

Memory Book Club Lesson Planner – Year 1

Authored and compiled by Tamara Faris, RN, MS, Founder of Memory Books for Children International

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Introduction

Objective

The purpose of the Memory Book Club Lesson Planner is to give facilitators of Memory Book Clubs support by providing lessons, activity ideas, and supportive biblical scriptures designed to promote wellness and hope for children experiencing traumatic life events.

The Memory Book Club Lesson Planner is designed to be used in coordination with Memory Book Clubs and Memory Books. Children are invited to attend monthly Memory Book Clubs where they will receive a personal Memory Book. The personal Memory Book is designed to help children tell their own personal stories with words, drawings, artwork, poems, music and the act of story telling.

The Memory Book Club Lesson Planner should be used to guide children to reveal and express their own thoughts and feelings about what has happened to them. Some children may lack language or verbal skills to speak aloud, or lack understanding to express what they are feeling, but can use other methods we view as play, such as art, play acting, music such as singing or playing instruments to tell their story.

Lessons combine psychological and spiritual perspectives to help children grieve the things and people they have lost, while growing in greater sense of wellbeing and identity.

As a witness to a child's story, it is not important we fully understand what they are saying or showing us but that we are simply a witness to what it is they are expressing. That their story is important.

Lessons

Each of the twelve lessons contained in this Lesson Planner are designed to address thoughts, feelings, and circumstances children are experiencing in their lives, such as death of loved one, homelessness, violence, neglect, poverty, chronic or terminal illness, abuse, incarceration of parent, discrimination or bullying. Most children today are suffering from the presence of grief as the result of these circumstances. The innate sense of hope humans have during difficulties can produce a smile, but hidden deep inside children are silently grieving alone. The lessons promote self-esteem and

confidence while helping children develop a sense of identity in spite of what they are facing.

The lessons contained in the Lesson Planner should be considered 'simple seeds of truth' that have the capacity to encourage healthy developmental growth of trust, autonomy, industry and independence in children living in the midst of loss and enduring grief. As children grow they may revisit preserved stories and derive greater understanding, truthfulness, and insight into the events of their childhood.

These lesson plans are designed to help a child uncover thoughts and feelings they are having about their life, and discover they are valuable, their lives have purpose, and that they are loved by a God who will never ever leave them, abuse them or neglect their needs. That they are loved by a God they can trust, they can love, and live a life learning more about God and His love for them.

Memory Book Club is not an opportunity to tell children what we want them to know, but the opportunity for children to tell us what they want us to know creating a journey designed unique to the child and the needs he/she has. If we allow children to lead on this journey, by telling their story they will ultimately arrive in a place emotionally and spiritually suited for each and every child, unique in every way.

Club Activities

Club activities include 'talking stick time', lessons, time to work in personal memory books, optional craft or art ideas, and closing 'talking stick time'. These activities allow children a safe environment to grieve their losses, re-establish a healthy sense of identity, and express hopes and dreams. Memory Book Club activities are all designed to promote resiliency and post-traumatic growth after experiencing loss and traumatic events. Facilitators and peers act as a valuable witness to a child's story helping a child to discover they are not alone in their loss. Memory Book Club theme is 'I Am Somebody'.

More information

Training for facilitators of Memory Book Club is available in Training Manual, 2015. The Training Manual, 2015 and Introduction to Memory Books for Children and Memory Book Club power point presentation is available at www.memorybooks4children.com/resources. All facilitators are required to complete training prior to starting a Memory Book Club. Volunteers must complete training prior to helping with club events. Hard copies of the Training Manual, 2015 are available on request at memorybooks4children.com/contact us

While the concept of using a simple Memory Book may seem foreign or even too simple to address the needs of children who are grieving, research conducted to explore the outcome using a memory book as a tool by a grieving child reveals positive results by children orphaned, vulnerable and disadvantaged in India, Kenya and South Africa. Most of these children have suffered some of life's most devastating losses, but exhibit resiliency and hope for their future when having a witness to their stories. (See Evaluation of Use of Memory Book Intervention by Orphaned Children in South Africa published by Journal of Pediatric Nursing, July/Aug 2014 for research) (Additional research examining the universality of the memory book as a tool is currently being completed for publication in 2016)

Memory Book Clubs and Memory Books are designed for that process, to process grief; allowing children the opportunity to lead through the telling and retelling of their stories while others act as a witness simply agreeing to accompany them on their journey of grief.

