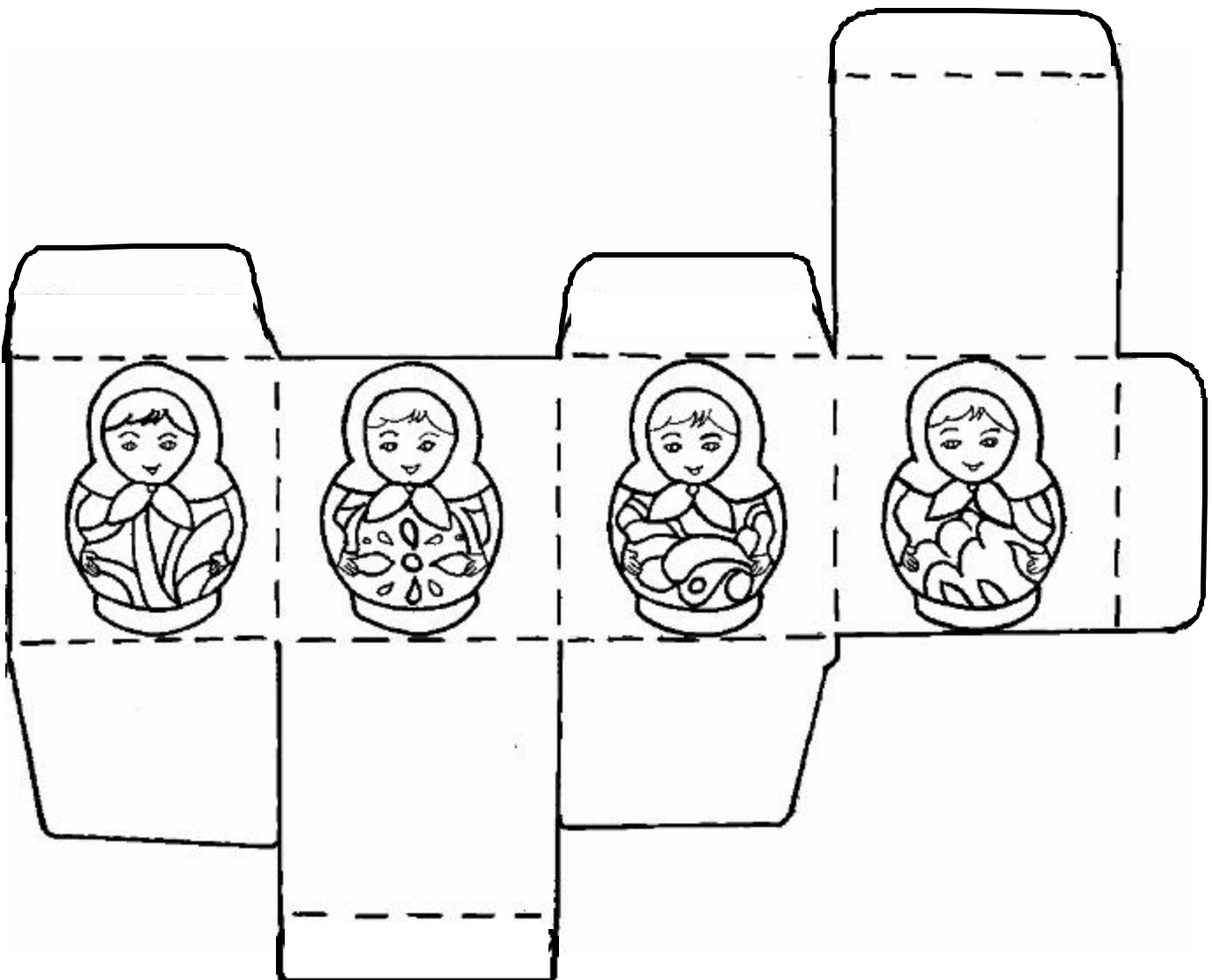
What should motivate young Christians to stand firm in the faith? (5:9)

