



Bare Bones

Teacher's Thoughts

When the word “poor” was used in the Hebrew language, it was used to describe someone who recognized that they were helpless, so they put all their trust in God. The first beatitude refers to the “poor in spirit.” We could reword the beatitude to say, “Blessed is the person who realizes how helpless he/she is and has totally put his/her trust in God.” We must reach this point to gain eternal life. Only in trusting in God, not ourselves, can we find the hope that He has for us.

This lesson compares being “poor in spirit” to “getting down to the bare bones.” Stripping all the skin, muscles, and insides off, we get down to the bare bones. In the same way, spiritually, we need to strip off all the pretense and reliance on ourselves getting only to Jesus. He is the only One who can offer us the hope of eternal life.

Supplies

Obtain & Prepare Before Class

- | | |
|--|---|
| <input type="checkbox"/> Large book | <input type="checkbox"/> Kitchen sponges |
| <input type="checkbox"/> Rag doll | <input type="checkbox"/> Masking tape |
| <input type="checkbox"/> Copy of bones on page 15 | <input type="checkbox"/> Copy of Bible story cards on page 16 |
| <input type="checkbox"/> Copy of Fitness Zone cards on page 17 | <input type="checkbox"/> Water |
| <input type="checkbox"/> Six brown grocery or lunch bags | <input type="checkbox"/> Clear gel glue |
| <input type="checkbox"/> Empty toilet paper tubes | <input type="checkbox"/> Small zipper lock bag |
| <input type="checkbox"/> Small rocks | <input type="checkbox"/> Borax® |
| | <input type="checkbox"/> Change bag |

Provided in the Kit

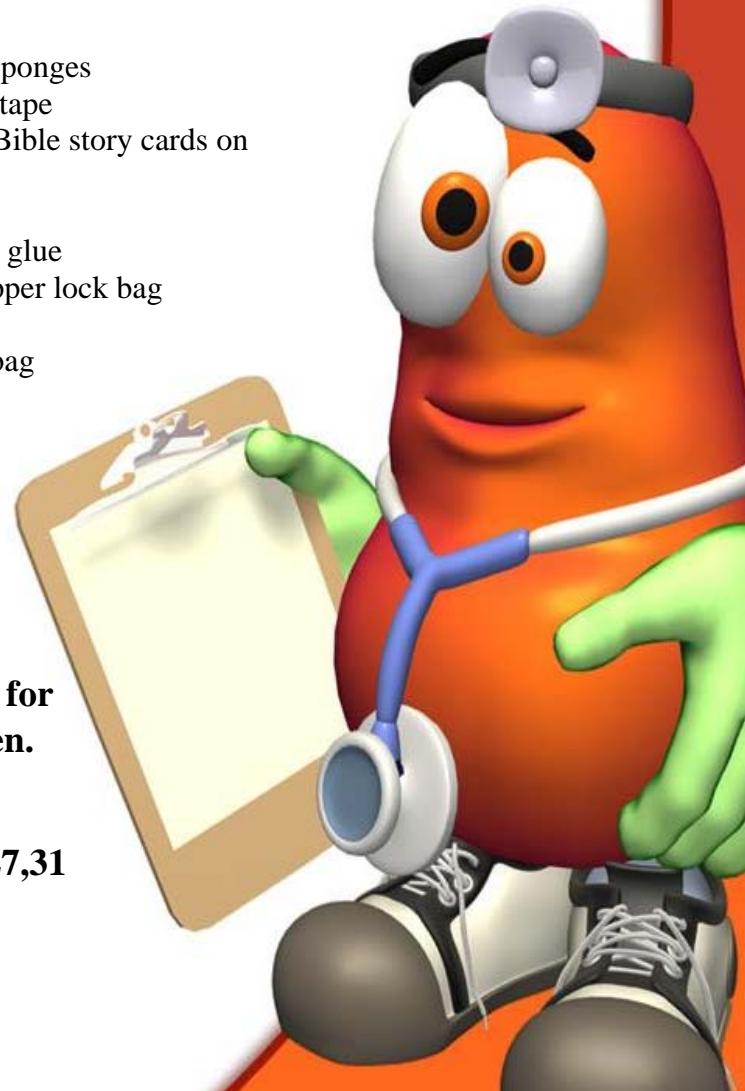
- Skeleton
- Brads

Bible Point: You cannot earn eternal life

Bible Verse: Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Matthew 5:3

Bible Story: The Rich Man Mark 10:17-27,31





(PP) Fizzle and Sizzle

Supplies: Large book (anatomy if possible), skeleton

Preparation: Hang the skeleton from the top of the head in such a way that it will move freely when manipulated.

