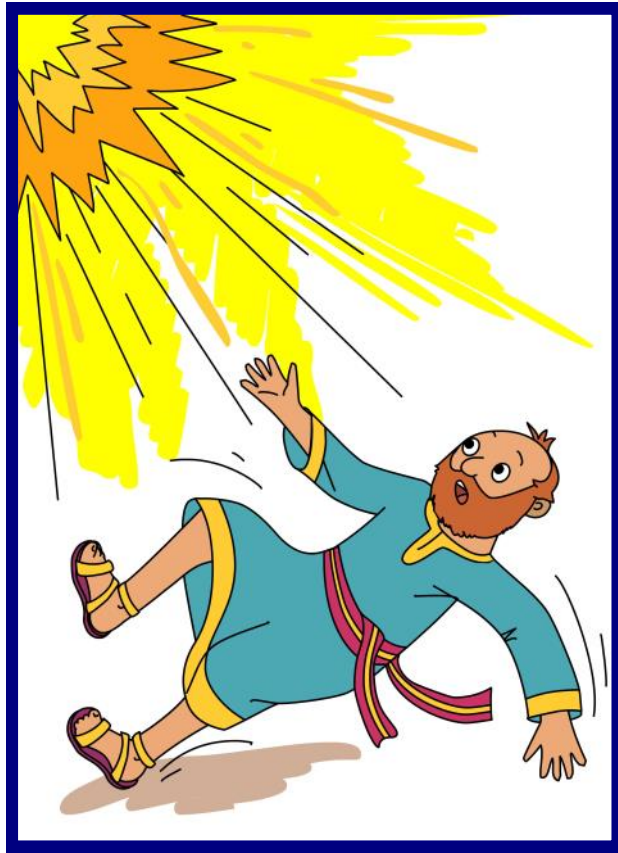


# Growing With God Preschool Bible Study



## Saul to Paul Series A Changed Man

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



# A Changed Man

## Lesson

### Series Schedule:

**Week 1 Lesson: A Changed Man**

Week 2 Lesson: Paul's Journey

Week 3 Lesson: Earthquake in Prison

### Introduction & Guidance:

Hi there! I'm looking forward to growing in God's word with you and your children through this three week preschool Bible study series. 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!

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 the "Jesus Comes and Goes" series 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 study is crafted. You can use the lessons in order or as needed. 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.

# Introduction & Guidance Continued

## Using Throughout Week

When using this lesson at home, in a preschool or daycare you may want to use the lesson throughout the week. The following is how you can breakout the activities over 5 days. It is always fun to work in a snack. Feel free to have the children eat snack at the beginning, during or at the end of a daily activity. Try to make it a more formal snack time and be fully engaged with your preschooler; wash your hands together, roll the prayer cube (see day one below), and eat together. You can do this while talking about the overall theme of the lesson. This will lead to interesting questions and insightful discussion with your child.

### Day One

Use the memory verse coloring sheet. While coloring the sheet you will be indirectly introducing the Bible story in the lesson to your preschooler(s). Make the prayer cube if you want to use it during snack.

### Day Two

Bring back out the memory verse coloring sheet and talk about it, and then sing the song with the finger movements. 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 memory verse coloring sheet and sing the song while doing the finger movements.

### Day Four

Do the fun and educational art & craft project.

### Day Five and Beyond!

For day five and other days use any of the activities for the extra content.

