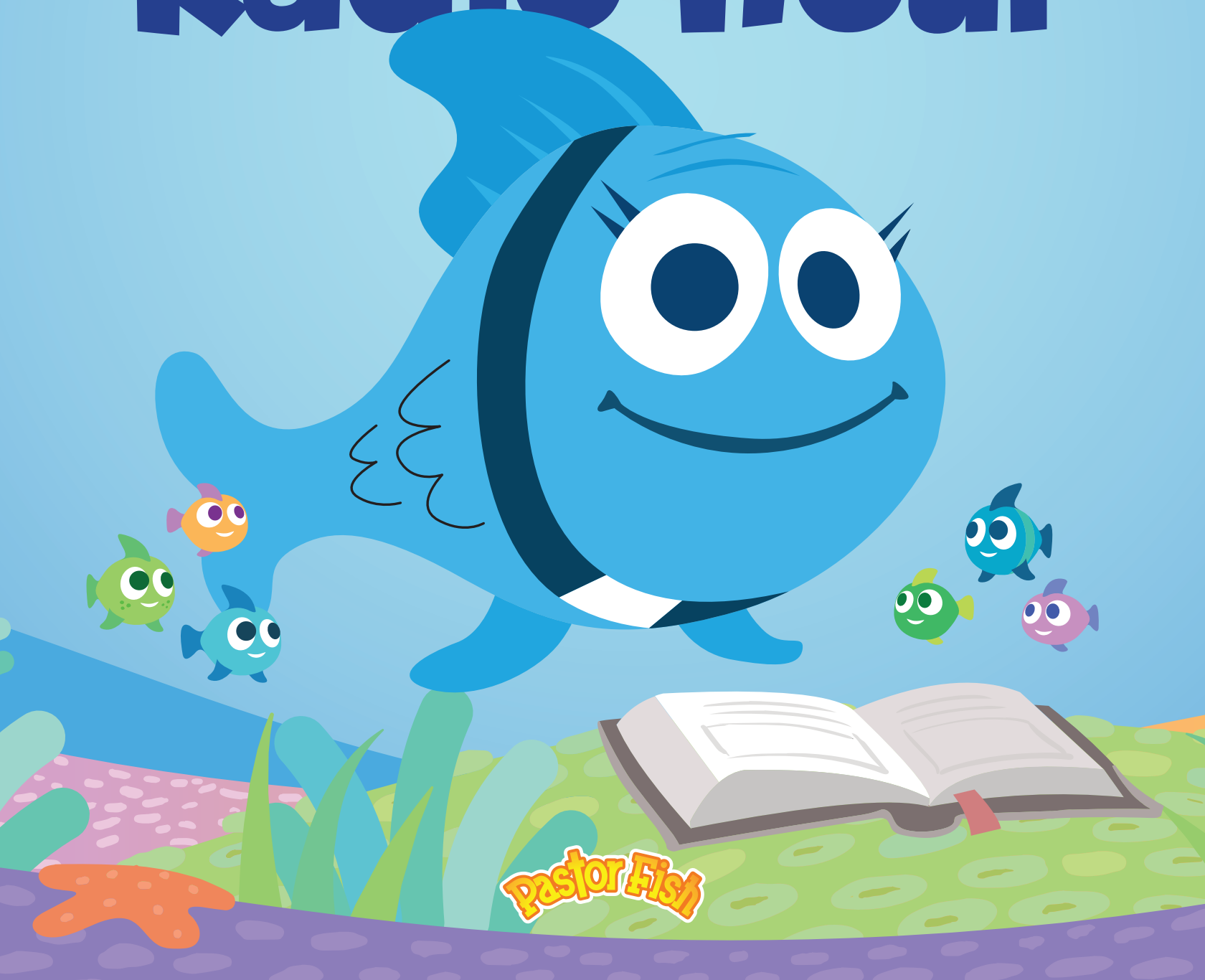




Supplemental Educational Materials

# Pastor Fish Radio Hour<sup>sm</sup>



Pastor Fish



The Pastor Fish Radio Hour<sup>sm</sup> is a fun and whimsical presentation of Gospel songs, stories, and activities, presented in a 21st century format harkening back to an “old time” radio show. The CD includes silly adverts, jingles, and undersea weather and traffic reports that are sure to bring a smile. And, in the accompanying \*free\* app, you’ll find educational games as well. A delightfully immersive experience that provides hours of joyful learning, in English, Spanish, Russian and Ukrainian!

Meet Pastor Fish, Barni Barnacle, Wigbert the Whale and the minnows of the Sunday school of fish, as you listen and learn about parables and stories from the Hebrew Bible and New Testament. Following along with the songs and stories, kids internalize positive messages, feeling a greater sense of God’s love and care for them. Have a listen and you’ll agree... the Pastor Fish Radio Hour is packed full of fun!

So many apps and CDs are available to us, but not all of them aim to build self-esteem or provide a fun grounding for life, with positive, gentle, healing messages that ensure basic biblical literacy. With attendance at Sunday school in decline, parents enjoy imparting a working knowledge of biblical stories and guiding principles, fostering that sense of sacred belonging that comes from being part of the Pastor Fish underwater family. In today’s interconnected world, our multi-lingual resources can also help people learn new languages, thus for an added step-up in life. Our Pastor Fish programming is a timely resource for creative Sunday school teachers, home-schoolers, language buffs... and anyone who is looking to provide a solid foundation of Bible basics along with positive messages that enhance emotional intelligence and bolster self-worth!

For full art, music, and writing credits, download the free Pastor Fish app available at the Apple App Store, Google Play, and Amazon Appstore or visit us at [www.PastorFish.com](http://www.PastorFish.com) for more information.

# LESSON PLAN

The Pastor Fish format provides a fun and whimsical way to teach basic biblical literacy to young children. The lesson plan below is based on a CD of songs and stories entitled "Pastor Fish Radio Hour," available at <https://elfenworksproductions.bandcamp.com>

Session Title	Key Concepts	Page Number	Planned Date
<b>Getting Started</b>			
Lesson Plan	This plan - a reference page	2	_____
First Session	Introduction; Ground Rules	4	_____
<b>Grounding: The Hebrew Bible (Hebrew Bible) - 5 Lessons</b>			
Creation	Creation Story	6	_____
The Flood	Noah & The Ark	7	_____
Exodus	The Red Sea	8	_____
Jonah	Jonah & The Whale	9	_____
Heroes	David/Goliath; Daniel/Lions	11	_____
<b>Being: Jesus' Teachings (Gospels) - 6 Lessons</b>			
Ten Commandments	Ten Commandments	12	_____
Blessed Are...	Beatitudes	15	_____
Forgiveness	Unforgiving Servant, Prodigal Son	16	_____
Kindness	Good Samaritan	17	_____
Service	Washing of Feet	18	_____
Jesus Feeds Us	Loaves & Fishes	19	_____
<b>Knowing: Faith - 6 Lessons</b>			
Faith	Mustard Seed	20	_____
Faith - II	Tower of Siloam	21	_____
Lord's Prayer	Learning to Pray	23	_____
Christmas	Christmas Story	25	_____
Easter	Easter Story	26	_____
Faith - III	The Trinity	27	_____
<b>Bonus Teaching Materials</b>			
Coloring Pages	Pastor Fish and Friends	28	_____
Sheet Music	A Selection of Our Favorites	30	_____

## INSTRUCTOR NOTES

In this area, you are encouraged to keep notes about your experience, including any supplemental materials that you used to augment the class educational experience. It will help you when running the session again, in future. And any feedback you care to share will be considered for subsequent Pastor Fish offerings.

### Grounding: The Hebrew Bible (Hebrew Bible)

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### Being: Jesus' Teachings (Gospels)

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### Knowing: Faith

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# LESSON PREAMBLE - THE WAY WE PLAY

## Today's Concepts

- Getting to know each other
- Rules for Participation with Golden Rule Rhyme

## Group Golden Rule & Rhyme – Treating People as We Want to be Treated

<ul style="list-style-type: none"> <li>● Being Nice, Not Mean</li> <li>● Playing Fair With Others</li> <li>● Putting On Our Listening Ears</li> </ul>	<ul style="list-style-type: none"> <li>● Helping Others Feel Okay</li> <li>● Taking Turns and Not Interrupting</li> <li>● Cleaning Up After Playtime</li> </ul>
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## Here is a little rhyme we can repeat together

As we gather in Sunday School, We will follow the Golden Rule  
To each other be kind and true, As we want to be treated too!

### Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1 Listen Along!

### Story: Ugly Duckling

I want to tell you the story of the Ugly Duckling. Once there was a little duckling who was sad. Others made fun of the little duckling, who looked different. (That's not nice!) As the duckling grew the duckling changed. One day, the duckling started to fly... the duckling found out that it was really a beautiful swan. (Wow!) Ever feel different, or maybe notice any different fish? (Sure.) Ever think about growing up to be really beautiful and special? (I don't know.) God tells us to love each other... and remember, sometimes what looks different is really just someone becoming who they are meant to be.

▶ Track 27 Listen Along!

### Sing Along: Sing it Loud

[ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

C G  
A swan, a squirrel, an owl, a lamb. God loves me for who I am.

C G C  
Sing it loud and sing it again, a swan a squirrel an owl a lamb!

C G  
How God loves the owl and squirrel. One gathers wisdom from the world.

C G  
One saves nuts for a rainy day. Both are beautiful in their own way.

▶ Track 28 Listen Along!

