

Follow Jesus

Big Idea: Jesus is my God. I will follow Him.

Memory Verse

"My sheep hear My voice, and I know them, and they follow Me" (John 10:27).

Word of the Week

"Follower" - A follower is someone who follows a leader. They listen to the things their leader says and copy the things their leader does. Jesus wants us to be His followers.

This week's lesson

is taken from **Luke 5:1-11; John 1; Matthew 4:17-25; and *The Desire of Ages*, pp. 132-143; 244-251.**

Sunday

"Look, the Lamb of God!"

John the Baptist's voice boomed across the Jordan River as he told the crowds some very exciting news. The promised Savior was here, on earth, right now! Jesus had finally come to save the world.

Whispers rippled through the crowd. Eyes looked left and right. Where was this king who would save them? Everyone in the crowd looked very plain and ordinary. They couldn't see a mighty king or powerful ruler anywhere!

John had already baptized this very special Person. And here He was, back from the desert. Who was it? Read the first part of **John 1:29**.

John the Baptist's face lit up with excitement as Jesus walked toward him. He said, "Look, the Lamb of God. He takes away the sins of the world! This is the One I was talking about" (John 1:29, 30, ICB).

Everyone spun around to see Jesus. And what a surprise they got. There stood a humble-looking man wearing simple-looking clothes.

But as the people looked closer, they noticed Jesus' eyes filled with the deepest love they had ever seen. He seemed so caring and gentle—yet powerful and holy at the same time.

The people were confused. They had been expecting a rich, proud leader who would make people obey him. The people weren't sure they wanted to follow a humble, kind leader like this.

I Wonder

» What kind of leader would be better—a proud, bossy leader or a humble, kind leader?

Prayer Idea

Ask Jesus to help you to be loving and humble, just as He was on earth.

Mission Challenge

Think of a kind, safe adult in your community who you might make friends with (together with your mom or dad). It might be a bus driver, gardener, or shopkeeper. What little things can you say to brighten their day?

Monday

Following Jesus

The sun shone bright and warm. It was another beautiful day by the Jordan River. John the Baptist stood near the riverbank talking with two of his friends, Andrew and John.

As the three men talked together, John the Baptist suddenly stopped. His eyes grew wide in wonder as Jesus walked past. "Behold the Lamb of God!" he said excitedly. (John 1:36).

Andrew and John looked at Jesus, amazed. Here was the promised Savior! What did they do next? Read **John 1:37**.

Andrew and John were the first followers of Jesus. Silently they walked behind Jesus. They didn't know what to say. They didn't even know what to do—other than follow Him!

Jesus kept walking. His eyes sparkled with joy. He knew Andrew and John were right behind Him.

Then Jesus stopped and turned. With kind words Jesus asked them, "What do you seek?" (John 1:38).

These two men looked at each other and then at Jesus. They wanted to be with Him. They wanted to listen and learn from Him.

"Where are you staying?" they asked.

Jesus smiled. "Come and see." So they did! (John 1:38, 39). And they did! Together the two men went back to the place where Jesus was staying and spent the whole day with Him.

Jesus wants to spend time with you too! He says, "Come." You can come to Him by listening to God's Word in the Bible, and talking to Him in prayer.

Parent Faith Talk

Share a time you experienced Jesus' love and gentle care.

I Wonder

- » What do you think Jesus might have talked about with John and Andrew that day?
- » How do you spend time with Jesus each day?

Prayer Idea

Ask Jesus to help you spend time with Him each day.

Do

Play the "mirror game." Stand face-to-face with a partner. Make one person the leader and the other person the follower. The leader needs to move slowly as the follower copies like a "mirror." Watch carefully that the follower follows every movement as best they can.

Memory Verse



Tuesday

Time With Jesus

Andrew and John couldn't stop smiling as they sat and talked with Jesus. He was so wonderful and wise. His words were full of beauty and truth.

The day sped by so fast. Finally Andrew and John left the place where Jesus was staying. Their hearts overflowed with joy. They had listened to Jesus' words, and they really wanted to be His followers.