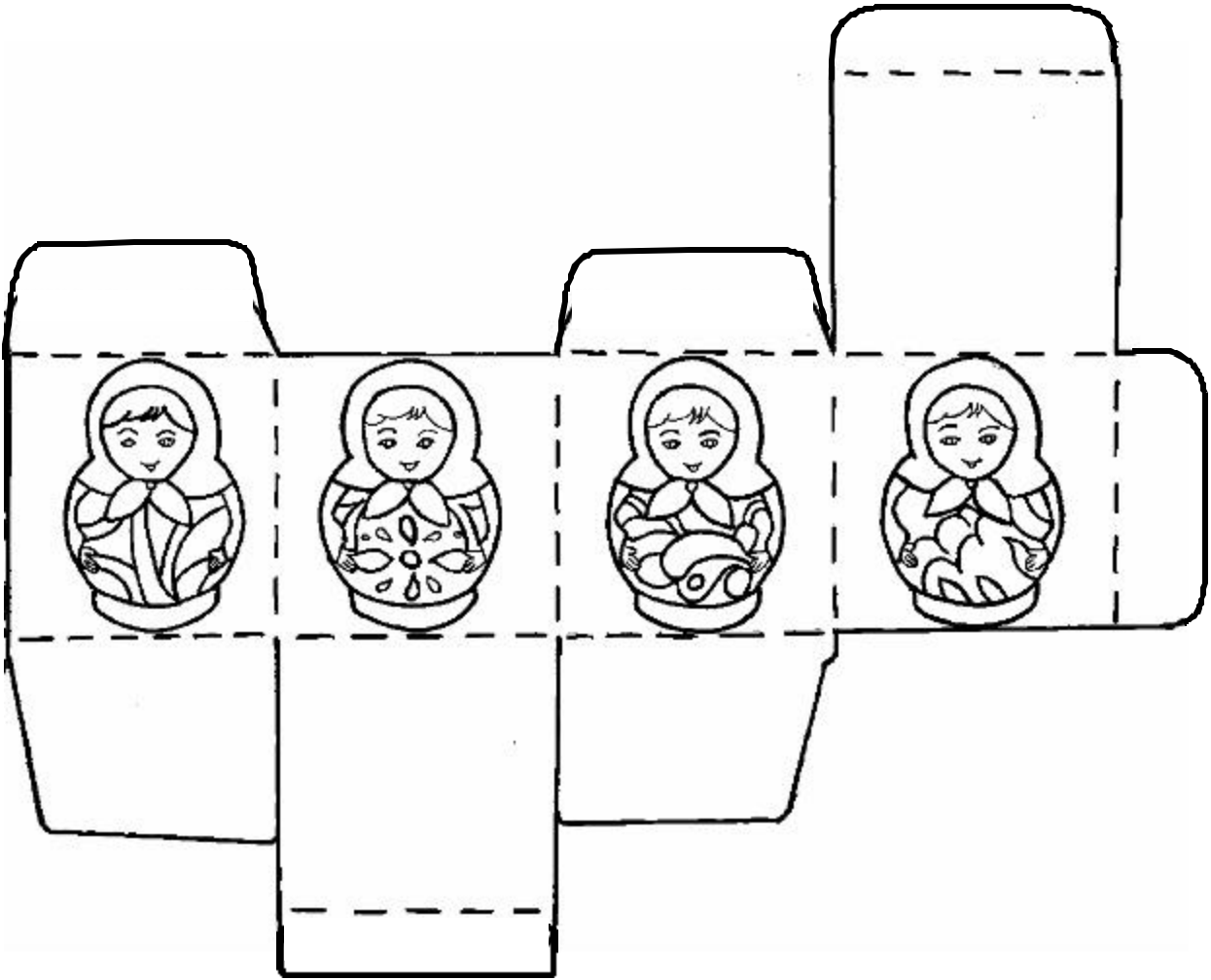
After suffering for a little while, what three things would God grow the suffering Christians in? (5:10)

Who is ministering alongside Peter at this time? (5:12-13)