Sizzle has the large book out and is studying it while looking at bones on the skeleton. Fizzle enters the room.

Fizzle: Hey Sizzle, studying for the big test?

Sizzle: Yep (totally engrossed)

Fizzle: Hungry? (Pokes at Sizzle's stomach.)

Sizzle: Nope

Fizzle: Ready to take a break from all the studying?

Sizzle: Uh uh

Fizzle: Oh, come on. Lighten up. Live a little. Ole bones will still be there when you get back.

Sizzle: nope

Fizzle looks around the room, sighs, and puts his head in his hands. Suddenly he brightens up.

Fizzle: Hey, Sizzle. I'll help you study.

Sizzle: (Looks unsure) I don't know. Last time you helped me study we ended up going swimming.

Fizzle: Come on, give me a chance. (Takes the book from Sizzle.) Here we go. (Looks in the book.) Question one: Why didn't the skeleton cross the road?

Sizzle: What?

Fizzle: Because he didn't have the guts! (laughing) That one had to hit your funny bone!

Sizzle: That is not a study question. Give me my book back. (Reaches for his book but Fizzle keeps it just out of his reach.)



Fizzle: Oh come on. Have some fun. Ok, seriously we will now study.

Question: What do you call a skeleton that won't get out of bed?

Sizzle: Fizzle!

Fizzle: No, not Fizzle, lazy bones! Get it...won't get out of bed...lazy bones!

Sizzle: That's it, I'm studying alone. You will never be a doctor if you don't start studying instead of messing around. (Grabs book back.)

Fizzle: Don't give up on me yet. I know. Let's learn the names of the bones. (Starts pointing to parts of the skeleton.) Here we go. . . the foot bone's connected to the leg bone, the leg bone's connected to the hip bone, the hip bone's connected to the. . . uh. . . the hip bone's connected to the. . . uh Sizzle, what is the hip bone connected to??

Sizzle: Will you leave me alone and let me study?

Fizzle: (Picks up the arm of the skeleton and drapes it over Sizzle's shoulders.) Now, the arm bone's connected to a Sizzle bone. . .

Sizzle: That's it! I am out of here. (Collects books and leaves in a huff.)

Fizzle: I don't know what his problem is. (Shrugs. Picks up skeleton.) I guess it's just you and me baby (dances around the room). Oh, I remember now...the hip bone's connected to the back bone, the back bone's connected to the neck bone, the neck bone's connected to the (continues to sing while leaving).

Puppet Song

(pp)

“Dry Bones” from 100 Bible Songs & 100 Bible Stories by Wonder Workshop, 2004.

“Dry Bones” is available by download through www.CBD.com.

Costume idea: Dress some members of the team like skeletons and have them dance during the song. For a costume, dress team in black pants and shirts. On a black trash bag, use reflective tape to form the spine, clavicle, sternum, ribcage and pelvis. Use the tape on the clothing to represent the bones in the arms and legs.



(PP) Dr. Seymour Joy



Supplies: Rag doll

Good day to you. I am Dr. Seymour Joy. I see I have many patients waiting today. According to my notes here (looks at notes), you are having some issues with bones that need to be fixed. Perhaps I will have a prescription to help you with your problem.

Hmmmm. Let me see. First, we need to look at the importance of having bones.

I need my nurse to help me with this. Nurse? Nurse where are you? I can never find her when I need her.

Teacher: Can I help you with something Dr. Joy?

Dr. Joy: Yes, I suppose you can. Pick up that rag doll over there and hold it where all my patients can see it as I explain to them the importance of bones.

(Teacher should demonstrate each action with the rag doll.)