**Piece of stone, so hard and tough, You're a diamond in the rough.  
Come on out of the deep dark mine, Into the light so you can shine.**

**Ugly duckling not yet a swan, Someday the hard times will be gone.  
Close your ears to what the other ducks say, Flap your wings to a bright new day.**

## For Discussion

<ul style="list-style-type: none"> <li>● How do you like to be treated?</li> <li>● How can kids hurt each others' feelings?</li> <li>● What makes me feel loved?</li> <li>● What are ways kids can help each other feel better?</li> </ul>	<ul style="list-style-type: none"> <li>● Can you remember a time you used your helping ways? Can you share your story with the class?</li> <li>● What rules will we agree to share in this class?</li> <li>● What do you think about trying these rules, in your whole life? Can you try it?</li> </ul>
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## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Agreement	Blackboard	Fill in the rules as we agree together - leader will write them down for next time.
Imagination	Crayons/paper	If you were an animal, what would you be? Draw that animal. Or, draw a swan, squirrel, owl or lamb.
Show & Tell	Varies	For next time, bring in something that reminds you of God's love.
Empathy	n/a	In groups of two, one act sad, the other use a way to help the sad one feel better.

## **OUR AGREEMENT TOGETHER**

Note to instructor: edit the agreement to reflect what you've come up with as a class, then print enough copies for every participant in class, for next time.

**We'll follow the Golden Rule**

**We'll play fair**

**We'll tell the teacher when things 'aren't right'**

**We'll put on "listening ears"**

**We'll take turns & not interrupt**

**We'll leave things better than we found them**

**I helped come up with our agreement,  
and I will do my best to keep it!**

**Signed:** \_\_\_\_\_

# LESSON - THE CREATION STORY

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule: To each other be kind and true, as we want to be treated too!
- The Creation Story (Genesis 1)
- Understanding Bible Stories: God's Time vs. Our Time



## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Creation Story

▶ Track 3

Listen Along!

**Pastor Fish:** It started when the beginning was beginning. When everything was formless and empty, and our beautiful sea was covered in darkness, the Spirit of God was hovering over our waters. And God said, "let there be light," and there was light. (Wow... God's words have power!) Yes they do. God saw that the light was good, and separated light from darkness, calling the light 'day' and the dark 'night!' That's what we call the first 'day;' (No way! He did all that in one day!) Remember, God's time isn't our time, little fishes. The second day was separating sea from sky! (Cool! What did God say about the third day, then?) That was the day where God said to let the water gather in one place, so dry ground could appear. (Yuck, why bother with dry ground?) Not everyone is a fish, you know... and God started all the trees and plants growing, too. The fourth day God created sun, moon and stars. And the fifth day was when we fish arrived, and those pesky birds arrived too. God blessed us, and said to be fruitful, and to multiply.

**Pastor Fish:** There's only one more day, and that's when God said for the land to produce wild animals and livestock... And at the end of that sixth day, God said 'let's make mankind in our image and likeness, male and female!' (Hey wait, so God doesn't look like a fish?) Well, you know... God is bigger than anyone can fathom. God's not a human sitting on a cloud, and not a fish swimming in the sea. The book says they have dominion... but it also says they're supposed to take good care of the earth and the sea.

## Creation Rhyme (English Only)

▶ Track 5

Listen Along!

## For Discussion

- Reality Check: Are there really talking fish? (No... it's just a fun way to hear the Bible stories and songs.)
- God's Time: What do you do in a day? Is our time the same as God's? How many of my days would fit in God's day?
- Bible Savvy: It's okay to have different ways of thinking about stories, and okay to ask God to help us understand.
- What is a "deeper meaning," and how do we read stories to find that deeper meaning?
- Caring for Our Earth: What are ways I can help take care of animals, plants and water?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Agreement	Handout	Go over the agreement and sign it – decorate and keep it.
Rhyming fun	n/a	<p>Learn this rhyme: "God made it all and it was good. Let's care for creation, like we should!"</p> <p>Ask the children to sit in a circle. Starting with 'A' and giving the example of an apple, explain that each child will take the next letter in the alphabet and think of something in creation they care about that starts with their letter. Remind the children not to blurt out answers, but to let each child have a turn. Example:</p> <p><b>All:</b> God made it all and it was good. Let's care for creation, like we should!</p> <p><b>Child 1:</b> Apple <b>All:</b> God made it all and it was good. Let's care for the apples, like we should!</p> <p><b>Child 2:</b> Bears <b>All:</b> God made it all and it was good. Let's care for the bears, like we should! Etc.</p>



# LESSON - NOAH'S ARK (LISTENING TO GOD AND STEWARDSHIP)

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true, as we want to be treated too !
- Understanding Bible Stories: Noah's Ark (Genesis 6-9)

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Noah's Ark (Story of Noah)

▶ Track 7

Listen Along!

**Pastor Fish:** Hey there, I'm Pastor Fish. Ready for a story? Have you ever heard about Noah? God loved him, and told him to build an ark, and he did. And God told him to bring pairs of every sort of animal, and their food, onto the ark. People mostly thought he was crazy. (Why?) Well, because he was building an ark and it wasn't raining. But he trusted God, and then he brought in animals, two by two. Then it did start raining, and the whole world was flooded. It was like one great ocean. (Cool!) Well, not so cool if you don't swim like us... but Noah and his family and the animals were fine. And the rain continued for forty days and nights, and water flooded the earth for longer than that. Noah didn't know when it would end, but he sent out a dove, and she came back with an olive branch and he knew the worst was over, and they were almost at dry land. (I don't believe it!) Aha! It's said there are seventy layers of meanings in these bible stories. Can you believe that trusting God leads to good things, even when people mock you for it? (Oh, yeah) Well, alrighty then!



## For Discussion

- It's okay to have different ways of looking at this story. Nobody should force another person to believe it a certain way.
- What is a "deeper meaning," and how do we read stories to find that deeper meaning?
- Bible Savvy: Besides the flood, what other meanings can we find? Taking care of animals? Trusting God?
- How can we be like Noah?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Art project	Clay	Use some clay and create a little boat with animals, two by two.
Drawing	Paper, Crayons	Draw the ark, the animals, and the dove.

# LESSON - THE RED SEA

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true , as we want to be treated too !
- The Exodus Story (Exodus 14)

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Barnea's Story, Moses Parting the Red Sea

▶ Track 11

Listen Along!

- Pastor Fish: I want to introduce you to my old friend Barnea Barnacle. (Hi, Barnea)  
Barnea wants to tell you about the time he remembers, so many years ago, when the sea acted really strange, ok?"
- Barnea: Hi kids! (Hi, Barnea) Well, once I was minding my own business on a log, when I noticed a lot of people on the banks of the red sea... they were leaving Egypt. Pharaoh had let them go after a long time in captivity. But now they got to the sea and were stuck. (Oh, no!)
- Pastor Fish: It seems like there's no way out, but then, what does the Lord do? (Finds a way!)
- Barnea: Then a man with a big white beard...
- Pastor Fish: That's Moses. He had quite a story! His mother set him afloat in the water on a boat made of reeds so he wouldn't be killed. He was discovered by Pharaoh's daughter and raised as his son. He ran away and lived in exile after killing someone. God chose him to deliver his people out of bondage.
- Barnea: Yes, yes, Moses... Moses used his staff, and all of a sudden the sea was parting, right in the middle. It was a crazy scene, man! (wow, no way!) Then they went across, and right as they were getting to the other side I saw the Egyptians chasing them. (Oh no!) They followed the Jewish people into the path, but then the sea closed up again... they were stuck! (What happened)? Well, some who were close to shore were okay, but some weren't. it wasn't good for them, I'm afraid. (How old are you, Barnea?) Blistering barnacles, minnow...as old as you'll ever know!

## For Discussion

- What are your thoughts about that story?
- Note that Jewish families celebrate Passover to commemorate their escape from Pharaoh.

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Art project	Clay	Create an ocean scene. It can even include some fish, or other elements from the story.
Drawing	Paper, Crayons	Draw the scene you heard in the story.



# LESSON - JONAH & THE WHALE

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true, as we want to be treated too!
- Unlikely Bible Hero: Jonah (Book of Jonah)
- Understanding Bible Stories - Recognizing what to take away, metaphorical and symbolic language.

## Helpful Words

Sometimes when we tell a story, we're trying to make a point or teach about something. Aesop's Fables do that. So does the Bible. Wise people say The Bible has many layers of meaning. The story on the surface is the first layer. But you know there's more! Like when it says 'in the morning,' it can mean a new part of someone's life. Sometimes the Bible uses shortcut language. We read the number seven, we know it means completion, and that seventy times seven' means a huge amount. Some texts make better sense if you look at them for what they say under the surface. When Jesus said, "if your right arm offends you, cut it off," one way to think about it is that if you can't be in the world without getting caught up in it, then turn away from the world; cut yourself off from it so you can keep your relationship with God strong. Other texts make better sense when we consider the people and their customs back in the times a book was written. For example, we don't stone people to death anymore.

## Song: Pastor Fish Theme

▶ Track 1

Listen Along!

Pastor fish has a pastor-knack to help you feel all right.

## Story of Jonah & The Whale

▶ Track 9

Listen Along!

Pastor Fish: Hello kids, I have a special treat for you. I want to introduce you to my friend Wigbert. Wigbert has a whale of a tale about a human named Jonah to tell you today

Minnows: Hi Wigbert!

Wigbert: Hi kids, one day I was swimming along minding my business when I saw a human plunge into the ocean in right in front of me. I had the strangest urge to swallow that human. So I did. I swallowed him whole. The human was in my belly and I could hear him praying and praying. He finally figured out that had been running away from something he was supposed to do. He stayed there in my belly for 3 days. What do you think it would have been like to be in my belly for three days?

Minnows: Dark? Scary!

Wigbert: After three days I came near to another shore... I got this urge to spit out that human. So I did. I just spit him onto dry land. I hear that the human made it to Ninevah where he was supposed to be going. And he gave those people a warning. They listened. That's what I heard. Whales hear a lot, you know. Great hearing, underwater.

## Sing Along Song: When the Lord says 'Go!'

▶ Track 10

Listen Along!

[ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

**G** **D**  
When the Lord says GO, don't say "no!" When the Lord says GO, don't say "no!"

**G** **D** **G**  
When the Lord says GO, don't say "no!" When the Lord says GO, don't say "no!"

**G** **D**  
Jonah ran, away from God's plan. He got eaten by a whale. Oh, my!

**G** **D** **G**  
When robbers beat and left a man, Good thing a Samaritan was passing by!

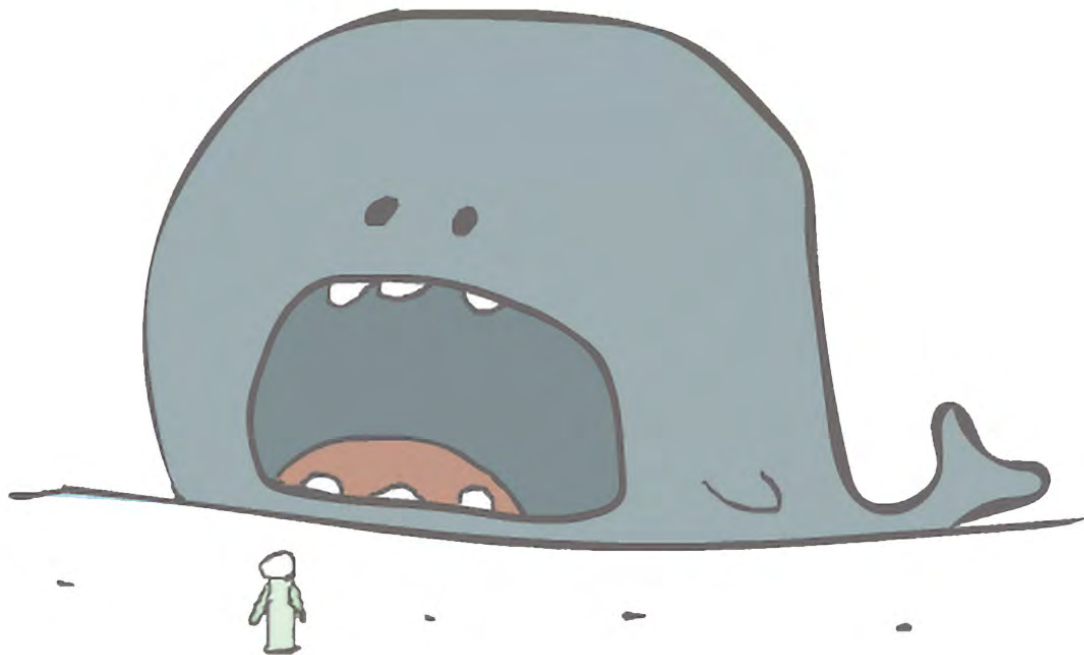
When the Lord says GO ...

## For Discussion

- Reality check: Have you ever heard of a talking whale or barnacle? That's just for fun on the recording.
- Was Jonah a hero? What's the deeper meaning? What can the Bible teach us?
- How can we read some things so they make sense to us? Why do we use them to make a point? It's OKAY to think about the Bible and look at it in many ways.

## Optional Activities

AREA	MATERIALS	INSTRUCTIONS
Hyperbole	n/a	We use "hyperbole" when we exaggerate to make a point. Can you think up some examples, such as: <ul style="list-style-type: none"> <li>● I'm so tired I could sleep for a week!</li> <li>● I'm so hungry I could eat a horse!</li> </ul>
Drawing	Paper, Crayons	Draw the scene you heard in the story.
Simile	n/a	We use "simile" when we compare one thing to another. Can you think up some examples, such as: <ul style="list-style-type: none"> <li>● A happy heart is like a rainbow.</li> <li>● The kingdom of God is like a person who finds a buried treasure.</li> </ul>
Metaphor	n/a	A metaphor is when one thing stands for something or points at something. Can you think up some examples, such as: <ul style="list-style-type: none"> <li>● That's a whale of a problem.</li> <li>● You're a shining star.</li> <li>● The town is covered in a blanket of snow.</li> <li>● It's raining cats and dogs.</li> <li>● He had a heart of stone.</li> <li>● I smell a rat.</li> <li>● God is my rock (my fortress, an Eagle)</li> </ul>
Imagination	Paper, Crayons	Illustrate a funny saying such as "it's raining cats and dogs!" or "you're a shining star!"



# LESSON - BIBLE HERO STORIES

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule: To each other be kind and true , as we want to be treated too !
- Two Bible Heroes: David & Goliath (Bible story from the Book of Samuel); Daniel & Lion's Den (Book of Daniel, 6:1-28)
- What it Means - and what it takes - to be a Hero

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Story of David & Goliath

▶ Track 17

Listen Along!

**Pastor Fish:** Hey there, I'm Pastor Fish. Ready for a story? I want to tell you the story of David and Goliath. David was Jesse's youngest son. One day, David delivered food to his brothers who were battling the Philistines—an army that had come to fight the Israelites. He heard a huge Philistine shouting and making fun of them. "Who is that man?" asked David. They told him about Goliath, the mighty warrior. No one could defeat him! But David wasn't afraid of the giant. When King Saul heard of David's bravery, he called David. (why?) Because the king had a problem and he thought David could help. David said "Don't you worry, I'll take care of that giant." Saul reminded him that he was a little minnow against a really big fish. But with faith, David replied "God will help me." Saul gave David his armor and weapons. But they were too big for David. So without any armor, David went to face the giant. (oh, no!) Don't worry! He stopped by a stream to pick up some stones and placed them in his bag. When he stood before Goliath, the giant shouted: "Am I a dog that you come at me with sticks?"

David gazed up at Goliath and replied, "You come against me with weapons, but I come against you in the name of the Lord Almighty. This is not my battle alone, it is God's battle!" Then David put a stone in his sling and swung it around and around until the sling whistled. The stone whizzed through the air and struck Goliath right in the middle of his forehead. The giant fell to the ground lifeless. (wow!) Just as David trusted in God to help him with his problem, we can trust God to help us with our problems. What did it take, to go against Goliath? (faith, courage, trust) When we have a problem that seems very big, who do we want to be like? (David!)

## Daniel and the Lion's Den

▶ Track 15

Listen Along!

**Pastor Fish:** Hey there, I'm Pastor Fish. Ready for a story? I want to tell you the story of Daniel in the Lion's den. (what's a lion?) Well, imagine a scary sea lion, it can eat you... lions ate people! (yikes!) Daniel was thrown into the Lions' cave because he was praying to God, and the ruler in the land didn't want anyone to pray to God. But because Daniel prayed to God for protection in the lions' den, the lions were tamed and didn't eat Daniel! (hooray!) So remember little fish, when times get scary you can always pray to God who will hear you, because God is your friend.

## Sing Along: When the Lord Says 'Go!'

▶ Track 16

Listen Along!

See page 11 for chords [ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

**When the Lord says GO, don't say "no!" When the Lord says GO, don't say "no!"**

**When the Lord says GO, don't say "no!" When the Lord says GO, don't say "no!"**

**Jonah ran, away from God's plan. He got eaten by a whale. Oh, my!**

**When robbers beat and left a man, Good thing a Samaritan was passing by!**

**When the Lord says GO ...**



## For Discussion

- Imagine going up against someone so very big. How did David feel?
- How would you define hero? What about the small ways we can be heroes?
- How can I be a hero in a big or a little way for a friend?
- What do these two stories have in common? What's the deeper meaning? What can the Bible teach us?
- Can we think of other hero stories in the Bible?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Imagination	Paper, Crayons	Draw your hero.
Crafty Lion	Paper, Crayons, Yarn, Glue	Draw a circle in the middle of a page. Draw in some eyes and a big wet nose. Add whiskers and mane using yarn and glue. You've made a lion. What is your lion's name? Why didn't it eat Daniel?
Simile	n/a	We use "simile" when we compare one thing to another. Can you think up some examples, such as: <ul style="list-style-type: none"> <li>● A happy heart is like a rainbow.</li> <li>● The kingdom of God is like a person who finds a buried treasure.</li> </ul>

# LESSON - GRACE & GOOD CITIZENSHIP

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true , as we want to be treated too !
- Citizenship: The Ten Commandments (Exodus 20).

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Ten Commandments Story

▶ Track 13

Listen Along!

Ready for a story? This one is in Exodus... Moses (the one who said to Pharoah "let my people go"? ) Yes! Now, where was I? Moses went up the mountain and got instructions on how to behave. They're called the 10 commandments. They go like this:

I'm the Lord your God. Don't worship other gods.  
Don't make false idols.  
Do not misuse the name of the Lord your God  
Remember the Sabbath day by keeping it holy.

Class, what's a false idol? (class gives ideas). Anything can be a false idol if it's put first, before God. But wait, there's more:

Honor your father and your mother.  
Don't murder.  
Don't commit adultery.  
Don't steal.

Don't testify falsely against your neighbor.

Don't covet your neighbor's house. You shall not covet your neighbor's spouse... basically anything that belongs to your neighbor.

(What's "covet?") That means desire, to really want to own something that belongs to someone else. Okay class, school's out for now. See you next time.

## For Discussion

- Citizenship: Does following the commandments help us all get along?
- Grace: We all fall short of perfection, but we can still try our best. God always loves us and reaches out to us, and is always our friend.

## Ten Commandments Rhyme (English Only)

Read this rhyme aloud and ask the children to participate. You can play the role of Pastor Fish and they can read the Chaplain Snail lines.

Pastor Fish: Here's our friend Chaplain Snail with a 10 commandment rhyme for us. Chaplain Snail always talks in rhyme.

Chaplain Snail: All the time!

Pastor Fish: Chaplain Snail, what can you tell us about the 10 commandments?

Chaplain Snail: Ten commandments, yes there are ten. I try to keep them 'cause I'm God's friend! Jesus summed them up in two: Love God with all your heart, and your neighbor as you.

Pastor Fish: The first one is One GOD; what about #2, no god before God?

Chaplain Snail: Two horns on a holy cow, to false idols I won't bow.

Pastor Fish: Okay, what about #3, Don't take God's name in vain?

Chaplain Snail: Easy as 1 2 3, I keep God's name holy, holy, holy.

