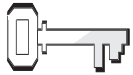


## Final Letter to a Friend



### References

2 Timothy 1; 2; *The Acts of the Apostles*, pp. 203, 498–508



### Memory Verse

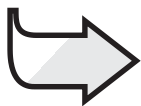
“Do not be ashamed of the testimony about our Lord” (2 Timothy 1:8, NIV).



### Objectives

The children will:

- Know** that God works through people to help us build up our faith.
- Feel** thankful for teachers, parents, and others who are a positive influence on us.
- Respond** by choosing to be with people who help us grow spiritually.



### The Message

I worship God when I thank Him for Christian role models.

### Monthly Theme

We praise God in our times of worship.

### The Bible Lesson at a Glance

While in prison, Paul writes a letter to Timothy telling him that in his prayers he (Paul) thanks God for him as he remembers all that Timothy has done to help him. Paul also writes that he is happy that the “faith” Timothy had received from his grandmother, Lois, and his mother, Eunice, has helped him to become a great preacher. He encourages Timothy to carry on the work and let the Holy Spirit enrich his life. He tells Timothy not to be ashamed of the gospel and to stand firm for what he knows to be right.

### *This is a lesson about worship.*

Paul thanked God for Timothy and for those who helped Timothy become what he was—great worker for God. We, too, worship God when we thank Him for those who have helped us become God’s children.

### Teacher Enrichment

Timothy was most likely converted by Paul during his visit to Lystra in the first missionary journey. He was probably not more than 18 or 20 when Paul came to Lystra the second time. He was well thought of by the brethren at Lystra as well as at Iconium, which was 20 miles away.

There is no clear indication of the religion of Timothy’s father. He was Greek, but may have been a heathen Gentile or a Gentile who feared God. Timothy’s mother was a faithful Jewess. There is some indication that she was a widow, which could account for her prominent role in Timothy’s history. She and Timothy’s grandmother had been careful to give him an education based on a personal knowledge of the Scriptures.

Timothy accompanied Paul on his second and third missionary journeys. He was the first pastor at the church at Ephesus, and eventually is said to have suffered martyrdom at the hands of the Ephesian populace. (Summarized from *The SDA Bible Commentary*, vol. 6, pp. 323, 324.)

### Room Decorations

See Lesson 9.

## Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
<b>1</b> Readiness Activities	up to 10	A. <i>Plant a Seed</i> B. <i>Grow-in-Jesus Web</i>	large seeds, paper cups, soil, water, newspaper, markers large ball of yarn
<b>Any Time</b> Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering Prayer	none <i>Sing for Joy</i> <i>Children's Mission</i> offering container from Lesson 9 paper, scissors, pencils, glue
<b>2</b> Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	envelope with letter, "chains" envelope, paper Bibles
<b>3</b> Applying the Lesson	up to 15	<i>Parts of a Body</i>	large body shape cut from paper
<b>4</b> Sharing the Lesson	up to 15	<i>Positive Mail</i>	card stock, stickers/scraps for decoration, glue, scissors, crayons/markers

\*Prayer and Praise may be used at any time during the program.

# TEACHING THE LESSON

## Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week's lesson study. Have them begin the Readiness Activity of your choice.

1

## Readiness Activities

Select the activity most appropriate for your situation.

### You Need:

- large seeds
- paper or Styrofoam cups
- potting soil
- water
- newspaper
- markers

### A. Plant a Seed

Use the newspaper to cover the work area in case of spills. Give each child a paper cup. Have them write their name on the cup, fill it with soil, and plant a seed. (Large seeds such as beans are easy to handle and grow well.) Let the children water them slightly.

### Debriefing

Allow response time as you ask: **What does your seed need to grow?** (soil, water, sunshine, warmth, care, etc.) **Yes, plants need several things to help them grow. What do we need to help us grow physically?** (food, rest, exercise, water, love) **What do we need to help us grow spiritually?** (prayer, Bible study, sharing our faith, etc.) **Jesus also gives us people to help us grow like Him. Today we want to worship God by thanking Him for our role models—people who help us know Him. Our message is:**



**I WORSHIP GOD WHEN I THANK HIM FOR CHRISTIAN ROLE MODELS.**

Say that with me.

### You Need:

- large ball of yarn

### B. Grow-in-Jesus Web

Form a circle. Give the ball of yarn to one of the children. Say: **Hold onto the end and throw the ball to someone else. As you throw it say the name of someone who has had an influence in your life. It may be your Mom, Dad, friends, teachers, or someone at church.** Continue until many people have been named and everyone has thrown the ball at least once.

