





## Year 1—Quarter 1 “God the Father”

*Quarter Aim: God is not distant or unapproachable; rather, He is a caring Father who loves us deeply and wants the best for our lives.*

### Lesson 5: Abba Father

#### Teach the Passage

**Main Idea:** God is a loving Father to those who choose to follow Him.

**Read Romans 8:14-17.** “For all who are led by the Spirit of God are children of God. So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, ‘Abba, Father.’ For his Spirit joins with our spirit to affirm that we are God’s children. And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God’s glory. But if we are to share his glory, we must also share his suffering.”

**Say:** Let’s start by finding God’s name. What is God called in this passage? (Allow a student to answer.) God is called “Abba, Father.” (Write “Abba, Father” on the board.) “Abba” is Aramaic for Father. Aramaic was a language that was spoken at the time of Jesus. God is Father. But God is not everyone’s Father. According to the passage we just read, what special circumstance makes it possible for us to be called God’s children? How do we become a child of God, so we can call him Father? (Allow students to answer.) Verse 14 tells us that everyone who is led by the Spirit of God is called a child of God. The Spirit of God is of course the Holy Spirit, which comes into our hearts when we ask God to forgive us of our sins through his son Jesus, and then we do our best to follow him. So, we are God’s children when we love God.

#### Apply the Lesson

**Ask:** What makes someone a good parent? Have your students give you ideas to list on the board. (Be sure these characteristics make it on the list: Care for our needs, compassionate, comforting.)

**Say:** Now let’s look at three of these that show how Abba, our Heavenly Father, cares for us.

1. Read Matthew 6:31-33 — Abba cares for our needs.
2. Read 2 Corinthians 1:3 — Abba comforts us.
3. Read Psalm 103:13-14 — Abba is compassionate.

Ephesians 1:5 says, “*God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure.*” It makes God happy for us to be his children!

#### Power Point

When we love  
God, we are  
His children.

#### Lie:

God is too busy to spend time with me.

#### Truth:

**Matthew 28:20**, “...  
*And you can be sure that I am always with you, to the very end.*” (NIRV)





### Object Lesson: Balloon on a String

#### Title: In God's Hands

**Aim:** Children will learn that God has set them free and that they should be close to God.

**Supply List:** Bible, one helium-filled balloon, extra balloons, construction paper, glue, colored pencils, masking tape (to make start and finish lines), straws, scissors

#### Teaching Plan:

Show the balloon filled with helium that you are holding by a string.

**Say:** Let's pretend that **you are a balloon**. You are full of life, like the balloon is full of air. You have the freedom to move anywhere in the world simply because you are free. You could go anywhere in the world that you want to go, but you don't because you know it wouldn't be safe. For example, you don't go to the other side of the street without a parent because you know that it would not be safe. You are like a balloon that is free to go your own way. Think about a balloon without a string, it would fly up into the sky and be lost. The balloon needs **its string** to keep it safe and grounded. You need people in your life, like your parents and Sunday school leader, to guide you and keep you safe in life. The string that the balloon is attached to is like the people in your life that you need to keep you safe and close to God. Like the balloon, you are still free to move and do as you please, but they keep you away from danger.

Lastly, we have **the hand** that is holding the string that is holding the balloon. This hand is like God's hand. If the hand lets go of the string, the balloon will be lost. Without God holding us and keeping us where we need to be we would also be lost. The Bible teaches us that God is our strength. We cannot do anything without him.

#### Craft: Balloon Pictures

Make a picture to go along with the story. Use construction paper to trace each child's hand. Cut out the hand print and paste it to the bottom of another piece of construction paper. Have the kids glue a piece of string to picture that is connected to the hand and a balloon (either not blown up at all, or only blown up a little bit) that has been attached to the top of the page. Write the bible verse at the top of the page and have the kids color the background if you want them to.

#### Game: Balloon Race

To play this game, divide the class into two teams. Create a starting line and a finish line. This is a relay race. The class must use a straw to blow a balloon across the floor to the finish line, and then back to their team. The first team to finish is the winner.