Pastor Fish: Great... what about #4?

Chaplain Snail: Observe the Sabbath? A day "4" rest, that's what's best.

Pastor Fish: Okay, what about #5, Honor dad and mom?

Chaplain Snail: Mom & dad get a high five; it's because of them & God I'm alive.

Pastor Fish: What about #6, Don't kill!

Chaplain Snail: Six is sticks... sticks and stones can break bones; leave killing alone.

Pastor Fish: Ok, what about #7, No adultery?

Chaplain Snail: Seven, seven, love's a match made in heaven: love is true, so be true, too.

Pastor Fish: Okay, what about #8 Don't steal?

Chaplain Snail: If you "8" off your neighbor's plate, that aint great.

Pastor Fish: And #9, Don't bear false witness?

Chaplain Snail: Nine is malign... don't hurt a neighbor with any lyin'!

Pastor Fish: Okay, what about the last one... Don't covet what's your neighbor's.

Chaplain Snail: You're a ten, that's good enough, don't worry about your neighbor's stuff.

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Fill-it-in	Handout	Fill in the blanks for the Ten Commandments



## TEN COMMANDMENTS FILL-THE-BLANKS

I am the lord thy \_\_\_\_\_

Thou shalt have any other \_\_\_\_\_ before me

Thou shalt not \_\_\_\_\_ any graven image

Do not take God's \_\_\_\_\_ in vain

Remember the \_\_\_\_\_ and keep it holy

Honor thy \_\_\_\_\_ and thy mother

\_\_\_\_\_ shalt not kill

Thou \_\_\_\_\_ \_\_\_\_\_ commit adultery

Thou shalt not \_\_\_\_\_

Thou shalt not bear \_\_\_\_\_ witness

### Words:

Thou, false, Sabbath, shalt not, name, make, father, steal, gods, God



# LESSON - BEATITUDES

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true, as we want to be treated too!
- The Beatitudes from the Gospel of Matthew (Matt. 5:3-10)
- Jesus teaches us how to be blessed children of God.
- Being a peacemaker, showing mercy...



## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Listen Along: Beautitudes Story

▶ Track 33

Listen Along!

- Pastor Fish: Hey there, I'm Pastor Fish (hi, Pastor Fish!) Ready for a little lesson? This one is in the Gospel of Matthew.. Jesus went to the top of the mountain to teach everyone. Then he said this: Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Sami Starfish: Well, if you're all full of yourself, then you might say, "Who needs God?"
- Pastor Fish: Good job! Blessed are those who mourn, for they will be comforted.
- Sami Starfish: Whenever you feel sad, Jesus will comfort you.
- Pastor Fish: Blessed are the meek, for they shall inherit the earth.
- Minnow: Like Dorothy the meek and mild?
- Sami: Yes, gentle and sweet.
- Pastor Fish: Good! Blessed are those who hunger and thirst for righteousness, for they will be filled.
- Minnow 1: How can you be hungry for that?
- Minnow 2: It's a feeling of wanting to live the way God teaches us to.
- Minnow 1: I don't get it!
- Pastor Fish: That's okay these are kind of hard. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God.
- Minnow 1: Those are okay...
- Pastor Fish: Glad to hear it! Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. It's a recipe for happiness, something to think about as you swim along. Okay, school's out for now... see you next time!

## Sing Along: The Number Three Song

▶ Track 19

Listen Along!

See page 21 for chords [ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

**How I love the number 3, reminds me of how much God loves me.**

**Seen three ways, a Trinity: Father, Son, and Ghost Holy.**

**Knock knock knock let thoughts fly free.... Don't stop asking till you see.**

**One: yes, GOD is one... two: Jesus... walked with us, and three... God as holy spirit to comfort me!**

## For Discussion

- Do you have questions about the Beatitudes... do they make sense to you?
- What is meekness? How do we keep our strength under control and not be seen as a wimpy kid?
- How can a kid be a peacemaker?
- How can a kid show mercy?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Role play	n/a	Split into threes - two pretend to be fighting (only with these words: fighting you yes I am). One be a peacemaker, using your words. Be creative in your peacemaking. Get back together and discuss.
Dovemaking	Popsicle sticks, Cotton, Glue	Glue some cotton balls on popsicle sticks to create a dove. What is your dove's name?
Visioning peace	Crayons, Paper	How do you see peace? Can you draw it? Or, draw a mountain, with Jesus teaching and people listening.

# LESSON - FORGIVING

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true, as we want to be treated too!
- Understanding Bible Stories: The Prodigal Son (Luke 10:30-37) and the Unforgiving Servant (Matt. 18:21-35).
- Why Forgiving Helps Us: Forgiveness as a Way to Feel Better.
- Turning Back to God: God Always Loves & Forgives You!

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Listen Along: Parables of the Unforgiving Servant

▶ Track 29

Listen Along!

Pastor Fish: Hey there, I'm Pastor Fish. Ready for a story? This is a parable - a story Jesus told, when asked how much we should forgive, not seven times, but seventy times seven... which meant as many times as necessary! Once there was a servant who owed a great deal of money, but the king forgave him. Someone owed this servant money. Was he as forgiving as the king? (no?) Right! He wasn't, and when the king found out he was very angry. How do you think things worked out for him then? (bad?) Right! That's why in the Lord's prayer, it says forgive us just as we forgive others.

## Listen Along: The Prodigal Son

▶ Track 31

Listen Along!

I want to tell you Jesus' Parable of the Prodigal Son. (yay!) Once there was a man, who had two sons. One of them demanded his part of his father's fortune. (oh, no!) So his father gave him his inheritance. (yay!) But the son spent it on wild living, eventually he was so poor he worked for others, slopping pigs, and he wished he could eat what the pigs were eating. (why not go back to his dad?) Good idea! He thought "my dad's servants are treated better than this. I will go back and apologize. I'll tell my dad I'm not worthy to be his son but to treat me like a servant. At least I won't starve. (then what?) His dad saw him coming, and ran down the road to meet him, putting a ring on his finger and telling his servants to kill a big fat calf for a big feast to celebrate. (yay!) But not everyone was happy... the other son said "I've always done what you asked, but you never put on a party for me!" what do you think he was feeling? (Frustrated?) You bet! And self-righteous... but his father said, "Everything that's mine is yours, but it's right to celebrate." He said, "My son was dead to me, and now he's back, alive!" What do you think? (I think the second son was a dummy! And the first son was a dummy too!) Okay, school's out for now. See you next time!

## For Discussion - Forgiving Others (The Unforgiving Servant)

- What did the unforgiving servant do? How could he have behaved differently?
- Why didn't the Prodigal Son in the story feel he would be welcomed home?
- Did what happened surprise the Prodigal Son? What does that tell us about God?
- Why was the other son who stayed behind so upset? Did he need God's love, too?
- What if holding on to unforgiveness is like drinking poison and expecting someone else to die?
- What kinds of ways can we forgive?
- Forgiveness doesn't mean forgetting. But what to do if we feel like we can't even forgive? Give it to God. Ask Jesus for help.
- The difference between forgiving someone and letting them keep hurting you.
- Bible Savvy: What's the deeper meaning of this tale? What is Jesus trying to teach us?

## For Discussion - Forgiveness For Us (The Prodigal Son)

- Why is the other son so upset?
- Ever made a mistake and thought you were in trouble? Did that make you want to hide?
- Would it have been so good, if the Prodigal Son kept hiding away from his father? Why?
- Bible Savvy: What's the deeper meaning of this tale? What is Jesus trying to teach us?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Drawing	Paper, Crayons	Draw the faces of the dad and the two sons. Or, draw the unforgiving servant.



# LESSON - NEIGHBORLINESS (THE GOOD SAMARITAN)

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true, as we want to be treated too!
- Understanding Bible Stories: The Good Samaritan (Luke 10:25-37)

### Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

### Listen Along: Parable of The Good Samaritan

▶ Track 41

Listen Along!

**Pastor Fish:** Hey there, I'm Pastor Fish. Ready for a story? I want to tell you Jesus' Parable of the Good Samaritan. Once there was a man, who got beaten and robbed, and was left half dead on the side of the road. (oh, no!) First a priest happened to pass by, but did he stop to help the man? (no!) Then a Levite happened to pass by... but did he stop to help the man? (no!) Right again! Then a Samaritan was passing by... but did he stop to help the man? (no!) Yes, he did! (yay!) He felt compassion in his heart, and, taking pity on the man, bound his wounds, poured oil and wine, and set him on his own animal, carrying him to an inn to take care of him. When he left the next day, he left money with the innkeeper, to take care of the man, saying "whatever you spend beyond that, I will repay you when I return. (wow!) Jesus asked, "which of these three people was a good neighbor to the man?" (the one who showed mercy?) Yes that's right! The Samaritan showed mercy. And Jesus' people didn't get along with Samaritans, so what do you think about Jesus teaching us that a Samaritan could be a hero? (anyone can be a hero!)



### Sing Along: When the Lord Says 'Go!'

▶ Track 16

Listen Along!

[ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

G	D
When the Lord says GO, don't say "no!"	When the Lord says GO, don't say "no!"
G	D G
When the Lord says GO, don't say "no!"	When the Lord says GO, don't say "no!"
G	D
Jonah ran, away from God's plan. He got eaten by a whale. Oh, my!	
G	D G
When robbers beat and left a man, Good thing a Samaritan was passing by!	

When the Lord says GO ...

## For Discussion

- Jesus was Jewish. The Jewish people and the Samaritans did not get along. Why did Jesus use a Samaritan as the hero in this story? Who are the people we don't get along with? Imagine Jesus using someone like that as the hero of the story.
- Bible Savvy: What's the deeper meaning of this tale? What can the Bible teach us?
- What ways can we be a "Good Samaritan" to other people, even as kids?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Role play	n/a	Pretend you are a person in trouble. The teacher walks by without helping... what does that feel like? Now the teacher is the Samaritan. How does that feel?

