

THE JUNIOR QUARTERLY

International Church School Lessons for Christian Teaching
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the testimony of faithful witnesses

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(FOR AGES 9 THROUGH 12 YEARS)
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WORSHIP PROGRAM

MUSICAL PRELUDE

June: "The Morning Light Is Breaking," AME Zion Bicentennial Hymnal, #381, or "My Testimony," by Marvin Sapp, https://www.youtube.com/watch?v=PZG8B8xYc7g&list=RDPZG8B8xYc7g&start_radio=1.

July: "Yes, God Is Real," AME Zion Bicentennial Hymnal, #53, or "Testimony," by Anthony Brown and group therAPy, https://www.youtube.com/watch?v=FJBN-2jgiHY&list=RDFJBN-2jgiHY&start_radio=1.

August: "How Great Thou Art," AME Zion Bicentennial Hymnal, #47, or "The Story I'll Tell," by Maverick City Music (featuring Naomi Raine), https://www.youtube.com/watch?v=BVCsJaPkvug&list=RDBVCsJaPkvug&start_radio=1.

CALL TO WORSHIP

June: Led by the VBS Director (1st Sunday); a child (2nd Sunday); a father (3rd Sunday); and a youth (4th Sunday).

Leader: "O sing to the Lord a new song; sing to the Lord, all the earth. Sing to the Lord; bless his name; tell of his salvation from day to day."
(Psalm 96:1-2 NRSVue)

All: "Declare his glory among the nations, his marvelous works among all the peoples. For great is the Lord and greatly to be praised; he is to be

revered above all gods. For all the gods of the peoples are idols, but the Lord made the heavens.” (Psalm 96:3-4 NRSVue)

July: Led by a military service member or veteran (1st Sunday); a senior (2nd Sunday); a child (3rd Sunday); and a youth (4th Sunday).

Leader: “Ascribe to the Lord, O families of the peoples, ascribe to the Lord glory and strength. Ascribe to the Lord the glory due his name; bring an offering, and come into his courts.” (Psalm 96:7-8 NRSVue)

All: “*Worship the Lord in holy splendor; tremble before him, all the earth. Say among the nations, ‘The Lord is king! The world is firmly established; it shall never be moved. He will judge the peoples with equity.’*” (Psalm 96:9-10 NRSVue)

August: The Young People-Adult teacher (1st Sunday); the Intermediate-Senior teacher (2nd Sunday); the Junior teacher (3rd Sunday); the Primary teacher (4th Sunday); and the Beginner teacher (5th Sunday).

Leader: “Let the heavens be glad, and let the earth rejoice; let the sea roar and all that fills it; let the field exult and everything in it. Then shall all the trees of the forest sing for joy before the Lord, for he is coming ...” (Psalm 96:11-13a NRSVue)

All: “[F]or he is coming to judge the earth. He will judge the world with righteousness and the peoples with his truth.” (Psalm 96:13b-13c NRSVue)

CHORAL INVOCATION (Sung corporately)
“He Is Lord” (AME Zion Bicentennial Hymnal, #689)

MORNING HYMN

June: “Blessed Assurance, Jesus Is Mine,” (AME Zion Bicentennial Hymnal, #504)

July: “I Love to Tell the Story,” (AME Zion Bicentennial Hymnal, #389)

August: “We’ve a Story to Tell the Nations,” (AME Zion Bicentennial Hymnal, #388)

RESPONSIVE READING

1 John 1:1-5 NRSV

Leader: We declare to you what was from the beginning, what we have heard, what we have seen with our eyes, what we have looked at and touched with our hands, concerning the word of life ...

People: [T]his life was revealed, and we have seen it and testify to it and declare to you the eternal life that was with the Father and was revealed to us ...

Leader: [W]hat we have seen and heard we also declare to you so that you also may have fellowship with us, and truly our fellowship is with the Father and with his Son Jesus Christ.

People: We are writing these things so that our joy may be complete.

All: This is the message we have heard from him and proclaim to you, that God is light and in him there is no darkness at all.

