Jesus helps us follow him when we don’t understand.

**Bible Verse**
“Follow in his steps” (1 Peter 2:21b).

**Growing Closer to Jesus**
Children will ■ learn that sometimes we need help understanding things,
■ ask for help when they need it,
■ help Pockets learn that it’s important to follow Jesus, and
■ make reminders that Jesus helps us follow him.

**Teacher Enrichment**

**Bible Basis**
■ The road to Emmaus

Like the women who expected to find Jesus still dead in the tomb that Sunday morning (Luke 24:1-5), the two followers of Jesus traveling to Emmaus, a village near Jerusalem, thought all their hopes concerning Jesus had been in vain. A mysterious encounter would soon change that.

It was not uncommon for people who didn’t know each other to band together while traveling on a pilgrimage to and from Jerusalem. However, these travelers did know the person who joined them—it was Jesus, risen from the dead just as he had promised. But the Lord did not allow them to recognize him right away. He had a lesson to teach them first.

Days earlier, these two followers had eagerly hoped Jesus was the Messiah who had come to rescue Israel (Luke 24:21). Now, however, they referred to him as a prophet—a man of God with miracle-working power, yes, but the triumphant Messiah, no. How could he be the Messiah, since he had been crucified? Little did they know his death was a part of God’s plan. Suffering and death was Jesus’ path to “glory” (Luke 24:26).

It is not clear why Jesus disappeared immediately after the travelers were able to recognize him. However, what was clear after this episode was that Jesus was alive, and now even people other than the apostles and their close associates had seen him!

**Prayer**
• Read Matthew 28:20.
• Have you ever felt that Jesus was hidden from you?
• How should Jesus’ promise in this verse affect our thinking at such times?
• Pray: Jesus, open my eyes to see how you are present with me each day. I especially need to feel your presence when…
## Before the Lesson
- Collect the necessary items for the activities you plan to use, referring to the Classroom Supplies and Learning Lab Supplies listed on the chart.
- Make photocopies of the “Today I Learned…” handout (at the end of this lesson) to send home with your children.
- Pray for the children in your class and for God’s direction as you teach the lesson.

## This Lesson at a Glance

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<td><em>Welcome!</em>—Receive name tags, and be greeted by the teacher.</td>
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<td><em>Hear and Tell the Bible Story</em>—Help tell the story from Luke 24:13-35 of Jesus and his friends on the road to Emmaus.</td>
<td>Bible, green construction paper, glue stick, brown crayons, cotton balls, scissors</td>
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<td><em>Do the Bible Story</em>—Follow a pretend road to Emmaus, and tell everyone that Jesus is alive.</td>
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*See the end of this lesson for extra-time ideas and supplies.*
Welcome Time

SUPPLIES: “Cross Name Tags” (p. 24), markers, safety pins or tape
• Bend down and make eye contact with children as they arrive.
• Greet each child individually with an enthusiastic smile.
• Thank each child for coming to class today.
• As children arrive, ask them about last week’s “Today I Learned…” discussion. Use questions such as “Did you forgive someone for something they did to you last week? How did it feel?” or “Did you ask someone for forgiveness?”
• Say: Today we’re going to learn that Jesus helps us follow him when we don’t understand.
• Hand out the cross name tags children made during Lesson 1, and help them attach the name tags to their clothing. If some of the name tags were damaged or if some of the children weren’t in class that week, have them make new name tags using the photocopiablable handout.
• Direct children to the Let’s Get Started activities you’ve set up.

Let’s Get Started

Set up one or more of the following activities for children to do as they arrive. After you greet each child, invite him or her to choose an activity.

Circulate among children to offer help as needed and to direct children’s conversation toward today’s lesson. Ask questions such as “Who can tell about a time when you were confused and didn’t know what to do? What happened?” or “Who helps you find good answers to questions?”

Option 1: Follow Flowers

SUPPLIES: pastel facial tissues, chenille wires

Set out pastel-colored facial tissues and chenille wires. Tell children you’ll give them directions for making flowers and that they’ll each have a chance to make one. Demonstrate how to lay four facial tissues on top of one another. Poke your finger in the center of the tissues, and twist a chenille wire around the bunch to secure the flower. Fluff out the tissue “petals.” Ask children if they understand the directions, and then let them begin making their own flowers.