# LESSON - JESUS' EXAMPLE OF SERVICE

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:  
To each other be kind and true, as we want to be treated too!
- Understanding Bible Stories: Jesus Washes the Disciples' Feet (John 13:1-17)

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Story of the Washing of the Disciples' Feet

▶ Track 35

Listen Along!

**Pastor Fish:** Hey there, I'm Pastor Fish. Ready for a story?

When Jesus was having His last supper with His disciples, he wrapped a towel around his waist, and began to wash His disciple's feet and dry them with the towel. (Jesus liked water, huh!) Sure did!

One disciple, Simon Peter, didn't want Him to wash his feet. But Jesus insisted, and then Simon Peter said "wash my hands and my head, too!" (ha!) But Jesus told him He didn't need to do that.

When He had finished washing their feet, He put on his clothes and returned to his place and asked if they understood what He had done. He said, "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.

He said: Now that you know these things, you will be blessed if you do them. Anyone want to guess what Jesus meant? (Service? Serve others?) Good job, class. Don't put yourself above serving others - even in your school of fish!

## For Discussion

- What's going on in this story? Why is Jesus washing His disciples' feet? What was he trying to teach them?
- What's the deeper meaning of this tale? What can the Bible teach us?
- What are ways we can follow Jesus' example, besides washing feet?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Imagination	Dolls, Bowl	Pretend the dolls are disciples. Act out how one is washing the feet of another.



# LESSON - LOAVES & FISHES

## Today's Concepts

- Review Our Gathering Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true , as we want to be treated too !
- Jesus feeds us: Loaves & Fishes (Matthew 14:13-21 / Mark 6:30-44 / Luke 9:10-17 / John 6:5-14)
- Generosity and abundance.

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Listen Along: Loaves & Fishes Story

**Pastor Fish:** Ready for a story? This one is in all four gospels, and it even has fishes! (yay!)

▶ Track 39

Listen Along!

Jesus and his disciples were in a solitary place, but crowds followed them. He had healed and taught until late into the evening. The disciples wanted to send the crowds away so they could get themselves some food.

What did Jesus do? What would you have done? Send them away?

It makes sense... but that's not what he did. He told the disciples to feed the people. Feeding the people could have taken a lot of money to do, maybe half a year's wages. The disciples had only five loaves of bread and two knishes<sup>1</sup>... well, we know he said fishes, but ... hmm... Jesus took the bread and broke it, thanking God, and gave the food to share with the crowd.

They ate, and all were satisfied. They gathered up what was left, and it filled twelve baskets. In all, about five thousand men, besides women and children had been fed.

## Sing Along: Loaves & Fishes Song

[ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

**C F G G7**  
**Loaves and fishes, loaves and fishes, Jesus answered all their wishes.**

**C F G G7**  
**Five thousand men plus women and kids, Ate that supper – yes they did.**

**C F G C**  
**Five loaves, two fishes that makes seven. Twelve baskets left over from the meal from heaven**

▶ Track 40

Listen Along!

## For Discussion

- How does that story make you feel?
- What did Jesus ask from his followers?
- How does Jesus feed us today?
- Why do we call sharing a meal together "breaking bread" ?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Role play	Fish-shaped crackers, bread, juice	Share some fish-shaped crackers, bread, and juice as a class. What does it feel like, to share this food together?

<sup>1</sup> Note to teachers of non-English speakers: we used knishes as a little joke. It is a food that, in English, rhymes with fishes. Since the school scene is one of little fish being taught, it would be odd to have the fish learning about Jesus using them as food. If you translate the story into any other language, the little joke no longer makes any sense and should be omitted.

# LESSON - FAITH

### Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true , as we want to be treated too !
- Understanding Bible Stories: The Mustard Seed (Matt. 13:31-32 & Matt. 17:20)

### Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ **Track 1**                    **Listen Along!**

### Listen Along: Parable of The Mustard Seed

▶ **Track 37**                    **Listen Along!**

**Pastor Fish:** Hey there, I'm Pastor Fish. Ready for a story? I want to tell you Jesus' parable of the mustard seed. Have you ever seen a mustard seed? (no, what's a mustard seed?) The mustard seed is the smallest of all seeds. But when it's planted in the ground it can grow into a big tree. (Really? It can grow into a big tree like that seaweed over there?) Yes, big and tall like that seaweed. Jesus said that if you have as much faith as a mustard seed you could move mountains. (Wow that's some serious power!) Yes, even if your faith starts off small like a mustard seed, if you take care of it, it can grow into something powerful. So that with God's help, you can make miracles happen.

### Sing Along: The Number Three Song

▶ **Track 20**                    **Listen Along!**

[ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

**G                          Em                          G    Am                          D**  
**How I love the number 3, reminds me of how much God loves me.**

**G    Em                          D    G                          C                          D**  
**Seen three ways, a Trinity: Father, Son, and Ghost Holy.**

**Em    G    D    G                          C                          D**  
**Knock knock knock let thoughts fly free... Don't stop asking till you see.**

**D                          G    D                          C                          D                          G    D**  
**One: yes, GOD is one... two: Jesus... walked with us,**

**G    D                          G**  
**and three... God as holy spirit to comfort me!**

### For Discussion

- Faith is a gift that comes from God. Some people say faith is trusting God's goodness. What do you say?
- The first step to having deeper faith is to want it. What else can we do to have more faith?
- Bible Savvy: What's the deeper meaning of this tale? What can the Bible teach us?
- God always hears us, and even though we don't always get everything we ask for, God always loves us.

### Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Group discussion	Small and big mustard seed	Pass around a mustard seed. As it's your turn to hold it in your hand, look how big it is. Why did Jesus use that example? How does that make you feel about the size of your own faith? Better?



# LESSON - THE SUN AND THE RAIN

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true, as we want to be treated too!
- Sometimes unexpected things happen, good and bad.
- We can't always understand why things happen.
- We all have lots of different feelings and that's okay; it's okay to feel your feelings.
- Brainstorming Self-Care.
- Bible Story: Tower of Siloam (Luke 13)



## Song: Pastor Fish Theme

Pastor fish has a pastor-knock to help you feel all right.

▶ Track 1

Listen Along!

## Listen: The Sun & the Rain (Tower of Siloam)

▶ Track 25

Listen Along!

**Pastor Fish:** Did you ever see something bad happen and not understand why? (duh!) Well, so did Jesus' followers. There was a tower in a place called Siloam that fell on some people and hurt them. 18 people died. (Oh no!) Well, Jesus asked whether the people listening to him thought those 18 people deserved their fate any more than anyone else in the crowd? They didn't. That's what Jesus was pointing out. (Huh?) Jesus said: "God makes the sun shine on people whether they are good or evil, and God lets rain fall on them whether they are just or unjust." (So, it doesn't matter if you're good or bad, then, right? I can do whatever I want?) Now just a second, Jesus said a lot about how we should behave. Anyone have any ideas? (love each other?) Great! Jesus said love god with your heart and mind and soul and your neighbor as yourself. If we love others, how will we be to them? (nice!) Okay, so... Jesus says still sometimes the rain falls, and sometimes the sun shines, but who's our friend always? (Jesus!)

## Sing Along: It's OK to Feel Sad

▶ Track 26

Listen Along!

Guitar: Capo V to play along with recording. Piano: Use chords F, B $\flat$  to play along with recording.

[ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

C

**It's okay to feel sad when things happen that are bad.**

F

C

**I may not understand but I can hold God's hand.**

C

F

C

**Someday I'll feel better. Till then, remember God is my friend.**

## Discussion

Optional reading: "Good and bad things happen to all of us. Sometimes we don't understand why. When they do, it's okay to feel sad or even have hard feelings at God for things not being different. It's okay to have some happy days. That's normal. You don't have to always feel a certain way. Just don't make the mistake to blame God for the bad things that happen. Sometimes, things that happen are just beyond our understanding, and that's okay. But you're a special person; God loves you always and Jesus is your friend always. If you let Him, Jesus can comfort you in times of sorrow. But there are also things you can do to take care of yourself and others, at these times."

