

Growing With God

Bible Superheroes Abraham & Sarah



Bible Superhero Series

Abraham & Sarah

Created for Preschooler & Easy to Lead
Use at Home, Church or School
Bible Memory Verse Coloring Sheet



Cullen's **Abc's**

Abraham and Sarah

Bible Superhero Series Schedule

Week 1 Lesson: The Good Samaritan

Week 2 Lesson: Noah

Week 3 Lesson: David

Week 4 Lesson: Shadrach, Meshach & Abednego

Week 5 Lesson: Daniel

Week 6 Lesson: Abraham & Sarah

Introduction & Guidance

Hi there! I'm looking forward to growing in God's word with you and your children through this preschool Bible study lesson. I'm delighted you are here and I do not believe it is by accident. Whether you are a new believer or been a Christ follower for a long time I cherish the opportunity to help you. One of the many wonderful things about this lesson is you can lead it wherever you are in your Christ journey. Whether you are a single parent or the leader of a Children's Ministry you will benefit from how this lesson is crafted. You can use the lesson by itself or as part of a series. Each lesson can be used at home, school, daycare, or Sunday School. Below is guidance on how to use this lesson over a weeks time, or in one 45 to 60 minute classroom session.

I have felt God calling on my heart for a long time to create a detailed and easy to use Bible study for people to use with preschoolers. Don't you just love it when God lays something on your heart many years prior to you actually doing it? It is so much fun to watch Him work!

Introduction & Guidance *Continued*

Using Throughout Week

When using this lesson at home, in a preschool or daycare you may choose to use the lesson throughout the week. A great way to start each day is with a prayer. I have provided several preschool level prayers for you in the lesson, or if you are comfortable praying with preschoolers you can create your own. Here's how you can use the lesson activities throughout a week.

Day One

Use the Bible memory verse coloring sheet. While coloring the sheet you will be indirectly introducing the Bible story in the lesson to your preschooler(s). Also, on this day make the [prayer cube](#) together if you would like to use it during snack.

Day Two

Bring back out the Bible memory verse coloring sheet and talk about it, and then sing the lesson's song. You can continue singing the song throughout the day and week.

Day Three

It is Bible story and Q&A time! Before or after you read the story review the Bible memory verse coloring sheet and sing the lesson's song.

Day Four

Do the fun and educational art & craft project. Read the Bible Story, review the Bible memory verse coloring sheet and sing the lesson's song.

Day Five and Beyond!

For day five and additional days use any of the activities from the extra content section. Read the Bible Story, review the Bible memory verse coloring sheet and sing the lesson's song.

Depending on what time of day you are doing your activity try to start or end every day with snack time. Make this a more formal snack time and be fully engaged in this time with your preschooler during snack. Wash hands together, roll the prayer cube or say a prayer before snack, and then eat snack together. During snack time talk about the overall theme of the lesson.

Introduction & Guidance *Continued*

Using in One Classroom Session

Here is how you can use the lesson in a classroom setting for a 45 to 60 minute worship time in a classroom setting such as Sunday School, in a preschool or daycare.

Several days before the class email this document, or print it out and deliver it to your leaders or teachers. This will give them time to review and understand the lesson, and complete any prep work that is needed. On the day of the class leaders can follow the lesson in the order it is written out. At the end of this document you will find a “Classroom Lesson Schedule” stand alone page with specific lesson flow, information and time guidelines for you to print out and post in the classroom for the leaders to reference.

Memory Verse Coloring Sheet	10 min
Song	5 min
Introducing and Reading Bible Story	5 min
Bible Story Questions & Answers	5 min
Prayer	2 min
Art & Craft	15 min
Snack	10 min
Extra Content	As needed

When working with preschoolers it is good to know that after each activity they may need to get up and “get the wiggles out.” You can do this by doing a quick set of “Jumping to God” jumping jacks. For you here are a number of [movement song videos](#) you can review or play for the children.

