

A paper craft illustration of a mountain range. The mountains are made of yellow paper with orange and pink triangular cutouts. They are set against a background of brown paper. A large, red, textured shape, resembling a footprint or a splash, is in the foreground, partially overlapping the mountains and the title text.

# Spiritual Habits

Writer: Grace Gidman  
Editor: Gabrielle Lewis  
Designer: Kaeli Hearn

Created by Ministry to Kidz



## **Spiritual Habits Elementary Series**

# **Series Overview**

This series will teach kids the importance of spending time with God while giving them practical ways to do so. First, we will start with God's Word, learning how the Bible reveals God's heart and ways to us. Next, we will learn about growing in God with other godly people and how we can build each other up in Jesus. We will then learn about prayer, how Jesus prayed to His Father constantly, and how we can do the same. Finally, we will learn how Jesus served us, and when we serve others, we find new ways to understand God's heart.

# **Lesson Overview**

Today's lesson will focus on the Bible. Kids will learn why God's Word is so important and how they can spend time with God and grow in Him through reading the Bible.

# Lesson 1



**Lesson 1:**  
God Is With Us Through His Word



**Bible Verses:**  
2 Timothy 3:16-7, Psalm 119:105



**Memory Verse:**  
I have hidden your word in my heart,  
that I might not sin against you. Psalm 119:11 (NLT)



**Bottom Line**  
I can spend time with God in the Bible  
and learn what is true.

**Teacher Note:**  
\*: Indicates directions for the teacher  
**Prep:** Indicates what needs to be prepared prior to the teaching

# SUPPLIES

## Opening Game: Light Up Letters

- 1 set of alphabet letter cards
- Tape
- Mini flashlights (1 per child)
- Alphabet printouts (1 per child, editable version included in files)

## Large Group Teaching: Light Unto My Path

- 1 flashlight (for teacher)
- 3 paper signs (labeled: danger, ask God for help, share the gospel with someone, included in files)

## Younger Elementary Verse Challenge: Words In My Heart

- Verse printout (1 per child, included in files)
- Sheets of paper with heart outline (1 per child, included in files)
- Scissors (1 per child)
- Glue sticks (1 per child)

## Younger Elementary Small Group Activity: Light My Way

- Flashlights (reuse from the opening game)
- Notecards (half with a green check mark, half with a red x)

## Preteen Verse Challenge: In My Heart

- Masking tape
- Blank paper (1 per child)
- Pens (1 per child)
- Tape

## Preteen Small Group Activity: Light Limbo

- 5 bigger flashlights

# OPENING GAME

## Light Up Letters

\*Show Slide 1 - Game: Light Up Letters

**How to Play:** Tape the set of alphabet letter cards all around the room. Give each child a mini flashlight and a sheet with alphabet letters printed on them. When you turn the lights off, the children will have to find all 26 alphabet letters around the room using their flashlights. They can use the sheet to help keep track of the letters they have found. Help the kids as needed, especially if you have some who might need help keeping track of letters.

Use a timer on your phone to see how long it takes all the kids to finish.

SAY: Hello there, my friends.

We have an amazing lesson today, but first, let's play a fun game.

Do you see the alphabet letters taped around the room?

In a minute, I'm going to give each of you a flashlight and an alphabet page, and then I'm going to turn the lights off.

You will have to use your flashlights to find all the letters around the room, and when you find a letter, you can move on to the next one.

We are going to see how fast we can have everyone find every letter.

Don't feel pressured to run around like crazy, though – I'll let you know how fast you did it when you're done!

Ready?

\*Hand out the pages and flashlights. Turn the lights off and help any children who need assistance until everyone has found the letters.

SAY: Way to go, friends!

You were able to finish that in \_\_\_\_ minutes! Great job!

The room was very dark, but you were able to find the letters because you had flashlights to help you see clearly.

I have a question for you. How long do you think it would have taken you to finish if you didn't have flashlights?

**\*Let the children answer.**

**SAY:** It would have taken you much longer if you didn't have flashlights to help you see clearly!

Do you know what else helps us to see clearly?

God's Word, which is another way to say the Bible!

God's Word is true, and we can spend time with God by reading the Bible and letting Him teach us all about His heart and the good things He has for us.

Today, we are going to learn just how special and important it is to spend time with God in His Word.