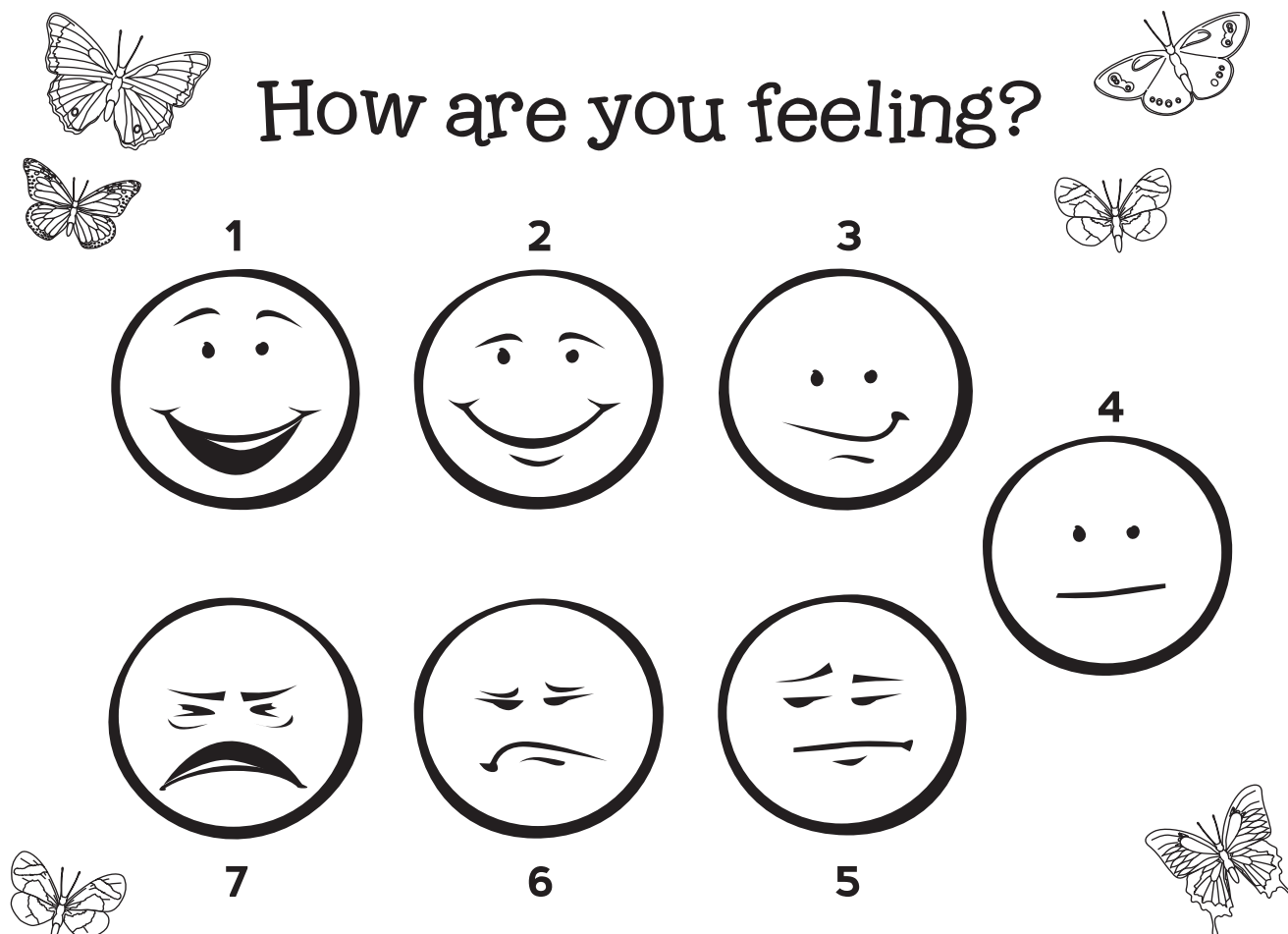
## Brainstorming Self-Care

Think of ways we can take care of ourselves, such as:

- It's good to eat some healthy food every day even when we don't feel like it very much.
- It's good to rest our bodies at night even when we don't feel like it, either.
- Sometimes when it's hard to sleep, a little prayer can help you calm down.
- Sometimes having an "attitude of gratitude" can help us feel better. That's why some people keep gratitude journals. We write down what we are thankful for, even when there are some things we wish didn't happen.
- What else can the class think up?
- How can kids help each other feel better? Do you ever use these helping ways?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
MBSR	Stress-busting butterfly	Watch the video at <a href="http://www.elfenworks.org/butterfly">www.elfenworks.org/butterfly</a> (many languages available) and try the activities. (many
Brainstorm	n/a	Think of people who can support you in a stormy time -and/or - Think of healthy ways to help yourself feel better
Journaling	Journal, pen or pencil	Start a Gratitude Journal writing down 3 things each day.
Art	Paper, crayons or pencils	Imagine your feelings as an animal. Can you draw it? Or, draw rain on a scene. How does the scene feel?
Writing	Paper and pen or pencil	Write a letter to God with how you are feeling.
Self-awareness	Handout	Fill in the handout "how are you feeling."



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# LESSON PREAMBLE - THE WAY WE PRAY

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true , as we want to be treated too !
- Having a healthy prayer life
- The Lord's Prayer (Matt. 6:9-13; Luke 11: 1-4)

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1 Listen Along!

## Sing Along: The Lord's Prayer

[ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

Our father who art in heaven, Hallowed be Thy name.

Thy kingdom come, Thy will be done on earth as it is in heaven.

Give us this day our daily bread. Forgive us our trespasses as we forgive those who trespass against us.

And lead us not into temptation, deliver us from evil. For Thine is the kingdom and the power and the glory forever. Amen.

▶ Track 43 Listen Along!

## For Discussion

- What are some prayers that we like?
- How do we pray? When do we pray?
- Do I know a bedtime prayer? What is it?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Agreement	Blackboard	Fill in the rules as we agree together - leader will write them down for next time.
Imagination	Paper, crayons or pencils	If you were an animal, what would you be? Draw that animal. Or, draw a swan, squirrel, owl or lamb.
Empathy	n/a	In groups of two, one act sad, the other use a way to help the sad one feel better..



# THE LORD'S PRAYER

Note to instructor: feel free to edit the agreement to reflect your favorite version of The Lord's Prayer.

Our Father who art in \_\_\_\_\_,

\_\_\_\_\_ be Thy Name.

Thy \_\_\_\_\_ come, Thy will be done

On \_\_\_\_\_ as it is in heaven.

Give us this day our daily \_\_\_\_\_ and

Forgive us our \_\_\_\_\_

As we forgive those who trespass against us.

And lead us not into \_\_\_\_\_

But \_\_\_\_\_ from evil

For Thine is the \_\_\_\_\_

and the power and the glory forever.

**Amen**

## Words:

trespasses, deliver, kingdom, hallowed, bread, temptation, earth, heaven, kingdom.

# LESSON - CHRISTMAS

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true, as we want to be treated too!
- Understanding Bible Stories: The Christmas Story (Luke 2, Matt. 2)

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Listen Along: Story of Christmas

▶ Track 21

Listen Along!

**Pastor Fish:** Hey there, I'm Pastor Fish. Ready for a story? I want to tell you the story of Jesus' birth: About two thousand years ago, in a town called Nazareth, there was a couple named Mary and Joseph, expecting a very special baby. (I know, I know! Jesus, right?) Right! Mary and Joseph had traveled to Bethlehem. Mary had to ride on a donkey for a few days, along the road and over the hills before they arrived in Bethlehem, and poor Joseph walked the whole way. When they got there, they couldn't find anywhere to stay. (Why not?) There was a census, lots of people were traveling to their ancestral homes to be counted. (So?) So, more people were in town than usual, and there just wasn't room! (Oh, no!) Eventually, they were given some room, where animals were kept. In the stable Mary gave birth to baby Jesus. Mary wrapped Jesus to keep Him snug and warm and laid Him in a manger full of hay. At the same time, not very far away, some shepherds were looking after their sheep. An angel appeared to them and God's glory shone all around. The angel told them about good news. (What did the angel say?) The angel said "don't be afraid! I bring you good joyful news... a savior, Messiah is born. You will find the baby wrapped in swaddling clothes lying in a manger." And so they hurried to the stable, praising God. They told their story, and everyone was amazed. Now, there's more... do you want to hear about the magi? (Yes!) Far, far away, three wise men - magi - had noticed the signs in the heavens, pointing to the birth of a new king in Judea. They decided to follow the star to find this new King. It was a long journey to Judea! They went to the capital, Jerusalem, and spoke to King Herod, asking about him. Herod's chief priests told them that the Messiah was to be born in Bethlehem, so they continued on their way. They followed the star to the stable, and found baby Jesus, the new king, lying in the manger. The wise men honored him, and gave him 3 presents: gold, frankincense and myrrh. (Birthday presents! Hooray!) Then, they went home by another way, because they had been warned in a dream not to go back to Herod. (Yay!) That is the story of the very first Christmas—the day we celebrate Jesus' birth.

## Away in a Manger

Away in a manger no crib for a bed,  
The little lord Jesus laid down his sweet head  
The stars in the bright sky looked down where he lay,  
The little lord Jesus asleep on the hay.  
The cattle are lowing the baby awakes,  
But little lord Jesus no crying he makes.  
I love you lord Jesus; look down from the sky,  
And stay by my side until morning is nigh.  
Be near me lord Jesus I ask you to stay,  
Close by me for ever, and love me, I pray.  
Bless all the dear children in your tender care,  
And fit us for heaven, to live with you there.



**Other options: Jingle Bells, Hark the Heralds, O Holy Night**

## For Discussion

- Bible savvy: Was Jesus born rich, or poor? Why would God choose a lowly manger, and an oppressed people?
- Christmas presents are fun. But, what sort of present would Jesus like from us, at Christmas?
- Bible Savvy: Christmas - Jesus coming as the light of the world - is celebrated when winter days stop getting shorter and darker and start getting longer and brighter. It celebrates the triumph of light over darkness. Can you see how it makes sense to celebrate at this time, regardless of the exact day of Jesus' birth?
- How can we welcome the little baby Jesus? How can Jesus be "born" in our hearts?
- Bible savvy: The magi were warned in a dream to steer clear of a dangerous king. Why did they trust their dream? How can we grow to trust that little, small voice that warns us and tries to keep us safe?
- What else can the Bible teach us?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Art project	Clay (or wood)	Create a little "crèche" (manger scene) together.
Role play	Costumes, backdrop	Put on a little play telling the Christmas story.

# LESSON - EASTER STORY

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true, as we want to be treated too!
- Understanding Bible Stories: Easter Story (Mark 14-16)

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Listen Along: Story of Easter

▶ Track 23

Listen Along!

**Pastor Fish:** Hey there, I'm Pastor Fish. Ready for a story? I want to tell you the story of Easter... Jesus had been going around teaching, pointing out corruption, calling for justice and mercy, healing people, and even performing miracles, such as raising the dead. (eww!) Well, all this upset some of the people in charge. (was he in trouble?) Yes, he was. (oh, no!) He knew what was going to happen, and He told his apostles. Jesus didn't want to die, and he asked God if possible to change it, but he also accepted it. He was willing to die in this way, because of his great love. He shared bread and wine with his apostles and told them they could do that in remembrance of Him. (what's a possle?) It's a follower. When Jesus was arrested and taken to trial, his followers wanted to fight, but Jesus said "put down your sword!" Jesus was the prince of peace. Israel was under Roman rule, and it was finally Pontius Pilate who ordered Jesus flogged and crucified. (that's sad!) But wait... there's a big surprise that happened. The stone was rolled away from the tomb and Jesus wasn't there. The women who had come there were so surprised! An angel told them not to be afraid, but that Jesus had risen. As they ran to tell the others, they saw Jesus, as well! Jesus had overcome the grave. And that's why we celebrate Easter -the day life triumphs over death, and good over evil. Okay, school's out for now... see you next time!