All of the Cullen’s Abc’s offerings are built on a solid Christian foundation and designed for parents, homeschoolers, teachers, caregivers or churches that want to be personally involved in preparing their children for school and life. With Cullen’s Abc’s you are hands on in a “DIY - Do It Yourself” way. All of the preschool activities, like the ones in this lesson are centered on developing skills needed for Kindergarten. With a [Cullen's Abc's](#) membership you receive full access to the current Preschool Bible Studies series, a DIY Online Preschool with Christian curriculum, a Kindergarten Readiness Evaluation, Art Patterns, Bible Memory Verse Coloring Pages, and over 800 children videos. Cullen is a Christian preschool teacher with the gift of teaching children to love Jesus. Let her help you prepare your child for school and teach your young children about Jesus too!



Growing With God Bible Superhero David



Growing With God Study Bible Superheroes Week 6 Lesson - Abraham and Sarah

Key Verse: Abraham went, as the Lord told him. Genesis 12:4

Overall Theme: We can listen and obey God just like Abraham and Sarah did.

Length: 5+ Days done over a week (45+ minutes in one classroom session)

Memory Verse Coloring Sheet

Bible Superheroes Abraham and Sarah

Print out the Bible memory verse coloring sheet (at end) and have your children color the picture. Sit with your children while they are coloring and talk about what they see in the picture (see questions below if you'd like some ideas). Your discussion will lead into the **Abraham and Sarah** story you will read later together.

Questions to ask if you like:

- Does it look like these people are moving? (Yes)
- Where do you think they are moving to? (Accept all answers)
- Do they have everything packed to move? (Yes)
- Are they driving in a car or riding on an animal? (They are moving by animal)

This is a perfect time to talk about the Bible and how to use it. You can show the children your Bible so they have a better understanding of what a book, chapter and verse are. You can say:

“The Bible is one big book made up of many smaller books. Each book has a name. Today we are learning a Bible verse in the book of Genesis. When you find Genesis in the new testament look for the number 18 at the top left or right of the page, this is the chapter. You will see Genesis. We are looking for verse 4, and those numbers are much smaller under the big 18.”

After looking at the Bible show them “Genesis 18:4” written out on their Memory Verse Coloring Sheet. To see and hear all of the Books that make up the Bible watch this fun, short video, [The Books of the Bible](#), by Readeez!

After they are done coloring they can hang their Memory Verse Coloring Sheet up in a special place. Then when your child walks by the sheet they can work on memorizing the Bible verse.

Skills

Physical: Fine motor skills, strengthening the muscles in their hands when using their grasping fingers to hold onto the crayon;

Cognitive: Memory skills when working on memorizing the Bible verse

Emotional: Growing in and deepening their relationship with God

Math & Counting: Color recognition with the colors of crayons they are using

Materials: Crayons; Memory verse coloring sheet

Song

Sarah and Abraham Listening and Obeying

If the children have been sitting for a little bit make sure to have them stand up to sing this song. It will help them to move their bodies around so that they will be able to sit and listen to the story with a more focused attention span.

Sarah and Abraham Listening and Obeying (Sung to the tune of the Beverly Hillbillies Theme Song)

Come and listen to a story about Sarah and Abraham
An old married couple without any kids.
They one night they were praying to God
and down from the heavens came a holy plan.

From God, a command, a wonderful plan.

Well God told Sarah and Abraham they're going to have some kids.
Sarah just laught because she was so old.
God said believe me and look up to the night
you will have more children than the stars in the sky.

Blessed you are, listen, and obey.

And then He told them Canaan is the land you ought to be.
So they gathered up their family and moved to Canaan-ly

Promised Land, Milk and Honey, Forever.

Well now its time to say goodbye to Sarah and Abraham
Listen to and obey God just like them!

Skills:

Physical: Listening; Following directions; Great large motor skills that will work on moving their bodies, balance and spatial awareness; Fine motor skills as children are working on the sign language

Language: Phonics or auditory discrimination, which is recognizing differences in sounds, necessary for learning to read; Strengthening vocabulary

Emotional: To be conscious of others; Growing in and deepening their relationship with God

