



Reality  
Bites  
Children

Leader's Guide

LEARNING FROM THE BIBLE ABOUT  
GOD'S LOVE AND HOW WE CAN  
REACH OUT TO THOSE IN NEED

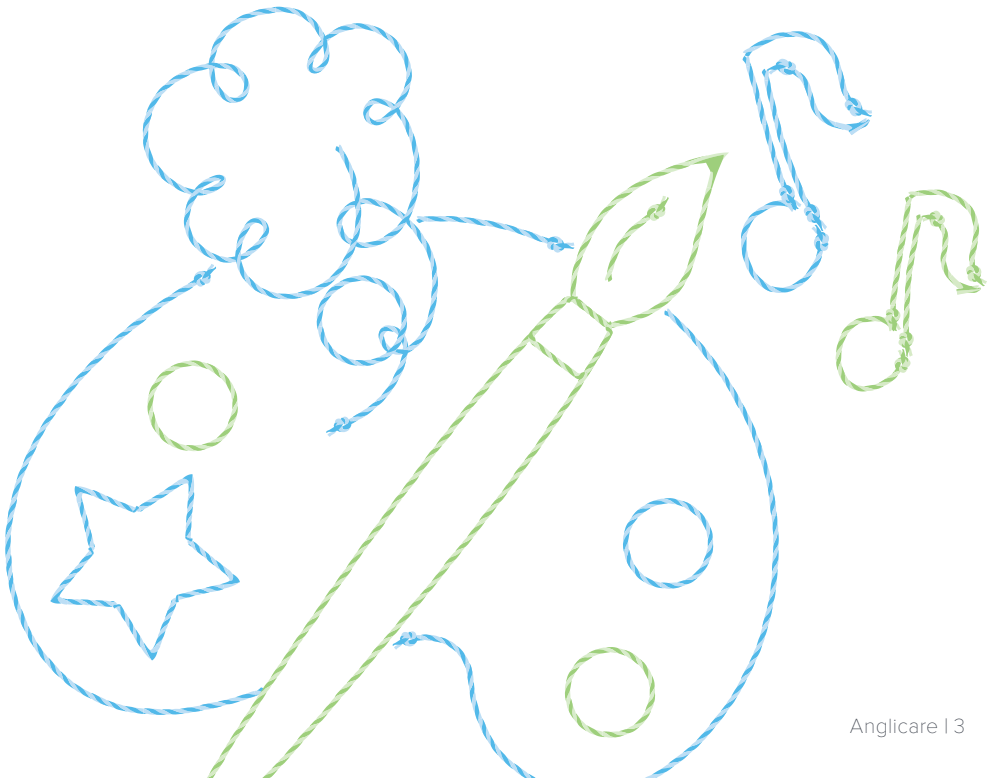


Anglicare



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# How to use this Leaders' Manual

Inspired by Anglicare's gospel-focused vision to care for the poor in Jesus' name, Reality Bites provides the opportunity for churches to dig deep into what the Bible has to say about reaching out to our neighbours in need.

Reality Bites is a three-week experience designed to engage the entire church – children, youth and adults. This version has been designed for primary school aged children. Each week includes a Bible discussion, games, activities and a practical opportunity to partner with Anglicare in caring for the poor and vulnerable.

## **These studies include:**

- Outcome objectives: to help the leader shape the lesson.
- Recap: to remind children of what they've learnt.
- Warm-up activities: to create a bridge to the Bible discussion.
- Bible discussion: to help children engage with God's word.
- Going deeper: to further challenge children in years 3-6.
- Anglicare: to educate children about the work of Anglicare in caring for the poor.
- Mission activity: to inspire children to get practical and apply what they have learnt.
- Prayer: to create a space for children to talk to God.
- Craft + game: to help reinforce the big points from the Bible discussion.



## God's love and example – God loves the world and so should we

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### Memory verse:

*"Jesus answered: Love the Lord your God with all your heart, soul, and mind. This is the first and most important commandment. The second most important commandment is like this one. And it is, "Love others as much as you love yourself."*

Matthew 22:37-38 (CEV)

*"Love God. Love others!" This is how Jesus summarised the law and the prophets. These commands were central to the Old Testament, and they are central to this Reality Bites study series.*

### Ideas for teaching the memory verse:

- Write the verse up on a whiteboard. Ask the children to say the verse out loud in different kinds of voices (e.g. softly, loudly, quickly, slowly, silly etc.). Each time they say it, wipe away several words.
- Use music! For younger children, consider using the song 'Love the Lord your God...'
- Challenge the children to learn the verse during the week at home. A sticker or prize might help as an incentive.