RALLY SONG

"Goodness of God," CeCe Winans, https://www.youtube.com/watch?v=9sE5kEnitqE&list=RD9sE5kEnitqE&start_radio=1.

STUDY PERIOD

Learners study the lessons in their classes.

CLOSING ASSEMBLY

Class members will commit and dedicate themselves to being faithful witnesses who testify to the promises of God, to Jesus Christ, and to the good news.

SUNDAY SCHOOL BENEDICTION

Sunday school is over for another day. Hear us, Heavenly Father, as to Thee we pray. Through the week be with us in our work and play; Make us kind and loving, help us to obey.

Amen.



Find All YouTube Lessons at
ZChildren's Church School Lit

<https://www.youtube.com/c/ZChildrensChurchSchoolLit>

TEACHER BI-FOLDS JUNE - JULY - AUGUST 2026

THE TESTIMONY OF FAITHFUL WITNESSES

This quarter introduces women and men in the Bible who heard the call of God, responded in faith, and through their words and deeds, spread the good news.

LEARN IT! UNIT I: HEAR GOD'S PROMISE The first unit introduces four stories of Old Testament women and men who by their words and actions offer us an opportunity to name, describe, and deepen our experience of God's grace, love, forgiveness, and provision. Deborah, a faithful judge, Hannah, an unfailing servant, Jonathan and David, fast friends and colleagues and Amos, the shepherd from Tekoa.

By the end of these lessons students will be able to:

- Appreciate God's purpose for entrusting important tasks to them.
- Desire to approach God through heartfelt and sincere prayer.
- Cherish being called by God for carrying out God's will.
- Look for and take opportunities to advocate for God's will to be carried out.

TEACH IT!

Date	Lesson	Titles	Key Verse
June 7	1	Deborah: Empowered to Deliver	Judges 4:9
June 14	2	Hannah Petitions for God's Favor	1 Samuel 1:27
June 21	3	The Bond Between David and Jonathan	1 Samuel 18:3
June 28	4	God Calls Amos to Champion Truth	Amos 7:15

LIVE IT: Outline the qualities that made Deborah a faithful witness and leader.

- Describe the promises Hannah made to God to receive her heart's desire.
- Identify the aspects (conditions and benefits) of the friendship between David and Jonathan.
- List the sequence of events of God's calling of Amos to be God's champion of truth.

TEACHER BI-FOLDS

JUNE - JULY - AUGUST 2026

LEARN IT! UNIT II: SAY "YES" TO JESUS This unit brings into view four persons who when confronted by the person and power of Jesus, revealed the truth of who they were. These stories invite us to learn the truth about ourselves in relation to Jesus Christ. The Centurion who demonstrated great faith in entrusting the health of his servant to Jesus. Impetuous Simon Peter, the rock, could also be a stumbling block and sink like a stone in the sea when challenged. Even through his rebuke of Peter, Jesus shows that even when we falter God's gracious call to us is always within the possibility of rehabilitation. Zacchaeus, the hated tax collector of Jericho, becomes like a little child when he climbs the tree to see Jesus. Mary, the mother of Jesus, makes the boldest testimony of all, saying, "yes" by giving her life to bearing the Son of God.

By the end of this unit students would have learned to:

- Feel joy that no matter what is going on, their faith can bring about Jesus's help.
- Value the grace given by God and Jesus to believers who are sometimes on shaky ground in their faith or their demonstration of it.
- Cherish the transformation that occurs after experiencing Jesus firsthand.
- Grow in their relationships with God and others.

TEACH IT!

Date	Lesson	Titles	Key Verse
July 5	5	The Amazing Faith of the Centurion	Matthew 8:13
July 12	6	Jesus Forgives Simon Peter's Fear	John 21:15
July 19	7	Zacchaeus: From "Change" Agent	Luke 19:9

LIVE IT:

- Name the circumstances and results of the centurion's request for help from Jesus. Outline the chronology of events that depict Peter's faith, then his fear, and then his acceptance of Jesus's commission.
- Describe how Zacchaeus's encounter with Jesus left Zacchaeus a changed man
- List the instances of Mary's and Jesus' devotion to and admiration of each other.