Cognitive: Memory skills

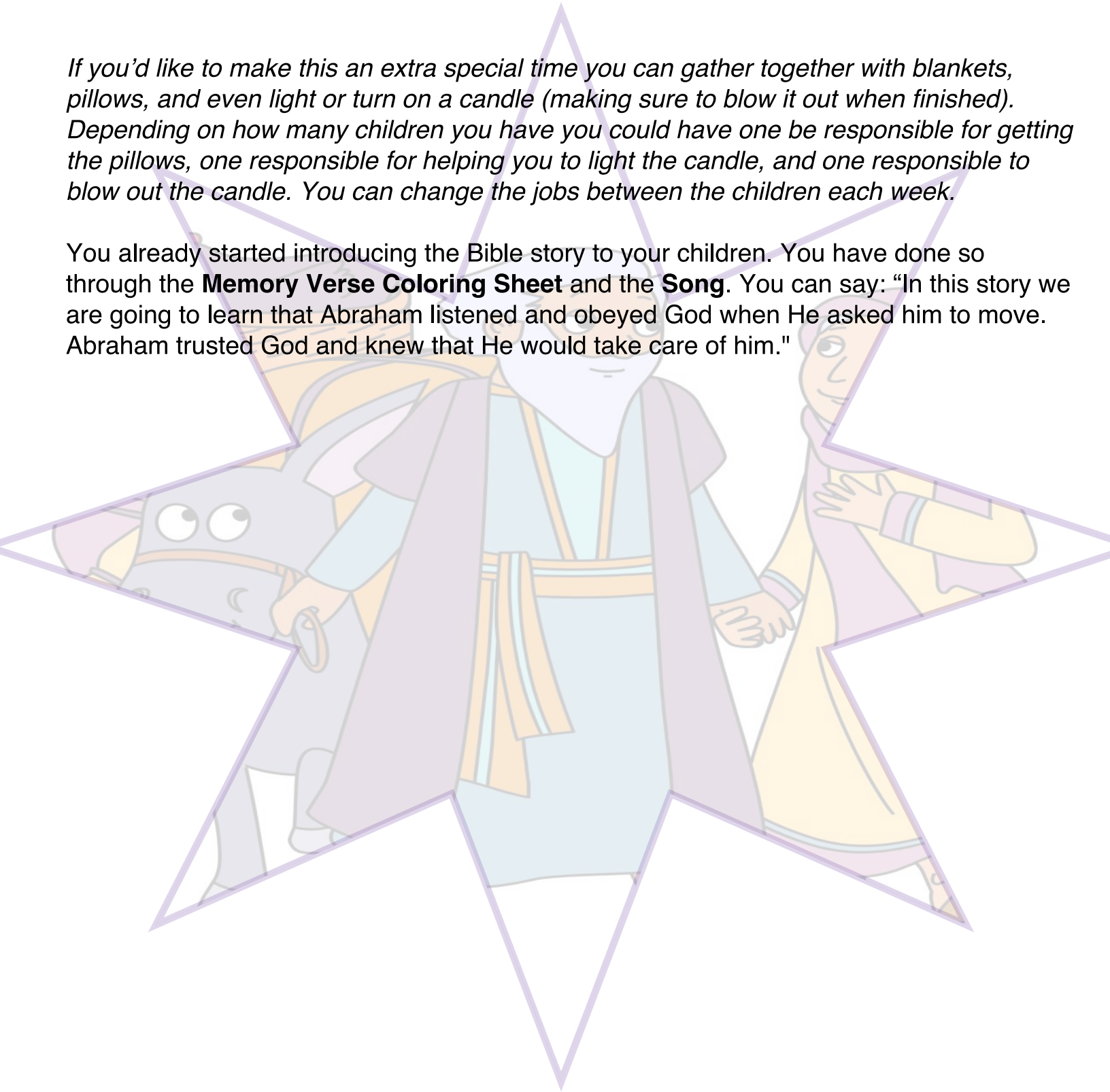
Math & Counting: Sequencing for the order of the song;



How to Introduce the Bible Story

If you'd like to make this an extra special time you can gather together with blankets, pillows, and even light or turn on a candle (making sure to blow it out when finished). Depending on how many children you have you could have one be responsible for getting the pillows, one responsible for helping you to light the candle, and one responsible to blow out the candle. You can change the jobs between the children each week.

You already started introducing the Bible story to your children. You have done so through the **Memory Verse Coloring Sheet** and the **Song**. You can say: "In this story we are going to learn that Abraham listened and obeyed God when He asked him to move. Abraham trusted God and knew that He would take care of him."