Dr. Joy: Without bones, you would just flop on the floor like a rag doll. You couldn't stand up. You couldn't walk. You'd just be a puddle of skin and guts hanging out on the floor. (To teacher:) Thank you for your assistance with the rag doll. I will need you for one more demonstration. Please bring one of my patients to the front.

(Teacher chooses a child and place the child next to the skeleton.)

If you take away all your skin and your insides, do you know what you have? A skeleton. (The teacher should point to the skeleton.) That's right, you would just be a pack of bones.

Have you ever heard the expression "down to the bone?" Or how about "bare bones?" That means nothing is there except bone. The expression means that you have gotten rid of all the unimportant stuff and are focusing on the important thing.

With God, we need to get down to the bare bones. And that is your prescription for today. You need to get down to the bare bones with God. When you do that, you will find joy.

NOTE:

If you do not have a rag doll, have the teacher choose a child from the audience. The child should "act" like a rag doll.

Object Lesson

(PP)

Supplies: Change bag, two paper bones (page 15) copied onto white cardstock paper

Preparation: Cut out the two bones. Place one bone inside the secret pocket.



Dr. Joy explained to us that bones are important to us. We need them to walk, to stand and to move. They are the foundation for our body.

Sometimes, though, bones will break. Has anyone here ever had a broken bone? (Choose one of the children that have had a broken bone to come to the front.) **I need you to do something to this bone. Would you please break it in half? I am going to have you place the broken pieces of bone into this empty bag.** (Show that the bag is empty. If you have a purchased change bag with a zippered bottom, unzip the bottom and put your hand through it. If you have made a change bag, turn it upside down, carefully holding the secret compartment shut.) **You may now drop the pieces of bone in the bag.**

NOTE:

If you do not have a change bag see the introduction for instructions on how to make one.

When people depend on wrong things to get them to heaven, they are building their lives on a bad foundation. That foundation will eventually break. They must be willing to give those things to Jesus. (Reach in the bag and pull out the bone unbroken.) **When they realize all they need is Jesus, He makes a firm foundation that they can depend on.**

Bible Story

(PP)

Supplies: Cards (page 16), six brown grocery or lunch bags

Preparation: Copy the cards. Place one in each bag.

The Rich Man
Mark 10:17-27,31 (NLT)



Jesus was beginning a journey to Jerusalem. Before He left, a man came running up to him and knelt at his feet. The man said to him, “Good Teacher, what must I do to inherit eternal life?”

Jesus answered him, “Why do you call me good? Only God is truly good. But to answer your question, you know the commandments: You must not murder. You must not commit adultery. You must not steal. You must not testify falsely. You must not cheat anyone. Honor your father and mother.”

The man looked at Jesus and said, “Teacher, I’ve obeyed all these commandments since I was young.”

Jesus looked at him and felt genuine love for him. Think about that for a minute. Imagine Jesus looking at you with love. That is irresistible to me! Jesus was looking at this man with love. But, this man’s possessions were more important to him than Jesus’ love.

Jesus said, “There is still one thing you haven’t done. Go and sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, follow me.”

The man’s face fell. He had many possessions. He went away sad.

After he left, Jesus looked at his disciples and said, “How hard it is for rich people to get into the Kingdom of God!” The disciples were all amazed by this statement. But Jesus said to them, “Dear children, it is very hard, to get into the Kingdom of God. It is easier for a camel to go through the eye of a needle than for a rich person to enter the Kingdom of God!”

The disciples did not know what to think. How could that be? “Then who in the world can be saved?” they asked.

Jesus gazed at them and said, “Humanly speaking, it is impossible. But not with God. Everything is possible with God.” He also said, “Many who seem to be important now will be the least important and those who are considered least here will be the greatest then.”

**TEACHER
TIP**

If you have a large group, have the teams vote if each statement is true or false.

What did Jesus mean by all this? We are going to play a game to try to figure out what He meant. Before we get started does anyone know what eternal life means? (Living forever in heaven.)

Divide the children into two teams. Have each team choose a team captain.