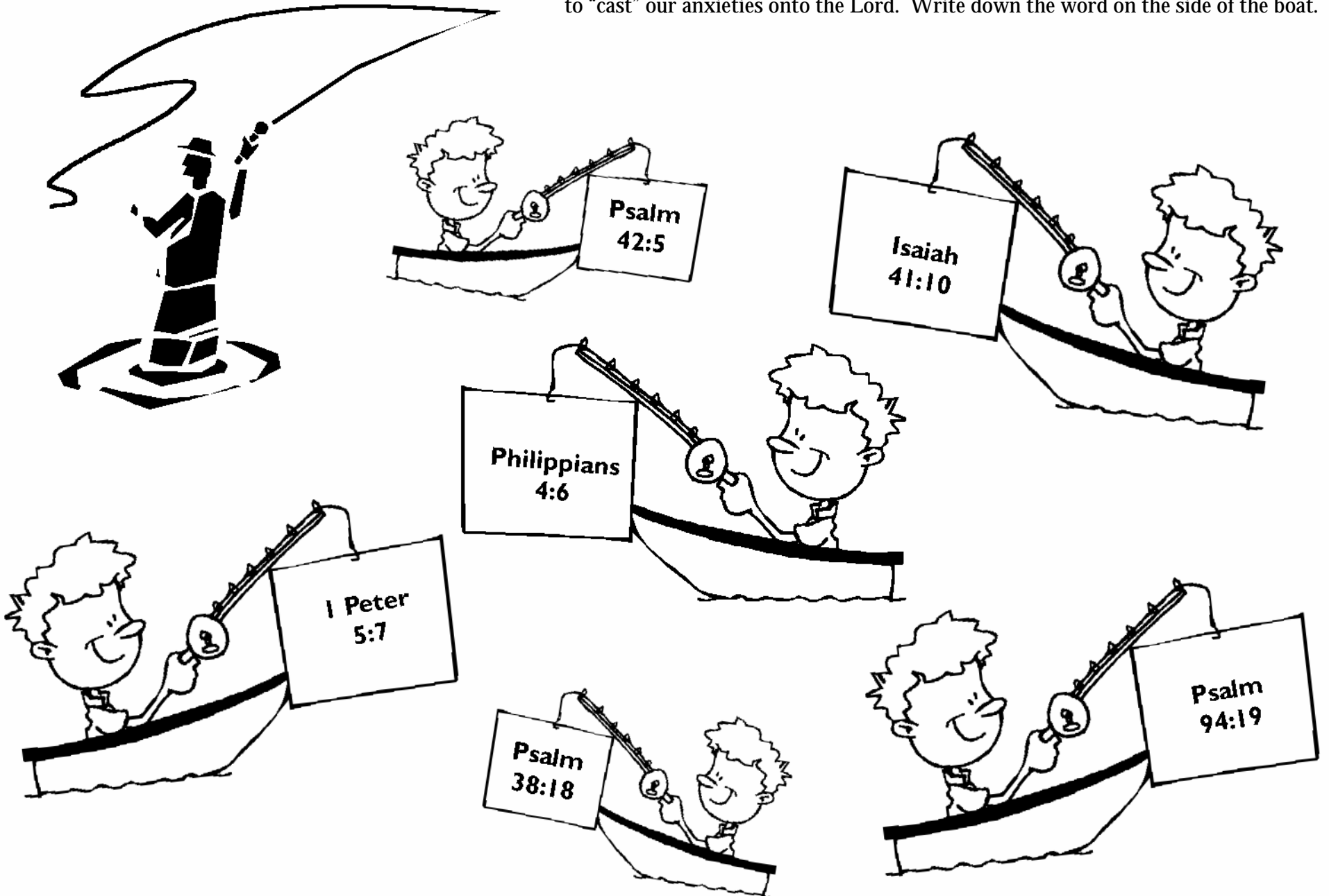






Cast Your Anxieties on the Lord!

Look up the following verses and write down the KEY WORD God gives us in order to "cast" our anxieties onto the Lord. Write down the word on the side of the boat.