“A young child in South Africa sitting at a small table at an HIV/AIDS clinic leaned over her paper burying her work with her arm and head. She looked up only to choose another crayon from the jar of many. I took a seat next to her and simply watched. She continued to cover her paper, choosing another crayon occasionally without acknowledging my presence. Then I simply said, ‘You choose pink’. I said nothing else. ‘You choose orange’. Again, I responded with simply what she had done. The young child began to change crayons more frequently. Again, I responded with simply what she had done. After a few minutes, the child raised her head and shyly looked at me. As she continued to draw, she lifted her arm revealing her work. She changed crayons simply to produce my response. When she smiled, I smiled back. When she studied my eyes, I looked into her eyes. I was a mirror for this child. A mirror that says to the child, I am alive, someone sees me.” ~ Tamara Faris, RN, MS and Founder of Memory Books for Children International

Memory Book Club Format

Volunteers facilitate the club event by setting date and time, putting out advertising, rehearsing lesson and activity. If option 2 Activity is chosen art and craft supplies will need to be purchased and assembled. (art and craft supplies will be provided by individual club sponsors) Club format, including 'talking stick time' led by lead facilitator. There should be enough volunteers to facilitate club events to adequately interact with each child during club.

It is suggested Memory Book Club be held once a month, on same day, same week in same facility at same time to provide continuity. Filers may be sent to families for reminders of upcoming Memory Book Club. Memory Book Club may be one child and one adult, or many children with many volunteers.

Club begins – Facilitators begin club by singing theme song 'I Am Somebody'. Volunteer facilitators clapping hands together and move into a circle where every face can be seen. (See 'I Am Somebody' wording and music)

First Talking Stick Time – Remaining in circle, lead facilitator welcomes everyone, introduces new children and new volunteers by name. Facilitator holds talking stick and reminds everyone how the talking stick rules work. See 'talking stick rules and use'. Lead facilitator asks if anyone would like to share something that happened this week; ie celebrated a birthday, learned to ride bicycle, lost a tooth, was sick. Passing the talking stick from person to person. If a child does not want to share anything they can simply say 'pass' and pass the talking stick onto the next person.

Lesson Time – Lead facilitator invites everyone to sit in circle. Facilitator reads lesson from Lesson Planner. These lessons are not designed to give in any particular order. Use your own discretion. Children may ask questions, make comments related to lesson. Facilitator may invite children to give examples from their lives about the lesson. Always remind everyone to the 'talking stick rules'. Supportive biblical scripture may be shared here.

Activity Time – Option 1 – Invite children to locate a picture or page in their personal memory book to write or draw what the lesson means to them. (Make sure every child is given a personal memory book). Facilitators may want to provide pencils, colored pencils, crayons for this activity. Invite children to write supportive bible scripture in their memory book.

Option 2 – If available, art and craft supplies to complete a craft can be provided by club sponsor here. Learning songs, or playing an instrument like drums, or a drama may be inserted here.

It is important to read and understand Reflective Art, Reflective Play and Reflective Listening techniques found in Training Manual, 2015 to assure this time is effective and valuable to children.

Talking Stick Closure Time – As children are completing their work, invite children who have finished to come to the front, and read their story or show their drawing from today's lesson. Remember to have them hold the talking stick whenever anyone shares. Thank them, and invite everyone to clap. Invite children to memorize the supportive biblical scripture and stand and share it (optional). Facilitators may want to give a sticker child can place in their memory book next to written scripture for this activity that promotes courage to accomplish this task.

Closing Time – Sing 'I Am Somebody' passing the talking stick from person to person as the song is sung. Thank everyone for coming and invite everyone to come next time, bringing memory books. Invite children and adults to bring a friend next time. (You may want to hand out a flier for next months date and time)

What is a 'talking stick'?

The talking stick has been used for centuries by many American Indian tribes as a means of just and impartial hearings. The talking stick was commonly used in council circles to designate the person who had the right to speak. When matters of great concern came before the council, the lead elder would hold the talking stick and begin the discussion. When he finished what he had to say he would hold out the talking stick, and whoever wished to speak after him would take it. In this manner the stick was passed from one individual to another until all who wished to speak had done so. The stick was passed back to the leading elder for safekeeping.

Permission to talk is given the person who is holding the talking stick. No one else is allowed to talk or whisper when someone else is holding the talking stick. During the first few Memory Book Club events, talking stick time may be very short, because children may not feel comfortable talking. In time more and more children will want to talk, and the time needed will increase.

Please do not worry about the time needed to allow children to share. You may invite a number of children to share the topic of the day to promote self-esteem. If a child does not want to share, they simply take the talking stick and say 'pass', passing the talking stick to the next person. (A child may pass without saying anything at all. That is okay.)