## For Discussion

- What does the word "transformation" mean? How does this story show that transformation (bringing new life and new hope)?
- Right when the disciples thought the story was over, there was a surprise ending.

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Imagination	Paper, crayons	Draw the sun shining and an angel.
Egg decorating	Eggs, paint, paintbrushes	Decorate eggs with edible paint.
Egg hunt	Easter eggs	Hold an Easter egg hunt using boiled and decorated eggs, or egg-shaped objects.
Growing hope	Seeds, dirt, pots	Plant a little seed. Discuss that the seed is buried, and yet it will soon be transformed and rise up in new life.



# LESSON - THE NUMBER THREE

## Today's Concepts

- Review of the Group's Golden Rules Rhyme
- As we gather in Sunday School, we will follow the Golden Rule:
- To each other be kind and true , as we want to be treated too !
- Beginning to explore God's nature: God manifested as Father, Son, and Holy Ghost.
- Some numbers have special meanings in the Bible
- Numbers are fun

## Song: Pastor Fish Theme

Pastor fish has a pastor-knack to help you feel all right.

▶ Track 1

Listen Along!

## Listen Along: The Number Three Story

▶ Track 19

Listen Along!

**Pastor Fish:** Hi kids, ready for a story? This is a counting story. (ooh, I can count!) Can you count to three? Great! Did you know three is a very important number in the Bible? (really?) Sure! can you think of anything that comes in threes in the Bible? (Animals!) The animals came two by two, can you think of something else? (Ooh, ooh, I know... wise men.) Yes, three wise men visited Baby Jesus in Bethlehem. (Jesus rising on the 3rd day?) Good one! (Me, me!! I know: The Trinity!) Yes, Father Son and Holy Ghost. Any more? (Didn't the rooster crow three times?) One of Jesus' best friends denied him three times, after he was captured, before the cock crowed that morning. Later, Jesus returned and asked him if he loved him, three times, and they were friends again! Any others? There are many, many examples. I love the number 3, don't you, class?

## Sing Along: The Number Three Song

▶ Track 20

Listen Along!

[ free sheet music with reference MP3 online at <http://www.pastorfish.com> ]

G                    Em                    G                    Am                    D  
**How I love the number 3, reminds me of how much God loves me.**  
G                    Em                    D                    G                    C D  
**Seen three ways, a Trinity: Father, Son, and Ghost Holy.**  
Em                    G                    D                    G                    C D  
**Knock knock knock let thoughts fly free... Don't stop asking till you see.**  
D                    G                    D C D                    G                    D  
**One: yes, GOD is one... two: Jesus... walked with us,**  
G                    D                    G  
**and three... God as holy spirit to comfort me!**

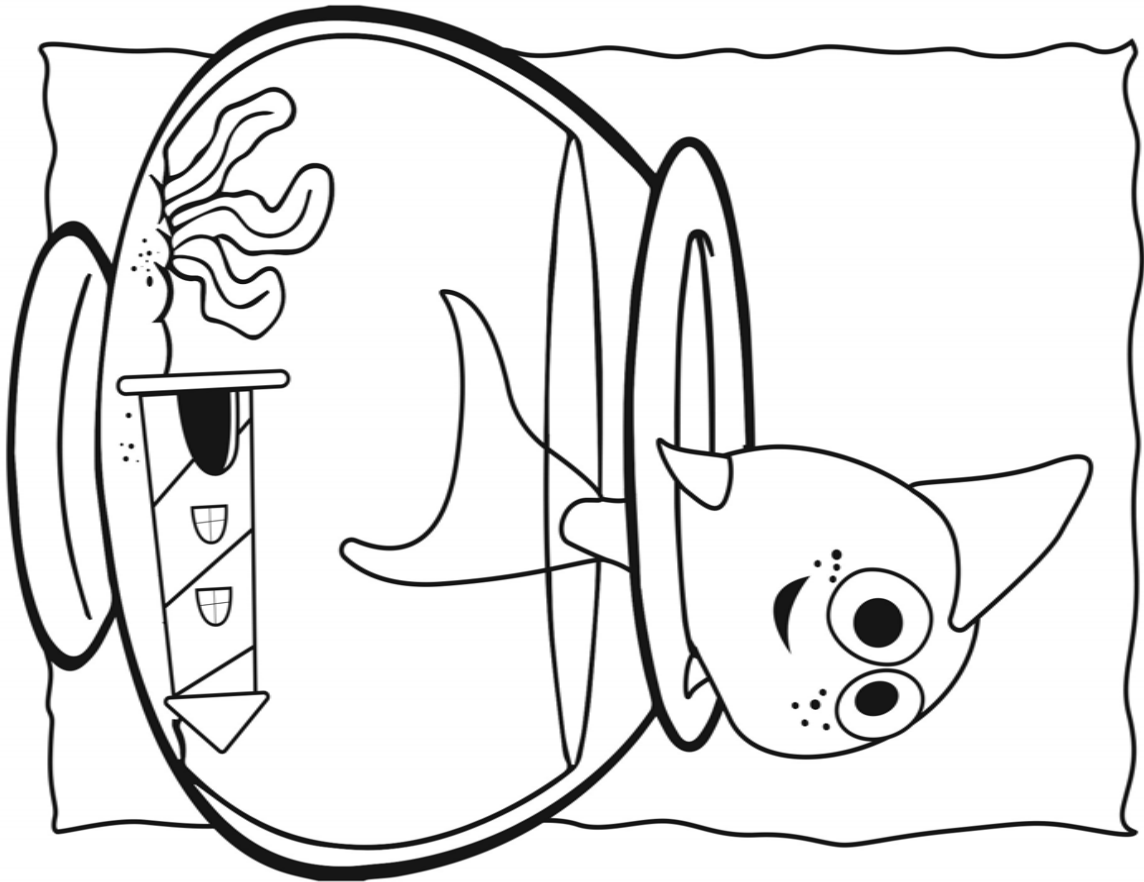
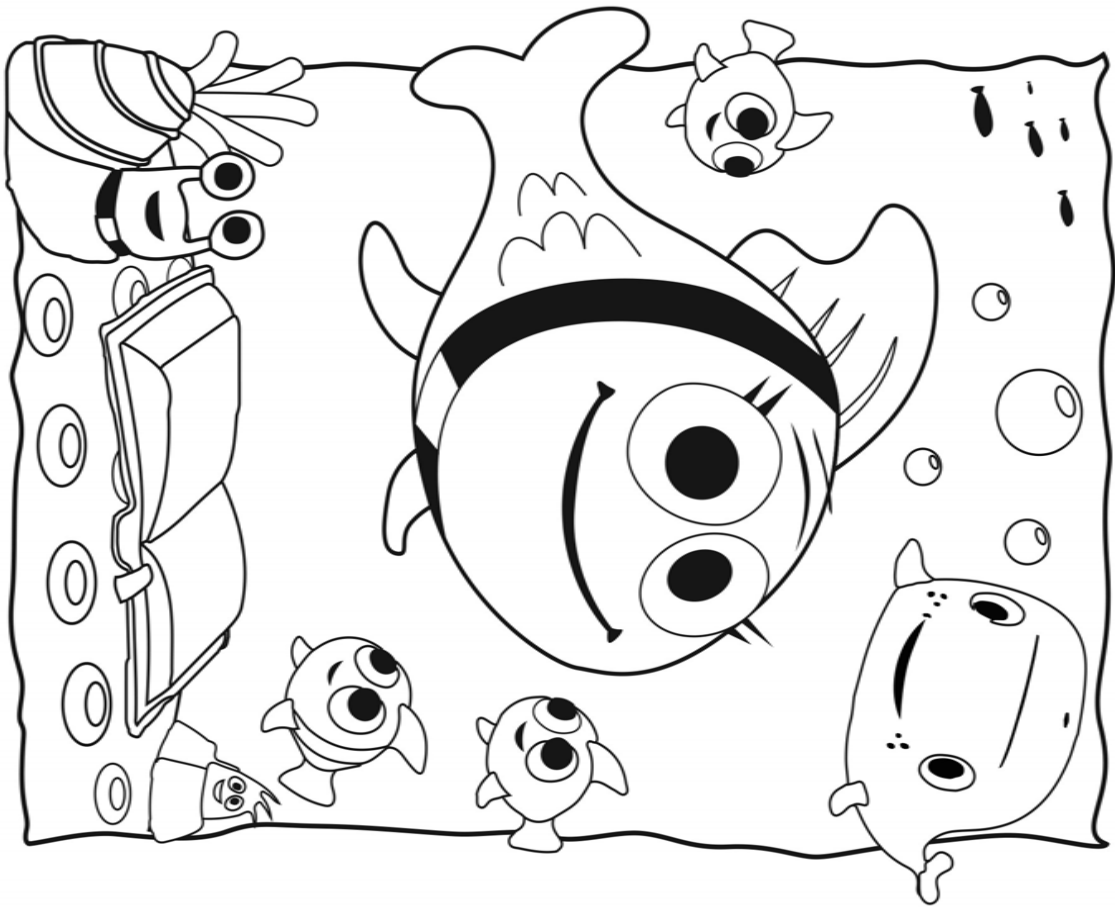
## Optional Discussion Topics

