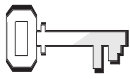


Safe at Last!

References

Numbers 35; Deuteronomy 4:41-43; Joshua 20; *Patriarchs and Prophets*, pp. 515-517



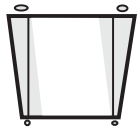
Memory Verse

"Keep me safe,
my God, for in
you I take refuge"
(Psalm 16:1).



Objectives

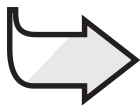
The children will:
Know that God provides protection from Satan and those who try to destroy us.
Feel safe and cherished in God's love.



Respond by going to God when they feel threatened and telling others about this God.

The Message

We worship a God who loves us and is our refuge.



Monthly Theme

We worship God every day.

The Bible Lesson at a Glance

When an Israelite accidentally kills someone, he runs to a city of refuge. There he is safe until a judge determines if the incident truly was an accident. If proven innocent, the fugitive must remain within the city's walls until the death of the high priest. If he leaves the city, he is in danger of death from his avenger. If he remains inside, he is safe.

This is a lesson about worship.

The cities of refuge symbolize the refuge from eternal death provided by God. A natural result of enjoying refuge from eternal death is praise and worship of the One who affords it. God's saving grace and promise of eternal life is yet another evidence of His love.

Teacher Enrichment

"The cities of refuge were so distributed as to be within a half day's journey of every part of the land. The roads leading to them were always to be kept in good repair; all along the way signposts were to be erected bearing the word *Refuge* in plain, bold characters, that the fleeing one might not be delayed for a moment. Any person—Hebrew, stranger, or sojourner—might avail himself of this provision. . . .

"The cities of refuge appointed for God's ancient people were a symbol of the refuge provided in Christ. . . . No power can take out of His hands the souls that go to Him for pardon" (*Patriarchs and Prophets*, pp. 515, 516).

Room Decorations

See Lesson 9.

Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Options	up to 10	<i>A. Last Touch</i> <i>B. Lawsuit</i>	Bible; a sheet, blanket, or rug Bible, any audio playing device and lively Christian music
Any Time Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering Prayer	none <i>Sing for Joy</i> <i>Children's Mission</i> container used last week paper, pencils
2 Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	Bible none Bibles
3 Applying the Lesson	up to 15	<i>Building a Safe Church</i>	newsprint or banner paper; pencil; gray, beige, brown, red, and orange construction paper or plain brown paper; markers, glue, scissors; felt or picture of Jesus (optional)
4 Sharing the Lesson	up to 15	<i>Advertising the Refuge</i>	balloons, string, papers with church address and phone number

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

TEACHING THE LESSON

Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share an experience from last week's lesson study. Have them begin the readiness activity of your choice.

1

Readiness Activities

Select the activity most appropriate for your situation.

You Need:

- Bible
- a sheet, blanket, or rug

A. Last Touch

This game is much like tag. Choose a child to be "it" and explain the safe place or "base" where children are safe from being tagged by "it." "Base" can be a rug or mat, or a place, such as a blanket over a table. "It" tries to touch another child, who will then become "it." The other children can avoid being touched by "it" if they are inside the "base" or by moving out of "its" way. Continue for five minutes or so. Try to make sure everyone has a chance to be involved.

Debriefing

Ask: **How did it feel being "it"?** (OK, bad, good) **How did it feel trying to get away from "it"?** (fun, silly, etc.) **Did you like having a safe place where you could go?** (yes, maybe) **Do you have any safe places in your life?** (yes, no, don't know) Read aloud Proverbs 18:10. **Where is our refuge, our safe place?** (God, the Lord, Jesus; also: home and school if God is there, and church) **Today's message is:**



WE WORSHIP A GOD WHO LOVES US AND IS OUR REFUGE.

Say that with me.

You Need:

- Bible
- any audio playing device
- lively Christian music

B. Lawsuit

Play some lively Christian music while the children march around the room to it. The children are not permitted to touch or even bump into each other. Any student who touches another has to go to "base" for 30 seconds, before being able to rejoin the game. Mark off the area in which they can march and keep making it smaller.

Debriefing

Ask: **Was it hard to keep from touching each other? How did you feel about knowing you could serve your time and then come and play the game again?**

In the Bible, a city of refuge was a place where people got another chance. Who got another chance in the game we just played? (people who went to base) Read aloud Proverbs 18:10. **How is God like a city of refuge?** (We can go to Him when we are threatened; He can save us from those who try to hurt us, and He can save us from sin.) **Have you thanked God for loving us so much that He has provided a refuge from eternal death?** (Wait for answers.) **When you worship in church, remember that:**



WE WORSHIP A GOD WHO LOVES US AND IS OUR REFUGE.