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

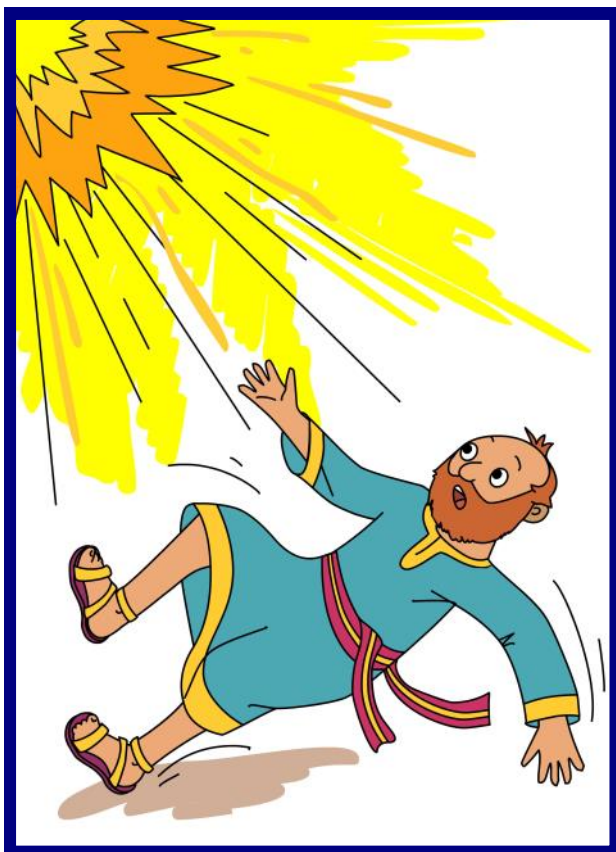
Here is how you can use the lesson in a classroom setting for a 45 to 60 minute worship time in a classroom setting such as Sunday School, in a preschool or daycare.

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. Here is an overview of the flow and time guidelines.

Memory Verse Coloring Sheet	10 minutes
Song	5 minutes
Introducing and Reading Bible Story	5 minutes
Bible Story Questions & Answers	5 minutes
Prayer	2 minutes
Art & Craft	15 minutes
Snack	10 minutes
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 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 [2 Day Free Trial](#) of 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 Pages, and over 800 free 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 Study “Saul to Paul” Series Week 1 Lesson - A Changed Man

**Key Verse:** Suddenly a light from heaven flashed around him. Acts 9:3

**Overall Theme:** We can be followers of Jesus.

**Length:** 45+ minutes if done in one session (can be spread out daily over the week)

# Memory Verse Coloring Sheet

*A Changed Man*

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 **A Changed Man** story you will read later together.

Questions to ask if you like:

- Does it look like something is shining on the man? (Yes)
- Do you think the light is bright or not? (Yes it looks like the light is bright)
- How many people are in the picture? (One)
- Does the person look like a man or a woman? (A man)
- What does it look like the man is doing? (Accept all answers)

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 Acts. When you find Acts in the new testament look for the number 9 at the top left or right of the page, this is the chapter. You will see Acts 9. We are looking for verse 3, and those numbers are much smaller under the big 9.”

After looking at the Bible show them “Acts 9:3” 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; Number recognition with the numbers you are looking for in the Bible

## Materials:

- Crayons
- Bible memory verse coloring sheet

# Song

## *I Can Be a Follower*

I Can Be a Follower is a song that reminds us that Paul became a follower of Jesus and we can be followers of Jesus as well.

I have put in two signs that you can learn from the video and then teach them to your children. You may want to have the children stand up to sing this song since they have been sitting for a bit and you can sing it with them a couple of times.

### **I Can Be a Follower**

to the tune of: "Do You Know The Muffin Man?"

Paul became a follower,  
a follower, a follower. (sign for [follower](#))

Paul became a follower  
of Jesus my friend. (sign for [friend](#))

I can be a follower,  
a follower, a follower. (sign for [follower](#))

I can be a follower  
of Jesus my friend. (sign for [friend](#))

#### **Skills:**

- **Physical:** Listening; Following directions; This is a great large motor song where children will work on squatting, standing and balance
- **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

# 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: "We we will learn in this story about a man named Paul. At first he did not like followers of Jesus. Then Paul saw a very bright light and heard the voice of Jesus, he made a change and he became a follower of Jesus like you can."

# Read the Bible Story

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

## A Changed Man

Acts 9:1-19

Saul was a well known religious teacher, that kept to the rules of the religious leaders. He thought he was so important. He was very proud. And very good. But Saul wasn't very nice.

Saul did not like Jesus followers. He traveled around looking for them. He wanted to catch them and put them in prison. He wanted everyone to forget about Jesus. Saul had never see or met Jesus, so he did not believe he was ever alive or that Jesus was the Rescuer. People that followed Jesus were afraid of Saul.

One day Saul was traveling on the road to a town called Damascus. He was on his way to put some Jesus followers in jail. That day Jesus met Saul...

