

MYSTERY



Blessed Are Who?

This is the Story/Service Guide for Day Three. The complete Guide is available online at bannerblue.org.



Day Three: Deborah the Heroic Judge

Key Scripture: Judges 4 - Judges 5

Key Beatitude: Blessed are **the meek**, for they will inherit the earth.

Guiding Question: How can we provide more healthy foods?

Overview: Today the kids will learn about Deborah and create a vegetable garden in order to help them understand today's beatitude.

Learning Objectives:

- Deborah did a lot. She helped others solve their problems. She shared God's words with the people. She fought for justice. She created music that the people could use to praise God.
- Deborah did not do these things for riches and power. Deborah did all this because ordinary people like her needed her help.
- God does the most amazing things in the world through everyday people who care about doing what's right.
- We all have gifts to share with others and that God uses to make the world better.
- Jesus challenges us all to find what we are best at and to use those gifts not to make ourselves great but to make the world great for everybody. In this way we are all blessed more than can be measured!

Intro Learning Activity: Drawing Seeds

Supplies Needed:

- Computer Paper
- Colored Pencils
- Vegetable Seeds (others seeds optional)

Instructions:

1. Give each kid a piece of paper and some colored pencils. Also give them any seeds you might have at home or that you might have found outside or purchased at a store. Have the kids trace each seed. This will be hard for the small seeds but easy for the big seeds.



2. Next have the kids draw around the seeds they traced anything that helps a plant grow like water, soil, and sunlight.
3. Finally have the kids draw a plant growing up from the seed. They should also draw anything that would grow from the plant and anything that might live in or on the plant. Deborah grew into a strong leader and so can we.

Video: Deborah the Heroic Judge

Use the video provided online (coming in early June) to familiarize the kids with the story of Deborah. Here are some questions to go along with the video:

- Why did Deborah's people need to be freed?
- Was Sisera for or against the people?
- Who did God send to help the people?
- Who gave Deborah's army the strength to defeat Sisera?
- Who finally defeated Sisera?
- What did Deborah do after God's victory?

Service Learning Activity: Vegetable Gardening

Supplies Needed:

- Place to plant seeds (this could be in the ground or in planters, inside or outside your home)
- Vegetable Seeds
- Popsicle Sticks
- Potting Soil
- Watering Can
- Markers

Questions to ask the kids while you're serving together:

- Who eats vegetables?
- Why do we eat vegetables?



- What would happen if you never ate any vegetables?
- Where do you get vegetables? *If the kids answer a restaurant or store then try to work them back to where the vegetables are grown.*
- How could you get vegetables if you had no store to go to or money to buy them?
- Can we grow vegetables to share with others?

Instructions:

1. Explain to the kids that you will be creating a vegetable garden.
2. Make sure your garden area has at least 6 inches of soil. (Disposable cat litter liners make good biodegradable planters.)
3. Use your popsicle sticks and markers to label different areas of the garden such as carrots, beans, or lettuce.
4. Give the kids the seeds to plant and help them to create a small hole. Insert the seed and cover the hole.
5. Give the kids the watering can so that they can water their new garden.

Lesson Reflection: When we talk about the many gifts that go into making a person or group great, we call that The Body of Christ. It was Christ Jesus who taught us to be meek like Deborah and to use our gifts humbly as we help others. The seeds we planted will need sunlight, water, rich soil, and air to grow strong. The people we will feed one day with our vegetables will also grow strong. We are all made up of the gifts that God has given us and the people who help and support us. Together we make up a powerful Body of Christ that humbly serves.