Say that with me.

Prayer and Praise

Any
Time



Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Review the memory verse and allow time for sharing experiences from last week's lesson study. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.



Suggested Songs

- "I Was Glad" (*Sing for Joy*, no. 144)
- "We Are the Church" (*Sing for Joy*, no. 141)
- "The Family of God" (*Sing for Joy*, no. 139)
- "This Is God's House" (*Sing for Joy*, no. 145)



Mission

Share a story from *Children's Mission*. Help the children listen for a safe place—a refuge—in the story.



Offering

Our offering goes to help others learn of God who is a refuge from eternal death by saving us from sin.

You Need:

- container used last week



Prayer

Form prayer groups of four or five children. Give each group paper and pencil. Each group lists names of people for special prayer. Have each group hold hands, make a circle, place their paper in the middle of their circle, then pray for the people listed on the paper. Say: **People can find refuge in God. We are God's representatives here on earth so people should be able to find refuge in the church. The circle of prayer around the names reminds us that these people can find a refuge in the prayers of the church.**

You Need:

- paper and pencils

Bible Lesson

You Need:
• Bible

Experiencing the Story

Involve the children in an interactive story by having them respond when you say certain words.

When you say ... They respond with ...
accident "Oh, no!"
city of refuge "You'll be safe there!"
run, running, ran "Hurry, Jared!"

Read or tell the story.

Jared was in trouble. It was an **accident** ["Oh, no!"], and he hadn't meant for it to happen, but he was still in trouble.

You see, Jared had been helping a friend build his house. They had gone into the woods to chop down trees for wood. They were working hard, swinging their axes against the tree trunks, when suddenly an **accident** ["Oh, no!"] happened! The axhead flew off Jared's ax and hit his neighbor in the head. His neighbor let out a cry, grabbed his head, and fell to the ground. Jared dropped his ax and ran to help his neighbor, but the man wasn't breathing. Jared could tell that his neighbor was dead.

What would Jared do? It had been an **accident** ["Oh, no!"]. He hadn't meant to hurt his neighbor. But if his neighbor's relatives caught Jared, they could take his life! A life for a life. It was the law in those days.

A million thoughts swirled through Jared's head. Within a few hours they would be missed. Someone would come looking for them—for him!

But then Jared remembered! The **city of refuge**! ["You'll be safe there!"] Yes! Before Moses died, he had planned for

cities of refuge ["You'll be safe there!"], according to God's plan. There were six of them in Israel, each one no more than a half day's journey from anywhere else.

The **city of refuge** ["You'll be safe there!"] was a place to which a person could **run** ["Hurry, Jared!"] in case of an **accident** ["Oh, no!"], like this. There he would be safe. Safe until a trial would prove that it had been an **accident** ["Oh, no!"]. Jared would have to live there until the high priest died, and if that didn't happen, he would have to live there for the rest of his life. But at least he would be safe. Yes! The **city of refuge**! ["You'll be safe there!"] Jared had to get there—quickly.

Jared jumped up and started to **run** ["Hurry, Jared!"]. He knew right where to go. The roads to the **city of refuge** ["You'll be safe there!"] were kept in good repair. And the way was plainly marked by signposts. He had not thought much about the signs until now—until his own life depended on it.

On and on he **ran** ["Hurry, Jared!"]. He didn't dare stop to rest. His neighbor's closest relative would be after him. Oh, where was the **city of refuge** ["You'll be safe there!"], anyway? Surely he must be getting close.

There it was! Jared could see the walls of the city just over a rise in the road ahead. But he must not slow down. His chest hurt. Was that the sound of footsteps behind him? He had to keep **running** ["Hurry, Jared!"].

What was that he saw ahead? The elders of the **city of refuge** ["You'll be safe there!"]. They had seen him coming! They were opening the city gates for him. Just a little ways to go! Keep **running**! ["Hurry, Jared!"]

Just 50 more yards (meters), 20, 10, 5. He was inside! Jared collapsed, out of breath, as he heard the gates close behind him. He was safe!

Debriefing

Ask: **How did you feel when Jared finally arrived inside the city of refuge?** (relieved) **Who is chasing us every day?**

Let's read 1 Peter 5:8 together. (The devil is going around like a roaring lion, looking for someone to devour.)