Andrew couldn't wait to tell his brother, Simon, all about Jesus too. Racing down the street, Andrew felt his heart pump hard and fast. Puffing and panting, Andrew finally stood in front of his brother.

"We have found the Messiah," he told Simon excitedly (John 1:41).

Simon didn't waste a second. He wanted to meet Jesus—and he wanted to meet Him now! Together the brothers rushed to find Jesus. Jesus looked kindly at Simon. What did He say? Read **John 1:42**.

How amazing! Jesus already knew Simon's name and his father's name. And now Jesus had a new name for Simon too! He would now be called Peter, which means stone. Jesus wanted Peter to be His follower too.

Jesus knows your name too. He knows all about you, and He can't wait to spend time with you. He says, "My sheep hear My voice, and I know them, and they follow Me" (John 10:27).

I Wonder

» Why do you think Jesus gave Simon the name Peter, which means stone?

» What can you do today to come close to Jesus and follow Him?

Prayer Idea

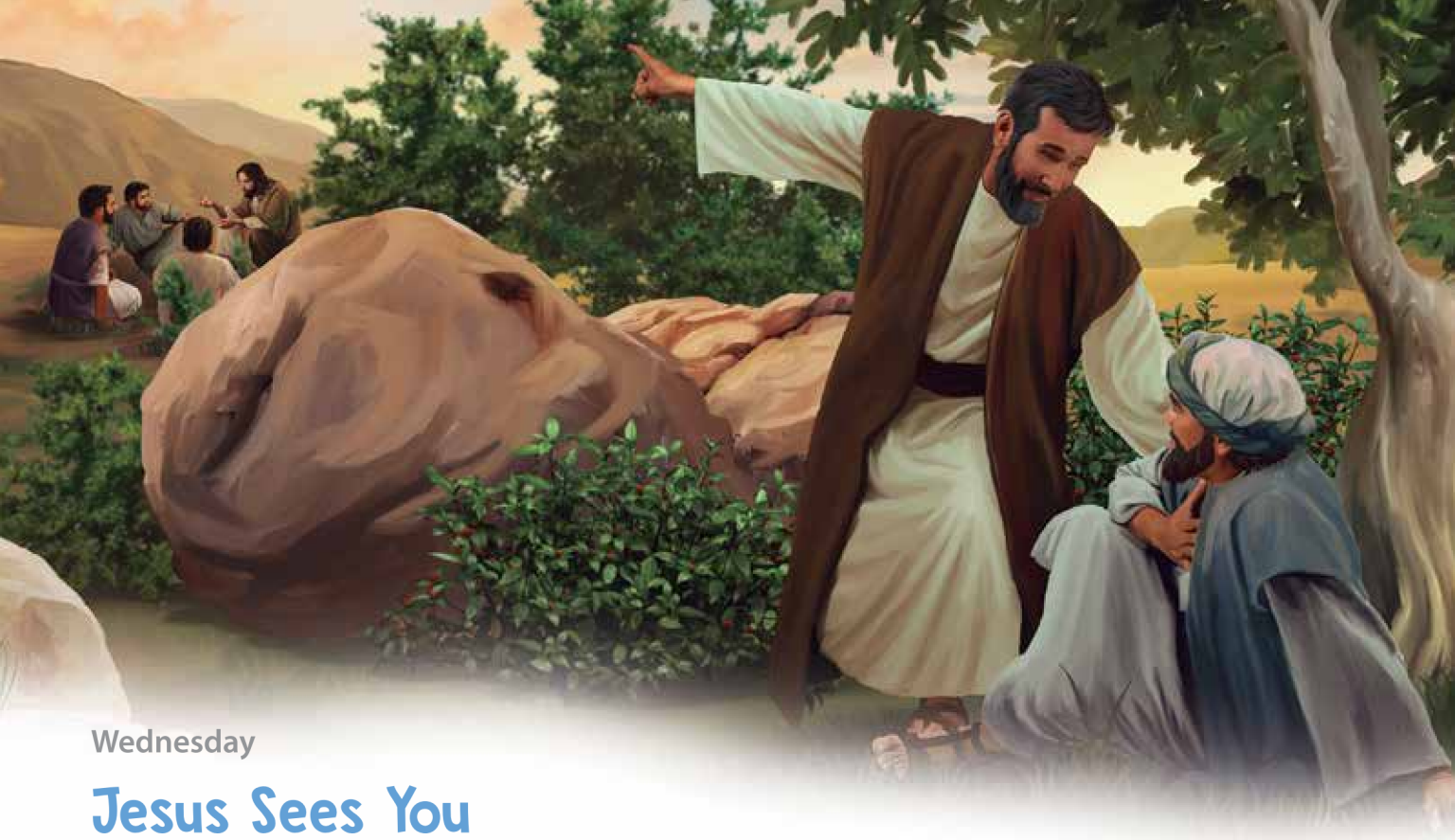
Thank Jesus for choosing you to be His follower.

