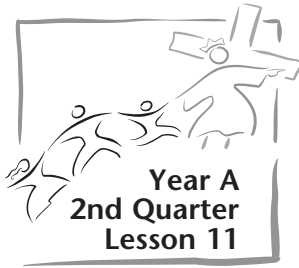


# LESSON



## Follow Me

### COMMUNITY

I show love to my family and friends.

#### References

Luke 5:1–11; John 1:35–42; *The Desire of Ages*, pp. 244–251.

#### Memory Verse

“You are my friends” (John 15:14, NIV).

#### Objectives

##### The children will:

**Know** that Jesus wants us to be His friends and helpers.

**Feel** that they can help Jesus and be His friends.

**Respond** by looking for ways to be Jesus’ helpers.

#### The Message

Jesus calls us to be His friends.

## Getting Ready to Teach

#### The Bible Lesson at a Glance

Andrew, a fisherman, meets Jesus and introduces his brother Peter (also known as Simon), also a fisherman, to Jesus. Later, Andrew and Peter and their friends James and John have just finished a night of fishing when Jesus comes to the shore. He steps into the boat belonging to Peter and Andrew and asks them to move offshore a little way so the people who have gathered around Him can hear. Then Jesus tells them to cast

their nets into deeper water. They do, and catch so many fish that they have to call their friends James and John to help them lift the nets out of the water. Jesus invites them to follow Him and become fishers of men.

#### ***This is a lesson about community.***

People who care about one another look for ways to help each other. Jesus helped Andrew and Peter catch many fish. James and John helped them bring in the

# ELEVEN

<b>Program Outline</b>			
<b>LESSON SECTION</b>	<b>MINUTES</b>	<b>ACTIVITIES</b>	<b>MATERIALS NEEDED</b>
<b>Welcome</b>	ongoing	Greet students at door; hear pleased/troubled	none
<b>1</b> <b>Readiness Options</b>	up to 10	A. <i>Going Fishing</i>  B. <i>Follow Me</i> C. <i>Friends and Helpers</i>	pieces of paper, glue or tape, lightweight objects, laundry basket or box  none paper, art supplies
<b>*</b> <b>Prayer and Praise*</b>	up to 10	See page 116. <b>*Prayer and Praise</b> may be used at any time during the program.	offering device with pictures of families and friends, stickers or craft tissue paper
<b>2</b> <b>Bible Lesson</b>	up to 20	Experiencing the Story	masking tape or bedsheet, fishnet
		Bible Study	Bible
		Memory Verse	Bible
<b>3</b> <b>Applying the Lesson</b>	up to 15	<i>Can I Help?</i>	several containers or bags, small items
<b>4</b> <b>Sharing the Lesson</b>	up to 15	<i>Jesus' Helpers</i>	envelopes, clothing cutouts (see page 142), art supplies, scissors

nets, and they all became Jesus' special friends. We can be His friends too, as we help others and look for ways to tell people about Him.

### Teacher Enrichment

"The deeper lesson which the miracle conveyed for the disciples is a lesson for us also—that He whose word could gather the fishes from the sea could also impress human hearts, and draw them by the cords of His love, so that His servants might become 'fishers of men.'

"They were humble and unlearned men, those fishers of Galilee; but Christ, the light of the world, was abundantly able to qualify them for the position for which He had chosen them" (*The Desire*

*of Ages*, p. 249).

"In the apostles of our Lord there was nothing to bring glory to themselves. It was evident that the success of their labors was due only to God. The lives of these men, the characters they developed, and the mighty work that God wrought through them, are a testimony to what He will do for all who are teachable and obedient" (*ibid.*, p. 250).

Are you willing to respond to the call to be "fishers of men"? Are you willing to follow Christ wherever He calls? Are you teachable and obedient?

### Room Decorations

See Lesson 1. If possible, seat the children near a seashore scene.

# Teaching the Lesson

## Welcome

Welcome each child at the door. Ask how their week has been—what they're pleased/troubled about. Ask if they have anything they would like to share about their Bible lesson this week. Have them begin the Readiness Activity of your choice.



## Readiness Activities

Select the activity most appropriate for your situation.

### You Need:

- pieces of paper about 4" x 5" (one for each child)
- glue or tape
- numerous lightweight objects such as feathers, small inflated balloons, pieces of tissue paper, leaves, (anything that can be blown across the floor)
- laundry basket or box

### A. Going Fishing

In advance: Prepare a "blow tube" for each child by rolling paper into a tube (like a fat straw) and securing it with glue or tape. In one part of the room (or several, if you have a large class), set up a "net" by placing a laundry basket or box on its side.