Who is a refuge for us? (God is.)

Let's say our message together:



**WE WORSHIP A GOD WHO
LOVES US AND IS OUR
REFUGE.**

Memory Verse

Use the following motions to help children learn the memory verse.

Keep me safe

Make a fist with both hands; cross them at chest

my God, for in you

Point up

I take refuge

Place left arm across chest without touching, palms down, slightly cupped; make a fist with your right hand and press the back of your thumb against lips; bring right fist down and under left hand.

Bible Study

Say: **The cities of refuge remind us that God provides a refuge for us in our daily lives. Let's read about that in our Bibles.**

Have adult helpers assist as needed. Have all the children find the same verse. Have the verses read aloud.

Deuteronomy 33:27

Psalms 5:11

Psalms 46:10

2 Samuel 22:2, 3

Psalms 16:1

Nahum 1:7

Debriefing

Ask: **Do you ever feel that you don't know what to do? What do these verses tell you to do about that? We need never feel alone. Why? Because ...**



**WE WORSHIP A GOD WHO
LOVES US AND IS OUR
REFUGE.**

You Need:

• Bibles

Applying the Lesson

You Need:

- newsprint or banner paper
- a pencil
- gray, beige, brown, red, and orange construction paper or plain brown paper cut to size
- markers
- glue
- scissors
- felt or picture of Jesus (optional)

Building a Safe Church

Before Sabbath School, cover one wall or the outside of the door to your room with newsprint or banner paper. On the paper, outline a large church.

In class, divide the children into groups (small church: have them work alone). Ask: **Who or what at our church has made you feel safe?** (Adults at the door to help; teachers who take good care of you; people who like you; teachers who tell about Jesus.)

Say: **Together we are going to build a church of refuge or safety. You can make more than one building block. On a sheet of paper, write a name or draw a picture of someone who makes you feel safe at church. When you are done, sign your block and come glue it to the church outline on the wall (or door).**

Take 10 minutes. Adults who choose to make a building block must describe

what people do to make church safe for children. When time is up, add some blank blocks to fill up the outline. The children can write in these after class, if they wish.

Debriefing

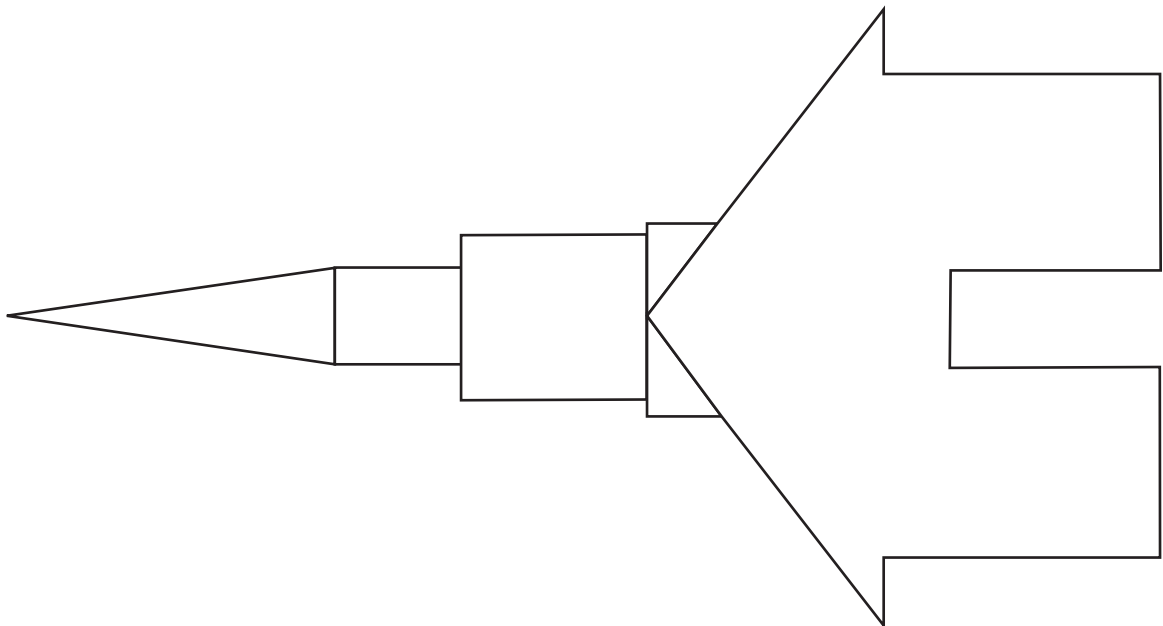
Say: **Think about all those people who help to make our church safe. Why do they want to make it safe?** (Accept answers.) **I think love for Jesus makes them want us to feel safe when we worship together.**

(Option: Tape a felt Jesus to the center of your church.)