Do

Whom can you share Jesus with today? Phone a friend or family member and tell them that Jesus loves them.

Memory Verse





Wednesday

Jesus Sees You

Jesus now had three followers: Andrew, John, and Simon Peter. There would be other followers too—they just didn't know it yet!

With God's joy in His heart, Jesus set off for Galilee. There He found a man named Philip. "Follow me," Jesus said to him with a smile (John 1:43).

Philip nodded his head with a big yes! When you become a follower of Jesus, it's impossible to keep it a secret. Philip rushed to tell his good friend, Nathanael.

In a quiet place, under a shady fig tree, sat Nathanael. He was quietly praying. Suddenly Philip appeared. Excitedly he explained to Nathanael how he had found the promised Messiah. His name was Jesus, from Nazareth.

But Nathanael wasn't so sure. "Come and see," Philip replied with a sparkle in his eye (John 1:46).

Nathanael followed Philip to Jesus. Jesus smiled as soon as He saw Nathanael. "Here is truly a person of Israel. There is nothing false in him," Jesus said (John 1:47, ICB).

Nathanael was shocked. He'd never met Jesus before! "How do You know me?" he asked Jesus.

"Before Philip called you, when you were under the fig tree, I saw you," Jesus replied (John 1:48).

Nathanael was amazed! Jesus knew all about his prayers under the fig tree. He must be the Messiah! What did Nathanael say next? Read **John 1:49**.

Philip and Nathanael had joined the group of Jesus' followers. If we study the Bible and pray, God will teach us His truth and show us how to follow Him too.

I Wonder

- » What do you think Jesus knows about you that maybe your parents don't even know?
- » Have you ever told someone about Jesus? What did they say?

Prayer Idea

Say or sing your memory verse. Thank Jesus that He knows us and wants us to follow Him.

Do

Find a quiet place, under a shady tree, as Nathanael did (if possible), to practice your memory verse and pray to God today.

Memory Verse

The Following Crowds

Jesus watched the water gently lap the stony shore. He sat by the peaceful lake and sighed. *Ahh, a quiet moment to rest.*

He had spent many days teaching and healing crowds of people. Wherever Jesus went He always seemed to have followers. He was happy that people wanted to listen to His words and follow Him. But He was also thankful for quiet moments to be alone with God.

In nearby towns and villages the news quickly spread. *Jesus is down by the lake. Quick! Tell the others!*

It wasn't long before the quiet shore was busy with fathers, mothers, children, and grandparents who wanted to be close to Jesus. Soon the "people were pressing all around him" (Luke 5:1, ICB).

Fast Fact

Young sunflowers are great followers. Their bright-yellow flower heads move to follow the sun from morning until evening each day. They are a little like the crowds who followed Jesus while He was here on earth.

Jesus had an idea. There were two boats close to the shore, so He climbed into one of them. Whom did the boat belong to? Read the first part of **Luke 5:3**.

Peter pushed the boat off from the shore. "Jesus sat down in the boat and continued to teach the people" (Luke 5:3, ICB). He always made time to be with His followers. He'll always make time for you too.