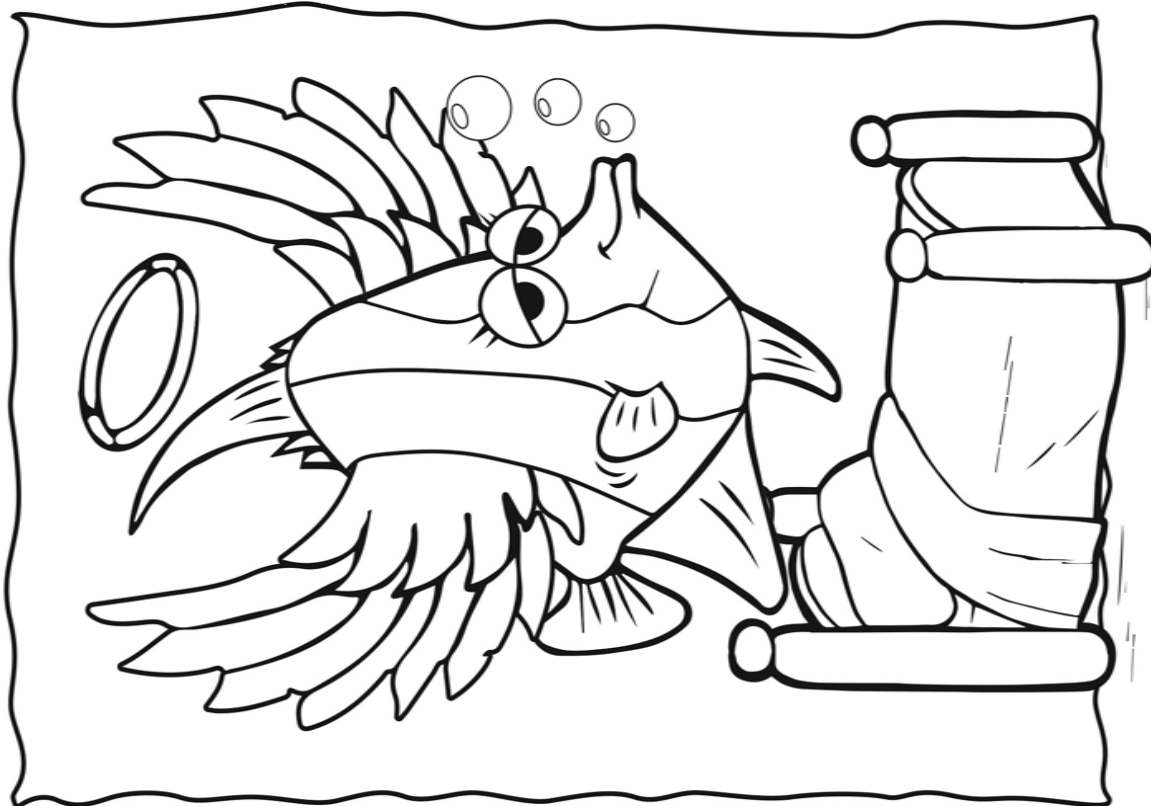
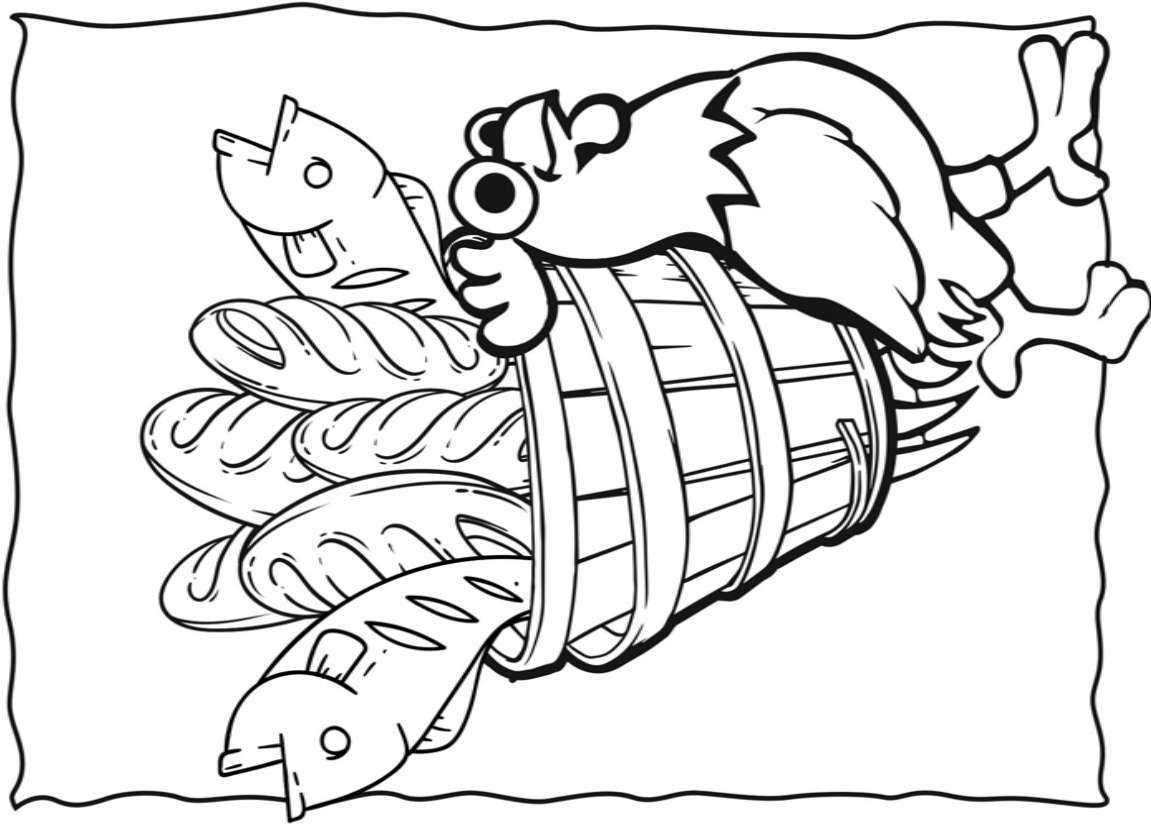
- How can there be one God, but seen three ways?
- What are other ways to think of God? (God as love, as light, as life)
- What is the Holy Spirit?
- How do you experience love, or inspiration?
- Do you have a favorite number? What is it?
- Can you think of things that come in threes?

## Optional Activities

ACTIVITY	MATERIALS	INSTRUCTIONS
Sharing	Varies	Bring in (or draw) something that reminds you of three - Such as a three-leaf clover or a three legged stool.
Imagination	crayons/paper	Draw a scene with three of something.







# It's OK to Feel Sad

Lyrics by Lauren Speeth  
Music by Josh Workman

♩=116

It's O. K. to feel sad, when things hap - pen that are

bad. I may not un - der stand but I can hold God's

Some day I'll feel bet - ter, till then,

re - mem - ber God is my friend.

Detailed description: This block contains the musical score for the song 'It's OK to Feel Sad'. It features a piano accompaniment and a vocal line. The score is divided into systems, with measure numbers 4, 8, and 11 indicated. Chord symbols (C, F, G) are placed above the piano part. The lyrics are written below the vocal line. The tempo is marked as quarter note = 116.

# Sing It Loud

Lyrics by Lauren Speeth  
Music by Josh Workman

Refrain: C G

A swan, a squit - rel, an owl, a lamb God loves me for who I am -

6 C G

Sing it loud and sing it a - gain, a swan, a squit - rel, an owl, a lamb.

10 Verse: C G

1. How God loves the owl and the squit - rel. One gath - ers wis - dom  
2. Piece of stone, so hard and tough. You're a dia - mond  
3. Ug - ly duckling, not yet a swan, Some - day the hard times

13 C

from the world. One saves nuts for a rain - y day.  
in the rough. Come on out of the deep, dark mine,  
will be gone. Close your ears to what the other ducks say.

16 G C

Both are beaut - i - ful in their own way. A  
in - to the light, so you can shine.  
Flap your wings to a bright, new day.

18 Refrain: C G

swan, a squit - rel, an owl, a lamb. God loves me for who I am -

22 C G C

Sing it loud and sing it a - gain, a swan, a squit - rel, an owl, a lamb.

Detailed description: This block contains the musical score for the song 'Sing It Loud'. It features a piano accompaniment and a vocal line. The score is divided into systems, with measure numbers 6, 10, 13, 16, 18, and 22 indicated. Chord symbols (C, G) are placed above the piano part. The lyrics are written below the vocal line. The score includes a refrain, a verse with three lines, and a final refrain.



# The Number 3

Lyrics by Lauren Speeth  
Music by Josh Workman

How I love the num - ber three, re - minds me of how much  
 God\_\_\_ loves me. Seen three ways, a trin - i - ty,  
 Fath - er, Son, and Ghost, Ho - ly. Knock, knock, knock, let  
 thoughts fly free. Don't stop ask - ing till you see.  
 One! Yes, God is one. Two!  
 Jes - us. God with us. And\_\_\_ Three! Hol - y Spi - rit and  
 com - - - fort me.

# Loaves & Fishes

Lyrics by Lauren Speeth  
Music by Josh Workman

Loaves and fish-es, loaves and fish - es, Jes - us an - swered all their wish - es.  
 Five thousand men plus wom-an and kids ate that sup - per, yes they did.  
 Five loaves, two fish-es, that makes sev-en. twelve bas-kets left from the meal from Heav-en!

# When the Lord Says, "Go"

Lyrics by Lauren Speeth  
Music by Josh Workman

2

Honky-tonk Piano

When the Lord says, "Go, " don't say, "No, " When the Lord says, "Go, " don't say, "No, "

H-t. Pno.

Jon-ah ran a way- from God's plan. He got eat-en by a whale, oh, my! When

H-t. Pno.

rob bers beat and left a man to die, good thing a Sam ar-i-tan was pas sing by...When the

H-t. Pno.

Lord says, "Go, " don't say, "No, " \_ When the Lord says, "Go, " don't say, "No, " When the

H-t. Pno.

Lord says, "Go, " don't say, "No, " \_ When the Lord says, "Go, " don't say, "No, "





**In a world needful of healing,  
hope & harmony, where underdogs  
lack champions, & "spiritual but not  
religious" is trending, we provide  
digital inspiration & resources, inspired  
by Jesus' life-affirming, open-armed  
presence. Because love transcends  
denomination, & all who are called,  
are called to be healers!**



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