In some countries people cannot worship Jesus in safety. Let's thank God that church is a safe place for us to worship together. (In countries without religious freedom, pray for safety.) Ask three people to pray. Then say today's message together:



**WE WORSHIP A GOD WHO
LOVES US AND IS OUR
REFUGE.**



Sharing the Lesson

Advertising the Refuge

Say: **We can share with our neighborhood the good news that God and His church are a refuge.**

Here is one way to do it: We will write Bible promises on the pieces of paper that have our church address (or use promises already written on slips of paper). **Then we will tie them to these balloons and give them to our neighbors.** Suggested Bible promises:

You are God's child (1 John 3:1).

God is love (1 John 4:8).

Trouble? God will help (1 Peter 5:7).

Scared? God is our refuge (Psalm 16:1; 46:1).

Worship our God, for we are under His care (Psalm 95:6, 7).

Allow the children to take the balloons with the Bible promises home to give to their neighbors, or they can pass the balloons out to the homes around the church.

Debriefing

Ask: **Why do you want others to know about your church and God?**

That our church can be a refuge for people just as God is a refuge for us.

How would you feel if you received one of the balloons that we prepared? (happy, surprised, curious)

Let's pray that these balloons will help someone to find God and that they will someday worship Him. Pray together, then say: **Remember,**



WE WORSHIP A GOD WHO LOVES US AND IS OUR REFUGE.

Closing

Have the children stand in a circle. Leave a gap in the circle so others could join. Say: **The church is made up of people who worship God because of his love. People in church can go to God for a refuge. But sometimes people in church can provide a refuge for others.**

There is room in our circle for more to join us. Think of someone who doesn't know that the church is a place of refuge and pray for them right now. End with a prayer thanking God for the refuge of the church.

You Need:

- balloons (one for each child)
- string
- papers with church address and phone number

Safe at Last!

References

Numbers 35; Deuteronomy 4:41-43; Joshua 20; Patriarchs and Prophets, pp. 515-517

Memory Verse

"Keep me safe, my God, for in you I take refuge" (Psalm 16:1).

The Message

We worship a God who loves us and is our refuge.

Maria was in trouble. Big trouble. She had accidentally dropped a whole box of eggs. What a mess! Well, there was nothing else to do. She had to tell her mother—and clean up the floor.

"It was an accident, Mom," she began. "I didn't mean to drop the eggs. Honest, I didn't."

"I know that, Maria," responded her mother. "I'm just glad it happened in the kitchen, where the floor can be cleaned easily."

Sometimes accidents just happen, but people don't always understand. That's what happened in our story today.

He staggered down the road, breathing in short gasps. The stabbing pain in his side made him stumble. He looked back over his shoulder in terror. There was no one behind him that he could see. But he knew someone would be coming.

He faced forward again and tried to run faster. It couldn't be very far away now.

The city of Shechem. The city of refuge.

The road down which he ran was in good condition. And all the crossroads had signposts that marked the way.

"Refuge!" they read. "Refuge!" At least he wouldn't get lost. The only question was Would he make it to the city in time?

He hadn't meant to harm his neighbor. He hadn't meant to hurt him. But his axhead had flown off and struck his neighbor's face. It was true. He had accidentally killed a man.

Yes, he had done it. However, it had been an unfortunate, unplanned accident. Even so, his neighbor's family would come after him. A life for a life. That was the law. But if he could get to the city of refuge, he would be safe. He would explain everything that had happened to the elders. They would keep him safe until a trial could be held.