The talking stick carries respect for free speech and assures the speaker he has the freedom and power to say what is in his heart without fear of reprisal, humiliation or judgment. The correct response to a child sharing is simply 'thank you for sharing' or simply repeats the final words the child speaks. Facilitators do not need to respond with correction or advice after a child has spoken. Simply repeating the words of what they say tells the child, I am heard. 'You feel happy to make your bloom today or you learned you are loved by God today'. When in doubt, always respond beginning with 'you _____' always keeps the focus on the child and their own story. Never use 'I' in this circumstance, because the story focus turns to you. If you are reminded of something in your own life, look for an opportunity to share it with someone at a different time and place because your story is important too.

The talking stick made of wood, 15 inches or 40 cm long, may be decorated with paint or simply plain, Make sure wood is smooth and absent of splinters. Store the talking stick in a safe place so it will not be necessary to replace. Never, ever use the talking stick for discipline, or even slapping across the hand when speaking. It must remain a friend to all.

Lesson Plan No. 1 – I Matter to God

Lesson

In the same way a farmer would hunt for a lost sheep, you matter to God. The funny thing about a lost sheep is the sheep does not even know he is lost. He is not worried about being found, or that the farmer is even looking for him. A lost sheep is simply lost.

You may or may not ever wonder if you are lost? If you have never thought about God or wondered if God thinks about you, you may feel lost to God. But God loves you so much, even though you don't know Him or ever think about Him. God loves you so much He is looking for you. When God finds you, He makes sure we know He loves us. Just like when a farmer finds a sheep, and the farmer takes the sheep home the sheep feels happy to be home.

God wants each of us to come into His family. His family is not complete without you. When God finds you, like a farmer finding a lost sheep, God will pick you up and love you because He is so glad you are finally found.

You really matter to God. Do you feel lost? God is looking for you, and hopes to find you and invite you into His family. When that happens all heaven rejoices!

Activities

Option 1 – Invite children to find a sheep inside their memory book and write the story about being lost like a sheep. God is looking for me. Today God has found me. I Matter to God

Option 2 – Card stock ¼ sheet; ask child to draw sheep; cover with cotton balls with glue. Glue sheep inside memory book; write I Matter to God.

Talking Stick Time

- Invite children to come forward and show sheep drawing or craft.
- Invite children to come forward to read or recite supportive scripture
Luke 15:3-6 Then Jesus told them a story. He said, Suppose one of you has 100 sheep and loses one of them. Won't he leave the 99 in the open country? Won't he go and look for the one lost sheep until he finds it? When he finds it he will joyfully put it on his shoulders and go home. Then he will call his friends and neighbors together. He will say, Be joyful with me. I have found my lost sheep. (NCV)

Additional reading; Luke 15:7-10; Psalm 37:23-24; Psalm 139:17-18; John 10:2-4; John 10:11-16; Luke 19:10; Luke 15:11-32; Psalm 23:1-6; Isaiah 40:11

Review of Lesson

You matter to God. Before you even knew about God's love He was looking for you. When God finds us He sweeps us up into His arms and carries us home to be His child.

Lesson Plan No. 2 - Fit for Royalty

Lesson

In this world we will face loneliness, fear and maybe even hopelessness. Even when we have people who love and care for us, we will feel these things because sin in us has separated us from our creator, God, leaving an empty space. Everyone, no matter how good you are you is capable of committing sin so we all are separated no matter how good we think we are. God does not want us to live without Him, so He provided a way for our sins to be forgiven which allows us to be reunited with Him. When we sin we must pay a penalty for sin, but God sent His Son Jesus to pay that penalty for us by dying for all the sins of the world. When Jesus died on the cross he paid the penalty for each of us and all sin. When I accept Jesus died for my sins, God forgives me for all my sins, and God offers to adopt me as His child. I go from feeling like a nobody, to becoming God's own child. God gives me His own name; I am a child of God. He is my Father.

He loves us, and rescues us, clears our name, gives us His name, and adopts us as His own. You are no longer orphaned, or lost, or a nobody, but God calls you His own child. Because God is creator, King over everything when you become one of His children, you become a member of God's royal family. Imagine!

Activity

Option 1 – Invite children to locate a crown in their personal memory book and write or draw what the lesson means to them. Draw themselves wearing the crown.

Option 2 – Assemble materials to make paper plate crowns (cut plate in half), yarn ties, plastic gems or simply use colored pencils to decorate including name. Supplies necessary; scissors, hole punch, colored pencils, glue.

Talking Stick Time

- Invite children to come forward and read their lesson or show their drawing
- Invite children to come forward and reveal their crown
- Invite children to tell what it means to be a child of God.
- Invite children to come forward and read or recite supportive scripture:
Romans 8:14-17 The true children of God are those who let God's Spirit lead them. You didn't receive a spirit that makes you a slave to fear once again. Instead you received the Holy Spirit, who makes you God's child. By the Spirit's power we call God 'Abba'. Abba means Father. The Spirit Himself joins with our spirits. Together they give witness that we are God's children. As His children, we will receive all that he has for us. (NCV)
Additional reading; 2 Corinthians 6:18; Gal. 4:4-7; Psalm 23:6; Eph. 1:3-6; John 14:1-6; John 1:10-13; Revelations 4:1-11; Eph. 2:9-10

Review of Lesson

We are no longer orphaned or lost, but chosen by God to be His own child.