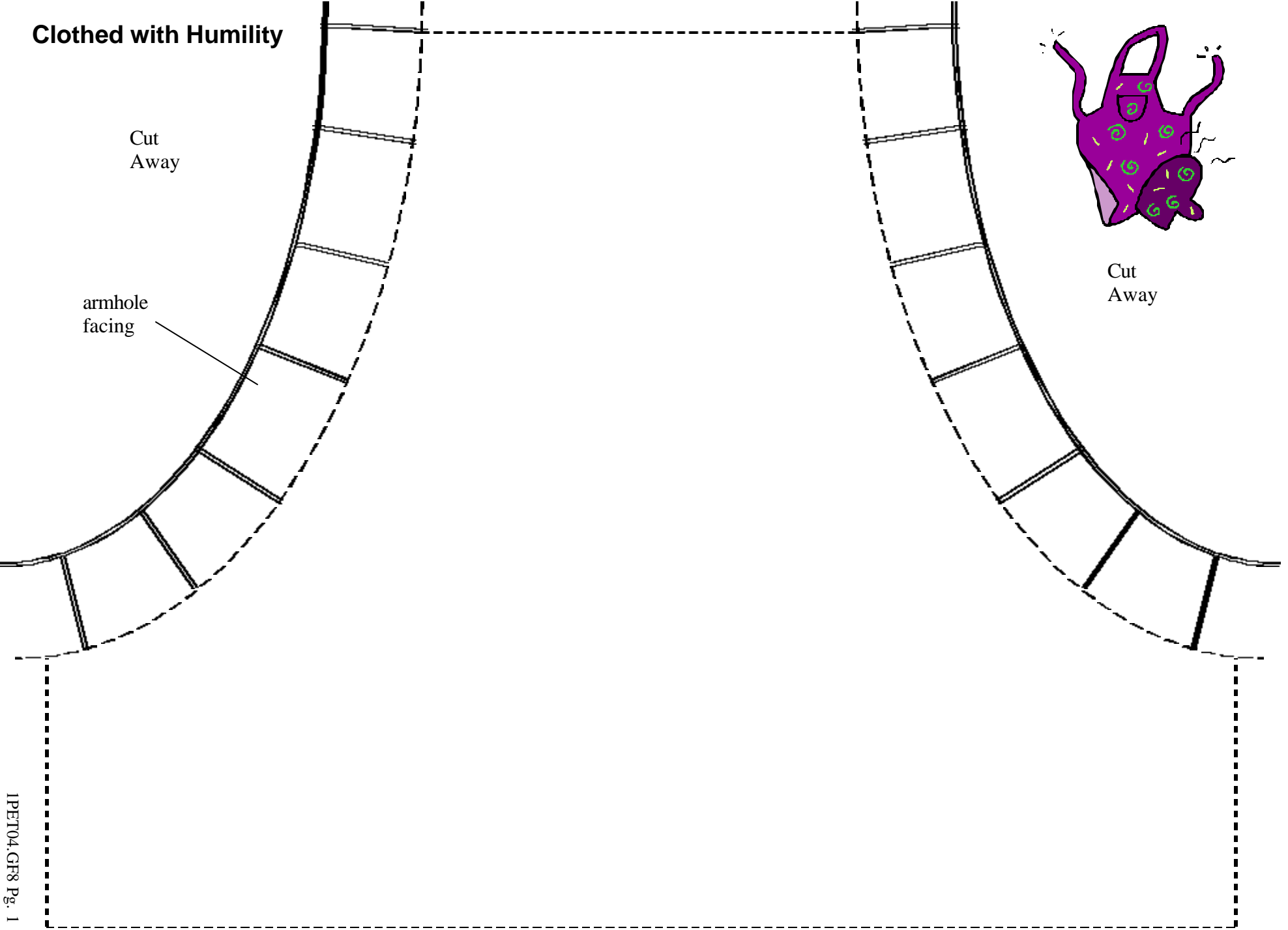
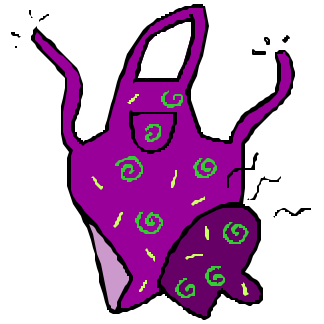


Clothed with Humility

Cut
Away

armhole
facing

Cut
Away





HUMILITY

*"Humble yourselves,
therefore, under God's
mighty hand that He may
lift you up in due time.
Cast all your anxiety on
Him because He cares
for you." 1 Peter 5:6,7*

Clothed with Humility—Size Large

Use a piece of butcher paper 18" wide X 24" long. Fold in half the long way. Position this pattern at the top of the butcher paper with center edge on fold as indicated. Cut out apron armholes (on double lines) using this pattern. Cut into armhole 'facings' on double lines as indicated. Unfold the butcher paper. Cut out the pocket and verse patch on this page. Glue onto butcher paper apron. Add 'stitching lines' around the edges with a marker. Fold armhole facings toward the back. This will form "pockets" for the yarn or string tie. Center the tie between the pockets at the top of the apron. Run both sides down through the pockets extending at the sides equally. Secure the pocket with tape or staples. (If you are using staples, staple from the wrong side so that points will be on the outside and not snag the student's clothing). Decorate with humble 'patches' made from fabric or wrapping paper. Apron will adjust to fit student by slipping the tie through the facing pockets.