We are going to take turns choosing a bag. After you choose a bag, you will open it and read the statement inside. Your team will then decide if this is a true way to eternal life. If your team is correct, you get a point. We will continue this until all the bags are gone.

Incorrect answers:

- ◆ Go to church every Sunday
- ◆ Give all my money to the poor
- ◆ Tell other people about Jesus
- ◆ Read my Bible every day
- ◆ Follow the Ten Commandments

Correct answer:

- ◆ Be poor in spirit

Have you ever heard of being “poor in spirit?” When Jesus was teaching one day, He said “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” This is one of the Beatitudes. In the next couple months, we are going to learn all about the Beatitudes. These sayings tell us how to find true joy. They tell us how Jesus wants us to be. It is only in living the way He wants that we can find true joy. (pp)

So, “poor in spirit?” This means you realize that you are truly helpless. You know that you cannot depend on yourself. It is like being down to the bare bones. When you are at this place, you can truly understand your need for Jesus.

Going to church every Sunday will not save you. Giving all you money to the poor will not give you eternal life. Neither will telling others about Jesus, reading your Bible every day or following the Ten Commandments. The only thing that will give you eternal life, that means living forever in heaven with Jesus, is to be poor in spirit. To know that there is nothing you can do to earn eternal life. It is having faith in Jesus. It is putting your trust in Him completely and relying only on Him. Your parents can not get you into heaven. Your pastor or teacher can not get you into heaven. Being really, really good will not get you in. Eternal life is a gift that Jesus gives to all those who put their trust in him and ask Him to forgive them for their sins. There is truly only one way to get to heaven and that way is Jesus. (pp)

Prayer

Ask the Lord to help the children be poor in spirit, to come to the point of realizing that He is all they need. You may present the plan of salvation to the children at this time.

(pp)

**TEACHER
TIP**

There is always a blank Power-Point slide for the prayer time.

(PP) Research Lab



Weight of Bones

Supplies: Empty toilet paper tubes, small rocks, kitchen sponges, masking tape

Divide the kids into pairs. Have each pair fill one paper tube with rocks and the other with sponges. Have each pair “weigh” them by putting one in each hand and comparing how heavy each one is.

Bones are made to support your body. They give your body its shape. They must be strong to do that job. However, they must also not be too heavy or your body could not move around.

When we get down to the bare bones and are relying on God, we find that He supports us. That when we trust Him, He gives us all we need to live.

If our bones were heavy, it would be a burden to just walk around. God designed our bones light enough so that we can walk around. In the same way, when our foundation is Jesus, He never lets our burdens get too heavy.

(PP) GROSS ZONE

The Blob

Supplies (per child): Two tsps. water, one tsp. clear gel glue, small zipper lock bag, one tsp. Borax®

Preparation: Make a Borax® solution using one tsp Borax® and ¼ cup of water. Stir until dissolved. (Enough solution for approximately five children.)

Pour two tsps. water and one tsp. clear gel glue into a small zipper bag. Seal the bag and squeeze it with your fingers until the contents are mixed. Add two tsps. of the Borax® solution to the mixture in the zipper lock bag. Seal the bag and mix it again. You can place a drop of food coloring or some glitter in the bag. Once mixed, open the bag and remove the slime.

This is what we would be like without a skeleton. We would just be “the blob”. This blob is fun to play with, but would you really like a body like this?



Many of the things people think will get them to heaven are just as useful as this blob. Instead, people need to get the bare bones facts. They need to realize that Jesus is the only way. Everything else will just end up being a useless blob.

FITNESS ZONE

(pp)

Spiritual Fitness Test

Supplies: Copy of Fitness Zone cards (page 17)

Read through the cards and decide if the statements are true or false.

1. Your parents are Christians so you will go to heaven one day.
2. You are a good person. Good people go to heaven.
3. You are always doing nice things for people. One day you will go to heaven because you do so many things for people.
4. Your friends have all asked Jesus into their hearts. Since you hang around them, you must also be a Christian.
5. The only way to heaven is through Jesus.
6. If you work really hard, make lots of money and give it to the poor, you will have eternal life.
7. If you believe in Jesus, ask Him to forgive you for your sins and live for Him, you will go to heaven.
8. Going to church every single Sunday is a great way to get into heaven!
9. Tithing your money (giving 10 percent of your money) in the offering each week will certainly get you into heaven.
10. Everyone who believes there is a God will go to heaven.