Lesson Plan No. 3 – I Am Somebody

Lesson

Do you ever feel you are not special enough for God to recognize or use?

God does great things through regular people, even regular kids. In the Bible, there are many stories of people God called upon to do amazing things. Peter and John preached and prayed for and saw the healing of sick people, even though they were considered 'ordinary men with no training'. (Read about their work in Acts) Many people who spread the gospel written about in the Bible aren't powerful or come from important families.

When God called Jeremiah to be a prophet (who can tell me what a prophet is? A person who claims to hear and speak what God tells him about what will happen. How would you know if someone is a prophet? If what they say really does happen) When God called Jeremiah to be a prophet Jeremiah said, 'I don't know how to speak. I am only a child.' God can speak to His children.

Moses was a grown up, but he didn't think he was a good speaker either, yet God spoke to him so he would tell the people what to do, and what would happen.

God says, 'My power is strongest when you are weak', meaning sometimes a child is the best person God speaks through because they are small (or weak) and do not think they know more than God like some adults do. Even though we are not perfect, God can use people to tell others about God's love for them. We don't need to be a preacher or a prophet to tell others about what God has done for us. We don't need to talk people into believing what God tells us to share, but we can pray and ask God to let them see the truth. God brings people to Himself. He shows people the truth through even little children. God gives us the words and everything we need for whatever He wants us to do.

God created me for a specific purpose, unique to whom I am. Let's say, 'I Am Somebody whom God created for a specific purpose in this world.'

Activity

Option 1 – Invite children to I Am Somebody page in memory book and write the previous sentence, and invite them to write what they hope or dream to do one day.

Option 2 – Invite children to trace their handprint in memory book or on a separate paper to later place in their memory book. (Children may place hand in paint in paper plate for handprint craft) Tell children how unique individual handprints are.

Talking Stick Time

- Invite children to come forward and read what they hope or dream of doing one day and/or show their handprint.
- Invite children to read or recite supportive scripture
Isaiah 52:7 How beautiful are the feet of those who bring good news. (NCV)
Additional reading; Acts 4:13-14; I Corinthians 1:26-31; Isaiah 65:1; Romans 8:17
Psalm 139:13-18; Jeremiah 9:23-24; 2 Corinthians 12:8-10; 1 Samuel 17:33-37,45

Review of Lesson God uses ordinary people, even children to do extraordinary things. All we must be willing to do is to be used by God.

Lesson Plan No. 4 – Freedom Forever

Lesson

The way in which you live your life is going to make a difference. Not just for you, but for your children and even grandchildren one day. It matters today, tomorrow, and long after you are gone from this world. Your life can help others to see their way to God Himself, or can lead to others choosing to live sinfully with you as their example.

Have you ever committed a sin; lying or being mean to someone or maybe even committing a crime; stealing, assaulting someone. When we first commit a sin or crime we may feel awful inside, but if we sin or commit many crimes over time we no longer feel badly. We have become a slave to the sin. We commit the crime or sin without feeling bad for it anymore. The sin rules us, and we cannot stop because we have become a slave to sin.

Jesus died for all our sins. It is a gift to each of us. We have done nothing to deserve it, but it is a gift from God. All we must do to accept this gift is to tell God of our sins and ask Him to forgive us for every single one. But even when we learn of this gift we often refuse to come to God with our list of sins. We refuse to admit we have sinned or committed a crime.

There once was a farmer who owned a horse. One day the farmer decided to take down the fence that kept the horse near the barn, and allow the horse to graze out in the open pasture. But, the horse refused to walk out into the pasture and instead stayed near the barn. The horse was free but did not take advantage of the fence coming down.

Likewise, God's son Jesus has died for our sins. We need no longer be a slave to sin but we do not take advantage of it. We go on like there is still an obstacle between God and us. There is nothing more that needs to be done to be free from our sin, but to accept this gift from God.

Activities

Option 1 - Invite children to find a space in their memory book to write or draw this lesson

Option 2 – Invite children to cut out a snowflake from white paper representing their hearts clean as white snow.