I'm so glad to know that I can spend time with God in the Bible and learn what is true.

# WORSHIP & GIVING

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\*Show Slide 2 - Worship & Giving

SAY: Let's go to worship and giving.

In God's Word, He talks a lot about worship and giving. In fact, worship and giving are two ways we can spend time with God.

When I worship and give today, I'm going to enjoy spending time with God and look forward to learning more about Him in the Bible.

Let's go!



# LARGE GROUP TEACHING

\*Now it's time to begin the large group teaching time. This means you'll have all elementary ages together for the following lesson.

\*Show Slide 3 – Spiritual Habits

SAY: Today, we are learning all about spending time with God in His Word because we can spend time with God in the Bible and learn what is true.

Let's read some Bible verses that tell us why God's Word is so important.

\*Show Slide 4 – 2 Timothy 3:16-17

\*Read 2 Timothy 3:16-17 out loud.

16 All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right.

17 God uses it to prepare and equip his people to do every good work.

SAY: So, these Bible verses tell us that God's Word was given by Him to us to teach us what is good and right and to show us what is wrong.

God uses His Word to guide us, just like our flashlights guided us to find the right letters in our game.

God uses the Bible to give us what we need and to prepare us to do good things with Him.

When we spend time with God by reading the Bible, God teaches us true things so we won't sin and so we will know the right choices to make.

Reading these Bible verses, I can see now why it's so important for me to spend time with God in His Word.

I want God to show me the good things He has for me, and the Bible is where I find those things!

ASK: Who gave us the Bible?

\*Have the children answer and help them get to "God gave us the Bible."

Now, I'm going to read another verse. This one will remind you of our flashlight game.



\*Show Slide 5 – Psalm 119:105

\*Read Psalm 119:105 out loud.

105 Your word is a lamp to guide my feet and a light for my path.

SAY: This is just like our game this morning!

We needed our flashlights to help us know where to go to find the right letters.

God's Word is like a light that helps guide us and teach us what is true.

When we read God's Word, the Bible, we can spend time with Him, and He just loves it!

God LOVES spending time with you when you read His Word. It's one of His favorite things!

When I spend time with God by reading my Bible, I learn about Him, and I learn true things.

Then, when I'm living my life, and I have a problem or a question, I can remember what God showed me in His Word, and the true things in the Bible will help me.

I'm so glad to know that because sometimes life can be confusing, and I don't always know what's right or what I should do.

But God does!

And God wants to spend time with me so He can show me what is good and true, and that makes me feel so loved by Him.

\*Show Slide 6 – Light Up My Path

\*Pass out the three paper signs labeled as danger, ask God for help, and share the gospel with someone to three children sprinkled around the room. As the script prompts, turn out the lights and use the flashlight to walk around the room, stopping at the children with the signs.

SAY: In a minute, we are going to turn the lights off, and I will have to find my way around the room.

I have given three friends some signs to hold, and we will learn what those are about in a minute.

ASK: What could I use to help me find my way around the room in the dark?

\*Let the children answer.

That's right, I have a flashlight!

Remember the verse we just read?

God's Word is like a "light" to my path, so let's pretend this flashlight is the Bible because the Bible is God's Word.

I have spent time with God in His Word, and He has taught me what is true.

Let's see if God's Word helps me safely get through this dark room.

**\*Turn the lights out. Navigate to the child holding the "Danger" sign.**

Oh, there's a sign here. I'm going to use my light to read it.

It says "danger!"

Wow, I wouldn't know there is danger here if I wasn't spending time with God in His Word so He could light up my path and teach me what is true.

I'm going somewhere else now because God has shown me with His Word to stay away from danger.

**\*Navigate to the child holding the "Ask God for help" sign.**

I found another sign!

This one says, "Ask God for help."

Wow, that's really important. If I'm having a problem or situation I don't know how to handle, I know God knows what to do because He knows everything.

Because I have been spending time with God in His Word, and He's teaching me what's true, I know that I need to ask Him for help. I know from the Bible that I can ALWAYS ask Him for help, day or night.

I'm going to ask God for help because I'm His child, and His Word tells me to.

**\*Navigate to the final child holding the "Share the gospel with someone" sign.**

Oh, this sign is very special. It says, "Share the gospel with someone."

The gospel is the good news about Jesus dying on the cross and then coming alive again to save us from our sins.