Top of Apron
Place at top
of Paper

Place this edge on Fold



armhole
facing

Cut
Away

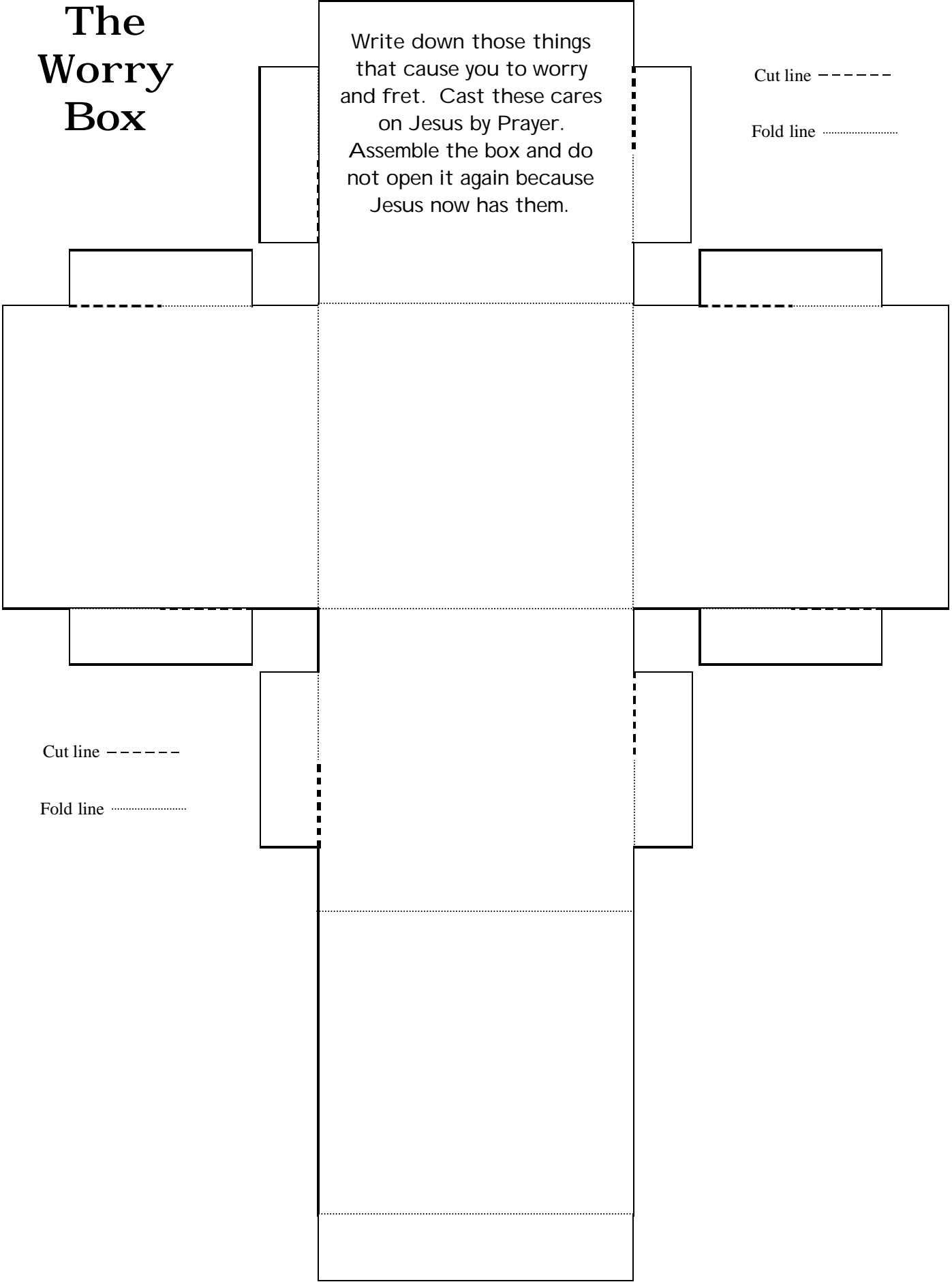
"Humble yourselves,
therefore, under God's
mighty hand that He may
lift you up in due time.
Cast all your anxiety on
Him because He cares
for you." 1 Peter 5:6,7

