

# Abraham and Sarah hope in God

Hello Mom and Dad

There have been over five hundred thousand confirmed Covid-19 cases recorded in South Africa. The statistics speak to a looming despair over our nation with many families directly affected by the pandemic. Some have been left immobilised with loved ones lost, health deteriorating and income streams severed. Yet there is hope as we continue to fix our trust in God. "I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living" (Psalm 27:13). We are committed to praying for your family to remain in hope throughout the challenging season.

Sarah and Abraham are an example of a family that stood together in faithful expectation of the promise of God. We would like our children to learn from these great heroes of faith and continue to journey in hope each day of their lives.

Our lesson objectives for this week:

- To choose a life of hope in God
- To learn ways in which we can keep hope in God

As is fitting, we encourage you to start your time together in thanksgiving and praise. Be intentional to remember the faithfulness and goodness of God in this season. If you have the conveniences, use the selected songs to enter the presence of God through praise and worship. God is with you as you gather in His name.

We believe with you, standing alongside you that we will see the goodness of the Lord in the land of the living.

With love,  
3CKids Team



# Abraham and Sarah hope in God



## What to prepare:

- Read Genesis 18:1-15
- Read Genesis 21:1-7
- A packet of MnM's or smarties

## Praise and Worship:

Copy these links and paste it into your browser to play the songs of the week:

- [https://www.youtube.com/watch?v=twFAZfU\\_x4](https://www.youtube.com/watch?v=twFAZfU_x4) (Send Your Rain)
- <https://www.youtube.com/watch?v=7Wxi-F9R7Io> (First)
- <https://www.youtube.com/watch?v=shzOEbCWWS0&t=21s> (I will go)

## Memory verse:

Psalm 27:13

M

"I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living"

## Declaration for the week:

*I put my hope in God*

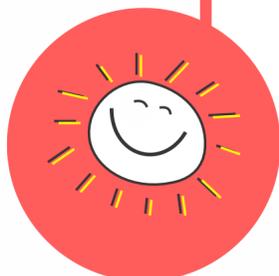
## Activity Sheets

The activities are added to aid with general knowledge

- Activity - Find the path
- Activity - Dot to dot numbers
- Activity - Kindergarten
- Activity - Colour sheet

## Fitness Fun

Join in the fitness fun and beat the winter blues.



## Lesson Time

### Opening Activity:

Let each child get three or four MnM's or smarties

For every colour there is a question

Blue = Share what you like to do for fun.

Red = What is your favourite food?

Yellow = Which place would you like to visit in South Africa?

Brown = Which place would you like to visit in the world?

Purple = What is your favourite verse in the Bible?

Orange = If you met the president, what would you say to him?

Let the kids eat the sweets after they have had their turn.

Say: Today we are going to learn about a husband and wife who fully believed God's Word. They are Abraham and Sarah. They are our heroes today because even in difficult times they kept their hope in God.

Pray with me: Father God, thank You for this day. Thank You that I can learn how to keep my hope in You. Thank You that your word will change me forever today so I can live every day for You. In Jesus' name. Amen

Repeat the declaration: *I put my hope in God*

### Lesson

Say: Hope is when we expect and know that God is going to do something good because He said He would.

Say: I am going to talk about the story of Abraham and Sarah in Genesis 18:1-15. God came to visit Abraham with two other visitors.

Ask: how would you react if God came to visit you?

Abraham hurried to prepare a meal for the visitors who came past his home.

God told Abraham that Sarah would have a son even though she was very old

Sarah laughed when she heard this because she thought she was too old to have babies

God told Abraham that nothing is too hard for Him.

Say: Now let us see what happened in Genesis 21:1-7

God did what He promised.

Sarah became pregnant and gave birth to a son called Isaac

Abraham and Sarah had waited a very long time for what God promised them

Abraham was a hundred years and Sarah was ninety years old when they finally had what they wanted and what God had promised them

Ask: Have you ever had to wait for something that you have prayed for a long time?

(let the kids answer)

Say: We need to all learn to trust God and put our hope in Him when we have prayed and asked Him for something.

Say: Remember hope is when we expect and know that God is going to do something good because He said He would.



We can keep trusting God because He will always do what He says He will do. Sometimes when there are tough things happening in our lives it can be difficult to hope in God. The best way to keep hoping in God is to:

- Talk to the Holy Spirit as our best friend all the time
- To read and obey the Word of God every day
- To love Jesus and thank Him for His blood
- To be with other people who love Jesus

Repeat the declaration: *I put my hope in God*

### **Application:**

Ask: Have you lost hope for something you prayed about? Do you feel like it is never going to happen?

Say: God wants us to put all our hope in Him. Even if what we asked for takes long, we can trust Him to give us the best things at the right time.

Pray after me: "Father God, thank You for the example of Abraham and Sarah who waited a long time to have their baby boy. Please forgive me where I have stopped believing that You are going to do something amazing in my life and my family. Thank You for your Holy Spirit who is my best friend.

Thank You that I can love Jesus and be with other people that love Jesus too. With your help, I will read Your Word and obey You every day. In Jesus name, Amen."

Ask the kids to write the memory verse in their notebook and to practise saying it every day until the next meeting.

Repeat the declaration: *I put my hope in God*

### **Declarations of the blood of Jesus**

When we speak about what the blood of Jesus has done for us, we are changed to be just like Him so we can love all people the way He loves them. Let us declare the blood of Jesus has done for us.

- By the blood of Jesus, I have been redeemed from the power of the enemy.
- By the blood of Jesus, all my sins are forgiven.
- Because I spend time with other Christians, the blood of Jesus cleanses me
- By the blood of Jesus, I am justified and God sees me as if I have never sinned.
- By the blood of Jesus, I am sanctified and set apart for God's holy purpose.

### **Devotion plans:**

The devotions are aimed to help each child spend daily quiet time with the Lord through His word. If you have the means, assist each child to create a special place and help allocate a special time for their devotion. Younger children: we encourage you to spend a few minutes a day reading the scripture to your child and helping them say the declaration.

Older children: help the children to read the daily scripture, reflect on what the Lord is saying to them and then write their own declaration for the day.

**Repeat the declaration:** *I put my hope in God*