It's the most important message anyone in the whole world can ever hear.

I've been spending time with God in the Bible, and He wants everyone to know the truth about Jesus. He told me that in His Word.

**\*Show Slide 7 – Bottom Line: I can spend time with God in the Bible and learn what is true**

When I spend time with God in the Bible, He teaches me what is true.

God's Word lights up my path and guides my way as I live my everyday life.

Friends, spending time with God in the Bible is so important!

His Word will light up your path, protect you from danger, and show you what to do.

There are a lot of ways you can read your Bible to spend time with God, even if you are young!

You can read the Bible with your parents or friends.

You can come to church and read the Bible.

You can ask a trusted adult to help you learn more stories from the Bible.

The bottom line is that we can all spend time with God in the Bible and learn what is true!

**\*Show Slide 8 – Spiritual Habits**

# SMALL GROUP TIME: YOUNGER ELEMENTARY

## Memory Verse

I have hidden your word in my heart, that I might not sin against you.  
Psalm 119:11 (NLT)

## Younger Elementary Verse Challenge: Words In My Heart

\*Give each child a verse printout, a piece of paper with a heart outline, a pair of scissors, and a glue stick. After practicing the verse, the children will cut the verse out and glue it inside the heart outline to take home.

\*Note: The teacher can pre-make one as an example if the kids need one.

SAY: We have a beautiful new verse today.

Let's read it.

\*Read Psalm 119:11.

This verse is perfect for what we are learning!

When it says, "I have hidden your word in my heart," it's talking about God's Word, the Bible.

When we spend time with God in the Bible, He teaches us true things so that we will not sin and we will make the right choices in our lives.

Your heart is the most precious, safe place you can put things.

God's Word is also precious. It's like a treasure, and we always put our treasures in the safest places.

Let's read that verse again.

\*Read Psalm 119:11.

I like this one a lot. Let's say it together now.

\*Practice saying the verse back and forth with the children several times.

Good job, everyone!

Now, you are going to take your verse paper and cut the words out.

These words are from God's Word, the Bible, so we are going to cut them out and glue them in our hearts to keep them safe.

Ready?

*\*Help any children who need it.*

## Making Connections:

**SAY:** We learned that God's Word is always true, and He gave it to us to teach us what is right and wrong and to prepare us for all the good things He has for us.

We also learned that God's Word, the Bible, is like a light that lights up our path in the darkness so we know where to go and what to do.

In our large group time, I would have been lost and stumbling in the darkness if I hadn't had God's Word (my flashlight) to help guide my path, keep me safe from danger, and show me what to do.

In our memory verse, we learned that God's Word is a treasure that we want to keep safe in our most precious place, our heart.

My friends, we can always spend time with God in the Bible and learn what is true.

## Discussion Questions:

1. What do we learn in God's Word?
2. Why did God give us His Word?
3. Have you ever spent time with God in the Bible?
4. Can you remember learning something cool in the Bible that you want to share with the class?
5. What are some precious words from God that you want to hide in your heart?
6. What are some ways you can learn more about the Bible and what it says, even if you are young? (Ask a parent to read it with you, come to church to learn more about what the Bible says, etc.)

# Younger Elementary Group Activity: Light My Way

\*This is a simpler version of the large group activity. Instead of signs, you will tape notecards around the walls, half with green checkmarks and half with red X's. The children will use their mini flashlights from the opening game to find markers around the room. They want to walk toward the green checkmarks and away from the red X's.

SAY: Guess what? You all get to try the activity from our large group time!

We have put up notecards around this room with signs on them.

See, some cards have green checkmarks. That means it's a good, true thing from God's Word, and we want to go that way.

But some cards have red X's. Those are not a good sign because they represent danger. We want to stay away from those.

When I turn the lights off, you are going to walk around the room and look at the cards with your flashlight, which is like God's Word, which is a light to guide you.

When you see a green checkmark, you can walk toward it. When you see a red X, walk away from it!

Remember, when we spend time with God in the Bible, we learn what is true, so we will know what a green checkmark and a red X are because His Word will light our way and show us.

Ready?

\*Let the children take their own path through the room for as long as necessary and engage in discussion with them when and where it's applicable.

\*When your small group discussion has come to an end, close in prayer.