HUMILITY

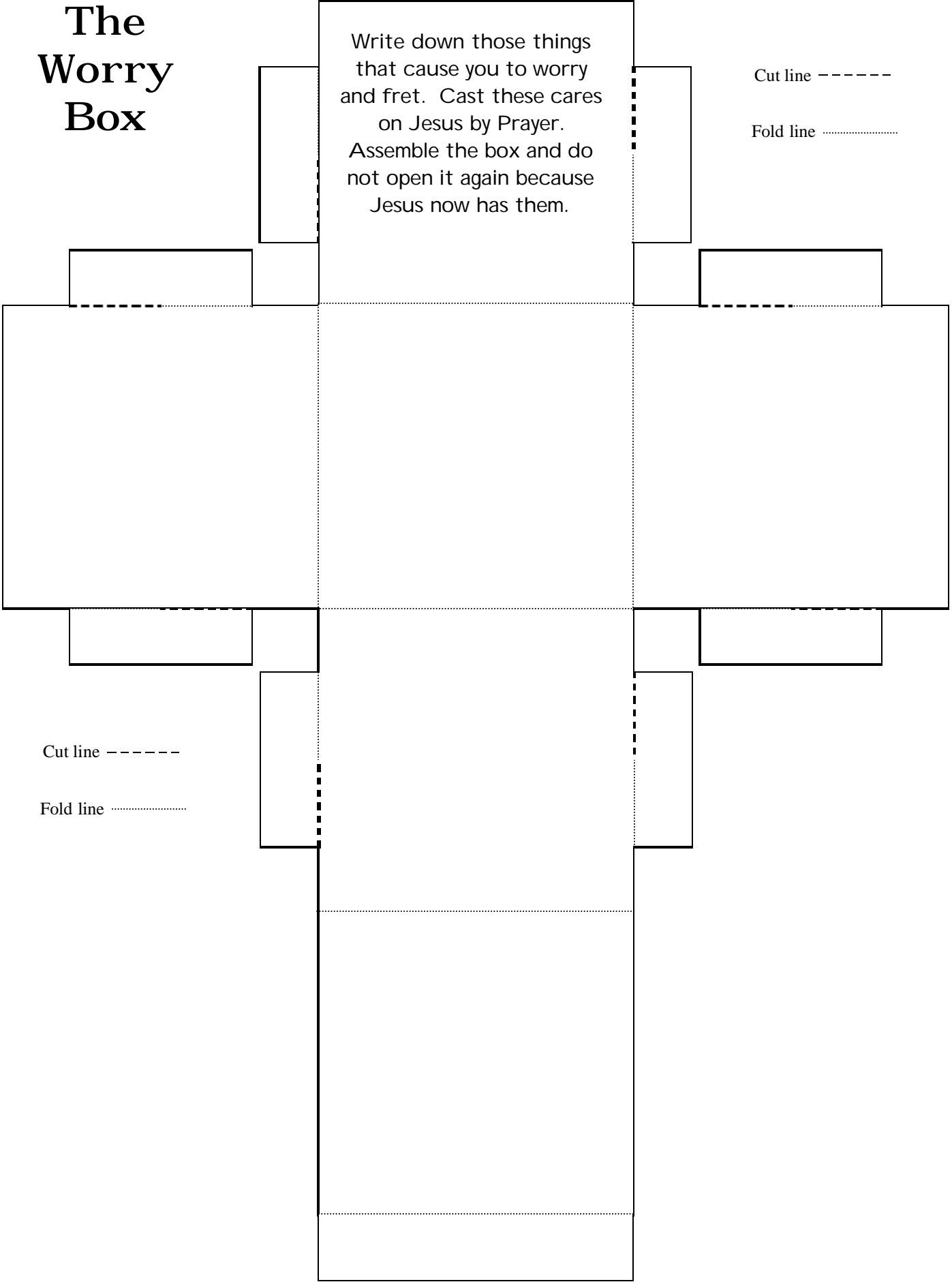
The Worry Box

Write down those things
that cause you to worry
and fret. Cast these cares
on Jesus by Prayer.
Assemble the box and do
not open it again because
Jesus now has them.

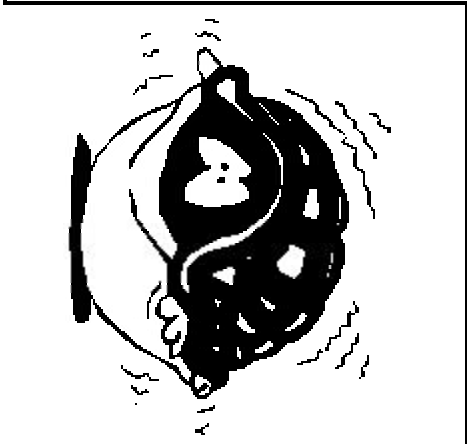
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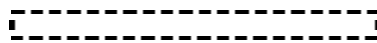
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"Humble yourselves,
therefore, under God's
mighty hand, that He may
lift you up in due time.
Cast all your anxiety on Him
because He cares for you."
1 Peter 5:6, 7



Worry



Box