# WEEK 1
## LESSON GUIDE




## BIG IDEA

God gives us companions.

## BIBLE

Ruth and Naomi: Ruth 1

## ABOUT THIS WEEK

So many of our favorite superheroes have sidekicks and companions to help them out when they need it most. This week, we'll learn about how Ruth chose to follow Naomi back to her hometown after they experienced unexpected losses. Ruth knew Naomi needed someone to help and support her, and their relationship helps us see why God gives us companions.

***WHAT? What are we talking about today?***

*WELCOME TIME*

ACTIVITY | Hero Challenge

- INSTRUCTIONS: *For this activity, blow up balloons and place them into trash bags until you are ready for this activity. up kids and give each pair a balloon. When they hit the balloon with their palms, have them say, "Pow!" See how long they can keep it in the air.*
- You did such a great job with today's challenge. When things are hard, it's easier when there's someone to help you. Everyone, give your companion a high-five. *Pow!*
- In today's Bible story, someone sticks with their companion even when it's hard. Let's find out more together.

***SO WHAT? Why does it matter to God and to us?***

*STORY TIME*

SCRIPTURE | Ruth 1 (Ruth and Naomi)

- INSTRUCTIONS: *Teach this Scripture passage by reading from a preschool-friendly Bible translation, Bible storybook, or using the talking points provided below.. Have kids help you make various sound effects as you tell the story.*
- Hello, little heroes. So glad you made it!
    - Can you name any superheroes?
- Ah, but today's Bible story is not about heroes who fly or turn invisible. We'll learn about *real* heroes in the Bible... the ones people don't talk about as much. They are what we call *Unsung Heroes.*

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- Are you ready to learn about our heroes? You are going to help me tell the story by supplying the superhero sound effects.
    - Let's practice. Everyone, say "Pow!"
    - Okay, now put on your laser vision-focused eyes and our supersonic hearing ears. Let's go!
- We begin our story in the land of Judah, where there was not enough food. One family decided to move to where there is more food. So Naomi and her family went on their journey to Moab.
    - Swoop!
    - There they go.
- Naomi and her family began their life in Moab, but something terrible happened. Naomi's husband and her sons died.
    - Kerplunk. This was very sad.
    - Can you make a sad face?
- Naomi was all alone with no one but the women her sons married. They were her daughters-in-law, and their names were Orpah and Ruth. So Naomi decided to go back to her hometown, Bethlehem.
    - Zoom!
    - Naomi was ready to travel back home.
- Both Ruth and Orpah wanted to follow her. But Naomi told them both to return home and not go with her. So Orpah did. But Ruth stayed with Naomi.
    - Bam!
    - Naomi did not expect that.
- Ruth said she would follow Naomi wherever she went. She would live where Naomi lived. She would love God like Naomi did. That's how Ruth became the very best companion to Naomi as they both went through hard times. They got to face it all together.
    - Poof!
    - God gave Naomi and Ruth each other to be the companions they needed.

**BIG IDEA** | God gives us companions.

- INSTRUCTIONS: Introduce the kids to today's Big Idea using the following hand motions:
    - God *(point up to the sky)*
      gives us *(point to yourself)*
      companions *(link arms with others)*

**VIDEO** | Teaching Video (Week 1)

- INSTRUCTIONS: *Play this week's episode of Cali's World.* ( https://vimeo.com/942504755/fe78ecff7e ) *If you're short on time, show the illustrated Bible story video. (https://vimeo.com/996232750/91fd1087e0 )*

**ACTIVITY** | Follow Like Ruth

- INSTRUCTIONS: *For this activity, line up kids in a single file line. Share that they will follow you wherever you go and do whatever you do. Lead the kids in walking, marching, skipping, hopping, jumping, and crawling. Lead them through the room in different patterns.*
- Ruth and Naomi both lost people they loved. When Naomi decided to go back to her hometown. Ruth chose to follow her. She stayed with Naomi and traveled with her to Bethlehem.
- God gave Ruth and Naomi each other as companions to help them when things got tough. God helped Ruth be brave and stick with Naomi all the way.
- We can always remember that God gives us companions.

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**PRAYER**

- Thank you for giving us companions. Help me be a good companion to others. Thank you for always being my companion. Amen.

## *NOW WHAT? What does God want us to do about it?*

### *SHARING TIME*

**ACTIVITY** | Circle Time

- INSTRUCTIONS: *Sit in a circle together. Have the kids take turns answering the following questions:*
- Why were Naomi and Ruth sad? They both lost their husbands and had to figure out how to take care of themselves.
- What did Naomi decide to do? She would go back to her hometown, Bethlehem.
- How was Ruth a good companion to Naomi? Ruth stayed by Naomi's side the whole time.
- Who are your companions? Family, friends, siblings.
- Who is the hero that gave you those companions? God! God gives us companions.

**MEMORY VERSE** | Zephaniah 3:17a (NIV)

- INSTRUCTIONS: *Help kids learn this month's memory verse by setting the words (and the Scripture reference) to the tune of "Itsy Bitsy Spider." You can also have kids repeat the verse after you in small chunks, say them using silly voices, or create simple hand motions for keywords.*
- "The Lord your God is with you, the Mighty Warrior who saves."

### *PLAY TIME*

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