Encourage children to ask for help if they need it. Circulate and make comments such as “It’s good to ask questions when we don’t understand something” and “Who helps you when you don’t know what to do?” Mention that they’ll hear a story about two men who didn’t understand that Jesus was alive. Tell children that Jesus helped the men understand. Point out that Jesus helps us follow him when we don’t understand.
**Option 2: A Puzzler**

**SUPPLIES:** blocks, crayons, books

Set out three blocks, three crayons, and three books. As children arrive, invite them to help solve a puzzle. Have children work together to lay the items in rows of three so there’s no more than one block, one book, and one crayon in each row going across and up and down. As children work together, ask questions such as “Is this puzzle difficult to understand?” and “What can you do if you don’t understand something?” If children need help, show them the pattern in the margin and let them try again. Point out that even when things are hard to understand, there’s help. Tell children that **Jesus helps us follow him when we don’t understand.** Explain that they’ll hear a story about two men who didn’t understand something, and how Jesus helped them solve the puzzle.

**Option 3: On the Road**

**SUPPLIES:** paper grocery bags, scissors, tape, potatoes, knife, newspaper, cake pan, white tempera paint, markers

Before class, cut the bottoms from three or four large paper grocery bags. Cut up one side of the bags, and then open the bags and tape them end to end to form a “road.” Cut two potatoes in half widthwise to use as stampers.

Cover the floor in one corner of the room with newspaper. Lay the grocery bag road on the newspaper. Set out potato halves along with a cake pan with one-quarter inch of white tempera paint in the bottom. Use markers to trace children’s footprints along the road as if they’re following someone. Then have children take turns using the potatoes to stamp white cobblestones along the road. As children paint, make comments such as “Let’s pretend this road starts at Jerusalem” and “In Bible times most people walked from city to city.” Tell children that **Jesus helps us follow him when we don’t understand** where to go or what to do. Explain that children will hear a story about two friends on a road and the amazing traveler they met.

When children finish, put the paint away and set the road in a corner to dry. You’ll use the road in a later activity.

When everyone has arrived and you’re ready to move on to the Bible Story Time, encourage the children to finish what they’re doing and get ready to clean up.

**Pick Up Our Toys**

**SUPPLIES:** CD player

Lead children in singing “Pick Up Our Toys” (track 2) with the CD to the tune of “Skip to My Lou.” Encourage children to sing along as they help clean up the room.

If you want to include the names of all the children in the class, sing the song without the CD, and repeat the naming section. If you choose to use the CD, vary the names you use each week.
The Road to Emmaus

Bible Story Time

Setting the Stage

**SUPPLIES:** none

Tell the children you’ll clap your hands to get their attention. Explain that when you clap, the children are to stop what they’re doing, raise their hands, and focus on you. Encourage children to respond quickly so you’ll have time for all the fun activities you’ve planned.

Gather the children in a large circle and say: Let’s play a game! Listen carefully and follow my directions. Give the directions in a steady pace, slow enough for the children to follow, but fast enough to be confusingly fun.

**Skip in a circle to and fro.**

Bend way down and touch your toe.

Take three steps and hum a tune.

Stand on tiptoe; reach for the moon.

Greet your neighbors, say “Hello!”

Nod your head, yes and no.

With a partner twirl around.

Now close your eyes and all sit down!

Say: That was fun!

Ask: • Did you like the game? Why or why not? (Yes, we moved around a lot; no, it was silly and I didn’t understand it.)

• Why did we play this game? (I don’t know; just for fun.)

• This game seemed hard to figure out and even a little silly—why did you follow along? (You said to; everyone else was playing; I don’t know.)

Say: It can be hard to follow when we don’t understand what we’re doing or why we’re doing it. Today we’ll hear a story about two friends who learned to follow Jesus when they didn’t understand. We know that Jesus has reasons for us to follow him and that Jesus helps us follow him when we don’t understand.

We had a good reason for playing the game earlier—it was to help get some of our wiggles out so we can listen to the Bible story. Let’s play the game again and lose the rest of our wiggles! Repeat the rhyme game from the start of the activity.

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**SING**

We will pick up our toys.
We will pick up our toys.
We will pick up our toys,
And put them all away.

There’s [name] picking up toys.
There’s [name] picking up toys.
There’s [name] picking up toys,
Putting them all away.

(Repeat.)
Lesson 10

**Bible Song and Prayer Time**

**SUPPLIES:** Bible, construction paper, scissors, CD player, basket or box

Before class, make surprise cards for this activity by cutting construction paper into 2x6-inch strips. Prepare a surprise card for each child plus a few extras for visitors. Fold the cards in half, and stamp the flame stamp inside one of the surprise cards. Place a marker at Luke 24:13-35 in the Bible you’ll be using.