### Debriefing

Ask: **What does the yarn remind you of?** (a spider's web) **How is this web like the people who help us grow?** (they are all around us; they support us) **What would happen if one of us let go?** (Part of the web would fall apart.) **Why do we need other people? Jesus gives us people as examples, role models, to help us grow in our Christian life. We worship God when we thank Him for those people. Our message says:**



**I WORSHIP GOD WHEN I THANK HIM FOR CHRISTIAN ROLE MODELS.**

Say that with me.

# Prayer and Praise **Any Time**



## Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors.



## Suggested Songs

- "God Is So Good" (*Sing for Joy*, no. 13)
- "Sing Praises to the Lord" (*Sing for Joy*, no. 2)
- "Whisper a Prayer" (*Sing for Joy*, no. 96)
- "This Little Light of Mine" (*Sing for Joy*, no. 134)
- "A Little Talk With Jesus" (*Sing for Joy*, no. 98)



## Mission

Share a story from *Children's Mission*. Emphasize worship in the mission story.



## Offering

Say: **We have Christian role models, but not everyone else does. When we give our offerings, we help provide Christian workers to be role models in other places so they can help others learn about God.**

### You Need:

- Bible offering container (see Lesson 9)



## Prayer

Have the children cut out the shape of a person and write the name of someone who has been a positive role model for them. Glue all the paper people on a large sheet of paper. Write today's message at the top: **I WORSHIP GOD WHEN I THANK HIM FOR CHRISTIAN ROLE MODELS.** Thank God for Christian role models and ask Him to help each child to be a positive role model.

### You Need:

- paper
- scissors
- pencils
- glue

# 2

## Bible Lesson

### You Need:

- envelope with Paul's letter to Timothy
- "chains"

### Experiencing the Story

Link the children together with a chain. Either make a paper chain or use string or yarn. The chain should be short enough so movement is limited to a small space.

### Setting the Scene

Say: **Paul is an old man and is in prison. He is feeling lonely and missing his friend, Timothy. When you hear the name Paul, make a writing motion with your hand. When you hear the name Timothy, stand up, as if volunteering for a job.** Practice a few times.

### Read or tell the story.

**Paul** [writing motion] looked around his bare prison cell. It was rough, dimly lit, and not very comfortable. He smiled as he remembered his dear friend, **Timothy**. [stand up] They had been through a lot. Their trials and the joy of working together for Jesus had made them good friends. But more than that, they were like father and son.

**Paul** [writing motion] remembered when they had first met. **Paul** [writing motion] had gone to Lystra. Some people there did not like him preaching about Jesus, so they dragged him outside the city gate and stoned him. That was when **Timothy** [stand up] and his mother and grandmother had learned about Jesus. When **Paul** [writing motion] returned to Lystra, **Timothy** [stand up] was ready to help him in his work, even though he was still a teenager.

**Timothy's** [stand up] father was Greek while his mother, Eunice, and grandmother, Lois, were Jewish

Christians. They had taught **Timothy** [stand up] from the Scriptures since he was a little boy. They had encouraged him to keep his mind and heart pure. It was their guidance that helped **Timothy** [stand up] choose to be a Christian.

**Timothy** [stand up] became **Paul's** [writing motion] assistant. They traveled many miles together facing many hardships, but their love for Jesus grew and grew. Now **Timothy** [stand up] was working in Ephesus.

*I think I'll write **Timothy** [stand up] a letter, **Paul** [writing motion] thought. I would love to have him visit me. I know it will take quite a while for him to get here, even if he can come right away. Why, it will probably be several months before I can see him! And who knows—I could lose my life any day. But I'll write and ask him to come anyway, and I'll leave some instructions for him in case I should die before he comes.*

**Paul** [writing motion] began to write:

Dear **Timothy** [stand up]

You have been like a son to me. I wish you grace and peace and mercy from our Lord Jesus Christ. Every day I pray and thank God for you. I am so happy for the faith you learned from your mother and grandmother. Use that gift of faith. Let your spark of faith grow into a big fire.

Don't be afraid of anything or anyone. If someone is doing something wrong, tell them so. Use the power that God gave you. God gives us strength to tell everyone the good news. Never be ashamed to tell people about Jesus. Preach the gospel every time you have a chance.

Use the Bible as your weapon. Do not listen to what others say; read for yourself what is true. Do not

listen to false teachers. Protect other believers from their lies. Teach them everything I have taught you. The Holy Spirit will help you.

Even though I am in prison, I am sure God will keep me believing in Him until the day I die. Please come and see me as soon as you can.

When you come, please bring my coat and my books. Be careful of the people who have hurt me. They will try to hurt you, too. Say hello to our friends.