Talking Stick Time

- Invite children to share what they wrote or drawing from this lesson
- Invite children to pray and ask God's forgiveness; for salvation
- Invite children to read or recite supportive biblical scripture:
Isaiah 1:18 The Lord says 'Come let u talk about these things. Though your sins are like scarlet, they can be white as snow. Though your sins are deep red, they can be white like wool. (NCV)
Additional reading; Col. 1:21-23; Isaiah 43:25; Isaiah 61:10; Psalm 103:8-13; Psalm 51:1-10; Col. 2:6-10; Psalm 32:1-5

Lesson Review Living a life of sin is like a horse not recognizing the fence is gone.

Lesson Plan No. 5– God is listening

Lesson

Did you know you could talk to God because God is always listening? Your voice matters in heaven. He takes you very seriously even if you are a kid. When you enter God's presence He hears you speak. No need to fear you will be ignored or laughed at or even made to feel afraid. Everything you want to say to God is important to Him. Even if you don't know the words to say, or you stutter, or even if what you say doesn't sound very important. It is important to God and He is listening. He listens when you are angry; He listens when you are sad. God is listening when you are begging him. He even is listening when you are mad. He is waiting even when there are no words coming from your mouth. He waits until you are ready. He waits until you have figured out what you want to say. Sometimes you may not know what to say. That is okay with God. He even is listening when you are saying nothing. Waiting. Your words are important to God. He honors you and your words to Him like your words are priceless gems. Your words do not stop until they reach the throne of God where God is listening to every single word.

Your prayers move God to change the world. Actions in heaven begin when someone on earth prays words to God. Imagine. What would you like to tell God? God is listening.

Activities

Option 1 – Invite children to write a letter to God somewhere in their memory book. If a child has not yet learned to write, offer to transcribe the child's letter.

Option 2 – Invite the child to write a letter to someone they love; to themselves.

Talking Stick Time

- Invite children to come forward and read their letter to God. Always optional.
- Invite children to read or recite supportive biblical scripture
Jeremiah 29:12-13 Then you will call my name. You will come to me and pray to me, and I will listen to you. You will search for me. And when you search for me with all your heart, you will find me. (NCV)
Additional reading; James 5:13-18; Psalm 5:1-3; Jeremiah 29:1-2; Phil. 4:5-6

Review of Lesson

You can talk to God because God is always listening. What would you like to tell Him? God hears and answers all your prayers. Some answers take longer than others, but God promises He is listening and hears everything you tell Him.

Lesson Plan No. 6 – Healing my Heart

Lesson

God created our bodies to heal. If our skin gets cut the skin knits itself back together. Blood that rushes to the cut brings the fibers that create skin and under the scab skin is rebuilt. Has anyone ever had a skin cut? Did it heal? How did it happen?

If we break a bone, it will heal back together if it supported in place with a brace or cast. Has anyone ever had a broken bone? Explain what happened? How did it heal? Broken bones take longer than skin to heal, but God designed even broken bones to be healed by blood. Blood comes to the bone with all the nutrients to build strong bones. It is God's mystery as to how He heals our bodies, but He does.

Do you know God did not forget our hearts when it comes to healing? What does a broken heart look like? Can anyone tell me? It is hard to see a broken heart, but we know it is broken because it hurts so badly. One of the ways our heart stays healthy is because of the blood that circulates through the heart. The blood brings oxygen and nutrients to keep it healthy. The other way God heals our broken heart is by His love. God's love heals broken hearts. Broken hearts can take even longer than broken bones, or broken skin. Sometimes broken hearts can take a very long time to heal, but God promises His love will eventually heal a broken heart. God's love holds our broken heart while it heals. His love is forever trustworthy. God's love never fails. If you have a broken heart, you can be assured God's love will heal it one day.

Activities

Option 1 – Invite children to find a heart or draw a heart and write what is broken.

Option 2 – Invite children to cut out two hearts similar size; hole punch around the two together; write on one heart what feels broken, and the other heart God's love heals my heart. Place the God's love heart over the broken heart and sew them together with yarn. Have children place their heart craft inside their memory book.

Talking Stick Time

- Invite children to come forward and show their heart craft or read what they written is broken
- Invite children to come forward and tell about when they had an injury
- Invite children to come forward and read or recite supportive scripture
Psalm 147:3 He heals those who have broken hearts. He takes care of their wounds. (NCV)
Additional reading; Isaiah 57:15; Isaiah 61:1-3; Isaiah 41:10; Psalm 121:1-2; Luke 4:16-19

Review of Lesson

God created our bodies to heal; bones, skin, and even our hearts.

Lesson Plan No. 7 – God Comforts Me

Lesson

Our need to be rescued was never greater than when we were helpless and hopelessly lost to God by our sin. Yet, God loves us so much that even then, before you and I even knew of God, and His amazing love for us, He prepared a rescue of us from our sin. He sent His Son Jesus as our rescuer.