TEACHER BI-FOLDS

JUNE - JULY - AUGUST 2026

LEARN IT! SPREAD THE GOOD NEWS This unit sheds a light on five famous disciples who are remembered for their bold testimony. Thomas, Stephen, Saul, Timothy, and Lydia exemplify the words of Romans 10:9: “if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.”.

By the end of these lessons, students would have learned to:

- Practice relating to others (confidently and without doubt) the fact that Jesus lives.
- Feel confident in their calling to speak truth in any situation.
- Recognize and appreciate their own change in the Lord.
- Follow in the footsteps of those who model right and godly living.
- Practice showing hospitality to others as a demonstration of their faithfulness to God.

TEACH IT!

Date	Lesson	Titles	Key Verse
August 2	9	Thomas Requires Physical Proof	John 20:29
August 9	10	Stephen Risks His Life for God's Truth	Acts 6:8-10
August 16	11	Paul Testifies to His Conversion	Acts 22:14-15
August 23	12	Timothy's Nurtured Faith	2 Timothy 3:14
August 30	13	Lydia: A Genuine Believer	Acts 16:15

LIVE IT:

- Identify the doubt that Thomas had in Jesus's resurrection until seeing Jesus in the flesh.
- Trace the series of events that led to Stephen's noble demise.
- Summarize Paul's conversion story—from his persecution of believers to his fellowship with them.
- Name the aspects of Timothy's faith and character that were nurtured by his mother and grandmother.
- Label the different parts of Lydia's conversion story, including her hospitality.

HEAR GOD'S PROMISE

She Did That!

She was given land that was thought to be barren and worthless, but in 1913, at just 11 years old, oil was discovered on it. She became the richest Black child in America overnight. Her name is Sarah Rector.



Key Verse

[Deborah] said, "I will surely go with you; nevertheless, the road on which you are going will not lead to your glory, for the Lord will sell Sisera into the hand of a woman." **Mark 12:33**

⁴ At that time Deborah, a prophet, wife of Lappidoth, was judging Israel. ⁵ She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites came up to her for judgment. ⁶ She sent and summoned Barak son of Abinoam from Kedesh in Naphtali and said to him, "The Lord, the God of Israel, commands you, 'Position yourself at Mount Tabor, taking ten thousand from the tribe of Naphtali and the tribe of Zebulun.' ⁷ I will draw out Sisera, the general of Jabin's army, to meet you by the Wadi Kishon with his chariots and his troops, and I will give him into your hand.'" ⁸ Barak said to her, "If you will go with me, I will go, but if you will not go with me, I will not go." ⁹ And she said,

"I will surely go with you; nevertheless, the road on which you are going will not lead to your glory, for the Lord will sell Sisera into the hand of a woman." Then Deborah got up and went with Barak to Kedesh. ¹⁰ Barak summoned Zebulun and Naphtali to Kedesh, and ten thousand warriors went up behind him, and Deborah went up with him.

¹⁴ Then Deborah said to Barak, "Up! For this is the day on which the Lord has given Sisera into your hand. Has not the Lord gone out before you?" So Barak went down from Mount Tabor with ten thousand warriors following him.

get excited!



AFFIRMATION



"When I trust God's promises, He gives me courage."

KEY VERSE EXERCISE:

WEEKLY CHALLENGES: Check off what you complete and share a short reflection.

- ☐ Help someone without being asked
- ☐ Encourage a friend
- ☐ Tell the truth in a hard moment
- ☐ Clean my room without being asked
- ☐ Volunteer at school, church, etc.
- ☐ Read a book instead of gaming
- ☐ Pray for someone else

Fill In The Blank:

Joshua 1:9 – "Be _____ and courageous... for the _____ your God is with you."

Instructions and answers can be found in the Teacher's Guide at cedamezion.org. Click on the "resources tab" then click "CSL," then click the appropriate quarterly.

read and learn!



LESSON 1

Judges 4:4-10, 14

DEBORAH EMPOWERED TO SERVE

ZAYA: Today we're learning about Deborah. She was one of Israel's judges and a strong leader who listened to God.