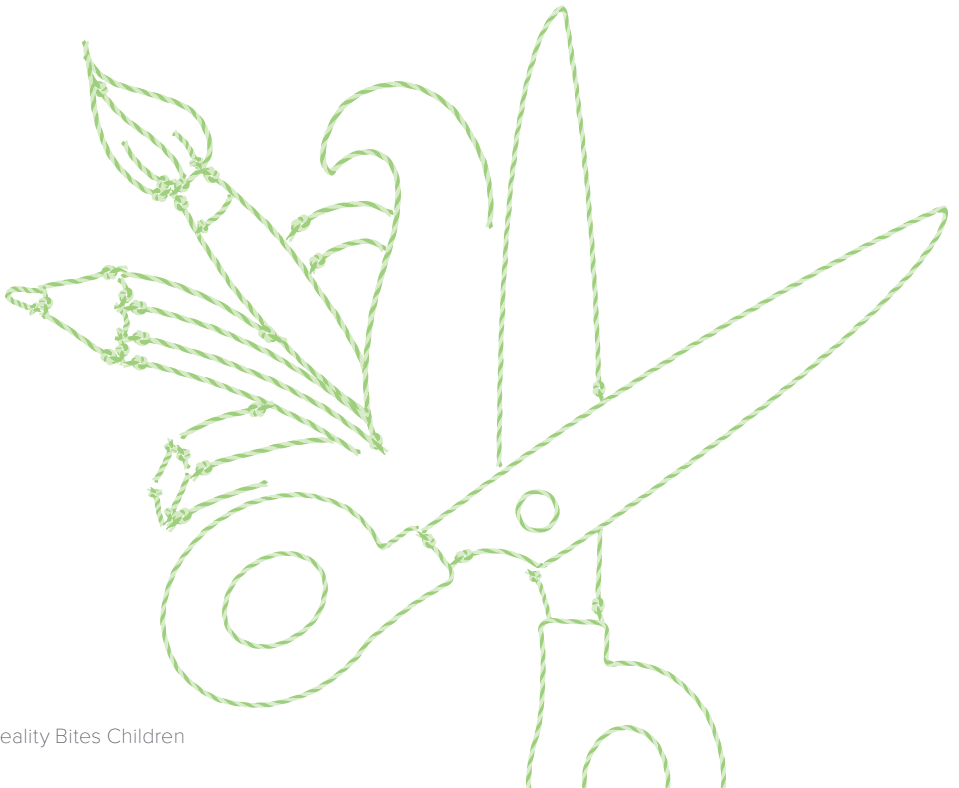
### Objectives:

- » I can describe some of the characteristics of God.
- » I can explain how God shows his love to us.
- » I can explain who Anglicare is.

## Warm-Up Activity: 'The Greatest Dad' [10 minutes]

- Ask the children to brainstorm ideas of what makes a 'good Dad'. You could write these ideas on a whiteboard, or write them on pieces of paper and blue tac them onto the wall.
- Ask children what ideas they would keep to describe God. What words or pictures could be added? Which words or pictures should be taken away?
- Ask children to choose one word that they think best describes God. Ask each child to say their word. Reassure them that they can say a word that has already been said.

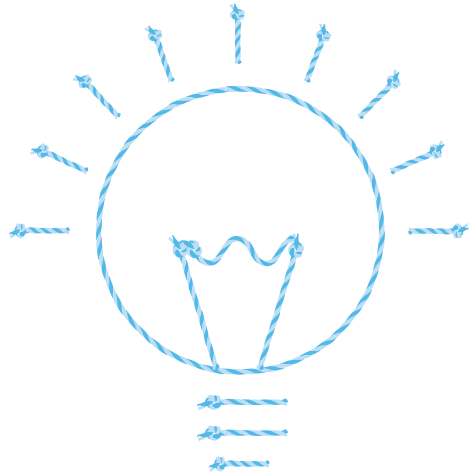
*"Sometimes our Dads are a good picture of what God is like. But also, not everyone has a Dad and sometimes our Dads don't do a good job of showing us what God is like. From the Bible, we can see that God is a good Father who loves us."*



## Bible Discussion: [5 minutes]

Read Philippians 2:14-16 (CEV).