Say: **I'm going fishing. These are my pretend fish, and I'm going to see how many I can catch.** Begin the exercise by using a blow tube to blow a few "fish" (lightweight objects) into the net without touching them with your hands. Have another adult dump the rest of the "fish" all around you. Say: **Oh, no! I can't do all of this by myself; can you help me?** Give each child a blow tube and let them help blow all of the "fish" into the "net(s)."

### Debriefing

Allow response time as you say: **Thank you so much for helping me! How did you feel when I asked you to help? It went a lot faster when we worked together, didn't it? You are such good helpers! Today in Sabbath School we are going to learn about a time Jesus asked people to be His special helpers. Let's say our message:**



Jesus calls us to be His friends.

Adapted from "Fish Flop," *Let's Play Group Games for Preschoolers* (Colorado Springs, Colo.: Group Publishing, 1996), p. 80.

## B. Follow Me

Have the children sit on the floor in a circle. Choose one child to be "It." Have "It" walk around the circle and tap each child lightly on the head and say "Person, person, person (etc.), disciple." When "It" says "disciple," have the child who was tapped jump up and link arms with "It." Then have them continue the game, tapping the other children and saying "Person, person, (etc.), disciple." Each time a child is chosen, the players link arms so that eventually a long chain of players is formed. Play until all the children are part of the chain.

### Debriefing

Allow response time as you ask: **How did you feel when you became a disciple? Was anyone afraid that they wouldn't be picked? In our Bible story today we are going to learn about Jesus asking people to be His disciples. Jesus' disciples were His special friends and helpers. They helped Jesus and other people too. And that's what Jesus wants us to do.**



Jesus calls us to be His friends.

Say that with me.

Adapted from Jolene Roehlkepartain, *101 Creative Worship Ideas for Children's Church* (Colorado Springs, Colo.: Group Publishing, 1995), p. 26.

## C. Friends and Helpers

Using your art supplies, let each child draw a picture of themselves with a friend or family member, doing something they like to do together.

### Debriefing

Allow response time as you ask: **Who would like to share their picture with the group? Who is in the picture with you? What are you doing together? What do you like to do with your friends? What do you like to talk about? How can friends help each other? Do you know that Jesus had friends and helpers? He liked to talk with His friends just as you do. He liked to do things with His friends too. His friends were His helpers. We can be Jesus' friends and helpers too. We can help at Sabbath School. We can help at home. Remember,**



Jesus calls us to be His friends.

Say that with me.

### You Need:

- paper
- art supplies



**NOTE: Prayer and Praise appears on page 116.**

## 2

## Bible Lesson

## Experiencing the Story

## You Need:

- something to represent a fishnet
- masking tape or bedsheet

In advance: Mark out the outline of a boat with masking tape or spread a bedsheet on the floor to represent a boat.

Tell the following story to the children while they help with motions.

**Read or tell the story.**

Who likes to hear stories? One day a long, long time ago Jesus was telling His stories.

Jesus was the best storyteller! Everyone loved to listen to Him. That day Andrew, a fisherman, heard Jesus. What do fishermen do? Do you think he caught fish with his hands? Some people today catch fish with a fishing pole. It looks like this. *[Do the motions of casting and reeling in a fishing line.]* Let's pretend we are fishing with a fishing pole. *[Do actions together.]* Andrew didn't catch fish with a fishing pole, because he needed to catch lots of fish so he could sell them and buy food and clothes. Fishermen like Andrew used big heavy nets! They were like big sheets with lots of small holes cut in them so the water could pass through the holes but the fish couldn't. The fish would be caught in the net. Can we pretend we are trying to lift heavy, heavy nets over the side of the boat? *[Do the motion with the children.]*

Andrew was listening to Jesus tell stories, and he heard some really, really, really good news! Do you know what it was? Who wants to know? Come, and I'll tell you! *[Have one child come forward. Whisper in their ear.]* "Jesus loves you! Tell your friends." *[Have the children whisper the good news to each other until all have heard.]* What was the good

news? Yes, Jesus loves you! Andrew was so excited, he hurried to tell his brother, Peter. Peter was excited too!

Not too long after that Andrew and Peter were fixing their nets by their boat when Jesus was nearby telling stories to the people. Andrew and Peter were very tired because they had been awake all night fishing. But they were happy to listen to Jesus. Jesus even got into their boat so all the people could hear Him better. Who wants to go and stand in the "boat"? *[Point to the shape of the boat outlined in masking tape or the bedsheet on the floor. Let a few children take turns.]*

After a while Jesus asked Andrew and Peter to do something really strange. He asked them to go back out in their boats to catch some fish. But fishermen always fished at night. Nobody fished with nets in the daytime! But Peter and his brother, Andrew, got back in their boat because Jesus asked them to. Let's all go and sit in the boat. *[Allow time.]* They rowed away from shore. Let's pretend to row together *[do the actions of rowing]*. They let down their heavy nets. Let's pretend to lift our nets over the edge of the boat into the water. *[Do the actions of lifting and putting the nets in the water.]*