ZION: Judges helped settle problems, right?

ZAYA: Yes, but they also guided the people to obey God. Deborah even helped lead Israel during a difficult war.

ZION: Did she fight in the battle?

ZAYA: Actually, she encouraged the army and trusted God's promise. Because of their faith, Israel won the victory.



Word Time

Promise – A commitment someone makes

Empower – To give someone the ability to act

Power – Strength given by God



Let's Talk:

1. Why did the people trust Deborah?
2. What does Deborah's story teach us about leadership?
3. How can we show courage like Deborah?



I will be courageous by:

REFLECT:

- When is it hardest to be courageous?
- How can God help you be brave?
- How does keeping your promises build trust?



Scripture Lesson Summary

God can use anyone to lead.



Let's Sing:

Sing: "He's Got The Whole World In His Hands"

18 | JR



Time to Pray

craft time

"Lord, help me to love others the way You love me, with kindness and care." Amen.

Ask and You Shall Receive

Memory Verse

"For this child I prayed; and the Lord has granted me the petition that I made to him."

1 Samuel 1:27

⁹ After they had eaten and drunk at Shiloh, Hannah rose and presented herself before the Lord. Now Eli the priest was sitting on the seat beside the doorpost of the temple of the Lord. ¹⁰ She was deeply distressed and prayed to the Lord and wept bitterly. ¹¹ She made this vow: "O Lord of hosts, if only you will look on the misery of your servant and remember me and not forget your servant but will give to your servant a male child, then I will set him before you as a nazirite until the day of his death. He shall drink neither wine nor intoxicants, and no razor shall touch his head."

¹² As she continued praying before the Lord, Eli observed her mouth. ¹³ Hannah was praying silently; only her lips moved, but her voice was not heard; therefore Eli thought she was drunk.

¹⁵ But Hannah answered, "No, my lord, I am a woman deeply troubled; I have drunk

neither wine nor strong drink, but I have been pouring out my soul before the Lord.

¹⁶ Do not regard your servant as a worthless woman, for I have been speaking out of my great anxiety and vexation all this time."

¹⁷ Then Eli answered, "Go in peace; the God of Israel grant the petition you have made to him."

¹⁹ They rose early in the morning and worshiped before the Lord; then they went back to their house at Ramah. Elkanah knew his wife Hannah, and the Lord remembered her. ²⁰ In due time Hannah conceived and bore a son. She named him Samuel, for she said, "I have asked him of the Lord."

²⁶ And she said, "Oh, my lord! As you live, my lord, I am the woman who was standing here in your presence praying to the Lord.

²⁷ For this child I prayed, and the Lord has granted me the petition that I made to him.



get excited!

♥ AFFIRMATION

God can use my prayers to
change lives.

KEY VERSE EXERCISE:

PRAYER JOURNAL: Create your own prayer journal to help your personal relationship with God

Prayer Prompts

“God, I thank You for...”

“Help me with...”

“I want to grow in...”

Instructions and answers can be found in the Teacher's Guide at cedamezion.org.
Click on the “resources tab” then click “CSL,” then click the appropriate quarterly.

read and learn!



LESSON 2

1 Samuel 1:9–13, 15–17, 19–20,
26–27

HANNAH PETITIONS FOR GOD'S FAVOR

ZION: Have you ever prayed really hard for something?

ZAYA: Hannah did. She wanted a child very badly.

ZION: What did she do?



ZAYA: She prayed at the temple and promised to dedicate the child to God.

ZION: God answered her prayer, and Samuel became a great leader.