Suddenly, a bright light from heaven flashed around Saul. "I can't see!" Saul yelled as he stumbled to the ground. A loud voice asked, "Saul, why are you against me?" Saul was afraid. He cried out, "Who are you?" The voice replied, "I am Jesus, the one you are against." "Go to the city of Damascus and wait for Me there." Saul waited in Damascus, terribly afraid and unable to see. But Jesus did not leave him without help.

Jesus soon after appeared to one of his followers Ananias. Jesus sent Ananias to Saul. "Lay your hands on him," Jesus said to Ananias. "I want Saul to see and be filled with My Holy Spirit." So Ananias put his hands on Saul's head and said, "Jesus sent me to you. You may see again. Be filled with the Holy Spirit." Immediately Saul could see! All at once, Jesus' Spirit filled his heart with love and joy. Suddenly Saul could see again, but he saw everything differently. He was not mean anymore.

Then Ananias baptized Saul. After this, Saul changed his name to Paul. He was a new man! Instead of not liking Jesus' followers, Paul loved them. And he became a great follower of Jesus and told many others about Jesus. You can be a great follower of Jesus too.

### Skills:

- **Physical:** Listening; Following direction
- **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:

- Did Saul like people who believed in Jesus? (No)
- Where was he going to put the Jesus followers? (In jail)
- What flashed down onto Saul from heaven? (A bright light)
- What happened to Saul? (He couldn't see)
- What did the voice ask Saul? (Why are you against me?)
- Who was the voice that was talking to Saul? (Jesus)
- What was the man's name that Jesus sent to Saul to help him? (Ananias)
- When Ananias laid his hands on him on Saul what happened? (Saul could see)
- After Ananias baptized Saul what did Saul change his name to? (Paul)
- Did Paul start to follow Jesus and tell others about Jesus? (Yes)
- Can we follow Jesus too? (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 Jesus (children repeat)  
Thank you for this day (children repeat)  
Please help me (children repeat)  
to tell others about you (children repeat)  
and to follow you (children repeat)  
I love You (children repeat)  
Amen (children repeat)

## Skills:

**Physical:** Listening; following directions

**Emotional:** Deepening their relationship through Christ through prayer

# Art & Craft

## *Flashlight Painting*



In this story we have learned about Saul seeing a bright light and then not being able to see. Flashlight painting is fun because while children following the light they are painting. You will need one flashlight per child, and a brush or roller to tape to the flashlight. Most likely you can find the foam rollers or foam brushes for very low cost. You can give each child an individual piece of paper and tape it to the table, or tape a large piece of butcher paper to the table and they can all paint on it together. Turn off the lights, turn on the flashlights and have fun following the light and painting away.

### **Skills:**

- **Physical:** Fine motor skills, strengthening the muscles in their hands when using their grasping fingers when holding onto the flashlight to paint with;
- **Math and Counting:** Color recognition with the colors of paint being used
- **Physical:** Listening; Following directions; Hand-eye coordination with holding the flashlight and watching with their eyes where they are moving the brush;
- **Emotional:** Deepening their relationship with Christ through prayer

### **Materials:**

One flashlight per child; One brush or roller to tape to the flashlight; Paper, construction paper, butcher paper to paint on; Tape to tape the paper to the table and stronger tape to tape the brush or roller to the flashlight;

# 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: Trust Snack*

If you have the time, making a themed snack is so fun and can be used to start wonderful preschool discussions about the overall theme. Themed snacks take time and energy, so go for it if you are doing this lesson over a week's time at home or in a classroom. Beware if you are using this lesson in a 45+ minute session like Sunday School a theme snack may be too much for you to do, and you may not have the classroom time for it to be fully enjoyed.



Purchase a few cans of fruit and remove the labels. This will be the snack for the children. Set out the cans and the can opener on the table. During your time together show the cans to the children. You can ask, "Would you like to have snack? (let the children respond.) Do you know what is inside these cans? (let the children respond with thoughts or guesses.) It is a fruit, you can trust me. It will be a good snack. Let's open the cans and see what is inside." Open the cans and give the

children the fruit to eat. You can say: "While Saul couldn't see he had to trust Ananias to help him. I'm glad that you trusted me and that you like the snack."

# Snack 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 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.

Amen, Amen, Amen, Amen, Amen A-  
men.