Can you guess what happened? *[Allow time.]* Peter and Andrew couldn't believe it! So many fish swam into their nets that when they tried to pull them in, the nets were too heavy! *[Make motion of trying to lift heavy nets.]* They had to ask their friends in the next boat, James and John, to help them pull the nets out of the water! Can you pretend to help each other? *[Allow time.]*

Finally the nets and all the fish were in the two boats. Then Jesus had something special to tell Andrew, Peter,

James, and John. He said, "Follow me, and I will make you fishers of men" (Matthew 4:19). Jesus didn't mean that they would use nets to catch people when they were swimming! That would be strange! Jesus meant that He wanted them to be His special helpers! He wanted Andrew, Peter, James, and John to help Him tell people that He loved them.

Jesus had 12 special friends and helpers. We call them the 12 disciples. And Jesus wants us to be His helpers. We can be Jesus' helpers too! How? By loving and helping others. Because people in God's family help each other.

**Debriefing**

Allow response time as you ask:  
**How would you feel if you worked hard all night trying to catch fish and you didn't catch any? How would you feel if you had so many fish in your nets that you couldn't even pull the nets into your boat? Do you know that Jesus wants you to be His special friend and helper too? How can we do that? We can be Jesus' special friends and helpers by helping each other!**  
**Remember:**



Jesus calls us to be His friends.

**Bible Study**

Open your Bible to Luke 5:1-11. Point to the text and say: **This is where today's story is found in God's Word, the Bible.** Point to each verse as you read it aloud, paraphrasing as necessary.

**You Need:**

Bible

**Debriefing**

Ask: **Who was Andrew's brother?** (Peter) **What did Andrew and Peter do for a living?** (They were fishermen.) **When Jesus came near, what did He ask the two brothers to do?** (Go back and fish some more.) **What happened when Andrew and Peter went fishing again?** (They caught a lot of fish.) **Who helped them bring in their nets?** (James and John) **What did Jesus mean when He said Peter, Andrew, James, and John would be fishers of men?**

**Memory Verse**

Open your Bible to John 15:14 and say: **This is where we find today's memory verse in God's Word, the Bible.** Point to each word as you read the verse aloud.

**You Need:**

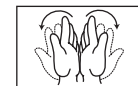
Bible

Say: **Let's practice our memory verse by doing the following motions while we say it:**

**"You are my friends."**

**John 15:14**

Point to others.  
 Point to self.  
 Hug self.  
 Put palms together;  
 then open.



## PRAYER AND PRAISE



### Fellowship

Welcome all of the children, particularly visitors. Celebrate birthdays and make announcements. Review last week's memory verse.

### Suggested Songs

"Something Nice" (*Little Voices Praise Him*, no. 261)

"Let Us Do Good" (*Little Voices Praise Him*, no. 263)

"Share With You" (*Little Voices Praise Him*, no. 277)

"I'm a Little Helper" (*Little Voices Praise Him*, no. 293)

"Who's a Helper?" (*Little Voices Praise Him*, no. 300)

### Mission

Use a story from *Children's Mission*.

### Offering

Continue to use this month's offering device. Say: **Our message today says that people in God's family help each other. That's true when we bring our offerings to Sabbath School, because our offerings help others learn about God's love.**

### Prayer

#### You Need:

- stickers or tissue paper

Ask the children to think of two people for whom they are thankful. Give each child two stickers or wrap tissue paper around two of their fingers to represent the two people they are thankful for. In groups of threes, have the children say, "Thank You, Jesus, for . . ." (name the two people).

\*Prayer and Praise may be used at any time during the program.

## 3

**Applying the Lesson****Can I Help?**

Spread the small objects all over the floor or pretend to trip and spill them. Say: **Oh, no! What a mess! Can you help me pick up all of these little pieces?** Allow time for children to help. Say: **Thank you for helping.**

**Debriefing**

Allow response time as you ask: **How did you feel when you saw the mess that needed cleaning up? What did you think when I asked you to help**

**clean up? I really appreciated the help you gave me. You are good helpers! And you can be Jesus' helpers too. We are Jesus' helpers when we help others. Remember:**



Jesus calls us to be His friends.

**Say that with me.**

**You Need:**

- several containers or bags
- numerous small things to make a "mess" (small scraps of paper, sticks, pebbles, etc.)

## 4

**Sharing the Lesson****Jesus' Helpers**

In advance: Reproduce one page of clothing cutouts for each child. (See page 142.) On each envelope, write "My Room" or "My Drawer."

Let each child decorate the envelope, cut out the paper clothes, decorate them, then place them in the envelope and take them home.