Read the Bible Story

You can read from a Children's Bible, your Bible or use the following story.

Bible Superheroes Abraham and Sarah

Genesis 12-17

Abraham loved God and so did his wife Sarah. One day, God told Abraham to move to a land called Canaan. He also said, "Abraham, I have a wonderful plan, and your family is a very important part of that plan. Through you, all the families on earth will be blessed. Follow Me and trust Me."

Abraham trusted God and knew that he would take care of them. So he and his wife packed their bags and followed God all the way to the land of Canaan.

God asked Abraham, "Do you see all the stars in the sky?" When Abraham looked up, the whole night sky was full of stars, so many in fact that he would never be able to count them. Then God gave Abraham a blessing. God said, "That is how many children you and Sarah will be blessed with and all the land you see here will be yours forever."

They waited for God to bless them with a family. And they waited. And waited some more. We can listen and obey God just like Abraham did.

Abraham and Sarah are the Bible superheroes in this story because they listened, obeyed and trusted God with their whole heart.

Skills

Physical: Listening; Following directions

Emotional: Growing in and deepening their relationship with God

Materials Needed: A children's Bible, your Bible or you can use the story above.



Bible Story Questions & Answers

Talk about what the Bible story was about by asking the children questions. You can decide ahead of time how you want them to answer the questions. I like to have the children raise their hand to answer the question. If they are incorrect that is fine. You can say what the answer is or ask: "Does anyone else have a thought or answer to the question?"

Questions to ask if you like:

- What was the man's name in the story? (Abraham)
- What was his wife's name? (Sarah)
- Did God ask them to move to a new land? (Yes)
- Did Abraham and Sarah listen and obey God and move to a new land? (Yes)
- What did God ask Abraham to look at in the sky? (The stars)
- What did God say about the stars in the sky? (This is how many children you will have)
- Did they wait for God to bless them with a family? (Yes)
- Can we listen and obey God just like Abraham did? (Yes)

Skills:

Physical: Listening; taking turns; sharing ideas and understanding that they have value with other children and the teachers;

Emotional: Cooperating and being considerate of others.

Prayer

While sitting on the floor with criss cross legs, have the children repeat after you. You can have them fold their hands and close their eyes or just sit quietly and say after you. Following is a prayer written out that you can use, or you can make up your own.

Dear God (children repeat)
Thank you for this day. (children repeat)
Please help me (children repeat)
to listen and obey you (children repeat)
just like Abraham and Sarah did. (children repeat)
I love You (children repeat)
Amen (children repeat)

Skills:

Physical: Listening; Following directions;

Emotional: Deepening their relationship with Christ through prayer

Art & Craft

Star



This star art project is a great way to remind children about the promise that God made to Abraham. You can say, "God promised Abraham that he would have as many children as there are stars in the sky. Today we are going to decorate a star."

You can use the star pattern (at the end) and cut it out of construction paper to have one star per child. The children can color it or glue items onto it. In the video for the star art, I talk a lot about using the pattern for Christmas but it can be used for this project easily.

Skills

Physical: Fine motor skills, strengthening the muscles in their hands when using their grasping fingers when coloring or picking up objects to glue on; Children are using fine motor skills when squeezing the bottle of glue.

Emotional: Growing in and deepening their relationship with God through this project;

Physical: Listening; Following directions;

Math & Counting: Color recognition with the colors of crayons and objects being used;

Materials

Construction paper; Glue if children are gluing objects onto their star; Crayons if you are having children color their star.

Snack

Have the children wash their hands and sit down for snack. Before eating snack say a prayer thanking God for the food. Here are a couple ways to go about saying a prayer with preschoolers. You can have the children fold their hands, close their eyes and bow their heads and say the prayer, or everyone can hold hands, bow heads and say the prayer.

Snack Extras

Prayer Cube

A prayer cube is a fun and interactive way to pick the prayer you are going to say before snack or any meal. It is like a big six sided dice with a different preschool level prayer on each side. Making a prayer cube is a fun art & craft activity. Watch my [prayer cube video](#) to learn how to easily make one. Once your prayer cube is complete you or choose a child to roll the cube to determine the prayer to say before snack or any meal. Then you can lead the prayer or a child can lead the prayer. If you have the children roll the cube and lead the prayer taking turns is a great lesson.