### **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

*Below there are a few items for you to choose from in case you are looking for more things to do with your children.*

## OPPOSITE GAME



In the beginning of our story, Saul did not do what Jesus wanted him to do. He did the opposite! To play the opposite game you can say, "We are going to play the opposite game. We are going to do something, and then we are going to do the opposite of it. If I were to say walk forward what would you do? Would you walk forward or backward?" Then you can use some of the ideas below or think of some on your own. You can also ask the children if they can think of some opposites to try.

Here are some opposites you can try: Wave hands high, wave them low. Shout, then whisper. Make a sad face, make a happy face. Walk quickly, walk slowly."

## FLASHLIGHT PRAYERS



Have the children sit in a circle and turn off the lights. Shine a flashlight around the circle as you say the first two lines of the following rhyme. Stop the light so it shines on one child. (Be careful not to shine the light in a child's face.) Say the third and fourth lines and have the child stand up and repeat the Bible verse, "Suddenly a light from heaven flashed around him. Acts 9:3"

'Round and 'round goes the light  
'Til one of our friends it finds.  
(Child's name), now stand up and say,  
Suddenly a light from heaven flashed around him. Acts 9:3

Have the child sit back down in the circle. Continue until every child has a turn. You may have to help the children with the Bible verse.

# Extra Content

## TRUST GAME



Jesus flashed a light on Saul and he went blind. Jesus sent Ananias to help Saul and Saul had to trust Ananias. Blindfold a child and have another child lead them around the room. Some children do not like to be blindfolded so they can close their eyes and the leader can hold their hand to lead them. You can say to the leader, "You are the leader. You need to hold the followers hand and tell them where to go so they don't run into

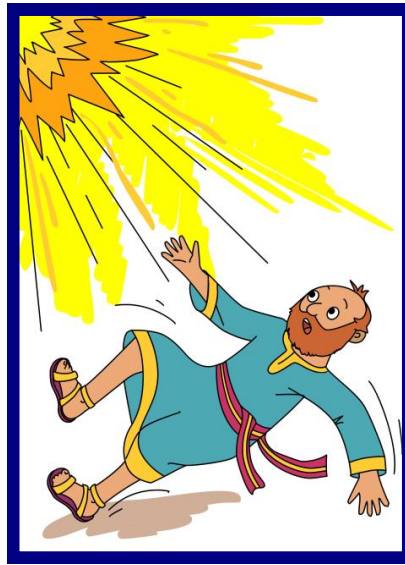
anything." You can say to the follower, "You are going to hold the leaders hand and allow them to tell you where to go. You have to listen closely so you don't run into anything." Make sure each child has a chance to lead and follow. At the end you can say, "What did you think about leading? What did you think about following? Did you like one better than the other. What did you like better?"

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 Study “Saul to Paul” Series Week 1 Lesson of 3 A Changed Man

**Key Verse:** Suddenly a light from heaven flashed around him. Acts 9:3

**Overall Theme:** We can be followers of Jesus

Here is the flow and time guidelines for the lesson:

Memory Verse Coloring Sheet: A Changed Man	10 mins
Song: I Can Be a Follower	5 mins
Introducing and Read Story: A Changed Man	5 mins
Bible Story Questions & Answers	5 mins
Prayer	2 mins
Art & Craft: Flashlight Painting	10-15 mins
Snack	10-12 min
Extra Content:	Use As Needed
Opposite Game	
Flashlight Prayers	
Trust Game	

# Cullen's Abc's

## Preschool Bible Study

### Growing With God

# Saul to Paul

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## Weekly Key Bible Verses

- Week 1 Lesson: A Changed Man  
**Key Verse:** Suddenly a light from heaven flashed around him. Acts 9:3
- Week 2 Lesson: Paul's Coming  
**Key Verse:** Paul told everyone he met about Jesus. Acts 9:28
- Week 3 Lesson: Earthquake in Prison  
**Key Verse:** Believe in Jesus, and you will be saved. Acts 16:31



Suddenly a light from heaven  
flashed around him.

Acts 9:3

# Cullen's Abc's

Preschool Bible Study

Growing With God

## Saul to Paul

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### Start Anytime

- For Home, Church or Classroom Use
- Multiple Series Now Available
- Each Lesson Includes: Bible Memory Verse  
Coloring Sheet, a Bible Story, a Prayer,  
Song, Art & Craft and Extra Content

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