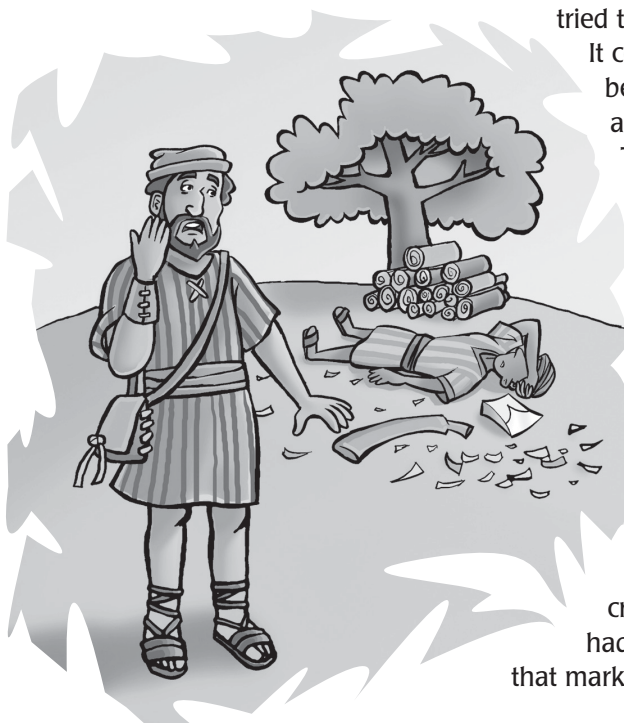
He looked back again. Someone was running along the road behind him—far back in the distance. He sobbed and turned and tried to run even faster. He had to make it to Shechem!

The city gates were just ahead. Elders were waiting there to see if he would be permitted in. He ran faster. He would make it! He *had* made it! God was good!

Having cities of refuge was God's idea. He knew that sometimes people get accused of something they did not do. And sometimes bad things happen by accident. So God told Moses to set aside cities here and there throughout the nation of Israel. Cities to which people could run for safety and be given a fair trial.

But the cities of refuge could only keep people safe only if they stayed *inside* the city. If they went outside the city walls, they could be caught and hurt. Sometimes the people seeking safety had to live there the rest of their lives unless the high priest died. If that happened, all was forgiven, and they could go free.

We need a place of refuge today too. God is a refuge for us, but we can also provide a refuge for others. We worship a God who loves us and is a refuge for us and helps us be a refuge to others.



Daily Activities

Sabbath

- With your family, take a walk and look for places of refuge for God's creatures. For example, holes in tree trunks, anthills, a turtle's own shell. Read your lesson story together.
- Sing "Anywhere With Jesus" (*Sing for Joy*, no. 45).

Sunday

- During family worship, read about the cities of refuge in Deuteronomy 4:41-43. Tell in your own words what "refuge" means.
- Make two simple tents—one of strong cardboard and the other of soft newspaper. Sit in each tent and tell your family which is stronger and safer as a refuge. Write about or draw examples of a refuge from Satan in your life (prayer, God, reading the Bible, going to church). Attach what you wrote or drew to the strong tent.
- Teach your memory verse to your family.

Monday

- During worship, read together Psalm 61:1-4. From where does God send help? See Psalm 20:1, 2. "Sanctuary" is another word for church. God invites you to meet Him there.
- Draw a picture of you and your family in your church.
- Sing a song about church—"What Joy It Is to Worship Here" (*Sing for Joy*, no. 142). Then thank God for your church.

Tuesday

- Together with your family, read Joshua 20:1-6.
- Choose somewhere nearby to be your refuge. Ask a family member to run to the refuge while you chase them. Then have that person chase you.

How does it feel to make it safely to the refuge? How is your church like a refuge? Tell three ways that you can help make it a safe place.

- Use sign language as you say your memory verse.

Wednesday

- During worship today, read Proverbs 18:10. What strong refuge is mentioned in this text? Who is the Refuge who saves us from sin? We worship Jesus at church to thank Him for rescuing us from Satan.
- Build a "city of refuge" with blocks, and have a toy "person" running toward it.
- Because of war, some people have to leave their homes. What are these people called? What does your country do to help them? What can your family do?
- Pray for people who worship in countries in which they are persecuted.

Thursday

- With your family, read Joshua 20:6. When could the accused leave the city of refuge?
- Because of Jesus' death, we will go someday to the place He has prepared—the safest place of all. Tell Jesus how you feel about the refuge He offers.
- Use sign language as you say your memory verse from memory.

Friday

- During sunset worship tonight, tell your family about cities of refuge. Read Psalm 95:6 together.
- Make a picture of the heavenly city of refuge.
- Sing "I Was Glad" (*Sing for Joy*, no. 144).
- Recite John 14:1-3 to your family, then ask them to say it with you. Thank God for the Sabbath and the refuge it gives from everyday life.