Today, you and I live with many troubles and often feel lost, afraid, and alone even if we have accepted Jesus came to rescue me from my sins. There are many people who question why God would allow troubles for his children. I do not know the answer to that question, but I do know God knew I was more likely to seek Him when I am facing troubles and suffering. And He was right! Humans are most likely to turn to God when they feel there isn't anything else to do. God is good and loves us. That is truth.

Today, let us be reminded of the plan God created to rescue us from our sin. He loves us and wants us to know He is near and cares about our troubles. He cares that we experience sadness, fear, and loneliness and wants us to know He is close by. We may not see Him, but if we call out to God with words or songs God will fill us with His presence and we will feel comforted. (I Samuel story of David fleeing King Saul here)

Activities

Option 1 – Invite children to find a space in their memory book to talk to God about what they fear, what makes them sad....writing or drawing the message to God. Invite the children to write the words God loves me. God comforts me. (Initiate singing songs of worship here)

Option 2 – Request from memorybooks4children.com beaded/leather bracelet kits spelling out JESUSLOVESME at no cost. (Allow 4-6weeks shipping)

Talking Stick Time

- Invite children to come forward and read what they have written or drawn
- Invite children to come forward and read or recite supportive scripture
2 Corinthians 1:3-4 Praise be to the God and Father of our Lord Jesus Christ. God is the Father who is full of mercy and all comfort. He comforts us every time we have trouble so when others have trouble, we can comfort them with the same comfort. (NCV)
Additional reading; John 14:1; Nahum 1:7; Isaiah 26:3-4; Psalm 27:1-6; Psalm 23:1-6; Psalm 91:1-16; Psalm 34:1-7; Psalm 94:16-19; Psalm 59:16-17

Review of Lesson

When we are in trouble, God is there to rescue and comfort us. Singing to God, whether quiet or out loud, will alert Him to our need to be rescued. Let the bracelet remind you God is always near to us.

Lesson Plan No. 8 – God Guides You

Lesson

Suppose you have discovered a treasure map showing the site of buried treasures? The map promises to lead the finder to gold, diamonds, and great riches. WOW! What would you do? Would you study the map and then set out to try and find the treasures? Of course you would!

Do you know the Bible is like a treasure map? The bible is literally the wisdom of God written like a treasure map. If we follow the directions written in the bible it will lead us to finding the wisdom of God; a great treasure. Imagine knowing what God knows. It would be like having a great treasure. But, not an earthly treasure like gold or diamonds. It is better than that.

God's treasure is wisdom. God says wisdom is more valuable than earthly treasures. Wisdom helps us understand what is good. Wisdom will help us do what is good. When you know and do what is good, you will find peace and joy.

Search for wisdom in the bible. If you find it, you will find a great treasure worth far more than all the gold and diamonds in the world. Wisdom will lead you to the greatest treasure of all: God's promise of peace and joy, and a long life.

Activities

Option 1 – Invite children to find a space in their memory book to draw a treasure map leading to a treasure chest; label chest as God's wisdom. Next to treasure chest invite children to write things God tells us in the bible; doing good, loving one another, praying for someone else, etc.

Option 2 – Assemble a treasure chest filled with God's wisdom. Make a treasure map giving children options to go to around the room. Hide small pieces of paper with poor choices or bad actions. Ask them to read it out loud, and ask children if that sounds like God's wisdom. Invite children to come forward and select a piece of paper (wisdom) from the chest reading it to others.

Talking Stick Time

- Invite children to read from their memory book the wisdom they have discovered
- Invite children to come forward and read or recite the supportive scripture Proverbs 3:5-6 Trust in the Lord with all your heart. Do not depend on your own understanding. In all ways remember Him. Then He will make your paths smooth and straight. (NCV)

Additional reading; Psalm 25:8-13; Matthew 6:19-21; Proverbs 2:1-8; Proverbs 3:13-18; Proverbs 8:11; Galatians 5:22-23

Review of Lesson God's word is like a treasure map leading us to His wisdom, peace, joy.

Lesson Plan No. 9 – All I Need

Lesson

Do you ever worry? Do you worry about how things will turn out? Will I pass my school test? What if there is no one who wants to be my friend? What if my family cannot pay for athletic fees so I can play sports? Or pay for my school uniform? Or school tuition? What do I do when I am hungry? Who will care for me if I am sick? Will I always have this sadness?

How often do you think about the thing that makes you worry? Does worry or thoughts about these troubles fill my mind all the time? There are often many troubles we face in life that can cause us to worry. But does worrying help us feel better? No. Does worrying make the trouble go away? No. Does worrying give us a way to solve the problem? Does worry help at all? No. Worrying is useless. It does nothing but make us feel even worse.