Let's Talk:

1. Why did Hannah pray so sincerely?
2. What promise did Hannah make to God?
3. What does Hannah teach us about prayer?



Word Time

Petition – A request made in prayer

Favor – God's blessing



STEP UP

Students stand in a line and each step forward if they can say yes to questions below:

Step up if you stood up for someone else
 Step up if you did the right thing when no one was watching
 Step up if you told the truth even when it was hard
 Step up if you said "no" to something you knew was wrong
 Step up if you tried something new even though you were nervous
 Step up if you forgave someone who hurt you
 Step up if you apologized first
 Step up if you asked God for help this week
 Step up if you prayed even when you didn't feel like it
 Step up if you showed kindness to someone who wasn't kind to you
 Step up if you helped a classmate
 Step up if you included someone who was left out
 Step up if you ignored peer pressure

Step up if you spoke kindly instead of arguing
 Step up if you encouraged someone who was sad
 Step up if you didn't join in when others were doing wrong

FAITH & TRUST IN GOD

Step up if you trusted God in a hard situation
 Step up if you remembered a Bible verse this week
 Step up if you chose faith over fear
 Step up if you thanked God for something
 Step up if you believed God could help you
 Step up if you want to be more courageous
 Step up if you want to grow closer to God
 Step up if you're working on making better choices
 Step up if you want to help others more
 Step up if you're learning to be brave

...you are not alone in doing good!



Scripture Lesson Summary

God hears our prayers. Pray every day this week for someone who needs help.



Let's Sing:

Sing: "I Would Be True"

14 | JR



Time to Pray

God, thank You for food that feeds my body and Your Word that feeds my heart. Amen.

a FRIENDSHIP THAT HONORS GOD

Memory Verse

Jonathan made a covenant with David, because he loved him as his own soul. **1 Samuel 18:3**

Jonathan's Covenant with David

¹ When David had finished speaking to Saul, the soul of Jonathan was bound to the soul of David, and Jonathan loved him as his own soul. ² Saul took him that day and would not let him return to his father's house. ³ Then Jonathan made a covenant with David because he loved him as his own soul. ⁴ Jonathan stripped himself of the robe that he was wearing and gave it to David and his armor and even his sword and his bow and his belt.

¹² Jonathan said to David, "By the Lord, the God of Israel! When I have sounded out my father, about this time tomorrow or on the third day, if he is well disposed toward David, shall I not then send and disclose it

to you?" ¹³ But if my father intends to do you harm, the Lord do so to Jonathan and more also, if I do not disclose it to you and send you away, so that you may go in safety. May the Lord be with you, as he has been with my father. ¹⁴ If I am still alive, show me the faithful love of the Lord, but if I die, [a] ¹⁵ never cut off your faithful love from my house, even if the Lord were to cut off every one of the enemies of David from the face of the earth." ¹⁶ Thus Jonathan made a covenant with the house of David, saying, "May the Lord seek out the enemies of David." ¹⁷ Jonathan made David swear again by his love for him, for he loved him as he loved his own life.



get excited!



AFFIRMATION



**I will do something kind
for a friend this week.**

KEY VERSE EXERCISE:

SPEAK LIFE CIRCLE: Students sit in a circle. One student sits in the middle. Others take turns saying something kind or uplifting to them. Or write compliments on cards.

FORGIVENESS MATCH GAME

SITUATION

Someone hurt your feelings

You said something mean

A friend didn't include you

You broke something that wasn't yours

Someone lied to you

You argued with a sibling or friend

Someone embarrassed you in front of others

You ignored someone who needed help

A friend didn't keep their promise

You got angry and yelled

RESPONSE

Tell the truth and make it right

Show kindness anyway

Apologize

Don't try to get revenge

Ask God to help you control your anger

Choose to trust God and forgive

Help them next time

Forgive them

Give them another chance

Talk it out calmly

Instructions and answers can be found in the Teacher's Guide at cedamezion.org. Click on the "resources tab" then click "CSL," then click the appropriate quarterly.

read and learn!

LESSON 3

1 Samuel 18:1–4; 20:12–17



THE BOND BETWEEN DAVID AND JONATHAN

ZAYA: David had a best friend named Jonathan.

ZION: But Jonathan's father, King Saul, was jealous of David.

ZAYA: Even so, Jonathan protected David and stayed loyal to him.

ZION: That must have been difficult.

ZAYA: Their friendship showed true loyalty and love.



Let's Talk:

1. What made David and Jonathan's friendship special?
2. How can we be loyal friends?
3. Why is honesty important in friendship?



Word Time

Bond – A strong connection

Covenant – A serious promise



**BEST FRIEND
CHALLENGE**

What makes a best friend? What makes you a best friend?