**Debriefing**

Allow response time as you ask: **How do you feel when Mommy or Daddy asks you to put away your toys or**

**clothes? Do they ever have to ask you more than once? How can we be Jesus' helpers at home? Show the cutout clothes in your envelope to your family and tell them you want to be a good helper for Jesus. Remember:**



Jesus calls us to be His friends.

**Let's say that one more time.**

**You Need:**

- envelope (or piece of paper folded in half) for each child
- paper clothing cutouts for each child (see page 142)
- scissors
- art supplies

**Closing**

In the closing prayer, ask Jesus to help the children remember to show love by helping at home.

Encourage a child to pray for the group. Wish everyone a good week.



## STUDENT LESSON

## Follow Me

**References**

Luke 5:1–11;  
John 1:35–42;  
*The Desire of Ages*,  
pp. 244–251

**Memory Verse**

“You are my  
friends” (John  
15:14, NIV).

**The Message**

Jesus calls  
us to be His  
friends.

*When you hear some good news, what do you do? Do you tell someone about it? Maybe you like to tell your brother or sister. Maybe you want to tell a friend. It’s fun to share good news!*

One day a fisherman named Andrew talked to Jesus. He was sure that Jesus was the Savior he had heard about. Andrew wanted to tell someone the good news! So he went to find his brother, Peter.

A few days later, early in the morning, Jesus saw Peter and Andrew and their friends James and John down by the seashore. The men had fished all night long and had not caught one fish. Now they were washing and mending their nets so they could use them another night. Everyone knew that night-time was the best time for fishing.

People began to come down to the seashore to see Jesus. Jesus looked at the fishing boats. He decided to climb into one so He could go out a little way from the shore. Then all of the people on the shore could hear Him.

Jesus talked to the people for a while. Then He turned to Peter. “Peter, put your nets out in the deep water and catch some fish,” Jesus said.

Peter was surprised. “Sir, we have fished all night long, and we haven’t caught any fish,” he said. “However, we will do as You have asked.”

So Peter and his brother, Andrew, tugged at the nets. They knew that

daytime was not the best time to catch fish. However, they put the nets into the water again anyway.

Suddenly their nets were filled with more fish than you could count! The

nets were so heavy with fish that Peter and Andrew called for James and John to help them! James and John came and helped. They, too, were surprised to see so many fish!

When the nets and the fish were in the boats, Jesus turned to the four fishermen. “Follow Me,” He said, “and you will be fishers of men!” Jesus meant that they would help Him tell

other people about God’s love so the people would want to follow God.

Peter and Andrew, James and John, wanted to help Jesus! They wanted to tell other people about this Man who did such wonderful things. So they left their fishing boats and nets and all those fish behind and went to help Jesus.

Peter, Andrew, James, and John became special helpers for Jesus. For the rest of their lives they told others about Jesus and His love!

You are Jesus’ special friend too! You can be a helper for Jesus, just like His disciples. You can tell others about Him too.



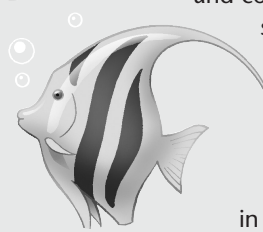
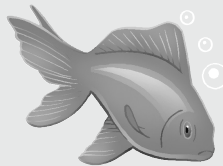
# Do and Say

## Sabbath

Let your child show and tell your family about the paper clothes made in Sabbath School. Talk about how everyone can help at home by putting away toys and clothes.

Use the following motions as you say the memory verse each day this week:

<b>"You</b>	Point to others.
<b>are my</b>	Point to self.
<b>friends."</b>	Hug self, or hug others.
<b>John 15:14</b>	Put palms together; then open.



Invite someone you don't know well who has a child near your child's age to Friday night dinner.

## Wednesday

Help your child to use pebbles or coins and count out one for each friend he or she has. Sing a song about friendship; then thank Jesus for giving you friends.

## Thursday

Together, look at pictures of fish in a book. Thank Jesus for the fish.

Have your child pretend to be a fish swimming around while you "catch" him or her in your "net" (arms).

Talk about what Jesus meant when He told His friends they would be fishers of men.

## Sunday

Visit an aquarium or a pet shop and look at the fish. If possible, get some fish and set up a simple aquarium (fishbowl) at home. Teach your child how to feed the fish. Thank Jesus for making fish.

## Monday

Find John 15:14 in your Bible. Help your child point to each word as you read. Say: "These are Jesus' words to us. We are His friends." Do the motions as you repeat the verse.

## Tuesday

Encourage your child to help you by putting toys or clothes away today.

## Friday

Act out the Bible story with your family for worship. If you invited guests, encourage them to take part.

Ask your child to say the memory verse without help. Sing a song about friends. Thank Jesus for friends.