The next time you begin to worry, or maybe you are worrying right now about something important to you. Right now, stop, and think about what it is that has you worried. Got it? Now, say to God what it is that you worry about and ask Him to solve the problem. Tell God you will stop when you discover you are worrying again, and give the problem to God to solve. Remind yourself God knows the birds of the air need food. They need to find it, and sometimes it is a problem in winter. But God provides food for the birds. How much more valuable are you to God? Next time you begin to worry, think about God first; do what he tells you to do, and then trust Him to take care of the rest. He will.

Activities

Option 1 – Invite children to find a bird in their memory book. Write God feeds the birds of the air next to the bird. Then write what trouble or problem you worry about? Then write I trust God will solve this problem.

Option 2 – Provide construction paper bird/wings to tape to each side. Invite children to color their bird. Attach 18 in. yarn for hanging.

Talking Stick Time

- Invite children to come forward and read what they wrote about their problem.
- Invite children to come forward and show their bird craft.
- Invite children to read or recite supportive scripture
Matthew 6:26, 33 Look at the birds of the air. They don't plant or gather crops. They don't put away crops in storerooms. But your Father who is in heaven feeds them.....you are worth much more than the birds. But put God's kingdom first. Do what he tells you to do. Then all of those things will also be give to you. (NCV)

Review of Lesson God cares for birds. How much more does He care for His own child?

Lesson Plan No. 10 – I Can Trust God

Lesson

What does the word trust mean? Trust is the firm belief in the honesty, truthfulness, justice or power of a person or thing. (Ask if anyone wanted to trust but the trust was broken; how did that feel? What did you do?)

God is the only one we can trust completely. He is so trustworthy we can rely on that trust and never worry. God will never ever break His trust with us.

But you may ask, why do things happen then that are bad? Why does God let that happen? Bad things happen, not because of God, but because people do not always follow God or do the right thing. Or sometimes things happen that is no fault of anyone. Like accidents or illness; no one caused an accident that hurt someone, or caused an illness that made someone die, or maybe someone lost their job and the family didn't have any money. Sometimes things happen but there is no one to blame.

But God is fully and completely trustworthy. All He promises us can be trusted. He tells us if something bad happens, God will never leave nor forsake (turn His back on) me. If someone hurts me or breaks my trust of them, God sees everything and will be the judge over others. What if something I dream to happen doesn't? Why would God not help my dream come true? Trust is not demanding to know how and why something doesn't happen. Trusting God loves us, and that He knows what He has planned for us allows us to accept when things don't turn out like we want them to, God has another plan for us. We can trust God's plans are greater than anything we can even think of or imagine. We can trust God will show us when He thinks the time is right. We can trust God if we don't try and figure everything out, but rely on His love and faithfulness to give His children what is good.

God asks us to trust Him. Trust requires resting in the knowledge one day we will see God has put together everything in our life according to His plans. Each day is only a small piece of the puzzle, your life. You can trust God; your life story has a terrific ending.

Activities

Option 1 – Invite children to find a page in their memory book and draw a picture of what they dream or hope for, writing I Can Trust God next to the drawing.

Option 2 – Invite children to draw a picture of what they dream or hope for on a separate paper. Using scissors cut the drawing into puzzle pieces. Turning pieces over ask another person to guess what picture is, one piece at a time. Shows how difficult it is to know what God has planned when we see just a small piece of the puzzle.

Talking Stick Time

- Invite children to show drawing and share their hope or dream
- Invite children to read or recite supportive scripture
Psalm 16:1-2 Protect me God, because I trust you. I said to the Lord, you are my Lord. Every good thing I have comes from you. (NCV)
Additional reading; Proverbs 3:5-6; Deuteronomy 29:29; Hebrews 10:19-23
Romans 8:31-32; Psalm 37:3-5; Psalm 143:8 **Review of Lesson** Some days may be happy or some sad. Life may be difficult but I can trust God will make a perfect ending.

Lesson Plan No. 11 – Design for My Life

Lesson

Every single person God creates He loves instantly and permanently. That means God loves you always and forever. To each person God assigns a time to live. He appoints the place. No person is an accident because it is God who creates each person. There are no coincidences, no mistakes. Each person is God's perfect design and creation.

Your life, my life is like a road. Each day we have choices to make. Like coming to a fork in the road, you may choose the way that is a wrong action; maybe being mean to someone, or lying, or stealing or worse. But at the fork in the road, there is another choice, another way to choose. It is the good action; choosing to be kind to someone, or returning something you found to its rightful owner, or not cheating, or even telling the truth after doing something wrong.

Each time you decide to choose the good way, you travel down the road that will lead you to God's perfect design for your life. This will require making many good choices. If you decide to choose to take the wrong way and wrong action, you may end up in a place God did not choose for you. Always remember God can help you make the choice to take the good way, and forgive you when you fail to do so. God can always help you to begin to make good decisions, but remember some bad choices may have severe consequences that even God cannot take away; like, losing privileges if you are mean or lie or cheat, or going to jail if you steal something.