List:

List:



 Scripture Lesson Summary

Godly friendships are built on loyalty and love. True friends stand by each other.

 Let's Sing:

Sing: "Down In My Heart"
IB / JR

 Time to Pray

Jesus, help me see You in every person I meet. AMEN

SPEAKING GOD'S TRUTH



Memory Verse

"The Lord took me from following the flock, and the Lord said to me, 'Go, prophesy to my people Israel.'" **Amos 7:15**

¹ The words of Amos, who was among the shepherds of Tekoa, which he saw concerning Israel in the days of King Uzziah of Judah and in the days of King Jeroboam son of Joash of Israel, two years before the earthquake.

Surely the Lord God does nothing without revealing his secret to his servants the prophets.

Amaziah Complains to the King

¹⁰ Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, "Amos has conspired against you in the very center of the house of Israel; the land is not able to bear all his words. ¹¹ For thus Amos has said,

'Jeroboam shall die by the sword, and Israel must go into exile away from his land.' "

¹² And Amaziah said to Amos, "O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there, ¹³ but never again prophesy at Bethel, for it is the king's sanctuary, and it is a temple of the kingdom."

¹⁴ Then Amos answered Amaziah, "I am no prophet nor a prophet's son, but I am a herdsman and a dresser of sycamore trees, ¹⁵ and the Lord took me from following the flock, and the Lord said to me, 'Go, prophesy to my people Israel.'



get excited!



AFFIRMATION



**Courage helps us stand up
for what is right.**

KEY VERSE EXERCISE:

REAL-LIFE COURAGE MOMENTS: Briefly share
what you would do!

Read Scenarios:

Standing up for someone being picked on _____

Telling the truth when you might get in trouble _____

Saying no when friends want you to do wrong _____

Instructions and answers can be found in the Teacher's Guide at cedamezion.org.
Click on the "resources tab" then click "CSL," then click the appropriate quarterly.

read and learn!

GOD CALLS AMOS

ZION: Amos was a shepherd before God called him.

ZAYA: God asked him to speak truth to the people.

ZION: That must have been scary.

ZAYA: It was, but Amos obeyed God anyway.

ZION: Sometimes doing what's right takes courage.



LESSON 4

Amos 1:1; 3:7; 7:10-15



Let's Talk:

1. Why was Amos' message important?
2. Why is telling the truth sometimes difficult?
3. When should we stand up for what is right?



Word Time

Prophet – One who speaks God's message.

Champion – To stand up for something



SPEAKING ACTIVITY

Encourage speaking in front of the group. Have kids take turns finishing sentences:

Be Bold For God:

"I can show God's love by..."

"I am not afraid to..."

"I will tell the truth, even when..."

"I can share my faith in God by..."

"I when I am afraid, I will..."

"I will not be quiet, when I hear..."

"I like to tell my friends about..."

"I will stand up, even when..."

"I was mad, but then I..."

"I will make good choices, by..."



Scripture Lesson Summary

God calls people to speak truth.



Let's Sing:

Sing: "I Am Special" (Thomas Moore)

22 | JR



Time to Pray

Lord, help me to speak kindly but honestly when someone needs help making a good choice.. AMEN.

HAVING FAITH IN JESUS

Memory Verse

"To the centurion Jesus said, 'Go; and let it be done for you according to your faith.' And the servant was healed in that hour."

Matthew 8:13

Jesus Heals a Centurion's Servant

⁵ When he entered Capernaum, a centurion came to him, appealing to him ⁶ and saying, "Lord, my servant[a] is lying at home paralyzed, in terrible distress." ⁷ And he said to him, "I will come and cure him."

⁸ The centurion answered, "Lord, I am not worthy to have you come under my roof, but only speak the word, and my servant will be healed." ⁹ For I also am a man under authority, with soldiers under me, and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and the slave does it." ¹⁰ When Jesus heard him, he was amazed and said to those who followed him, "Truly I tell you,

in no one in Israel have I found such faith.