Themed Snack: Apple Stars



This is a fun, easy and healthy snack for children to enjoy with this Bible story. God showed Abraham all the stars in the sky and told him that was how many children he would have. Did you know that when you cut an apple in half there is a star in the middle? I just love that when God made apples he added a star. You can slice the apples and give them to the children to eat for snack, but make sure they see the star on the inside.

Skills:

Physical: Praying; Fine motor skills when picking up the snack with their grasping fingers.

Emotional: Sitting together and having conversation; Working on having good manners;

Materials: Snack; Napkins if needed; Something to drink; Prayer cube if you are using that.

Snack Prayers

Go here to [watch videos](#) of all the prayers!

Prayer 1 - God is Great

God is great!
God is good!
And we thank
Him for our food.
Amen!

Prayer 2 - Come Lord Jesus

Come Lord Jesus
Be our guest
And let thy gifts
To us be blessed. Amen.

Prayer 3 - Thank You for the World

Thank you for the world so sweet.
Thank you for the food we eat.
Thank you for the birds that sing.
Thank you God for everything.
Amen

Prayer 4 - God Our Father

(to the tune of Frere Jacques)
God our Father
God our Father
Bless this food
Bless this food
We are very thankful
We are very thankful
Amen Amen

Prayer 5 - Thank You God

Thank you God as this day ends
For our family and our friends
Taking time to sit and pray
Thank you God for this great day!
Amen!

Prayer 5 - Thank You God

Thank you God as this day ends
For our family and our friends
Taking time to sit and pray
Thank you God for this great day!
Amen!

Prayer 6 - The Lord is Good to Me

(to the tune of Johnny Appleseed)
Oh the Lord is good to me
And so I thank the Lord
For giving me the things I need
like the sun and rain and the apple seed
The Lord is good to me.

Skills:

Physical: Praying; Fine motor skills when picking up the snack with their grasping fingers.

Emotional: Sitting together and having conversation; Working on having good manners

Materials:

- Snack
- Napkins if needed
- Something to drink
- Prayer cube if you are using one

Extra Content

Packing Supplies and Boxes



Using packing supplies and boxes are fun for children to explore and build with. You can say, "God told Abraham to move to a new land and so Abraham and Sarah packed up their bags and followed God. Here are some boxes, markers and tape for you to color and build with." Make sure to watch the video to get some ideas on what you need to gather and have ready for the children.

Star Constellations



God had asked Abraham, "Do you see all the stars in the sky?" When Abraham looked up, the whole night sky was full of stars, so many in fact that he would never be able to count them. Then God gave Abraham a blessing. God said, "That is how many children you and Sarah will be blessed with and all the land you see here will be your forever."

This [star constellations](#) video is pretty fuzzy since this is one of the first videos that I made but it will give you an idea of what you will need and how to make these constellations. You cant talk with the children about the story and then they can put start stickers on their piece of construction paper.

Packing Peanuts



Abraham and Sarah had to pack up and move to another land. Ofen times when we move or send a package to someone we use packing peanuts to keep the contents inside from breaking. Did you know that some packing peanuts you can put in a little bit of water in build with them? Children have fun building with [packing peanuts](#).

I am praying for you and your children. I pray that each of you are Growing With God and are having fun with this lesson.

Jesus loves you,

Cullen



Classroom Lesson Schedule

Growing With God Preschool Bible Study Bible Superheroes Series Week 6 Lesson of 6

Abraham and Sarah

Key Verse: Abraham went, as the Lord told him. Genesis 12:4

Overall Theme: We can listen and obey God just like Abraham did.

Here is the flow and time guidelines for the lesson:

Memory Verse Coloring Sheet: Bible Superheroes Abraham and Sarah	10 min
Song: Abraham and Sarah Listening and Obeying	5 min
Introducing and Read Story: Bible Superheroes Abraham and Sarah	5 min
Bible Story Questions & Answers	5 min
Prayer	2 min
Art & Craft: Star Art	10-15 min
Snack: Apple Stars	10 min
Extra Content:	Use As Needed
Packing Supplies and Boxes	
Star Constellations	
Packing Peanuts	



Cullen's Abc's

Preparing children for school and life

Abraham went, as the Lord told him.