Time Stretchers

Craft Activity



Macaroni Skeleton Art

Supplies: Various shapes of pasta (elbow, bow tie, spiral, linguine), black construction paper, white glue, paint brushes

On the black construction paper, the children should construct a skeleton using the different shapes of pasta. After the skeleton has been constructed, use the white glue and paint brush to adhere the pasta to the black construction paper.

Snack



Pretzel Skeletons

Supplies: Stick pretzels, small “knot” pretzels, paper plates

Construct a skeleton on the paper plate using the pretzels. Use the “knot” pretzels to make the head and the pelvis. Use the stick pretzels to make the other bones. Break the pretzels in half to make the ribs and collar bones.

As the children eat the snack, review what it means to get down to the bare bones with Jesus.

Memory Verse



Skeleton Man

“Blessed is the poor in spirit, for theirs is the kingdom of heaven.”

Matthew 5:3

Supplies: White board and marker, hanging skeleton with detachable bones (optional)

Play hang man using the memory verse. For a fun twist, use a detachable skeleton and add a bone each time a letter is missed.

Game

Skeleton Tag

Supplies: None

Choose three people to be “it.” Line everyone else along a wall on one side of the room. On “go”, everyone runs to the other side of the room. The three people who are “it” try to tag the runners. If someone is tagged, he/she must fall to the floor in a blob as if he/she does not have a skeleton. Play continues until one person is left that has not been tagged. The blobs can cheer people on but must stay in the position in which they fell.



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Seymour Joy

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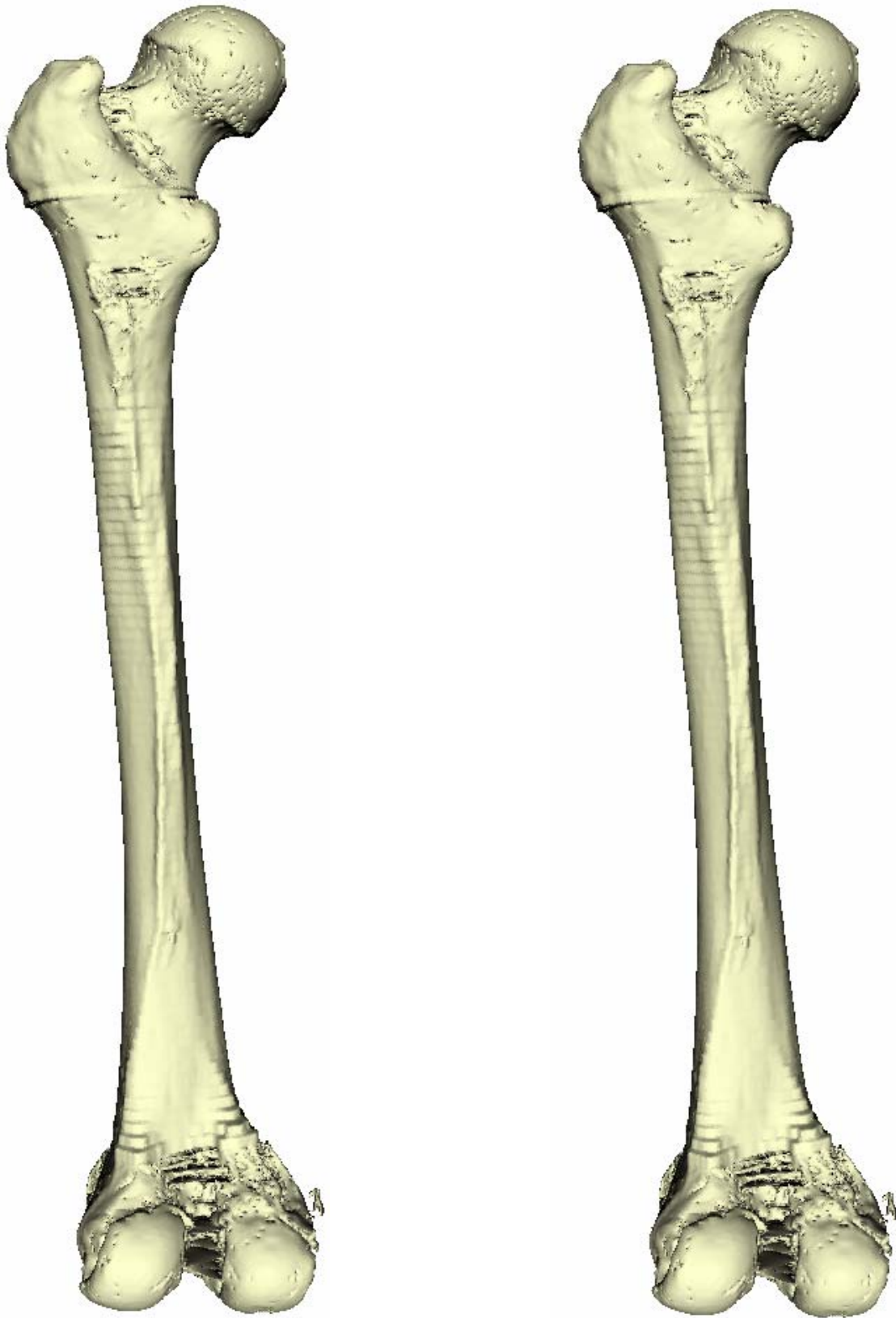
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(Teacher chooses a child and place the child next to the skeleton.)