Each time you decide to choose to take the fork leading to good actions, you will travel down the road that will lead you to God's perfect design for a beautiful life.

Activities

Option 1 – Invite children to find a space in their memory book to draw the forked road, one way leading to good choices and one way leading to wrong choices. Have them draw a beautiful life God designs for them at the end of the good choice road.

Option 2 – Make a poster with forked road. Attach an arrow at bottom with grommet. Give examples of actions; return found item to rightful owner, refuse to cheat on test when others are, steal from store, lie to parents, etc and ask child to come forward to point arrow down correct road, then give good choice instead of wrong choice.

Talking Stick Time

- Invite children to come forward and share a choice they made and the consequence
- Invite children to read or recite the supportive scripture
Jeremiah 6:16 This is what the Lord says: Stand where the roads cross and look. Ask where the old way is, where the good way is, and walk on it. If you do you will find rest for yourselves. (NCV)
Additional reading; Jeremiah 29:11-13; James 1:5-8; Romans 12:1-2; Col. 3:12-17; Psalm 139:13-18; Psalm 1:1-6; Psalm 25:4-5; Matthew 7:13-14; Matthew 7:24-27; Proverbs 14:12

Review of Lesson God's design for your life requires us to change from wrong choices to choosing God's good way. When we choose the good choices the road will lead us to a beautiful life.

Lesson Plan No. 12 – Bloom Where You’re Planted

Lesson

Think about the highest mountain in the world. Amongst the rocky landscape a tiny wild flower not only grows amidst freezing and windy terrain but blooms. This delicate and beautiful flower perseveres against a difficult environment because it was planted and grew protected next to a large rock. The rock protects and shelters the flower from storms of ice and snow, and freezing wind where it can grow and bloom. Without the rock, the storms would crush and destroy the small flower.

God made the world and everything in it He Himself gives life and breathe to every human being. From one man God made every man, and now men live all over the entire world. Some people live in North America and some people live in Africa. Some people live near mountains and some people live near the sea. God decides exactly where every person will be born, and exactly where that person will live.

Some places in the world are like the mountain tops with storms like war and crime. Other places in the world have little food or many diseases, and other places people live have no water and other places have much to overcome.

So why would God place people in difficult places to live? Why do you think God plants a delicate flower on a mountaintop? Maybe God wants the flower to stay close to rock where it is protected and can grow and bloom into a beautiful creation of God. Maybe God wants people living in difficult places to draw close to Him, (The bible tells us God is our Rock), protected and safe so we can grow and bloom into a beautiful person of God. Instead of asking why I live in a difficult place, let us ask God to help us draw close to Him as our Rock, so we can grow and bloom, too. When people think of the tiny flower enduring even against storms, people are amazed at the tiny flower. When people think of someone who lives proudly even against life’s storms, people will be amazed. Lean into the rock, God is there to protect and keep you so you can bloom a beautiful life.

Activities

Option 1 – Invite children to find a flower in their memory book and write the story or draw about a flower growing and blooming high on a stormy mountaintop.

Option 2 – Make flower from 3 coffee filters; watercolor edges; let dry and pinch together with chenille (pipe) cleaner.

Talking Stick Time

- Invite children to come forward and read their story or show flower
- Invite children to come forward and read or recite supportive scripture
Isaiah 43:18-19 The Lord says, ‘forget what happened before, and do not think about the past. Look at the new thing I am going to do. It is already happening. Don’t you see it? I will make a road in the desert and rivers in the dry land. (NCV)
Additional reading; Act 17:24-28; Psalm 18:1-2; Psalm 91:1-16; Psalm 40:1-3; I Corinthians 10:31; Eph. 5:15-21; Phil. 2:14-17; Luke 2:51-52; Phil.1:12-18

Review of Lesson God has a purpose for everything He has created. It is not a mistake, but God’s design for our lives determines where and when we are born and live. Bloom where you are planted because you are a creation of God.

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Lesson Completion Record

The Lesson Planner is not necessarily designed to follow through in order of Lessons 1-12. Facilitators may decide to choose a particular lesson using their own discretion, talents, ie, musical talents, art skills, or events surrounding time of year, or sense of what is going on with children. Memory Book Club led by different leaders may make it necessary to record Date and Number of Lesson completed. Please record the lesson title and date of completion, your name on this sheet.

*For additional lessons go to [memorybooks4children.com/resources/Lesson Planner – Year 2](http://memorybooks4children.com/resources/Lesson%20Planner%20-%20Year%202)

Record Lesson Title, Date of completion, and your name here.