Genesis 12:4



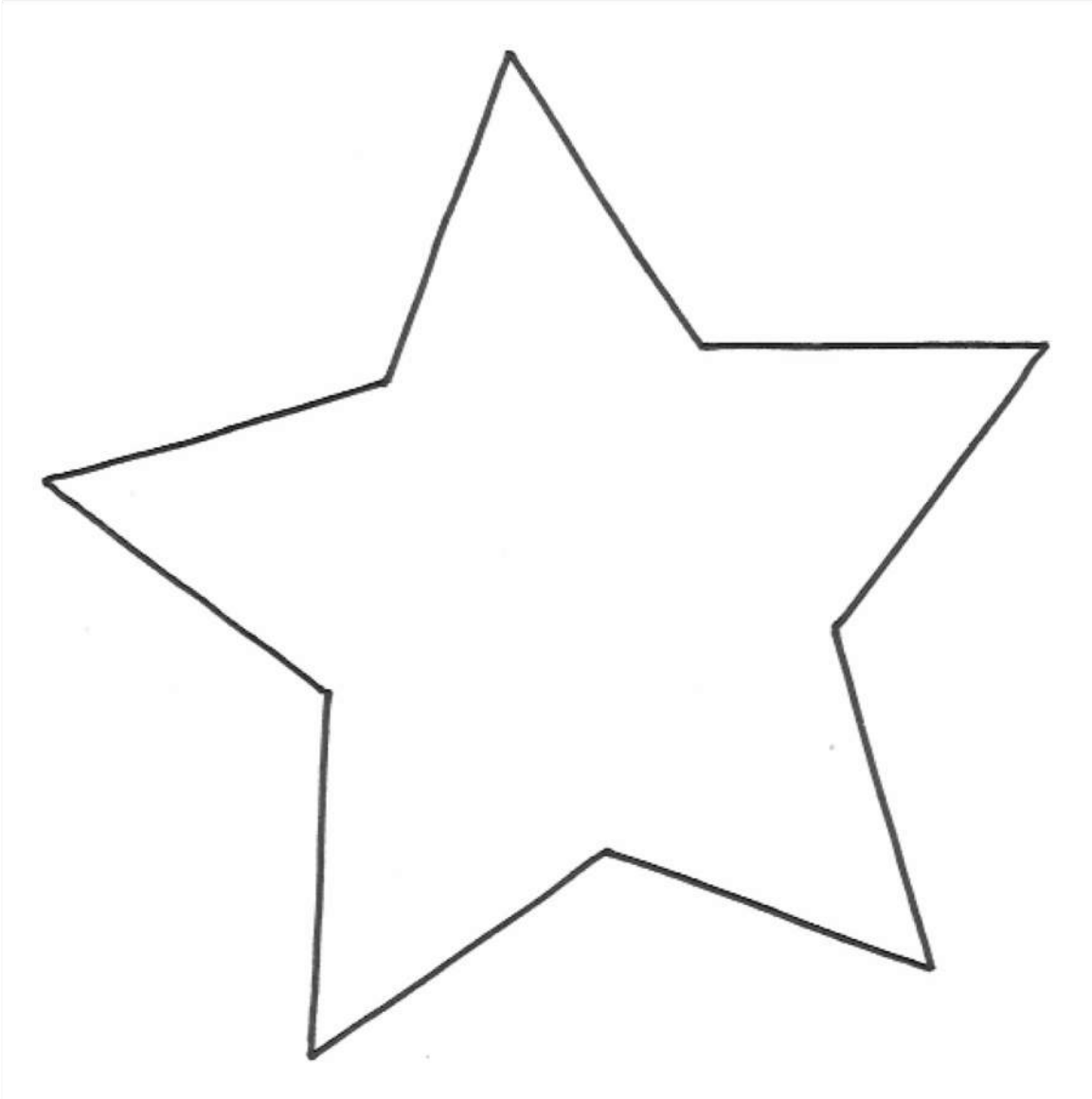
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