Have children sit in a circle. Say: **Now it’s time to choose a Bible person to bring me the Bible marked with today’s Bible story. As we sing our Bible song, I’ll pass out the surprise cards. Don’t look inside your card until the song is over.**

Lead children in singing “Read God’s Book” (track 3) with the CD to the tune of “The Muffin Man.” As you sing, hand out the folded surprise cards.

**SING**

Now it’s time to read God’s book,
Now it’s time to read God’s book.
Let’s hear a Bible story.
(Repeat 3x.)

After the song, say: **You may look inside your surprise cards. The person who has the fire flame stamped inside his or her card will be our Bible person for today.**

Identify the Bible person. Ask the Bible person to bring you the Bible. Lead the class in clapping for the Bible person, cheering, and making fun applause sound effects by slapping your thighs with your palms. Help the Bible person open the Bible to the marked place, and show children where your story comes from. Then have the Bible person sit down.

Say: [Name] was our special Bible person today. Each week we’ll have only one special Bible person, but each one of you is a special part of our class! Today we’re all learning that 🔄 Jesus helps us follow him when we don’t understand.

Let’s say a special prayer now and ask God to help us learn that 🔄 Jesus helps us follow him when we don’t understand. I’ll pass around this basket. When the basket comes to you, put your surprise card in it and say, “God, please help us follow Jesus.”

Pass around the basket or box. After you’ve collected all the surprise cards, set the basket aside, and pick up the Bible. Lead children in this prayer: God, thank you for the Bible and for all the stories in it. Teach us today that 🔄 Jesus helps us follow him when we don’t understand. In Jesus’ name we pray, amen.
### Hear and Tell the Bible Story

**SUPPLIES:** Bible, green construction paper, scissors, cotton balls, brown crayons, glue stick

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Bring out the *Learning Mat: Follow Jesus* and place it on the floor.

Open the Bible to the book of Luke. Point to the Bible and say: *Today’s story is from Luke 24:13-35. It’s about two friends who meet an amazing traveler along the road.* The *Learning Mat* shows pictures of the Bible story. Point to the picture of the road to Emmaus. *You can help me tell the story and add things to the Learning Mat. Since the story is about friends, find a friend to work with.* Pause while children get in pairs. Hand each pair one of the following items: the sandpaper square from the Learning Lab box, a 3x5-inch piece of green construction paper, two brown crayons, or two cotton balls. (If you have more than four pairs of children, hand out additional cotton balls or brown crayons.) Set a glue stick beside the *Learning Mat.*

Say: *Each set of friends has different items to add to the Learning Mat. As I tell the story, I’ll tell you when it’s time to add your part.*

Cleopas and his friend were walking from Jerusalem to the town of Emmaus (ee-MAY-us). Let’s say that together: Emmaus. The road to Emmaus was dusty and sandy. Let’s add sandpaper to the road. Have the partners with the sandpaper square glue it to the *Learning Mat.* Then continue. *The sad friends talked about what had happened to Jesus. Jesus had been killed on a cross and put in a tomb. Cleopas and his friend didn’t understand why Jesus had to die. They missed him a lot as they walked on the road. Let’s color the road to Emmaus.* Have the children with the brown crayons color the road.

A man appeared on the road beside them. Guess who it was? Pause while children tell their ideas. It was Jesus! But Jesus didn’t want the men to recognize him yet.

As Jesus walked with the men, he asked, “What are you talking about?” “Haven’t you heard?” said the friends. “Three days ago our leaders had Jesus put to death. We hoped Jesus would set our country free, but then today some of the women saw angels at Jesus’ empty tomb. The angels said, “Jesus is alive!” The two friends looked very sad and confused. They didn’t know what to do.

So Jesus explained everything to them. He told them about God’s promises and how Jesus was the Savior God promised. He told them that Jesus had to suffer before he went to live in heaven. Let’s add some clouds to show Jesus’ heavenly home. Pause while children glue stretched-out cotton balls to the sky.

Continue with the story. *The three men walked to Emmaus. Let’s put leaves on the trees and color the buildings.* Have children tear green construction paper leaves and glue them to the trees. Invite children with crayons to color the buildings. *It was getting late and the friends asked the man, who was really... (pause for children to say “Jesus”), to stay for dinner. When the guest blessed and broke the bread, Cleopas and his friend realized it was Jesus! Think of their surprise! Then Jesus disappeared. Quickly, Cleopas and his friend ran back to Jerusalem to tell the good news to the disciples. Hop up and jog around the *Learning Mat.* When you get back to your place, shout “Jesus is alive!” and sit down.

When all the children are seated, ask:

- **Who helped Cleopas and his friend understand about Jesus?** (Jesus helped
them understand; Jesus helped explain things to the men.)