*Remember that Paul is writing this letter from prison! He was in prison because sharing the good news about Jesus had made some people angry. Amazingly, Paul was happy even in jail because God gave him opportunities to talk about Jesus. In his letter to his friends in Philippi, Paul encourages them to keep shining brightly for Jesus despite suffering and hardship.*



1. Show children photos of different light sources (eg torch, lantern, light bulb, star etc.). What do all these things have in common? What do we need light for?
2. In other parts of the Bible, we see that Jesus is the Light of the whole world. If we are children of God, we also have Jesus' light inside us. When we love God and love others, the world can see that we are different and know how wonderful God is.
3. What is one thing you could do at school or home this week to love someone?

## Going Deeper: [5-10 minutes]

Read Philippians 2:1-18 (CEV).

1. How can the Philippians complete Paul's joy? For people who are children of God, what is their behaviour like and what is important to them? Ask the children to write these things on the whiteboard.
2. What does humility mean? What are two ways from the passage in which Jesus shows us what humility looks like?
3. In this part of the Bible we see Jesus 'giving up everything' to die on the cross to save us. How can we be like Jesus and give up our lives for others?

## Anglicare: [5 minutes]

1. Explain that Anglicare is one part of the church that looks after Grandmas and Grandpas who need help as well as grown-ups and children who are poor, sad, sick or refugees. Anglicare knows that Jesus must be at the centre of everything they do and they want to share God's love with every person they care for.
2. Watch 'Invisible to the Community – Not Us' video (see resources).
3. The video talked about some people being invisible... why might some people in our community feel like they are invisible or not important?
4. Why do you think it's important for us to look after people who feel invisible? Why do you think it's important for us to also tell these people about Jesus?



## Mission Activity: [1 minute]

Encourage the children to bring some items of clothing from home for the following week. Explain that these clothes will be donated to one of Anglicare's shops to help people who struggle to buy things they need like clothes.

*Tip: You might want to prepare an explanatory note for parents.*

## Prayer: [5 minutes]

Invite children to sit in a circle. Give one child a ball of string and ask him/her to pray about one thing from the lesson. The child then prays and passes on the ball to someone else in the group.

## Craft: Shining like Stars

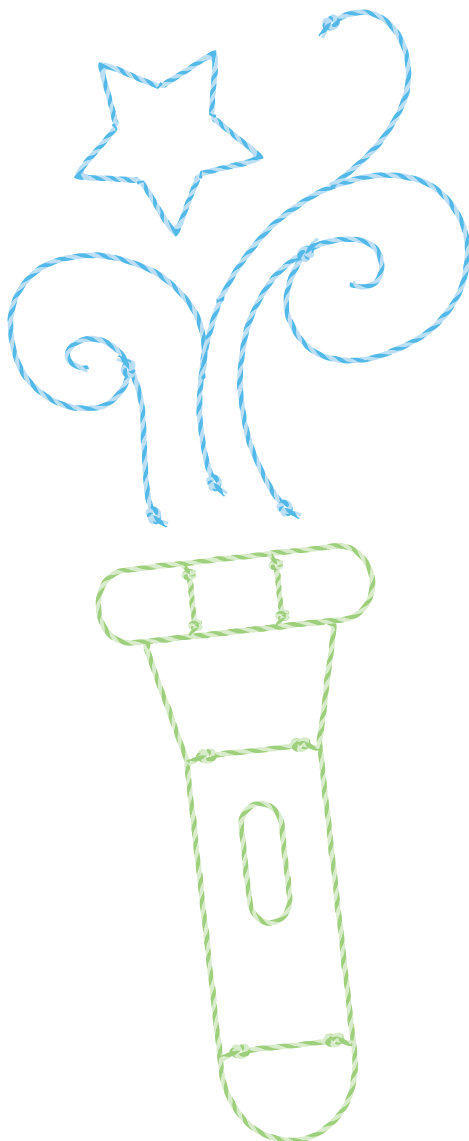
K-2: [10 mins]

Give each child a star template (provided in resources) to decorate it and different craft supplies such as pencils/textas, stickers, glitter etc. Depending on your group, you may want to cut out the star ahead of time.

## Craft: Shining like Stars

3-6: [10 mins]

Make a spinning star using origami paper (link provided in resources).