# SMALL GROUP TIME: PRETEENS

## Memory Verse

I have hidden your word in my heart, that I might not sin against you.  
Psalm 119:11 (NLT)

## Preteen Verse Challenge: In My Heart

\*Give each child a piece of paper and a pen. Create a large heart outline on the wall with masking tape. The children will copy the verse on their paper, and then they will each tape their verses on the wall, filling out the heart outline.

SAY: Today's lesson is really important. Learning just how precious God's Word is will be one of the best things you can ever learn.

God's Word is life-changing. It brings light to the darkness, hope to the hopeless, freedom to the prisoners, and wisdom to us when we are confused.

And when you spend time with God while reading His Word, He shows you things He has put in His Word to teach, protect, and love you.

Reading God's Word can be like going on a treasure hunt with Him.

Let's read our new memory verse.

\*Read Psalm 119:11.

The most secret, precious, safe place you could ever store something is in your heart.

Think about it. You keep your most important secrets, thoughts, and dreams in your heart.

You believe things, hope for things, and feel things in your heart.

What better place to store God's Word than deep in your heart?

And I can tell you from experience that the more of God's Word you hide in your heart, the more you will know what's right and wrong and how much God loves you.

Let's read that again and then practice it together.



**\*Read Psalm 119:11.**

**\*Have the children repeat the verse after you several times.**

Great job, everyone!

Now, we are going to write this verse.

I want each of you to write the verse out, and then we are going to tape our verse inside this big heart on the wall.

**\*Assist any children with spelling or writing as needed, then direct them to tape the verses inside the heart outline.**

Guys, you will NEVER regret hiding God's Word in your heart. It will save you from trouble so many times.

You will be quicker to make good decisions and quicker to help those in need, and you will see God's truth and beauty in places where other people miss it.

It's amazing that we get to spend time with God in the Bible and learn what is true.

## **Making Connections:**

**SAY:** Did you know some of the smartest, most amazing people in history were people who had God's Word hidden in their hearts?

Kings, presidents, scientists, writers, inventors, explorers, businessmen and women, teachers, and so many other people who have done incredible things were Christians who spent time with God, read the Bible, and stored His Word in their hearts.

And we see the good fruit produced from God's Word in their hearts. They solved mysteries of the world, led nations, built giant businesses and towns, helped thousands of people, and invented life-saving inventions.

We learned today that God's Word, the Bible, is important for teaching, growing, and becoming who God made us to be.

God wants us to spend time with Him in His Word, and just like the flashlights we used earlier, He is going to use His Word to light up our path and show us what is right and which way to go.

The world is a dark place, but God's Word brings light, truth, and guidance.

Treasure God's Word, store it in your heart, and beautiful things will happen in your life.

# Preteen Group Activity: Light Limbo

\*Arrange the five large flashlights around the room in fun ways to create a “limbo” course. Prop or tape one on the edge of a table to create a “limbo” pole for the children to duck under and set another one lower to the ground, where they must hop over the flashlight beam. Alternate under and over movements with the flashlights.

SAY: One of our Scriptures today talked about how God’s Word is like a lamp, guiding our way.

I want you all to navigate your way through this obstacle course, where you will either go under the beams of light from these flashlights or hop over them.

It’s almost like these beams of light are like lasers from a spy movie, and your job is to get through them without letting the light touch you.

Let me show you how to do this.

\*Show the children what you want them to do, where they need to duck beneath or hop over.

Want to give it a try?

\*Turn off the lights and direct the children through the course.

That was a blast, guys. Well done!

God’s Word is a light for you.

It’s so important for us to spend time with God in the Bible because we will learn what is true.

## Discussion Questions:

1. What is something you have learned from God’s Word?
2. What are some ways you could hide God’s Word in your heart?
3. Why is God’s Word like a light?
4. Why is it important to know what is true?
5. What would you like God to teach you in His Word?
6. Can you take God’s Word with you anywhere?
7. What are some ways you can begin spending time with God by reading the Bible? (Ask a parent to read it with you, do a Bible study on your own, etc.)

\*When your small group discussion has come to an end, close in prayer.

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Danger

Ask God  
for help

Share  
the  
gospel  
with  
someone

I have hidden your  
word in my heart, that I  
might not sin against  
you. Psalm 119:11

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I have hidden your  
word in my heart, that I  
might not sin against  
you. Psalm 119:11