- **How did Jesus help them understand?** (He explained things to them; Jesus showed himself to the men and they saw Jesus.)

- **Do you think the men followed Jesus after Jesus helped them? Why or why not?** (Yes, they'll believe Jesus now; yes, they know Jesus is alive.)

**BIBLE POINT**

Say: **Jesus helps us follow him when we don’t understand.** He helped Cleopas and his friend by talking with them and showing them that he was Jesus. Jesus knew they could follow him better if they knew he was alive.

Ask: **How does Jesus help us follow him today?** (He helps us when we pray; when we read the Bible; when we listen in church; when we obey God’s Word.)

Say: **Sometimes it’s hard to follow Jesus because we don’t understand what to do.** It’s important to know that **Jesus helps us follow him when we don’t understand.** Just as he helped Cleopas and his friend on the road to Emmaus, we can trust Jesus to help us because he loves us all the time. Let’s play a game on a road that’s not always easy to follow.

Fold the **Learning Mat** and return it to the Learning Lab box.

### Do the Bible Story

**SUPPLIES:** paper road from Option 3, paper plate, graham crackers

Set the road children made during Option 3 in the center of the floor. If you chose not to do Option 3, children may hop around the edge of the **Learning Mat**. Set a plate of graham crackers at the end of the road.

Ask: **Where were Cleopas and his friend going?** (To Emmaus; to town.)

Say: **Let’s pretend we’re going on the road to Emmaus, too. Let’s make two groups.** Help children form two groups, and have them stand at the end of the road opposite the crackers. **When I clap my hands, the first travelers from each group hop from cobblestone to cobblestone.** Follow the stones to the end of the road. Because Jesus’ friends recognized Jesus when he broke the bread, you’ll pick up a graham cracker, break it in half, and say, “Jesus is alive.” Then hop back with your crackers, and send the next two travelers down the road. Don’t eat your crackers until I tell you to.

When each child has a graham cracker, ask:

- **Was the road easy or hard to follow? Explain.** (It was hard hopping only on the stones; it was easy because there are lots of stones to follow.)

- **What made it hard for people to follow Jesus after he died on the cross?** (They didn’t know he would come back to life; they didn’t know what to do next; they didn’t know he was alive again.)

- **What makes it hard to follow Jesus today?** (When I listen to my friends instead of to God; when I forget to pray or read the Bible.)

- **How does Jesus help us follow him?** (He gives us churches and teachers; the Bible tells us what to do; he gives us people who set a good example.)
How can you follow Jesus this week? (I can pray and ask Jesus to help me; I can learn more about Jesus; I can be kind to others.)

Say: »Jesus helps us follow him when we don’t understand, just as he helped Cleopas and his friend. He gives us pastors and teachers and parents and the Bible to guide us. Now, since I’m your teacher, I’d like you to pretend your graham crackers are roads and gobble them up! Then we’ll visit with our friend Pockets.

Closing

Carrot Caper

SUPPLIES: rubber band, carrot

Before class, use a rubber band to fasten a carrot to Pockets’ paw.

Bring out Pockets the Kangaroo, and go through the following script. When you finish the script, put Pockets away and out of sight.

Teacher: Well, Pockets, that’s a funny rhyme. What’s this all about?

Pockets: It’s all about vegetables! (Waving her carrot) I don’t like ‘em and I don’t understand why Mommy wants me to eat ‘em. Daddy said I need to follow good health habits, but I don’t understand why I have to eat carrots ’n’ stuff.

Teacher: Sometimes it’s hard to follow when we don’t understand. We’ve been learning that »Jesus helps us follow him when we don’t understand. Children, let’s tell Pockets about the men on the road to Emmaus and how Jesus helped them. (Encourage children to retell the Bible story. Have them point out that it’s important to trust and follow Jesus even when it’s hard.) You see, Pockets, we can always trust Jesus and follow him even when we don’t understand.

Pockets: I want to follow Jesus, and I’m glad that »Jesus helps us follow him when we don’t understand. But do you think he can help me understand why I need to eat my carrots?

Teacher: God gives us good things to eat because he wants us to be healthy. Carrots are full of good vitamins so they give you lots of bounce. You wouldn’t want to lose your bounce, would you?

Pockets: No way! What kind of kangaroo would I be if I couldn’t bounce?

Teacher: So you see, Pockets, there’s a good reason to eat your carrots. Just like there’s good reasons to follow Jesus even when we’re confused.