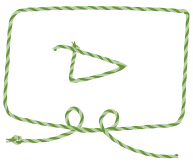




## Game: Knots! [5 minutes]

- Get children into groups of around six to eight and ask them to stand in a circle.
- Children close their eyes and reach out to grab the hands of other children in the circle.
- Children open their eyes and work as a team to unravel the knots they have created without letting go of each other's hands.

*This game is a reminder that there are many problems in our world that can feel 'knotty' and hard to untangle. But when we love God and love others, we can help to unravel sad things in our world like poverty. We can't fix these things by ourselves, but with God's help we can make a big difference in the lives of those who are poor or need help.*



Origami Star instructions:

<https://www.youtube.com/watch?v=q9U3C3Tvg1s>.

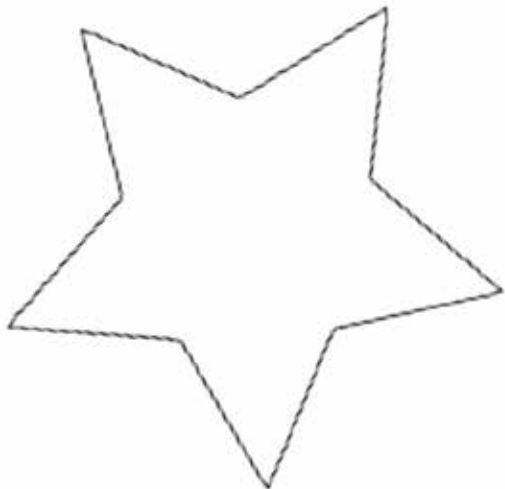
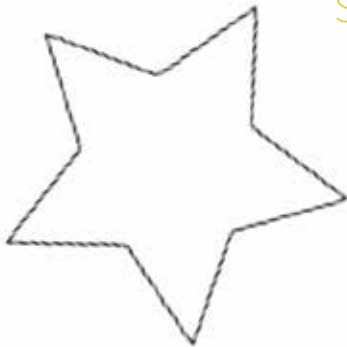
'Invisible to the Community – Not Us'  
Anglicare Video:

[https://m.youtube.com/watch?v=5n\\_osAixc\\_Y](https://m.youtube.com/watch?v=5n_osAixc_Y)

Resources



"Shine bright like stars..."





## God's love changes us – just as God's love changes us; our love should change others

### Objectives:

- I can explain how God's love changes and transforms us.
- I can compare the different responses of the lepers in Luke 17.
- I can identify the food my family would go without if we were poor.

### Recap: [2 minutes]

1. What were some words that we chose last week to describe God?
2. What does it mean to shine like stars?
3. Can anyone remember the memory verse?

### Warm-Up Activity: Carl and Ellie Video [10 minutes]

- Show the children the scene about Carl and Ellie's relationship from the children's animation film, UP (link provided in resources).
- Place the children into pairs and ask them to discuss their answers with a friend before reporting back to the group.
  1. What sad things happened in Carl's life?
  2. How could people have helped him?
  3. What sorts of things do you think Anglicare could do to help?

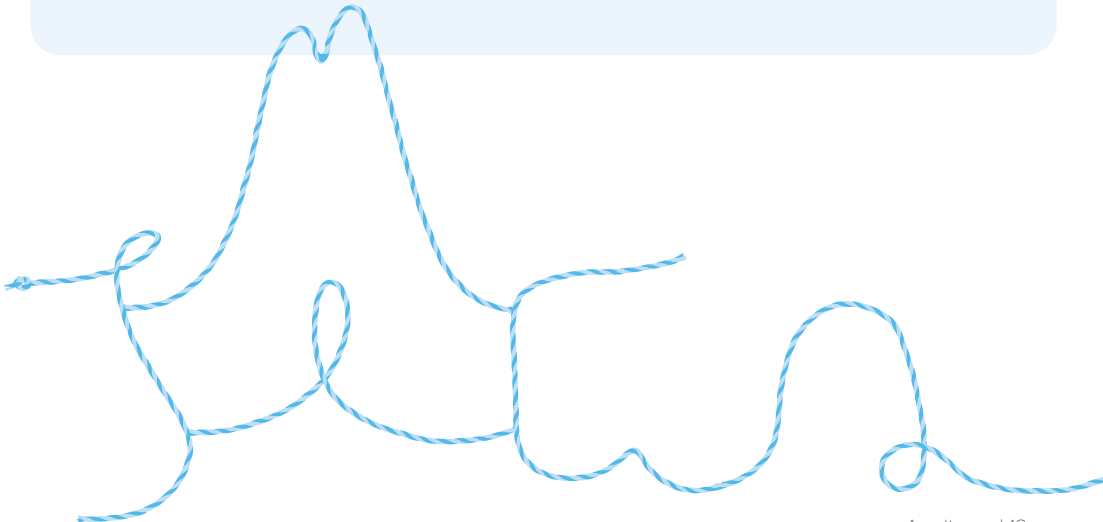
## Bible Discussion: [5 minutes]

