



Bible Object Lesson



from Godly Pearls

Making Jesus Christ known, one story at a time.



A NOTE TO CHRISTIAN EDUCATORS:

Thank you for downloading this Bible Object Lesson.

This first page contains different sections to help you when planning for your class, for example, Home-school, Sunday School, Bible Study, Bible Club, Mission class, etc.

We suggest that you print pages 2 -5 and distribute them to your students.



TOPIC:

Growing strong in the spirit



OBJECT:

Jumping rope



What to do: Show the children a jumping rope.
Ask a question: What is this jumping rope used for?



Read the Bible References: The Bible references can be read by different children if possible. Or the teacher can read them.



Goals of Lesson:

1. To explain the meaning of spiritual exercises.
2. To explain the different ways of doing spiritual exercises, and encourage students to be spiritually active.



Lesson Takeaway:

A jumping rope can help you exercise your body. The bible encourages you to exercise your spirit too, so you can be strong on the inside.



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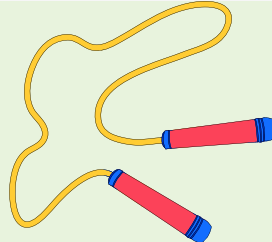


Date:



Object:

Jumping rope



Topic:

GROWING STRONG IN
THE SPIRIT



Bible References:

Luke 2:39 – 40;
1 Timothy 4:7-8.



Notes:

When you use a jumping rope, you swing the rope around your body and jump over it as it passes under your feet. Have you used a jumping rope before? Was it easy or difficult? For how long did you jump using the rope? You might find out that it gets difficult the longer you jump. That is because exercising is not an easy thing to do. You are stretching your body and making it work harder. But do you know that exercise is very good for your body? Let's call this type of exercise a physical exercise.

In 1 Timothy 4:7 – 8, the bible talks about “exercising yourself toward godliness”. This type of exercise cannot be done using jumping ropes or any physical equipment. The bible is encouraging you to exercise your spirit – that is, that part of you that communicates with God. Just like you exercise your body, you can train and stretch your spirit, so it grows strong. We will call this type of exercise a spiritual exercise.



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Notes continued:

“But ... exercise yourself toward godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come” (1 Timothy 4:7-8).

When you exercise your spirit, you can get the following benefits:

1. Exercising your spirit will help you focus on your faith in Jesus. You will be able to think about God, read His word and remember His promises for you (2 Timothy 4:7).
2. Exercising your spirit will help you build godly virtues. Godly virtues are the marks that show you are a friend of God. These marks or godly virtues include patience, love, humility, kindness, self-control, etc. (1 Peter 1:5-8).
3. When you exercise your spirit, you are prepared to live godly here on earth and to live forever with God (1 Timothy 4:8).
4. Just like physical exercise makes your body relaxed and refreshed, spiritual exercise makes your inner man or spirit refreshed and renewed. (2 Corinthians 4:16).
5. When you exercise your spirit by reading the word of God, you know what God wants from you. You know what God wants you to do (Ephesians 5:17).
6. When you exercise your spirit, others will know more about Jesus through the way you live. This means your light will shine and people will know and see that something is happening in your spirit (Matthew 5:16).
7. When you exercise your spirit, you will understand what is good and what is evil. You will have the grace to choose to do what is right (Hebrews 5:14).



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Notes continued:

We have seen some of the benefits of exercising the spirit. But how exactly can you exercise your spirit? How can you grow your spirit so that you are strong on the inside?

- Practice praying always. Start by praying in the morning, before every meal and before bedtime (Ephesians 6:18, 1 Thessalonians 5:17).
- Read your bible always. Start by reading one verse or one short story every day (Acts 17:11; 2 Peter 3:18).
- Practice having patience (Isaiah 40:31).
- Practice having more faith. Start by having faith in God's promises for you. Speak out God's promises and believe God (2 Corinthians 1:20; Philippians 4:13).
- Practice being bold. Grow your courage (Deuteronomy 31:6).
- Practice doing good to people. Serve those who need your help (Galatians 6:9).
- Be joyful even when you don't feel joyful. Speak out words that will make you joyful. "I am a happy person. I am God's special child. God loves me and this is true. God is thinking about me!" (Philippians 4:4; 1 Thessalonians 5:16).
- Be thankful for everything and anything. Say thanks to God for food, weather, clothing, friends, family, school, teachers, being alive, being healthy etc. (1 Thessalonians 5:18).
- Think of the word of God and remind yourself of His precious promises to you (Psalm 1:2; Joshua 1:8).
- Say no to sin and every ungodly activity. When you are tempted to sin, say no. The more you say no, the stronger you become on the inside (1 Corinthians 9:27; Psalm 1:1; Proverbs 1:10).

You see, the key to spiritual exercise is to practice – do it over and over again. Then, you will become strong. Will this be easy for you to do? Maybe not. But the good news is that God is with you to help you. He is walking with you, leading you, telling you what to do, and giving you the grace and strength to exercise your spirit. You are not alone!



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Memorize:

1 Timothy 4:8 – “For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come”.



Questions:

- i. What other things can you do to exercise your spirit?
- ii. Why do you think it is important to exercise your spirit?
- iii. What can happen if you refuse to exercise your spirit?



Reminder:

A jumping rope can help you exercise your body. The bible encourages you to exercise your spirit too, so you can be strong on the inside.



Say and repeat: I will exercise my spirit. I will grow strong on the inside.



Let us pray:

Dear God, thank you for encouraging me to exercise my spirit so I can grow strong on the inside. Please give me the grace and strength to practice all I have learnt today. I ask this in Jesus' name, amen!



SCAN ME

Thank you for downloading this resource. Feel free to send us your comments, feedback or questions.

We will like to hear from you.

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