May the Lord's grace be with you,  
**Paul** *[writing motion]*

### Debriefing

Allow response time as you ask:

**How easy was it to move when you were "chained" together? What do you think it was like for Paul when he was in prison?** (uncomfortable, lonely)

**How do you think Timothy felt when he read Paul's letter? Who did Paul say had taught Timothy the Scriptures?**

**What do you think Timothy did? What would you have done?**

**Was Paul a role model for Timothy? Who are your role models? Let's say today's message:**



**I WORSHIP GOD WHEN I  
THANK HIM FOR CHRISTIAN  
ROLE MODELS.**

### Memory Verse

Write the words of the memory verse on individual pieces of paper, one word on each, and place them in the envelope. Have the children come one at a time and take out a word and put it with the other words so it makes sense. Help as needed. Repeat until all children can say the verse without help.

**You Need:**

- envelope
- paper

### Bible Study

Form four groups and assign each group one of the following verses:

- 1 Timothy 1:1, 2
- 1 Timothy 1:5
- 1 Timothy 1:12, 13
- 2 Timothy 1:14

Provide help for nonreaders. Say:  
**Paul wrote two letters to Timothy to encourage him. He knew that any day he could be sentenced to death, and he wanted to remind Timothy of things that they had talked about. These letters are in our Bible to encourage us as well. Look at your text and decide what Paul wanted Timothy and those who came after him to have.**

Allow time for each group to report to the class. Discuss each response to be sure the children understand the texts.

### Debriefing

Ask: **How can we get the grace, mercy, and peace mentioned in 1 Timothy 1:1, 2?** (God the Father and Jesus Christ give it to us.)

Say: **Second Timothy 1:14 says that we should guard the teachings. How can we do this?** (Study so we know what is true.) **Who will help us?** (the Holy Spirit)

**Why should we not be ashamed of the gospel?** (Because Jesus has saved us.)

**Paul wrote all these things to help Timothy, and they are in the Bible to help us. Paul was a role model for Timothy. We can thank God for providing role models for us—people who teach us about Him. Let's say today's message:**



**I WORSHIP GOD WHEN I  
THANK HIM FOR CHRISTIAN  
ROLE MODELS.**

**You Need:**

- Bibles

# 3

## Applying the Lesson

**You Need:**

- large body shape cut from paper

### Parts of a Body

Make a large body shape from a large piece of paper (or tape several papers together). Cut it in pieces so that each child has a piece (arms, hands, legs, feet, chest, etc.). If you have a large group, use several body shapes or repeat the exercise several times.

Let the children assemble the body.

### Debriefing

Allow response time as you ask:

**What use is an arm all by itself? What about a foot? Or what about the stomach?**

Say: **In one of his other letters**

**Paul calls us the body of Christ. Read Romans 12:4–8 aloud.**

**We all have different responsibilities. Jesus wants us to look after each other, to use what He gives us to help and encourage one another just as others help us.**

Ask: **What can you do to be a role model or to help someone else to be like Jesus?** (Allow time for discussion.)

Then say: **We worship God when we recognize others who help us grow as Christians. Let's say today's message together:**



**I WORSHIP GOD WHEN I  
THANK HIM FOR CHRISTIAN  
ROLE MODELS.**

## 4

## Sharing the Lesson

### Positive Mail

Ask: **Do you like getting mail? Do you like to look at the envelope and guess who it is from?**

**Timothy was pleased to get Paul's letter. Someone you know will be pleased to get a card or letter from you. Let's make a thank-you card for someone who has encouraged us to be a good Christian.**

Allow time for each child to make a card. They may either draw a picture, use stickers, or use scraps of material. Adults may help with a thank-you message as needed.

### Debriefing

Admire all the cards; then ask: **To whom are you going to send your**

**card? Why?** Encourage the children to tell how the person has been a role model for them.

Say: **God has blessed us with many people who have been a positive influence in our lives. Let's remember to thank them for what they do. Remember . . .**



**I WORSHIP GOD WHEN I  
THANK HIM FOR CHRISTIAN  
ROLE MODELS.**

### Closing

Gather the children around a place where they can put their cards. Pray that God will bless the people who receive the cards, and that they will be encouraged, just as they have encouraged others. Ask God to help each child be a positive influence or role model for others.

#### You Need:

- card stock
- stickers and/or paper scraps
- glue
- scissors
- crayons/ markers



## Final Letter to a Friend

### References

2 Timothy 1; 2; *The Acts of the Apostles*, pp. 203, 498–508

### Memory Verse

“Do not be ashamed of the testimony about our Lord” (2 Timothy 1:8, NIV).

### The Message

I worship God when I thank Him for Christian role models.