*Tell a story of a time you have felt really loved by another person. Invite children to also share stories.*

*There was a time when Jesus showed his love to ten people who were lepers. This meant they had a terrible disease called leprosy and painful sores all over their bodies. Because other people could catch this disease, they weren't allowed to live with their families so they lived together in a group. This is a story where Jesus brings wonderful change and transformation to their lives.*

*Read Luke 17:11-19 (CEV).*

1. What is the great change that takes place in the lepers' lives? How does this happen?
2. Why do you think only one leper came back to say thank you to Jesus? Why do you think the others didn't return to say thank you?
3. God's love changed the lepers by healing them from their disease. We don't have leprosy, but God's love also changes our hearts. Share with the children an example of change you have seen in your own heart since following Jesus.



## Going Deeper: [5-10 minutes]

1. What does it mean that the leper who returned ‘threw himself’ at Jesus’ feet? How would the man’s life be different now he is healed?
2. Why do people sometimes forget all the wonderful things that God has done for them?
3. What does Jesus say has made the man well? Jesus doesn’t say this to the other lepers and yet their bodies were also healed. Jesus is talking about another healing that has happened in this man’s heart. What has Jesus healed his heart from?

## Anglicare: [5 minutes]

- Remind children that Anglicare exists to help people who are poor. Thank the children for bringing in old clothes. If there is an Anglicare bin on site, you can put the clothes in the bin together. If not, tell the children that you will donate them during the week.
- Show Anglicare’s Food Pantry Video.
- Explain that Anglicare helps people who can’t afford food.
  1. What foods do you think a poor family might go without?
  2. What do you think families who can’t afford to buy enough food would do if it was their child’s birthday? How would this make them feel?
  3. Why do you think God wants us to help people who are poor and can’t buy enough food for their family?

## Mission Activity: [1 minute]

Encourage the children to bring a can of food from home for the following week. Explain that this food will be donated to help families who can't afford food.

*Tip: you might want to have an explanatory note for parents.*

## Prayer: Teaspoon Prayer [5 minutes]

Pray using the 'Teaspoon Prayer' (TSP) method:

**T: Thank God for our families, the houses we live in, the things we have, and for Anglicare who is helping people in need.**

**S: Say sorry for the times we have not loved God or loved others the way we should.**

**P: Ask God to please look after people who are poor, lonely or sick.**



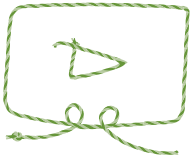
## Craft: 10 Lepers Wheel: [10-15 minutes]

- Give children a circle with two scenes from the story on it (template provided). Ask children to colour in the two scenes. Either pre-cut the circles or ask the children to cut them out.
- Give children the semi-circle with the words, "God's love transforms us!" (template provided). Either pre-cut or ask the children to cut it themselves. Then place the semi-circle on top of the other circle and attach using a split-pin.

## Game: Transformers [5-10 minutes]

- Get the children to randomly stand around the room. Then call out a number. Children have to rush to ‘transform’ into a group of this number. It can be played as an elimination game.
- Get children to sit in a circle. Call out a characteristic, such as “everyone wearing something red”. These children must run to a new place in the circle

*When we get to know God and what he has done for us, our hearts are changed and transformed to be more like God's!*



Carl and Ellie's relationship video:

[https://www.youtube.com/watch?v=F2bk\\_9T482g](https://www.youtube.com/watch?v=F2bk_9T482g)