I Wonder

- » Why didn't Jesus tell the crowds to go away and leave Him alone?
- » If you could have come and listened to Jesus talk, what Bible story would you have wanted Him to tell?

Prayer Idea

Thank Jesus that He wants everyone to be His followers.

Do

How many people can you count in the crowd? Where would you have liked to have been?

Memory Verse





Friday

Fishermen

Simon Peter sat in the corner of the boat as Jesus preached. He sighed and hung his head. He had just been fishing all night and had caught nothing. Not one single fish!

Finally, Jesus finished preaching. He turned to Peter and said, “Take the boat into deep water. If you will put your nets in the water, you will catch some fish” (Luke 5:4, ICB).

Peter hadn’t caught any fish the whole night. But he chose to listen to Jesus and follow His instructions.

The nets splashed into the deep water and sunk out of sight. Peter began to pull the nets up—but something was wrong! Peter grunted and groaned. No matter how hard he pulled, he couldn’t lift the nets out of the water. They were so heavy they even started to rip.

Peter yelled to his friends in a nearby boat to please come help him. As they pulled the nets up together, the fishermen couldn’t believe their eyes. There were so many flipping, flapping fish!

How heavy were the fish? Read **Luke 5:7**.

Wow! That’s a lot of fish! Jesus wanted Peter to see that God could provide for his needs. Peter could trust Jesus to look after him every moment of every day.

Peter stared at the piles and piles of fish. Jesus had done this just for him! Yes, he could trust Jesus. Amazed and overwhelmed, Peter fell down at Jesus’ feet, knowing that Jesus wasn’t just an ordinary man. Then Jesus said to Peter, “Do not be afraid. From now on you will catch men” (Luke 5:10).

After pulling his boat onto the shore, Peter left it there and followed Jesus.

I Wonder

- » What might have happened if Peter hadn’t listened to Jesus and obeyed?
- » What would you have said and done if you had helped Peter bring in the fish that day?

Prayer Idea

Ask Jesus to help you hear His voice and do what He asks.

Do

Teach your family a song from Sabbath School. You can find all the music on the AIJ website or Sabbath School app.

Memory Verse

Family Activity

Memory Box

Read your memory verse. Think about what it means to be a follower of Jesus. Find something for the memory box that reminds you to trust and follow Jesus.

For You, Parents

“Christ invites us, saying, ‘Follow Me.’ But we are never forced to walk in His footsteps. If we do walk in His footsteps, it is the result of deliberate choice. As we see the life and character of Christ, strong desire is awakened to be like Him in character” (Ellen. G. White, *Counsels on Stewardship*, p. 138).

Come to Sabbath School!

Larissa and Rosette laughed together as they ran and played. The two girls from Burundi, in Africa, were neighbors and best friends. Best friends never want a fun day to end! But all too soon Mother's voice was calling Larissa to come inside. It was time for family worship.

Larissa, age 8, looked at Rosette, age 7, and smiled. She said, "Come on! It's time for worship!"

Rosette followed Larissa into the house. The family sang a song about Jesus, then Mother read a Bible story and they all prayed.

"I liked Larissa's family worship," said Rosette. She wanted to know more about Jesus.

Then Larissa invited her friend Rosette to come with her to Sabbath School. Rosette asked her parents. "I'm so glad they said I could go," said Rosette. "I love Sabbath School! I like the songs we sing and the Bible stories that we hear."

Rosette kept going to Sabbath School with her friend. One day she asked her parents to come with her. At first they didn't want to go, but Rosette kept inviting them. Finally her mother agreed to come with her. Rosette decided to keep praying for her father to come along too.

Jesus loves it when we ask others to come and follow Him. Larissa said it was easy to invite her best friend to become a friend of Jesus. She hopes other children will ask their friends to come to Sabbath School too. "First, pray for them," she said. "Then invite them. If they say yes, that's great. If they say no, you can keep praying for them and inviting them. One day they'll be glad you asked."

This story is adapted from "It's Easy!" by Gina Wahlen, *Children's Mission Quarterly*, copyright © 2016 General Conference of Seventh-day Adventists. Used and adapted by permission.