*Do you like to hear news from a friend who is far away? Paul missed his friend Timothy, so he wrote a letter asking him to come visit him.*

Paul looked around his bare prison cell. It was rough, dimly lit, and not very comfortable. But he smiled as he remembered his dear friend Timothy. They had been through a lot. Their trials and the joy of working together for Jesus had made them good friends. But more than that, they were like father and son.

Paul remembered when they had first met. Paul had gone to Lystra. Some people there did not want him to preach about Jesus. So they dragged him outside the city gate and threw stones at him. That was when he met Timothy.

When Paul went to Lystra again, Timothy was ready to help him. Even though he was still a teenager, he knew the Scriptures.

Timothy’s father was Greek. Eunice, his mother, and Lois, his grandmother, were Jewish Christians. They had taught

Timothy from the Scriptures since he was a little boy. They had encouraged him to keep his mind and heart pure. It was their guidance that helped Timothy choose to serve God.

Timothy became Paul’s assistant. They traveled many miles together, facing many hardships. And their love for Jesus grew and grew. But now Paul was in prison, and Timothy was working in Ephesus.

*I think I’ll write Timothy a letter, Paul thought. I would love to have him visit me. I know it will take quite a while for him to get here, even if he comes right away. Why, it will probably be several months before I can see him! And who knows—I could lose my life any day. But I’ll write and ask him to come anyway. And I’ll leave some instructions for him in case I should die before he comes.* He began to write:

Dear Timothy,

You have been like a son to me. I wish you grace and peace and mercy from our Lord Jesus Christ. Every day I pray and thank God for you. I am so happy for your faith. And for all you learned from your mother and grandmother. Use that gift of faith. Let it grow into a big fire.

Don’t be afraid of anything or anyone. If someone is doing something wrong, tell him. Use the power that God gave you. God gives us strength to tell everyone the good news. Never be ashamed to tell people about Jesus. Preach the gospel every time you have a chance.

Use the Bible as your weapon. Do not listen to what people say; read for yourself what is true. Do not listen to false teachers. Protect other



believers from their lies. Teach them everything I have taught you. The Holy Spirit will help you.

Even though I am in prison, keep believing in God. Please come and see me as soon as you can. When you come, please bring my coat and my books. Be careful of the people who have hurt me. They will try to hurt you, too. Say hello to our friends.

May the Lord's grace be with you,  
Paul

Paul's letter to Timothy guided and encouraged him. And it guides and encourages us today.

## Daily Activities

### Sabbath

- Read and discuss 2 Timothy 1 with your family. Who were Timothy's role models? Of what does Paul say Timothy should not be ashamed? Where was Paul at this time? (See 2 Timothy 1:17.) Where was Timothy? (See 1 Timothy 1:3.)
- Find Rome and Ephesus on a Bible map. How far apart are they? What would be the quickest route from Ephesus to Rome?
- Pray for people who travel to teach others about Jesus.

### Sunday

- Write the memory verse word on each of 11 strips of paper. (Don't forget the reference.) Glue the papers together to make a paper chain. Use the chain to teach the verse to your family during worship. Ask Jesus to give you and your family courage and wisdom to tell others about Him.

### Monday

- During worship, read and discuss 2 Timothy 1:8, 16, 17. What does this tell us about Paul's life in prison?
- Tie your wrist to that of another person. (Use yarn or string.) Stay tied for 30 minutes. How do you feel? How do you think Paul felt about being chained?
- Thank God for freedom to worship Him.

### Tuesday

- For family worship today, read and discuss 2 Timothy 2:1. What does it mean to grow and be strong in Jesus' grace? Read and discuss

2 Peter 3:18. How does God want us to grow? Ask each person to list things needed to grow physically and to grow spiritually. Then, compare your lists.

- Pray that God will help you grow.

### Wednesday

- With your family, read and discuss 2 Timothy 3:14–17. How can you and your family learn more of the Scriptures?
- Make a people prayer chain by standing in a circle and holding hands. Ask each person to pray for the person on their right. Pray that God will help him or her study and understand the Bible.

### Thursday

- During worship, read and discuss 2 Timothy 1:3–5. Ask each family member to draw a circle in the center of a paper and write their name in it. Then draw smaller circles around it and name in each a person who is a positive influence on them. Then write a note to one of those people and thank them.
- Thank God for the positive people in your life.

### Friday

- Ask your family to share a favorite part of Paul's letters to Timothy. Then read a verse that offers instruction. (See 1 Timothy 2:1–3; 6:10, 11; 2 Timothy 1:6, 7; 2 Timothy 2:1–3, 15, 16, 22–24; 2 Timothy 3:14; 2 Timothy 4:1, 2.)
- Write a family letter to God. Thank Him for Paul and Timothy, and for the Bible, His Word. Ask Him to help you learn from it each day.