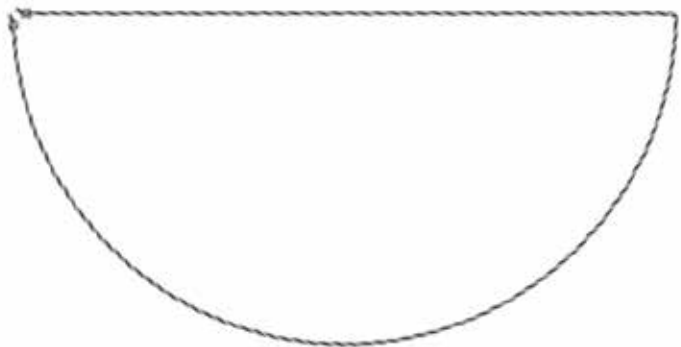
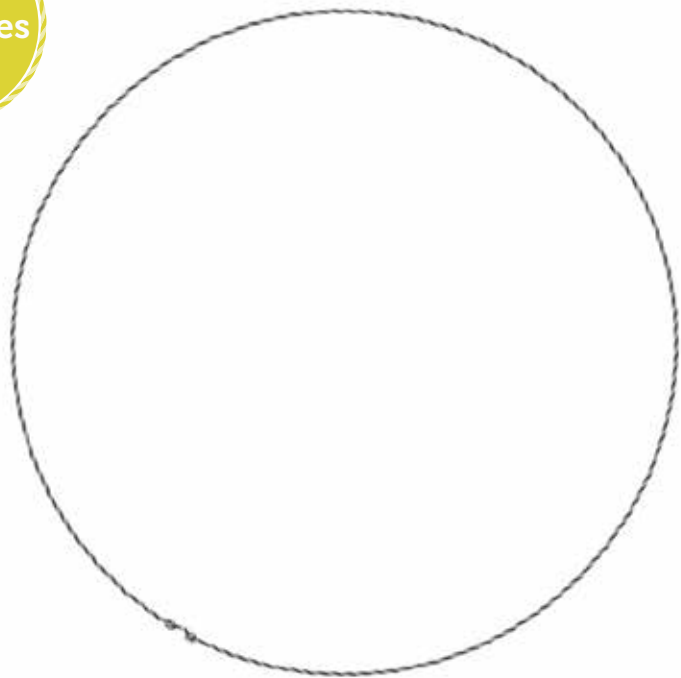
Anglicare Food Pantry video:

<https://youtu.be/5eJCIEExTNc>





Resources





## Called to be different and love our community

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### Objectives:

- I can describe ways in which a Christian will be different from other people in the world.
- I can identify ways I can show love and respect to all people in our community.

### Recap: [2 minutes]

1. What is a word we can use to describe God?
2. How did God's love transform the lepers?
3. Can anyone remember the memory verse?

### Warm-Up Activity: Lost child [10 minutes]

1. Explain to the children that God made people so that we're all different. You might want to print out some stock images that capture the diversity of people. Ask the children to point out the differences.
2. You can ask the children the following questions to help them see the differences amongst themselves. Tell children to put their hands on their head for the first option, and hands on their waist for the second option.
  - Who is left-handed? Who is right-handed?
  - Who was born in another country? Who was born in Australia?
  - Who likes sport best? Who likes craft best?

- Who has brothers and sisters? Who is an only child?
- Who can speak another language? Who can just speak English?

God made us all different in the way we look and what we like. God tells his special people they must be different in the way that they live compared to other people in the world. Because God has saved us into his special family, we are called to be like God in our behaviour. This means we must love all people.

## Bible Discussion: [5 minutes]

Read 1 Peter 2:9-17 (CEV)

*Peter wrote this letter to followers of Jesus who were scattered and living in different countries. One reason Peter wrote this letter was to encourage these Christians to keep going even though they are suffering a lot for following Jesus. He reminded them of who they are, and the hope they have in heaven.*

*Tell the children about a special possession you own. You might even bring it in. Ask the children to tell you what their most special possession is. In the passage we are about to read, we will find out what is God's special possession!!*

Read 1 Peter 2:9-10

1. What (or who!) does this passage say is special to God?
2. Cut out strips of paper that say the following phrases: "chosen and special people", "a group of royal priests", "holy nation", "in God's marvellous light", "God's people", "Received God's kindness". Also cut out the following phrases: "in darkness", "a nobody", "No one showed pity to you". Ask the children to stick the strips of paper onto a whiteboard under two category columns – "Before" and "Now".

Read 1 Peter 2:17

3. Paul says to the readers that they are ‘strangers and foreigners on earth’. Foreigners are people who are different. In what ways might you be different from other children at school because you are a Christian?
4. What are some ways that we can copy God’s kindness and show respect to people in our community? (You may want to brainstorm a list together).