Pockets: Well, I love Jesus and…(takes a nibble of carrot and acts surprised) mmm, I guess I like carrots, too! Thanks for helping me learn that »Jesus helps us follow him when we don’t understand. I do understand now! ’Bye, kids! (Pockets leaves chanting this poem.) Carrots and spinach and a to-ma-to; following Jesus is the way to go!
Lesson 10

Follow the Leader

SUPPLIES: Bible, CD player

Have the children sit in a circle on the floor. Say: Today we learned that Jesus helps us follow him when we don’t understand. When we have questions, Jesus has the answers, and he’ll help us. Let’s learn a new song about following Jesus.

Open your Bible to 1 Peter 2:21b, and show children the words. Remind them that the Bible is God’s Word. Say: This song is about our Bible verse, 1 Peter 2:21b “Follow in his steps.” Have children repeat the Bible verse with you. Then lead the children in singing “Follow in His Steps” (1 Peter 2:21b) (track 12) with the CD to the tune of “London Bridge.”

Jesus helps us follow in his steps,
Follow in his steps,
Follow in his steps,
Jesus helps us follow in his steps,
Because he loves us!
(Repeat.)

Say: In the Bible story, Cleopas and his friend went to tell others that Jesus is alive. They wanted to help their friends follow Jesus. We can help each other to follow Jesus, too. Go around the circle and encourage the friend on your right by saying, Jesus helps us follow him when we don’t understand.” Have children take turns repeating the Bible Point to the friend on the right.

Let’s close with a prayer. Pray: Dear God, help us follow Jesus in everything we do. Help us also remember that Jesus helps us follow him when we don’t understand. In Jesus’ name, amen.

Remind children who chose Option 1 to take their flowers home.

Growing closer to Jesus extends beyond the classroom.

Photocopy the “Today I Learned…” handout (at the end of this lesson) for this week, and send it home with your children. Encourage parents to use the handout to plan meaningful family activities to reinforce this week’s topic.
Lively Learning: Friend in Disguise

Bring in jackets, hats, scarves, and sunglasses for children to wear as disguises. Point out that in the Bible story, Cleopas and his friend didn’t recognize Jesus at first. Tell children they’ll get to put on a disguise so their friends won’t recognize them. Set the disguises in the hall or behind a large table or desk. Have children close their eyes. By lightly tapping two children on the shoulders, choose them to put on disguises. The rest of the class will guess who’s wearing the disguises. Be sure each child has a turn dressing up. Explain that at dinner Jesus let his friends recognize him because Jesus helps us follow him when we don’t understand.

Make to Take: Streamer Sticks

Set out ribbon or crepe paper, scissors, and tape. Hand each child a straw, and explain that they’ll make walking sticks much like the ones many people used in Jesus’ time. Have children cut colorful streamers from ribbon and tape the streamers onto the tops of the straws. As children work, explain that Jesus talked to his friends as they walked down the road to Emmaus. He explained why he had to die, and then let them see that he was alive again. Remind children that Jesus helps us follow him when we don’t understand. Invite children to “hike” around the room using their walking sticks.

Treat to Eat: Rocky Roads

You’ll need graham crackers, marshmallow creme, chocolate chips, plastic knives, and paper towels. Have children make rocky roads in an assembly line. Form three groups: Breakers, Spreaders, and Sprinklers. The Breakers break large graham crackers into smaller squares and place each square on a paper towel. The Spreaders spread marshmallow creme on each cracker, and the Sprinklers add chocolate chip “bumps” to the road. As children work, make comments such as “Roads with bumps are hard to follow. I’m glad that Jesus helps us follow him when we don’t understand” and “Jesus helps us find the right road to take when we follow him.” Eat and enjoy the Rocky Roads as children tell ways they can follow Jesus every day.

Story Picture: The Road to Emmaus

Give each child a photocopy of the “Today I Learned…” handout. Set out glue, cotton swabs, and a small bowl of sand or soil with plastic spoons. Have the children use cotton swabs to apply glue to the road in the picture. Then let them use the spoons to sprinkle sand or soil on the road.
Verse to Learn
“Follow in his steps” (1 Peter 2:21b).

Ask Me...
• What happened on the road to Emmaus?
• How does Jesus help you follow him when you don’t understand?
• How can our family learn and understand more about Jesus?

Family Fun
• Make Emmaus Road toast for your family’s breakfast. Let your child toast bread and spread a butter “road” down the center of each slice of toast. Sprinkle the roads with cinnamon sugar. As your family enjoys their breakfast treat, encourage your child to tell what happened on the road to Emmaus and how Jesus helps us follow him.

The Road to Emmaus (Luke 24:13-35)