If you take away all your skin and your insides, do you know what you have? A skeleton. (The teacher should point to the skeleton.) That's right, you would just be a pack of bones.

Have you ever heard the expression "down to the bone?" Or how about "bare bones?" That means nothing is there except bone. The expression means that you have gotten rid of all the unimportant stuff and are focusing on the important thing.

With God, we need to get down to the bare bones. And that is your prescription for today. You need to get down to the bare bones with God. When you do that, you will find joy.



Bible Story Cards

**Go to church
every Sunday**

**Give all my money
to the poor**

**Tell other people
about Jesus**

**Read my Bible
every day**

Be poor in spirit

**Follow the Ten
Commandments**

Fitness Zone Cards

Your parents are Christians so you will go to heaven one day.

You are a good person. Good people go to heaven.

You are always doing nice things for people. One day you will go to heaven because you do so many things for people.

Your friends have all asked Jesus into their hearts. Since you hang around them, you must also be a Christian.

The only way to heaven is through Jesus.

If you work really hard, make lots of money and give it to the poor, you will have eternal life.

If you believe in Jesus, ask Him to forgive you for your sins and live for Him, you will go to heaven.

Going to church every single Sunday is a great way to get into heaven!

Tithing your money (Giving 10% of your money) in the offering each week will certainly get you into heaven.

Everyone who believes there is a God will go to heaven.

Together Time

Bible Point

You cannot earn eternal life

Bible Verse

Blessed are the poor in spirit,
for theirs is the kingdom
of heaven.

Matthew 5:3

Bible Story

The Rich Man

Mark 10:17-27,31



Cooking With Your Child

Pretzel Skeletons

Supplies: 1 package dry yeast, 4 cups flour, 1 teaspoon salt, 1 teaspoon sugar, baking pan, measuring cups and spoons

Dissolve the yeast in cold water. Mix the yeast mixture and 3 cups of flour.

Directions: Slowly add about one more cup of flour until the mixture can be kneaded. Knead the dough on a floured surface. Sculpt the clay into a skeleton. Bake at 350 degrees for 20 minutes. Makes one skeleton.

Discussion

To be poor in spirit means to realize that you are totally helpless without God. It is like getting down to the “bare bones” with God

Is there anything that keeps your family from being “poor in spirit”?

Fun Bone Facts

- ❖ The human hand has 27 bones; your face has 14!
- ❖ You have 300 bones when you are born. By the time you are grown, you have 206 bones as some of your bones fuse together.
- ❖ Did you know that humans and giraffes have the same number of bones in their necks? Giraffe neck vertebrae are just much, much longer!