### Going Deeper: [5-10 minutes]

1. What reasons does Peter give for why God’s people should be different from other people?
2. Why does Peter say to show ‘special love’ towards God’s people. Does this mean we don’t show love to people who aren’t Christians? Why or why not?

### Anglicare: [5 minutes]

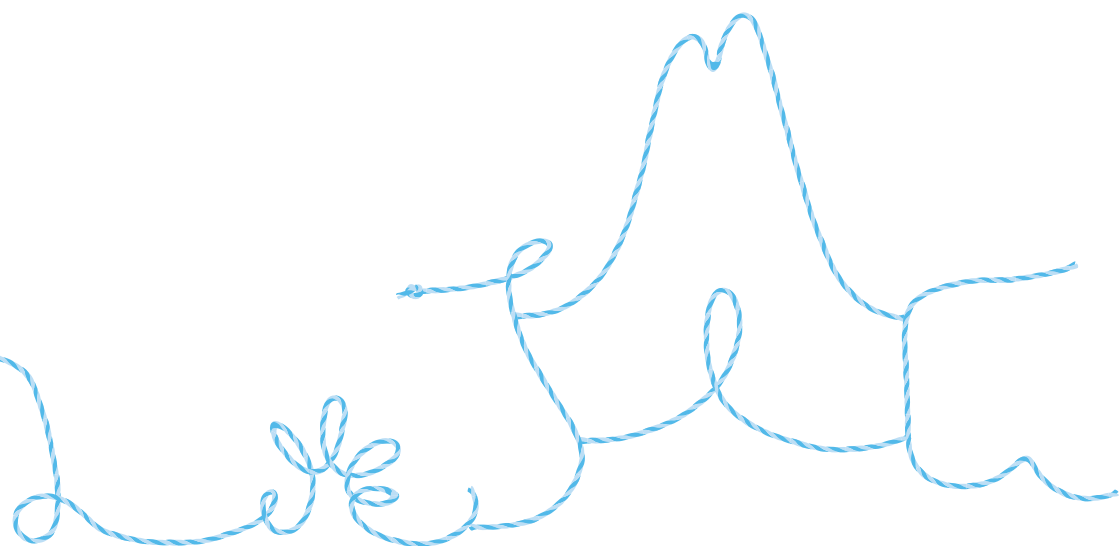
- Show the SHIFT Program video (link in resources).
- *One way we can say ‘thank you’ to God for what he has done for us is by loving people who are in need. Anglicare’s SHIFT program helps families who have experienced very sad or hard things.*
- Why is it important for people to have a house to live in? What would happen if they didn’t have a house?

## Mission Activity: Bake Sale [20 minutes]

Children can make 'cheesy scones' (see resources) for church morning tea. Have a donation tin and ask church members to contribute a gold coin as a donation towards Anglicare

## Prayer: Popcorn Praise [2 minutes]

Popcorn prayers are quick, one sentence prayers from anyone in the group. Encourage the children to say a 'popcorn prayer' to say thank you to God for something. It could be something they've learnt from the lesson or something they're thankful for. It might help to brainstorm points with the children before praying.



## Craft: Spot the differences

Children can find 5 differences between the two pictures, circling them and colouring in the page.



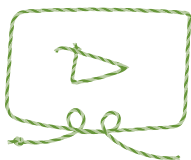
## Game: Simeon Says [K-2]

- Tell the children that when you say, “Simeon says...” they must copy your actions. Actions might include hands on your head, clap your hands, rub your tummy etc. When you don’t say, “Simeon says...”, they must not copy your change of action.

## Game: Copy Cat [3-6]

- Sit the children in a circle.
- Choose a child to be the ‘detective’. Send them outside the room.
- Choose a child from the circle to be the action changer. The detective isn’t to know which child is changing the actions.
- Ask all the children to click their fingers as the first action and invite the detective back into the room.
- The child chosen in the circle needs to subtly change the actions while trying to avoid being detected. All the children must copy the change of action.
- The detective has three guesses of which child is changing the action.

*God’s people have received God’s mercy and love, and this makes them special. Since God has loved us, we show love to others. Since God has shown kindness and forgiveness towards us, we are kind and forgive others. Just like in this game we copied action, as God’s people we copy what God is like, and try to be like him.*



Cheesey scones recipe: <https://www.kidspot.com.au/kitchen/recipes/cheesy-scones-245>.

SHIFT Programme video: <https://www.youtube.com/watch?v=HRHm2kgELbw>

Resources