¹¹ I tell you, many will come from east and west and will take their places at the banquet with Abraham and Isaac and Jacob in the kingdom of heaven, ¹² while the heirs of the kingdom will be thrown into the outer darkness, where there will be weeping and gnashing of teeth." ¹³ And Jesus said to the centurion, "Go; let it be done for you according to your faith." And the servant was healed in that hour.



get excited!



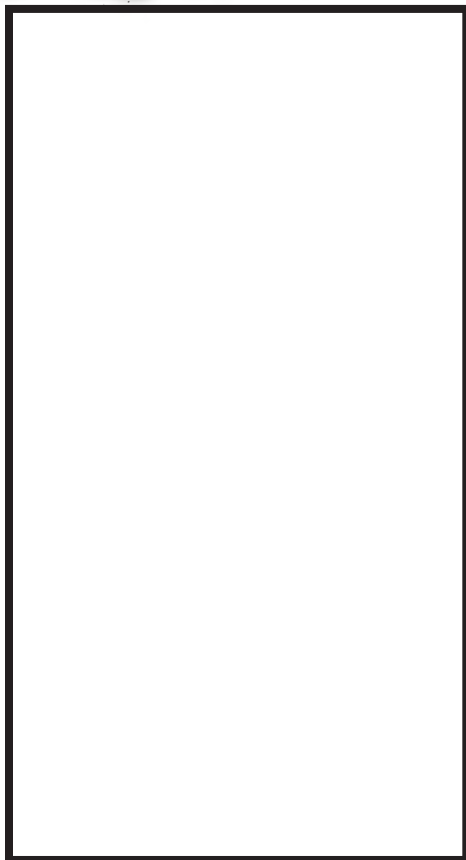
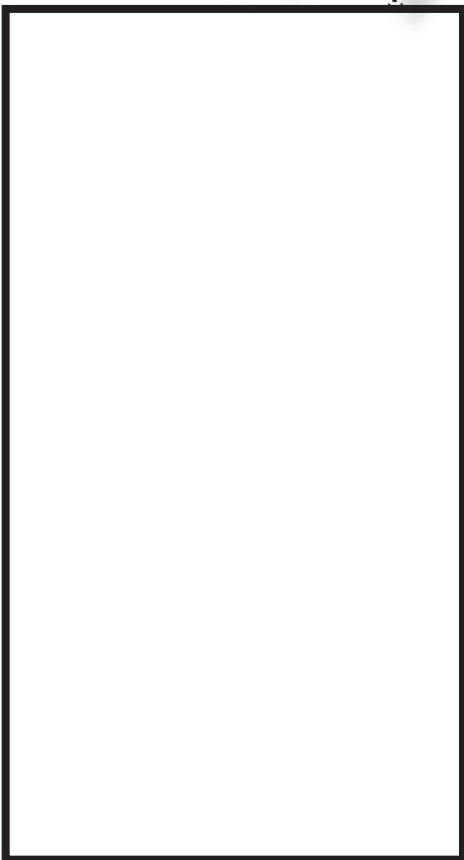
AFFIRMATION



I will trust God
when I feel worried.

key verse exercise:

IDENTITY ACTIVITY: Create a "God Says I Am..." poster. Decorate with words, symbols, and positive images.



Instructions and answers can be found in the Teacher's Guide at cedamezion.org.
Click on the "resources tab" then click "CSL," then click the appropriate quarterly.

read and learn!

THE CENTURION'S FAITH

ZAYA: A Roman officer asked Jesus to heal his servant.

ZION: Did Jesus go to the house?

ZAYA: The centurion said Jesus didn't have to go—just say the word.

ZION: That shows amazing faith.

ZAYA: Jesus healed the servant because of that faith.

Let's Talk:

1. Why was the centurion's faith special?
2. What does faith mean today?



Word Time

Faith – Trust in God

LESSON 5

Matthew 8:5-13





FAITH IN ACTION

Create a Comic Strip. Kids draw a short comic showing: a problem, like bullying, fear, peer pressure and a faith-based solution.



Scripture Lesson Summary

Faith means trusting Jesus. And Jesus honors sincere faith.



Let's Sing:

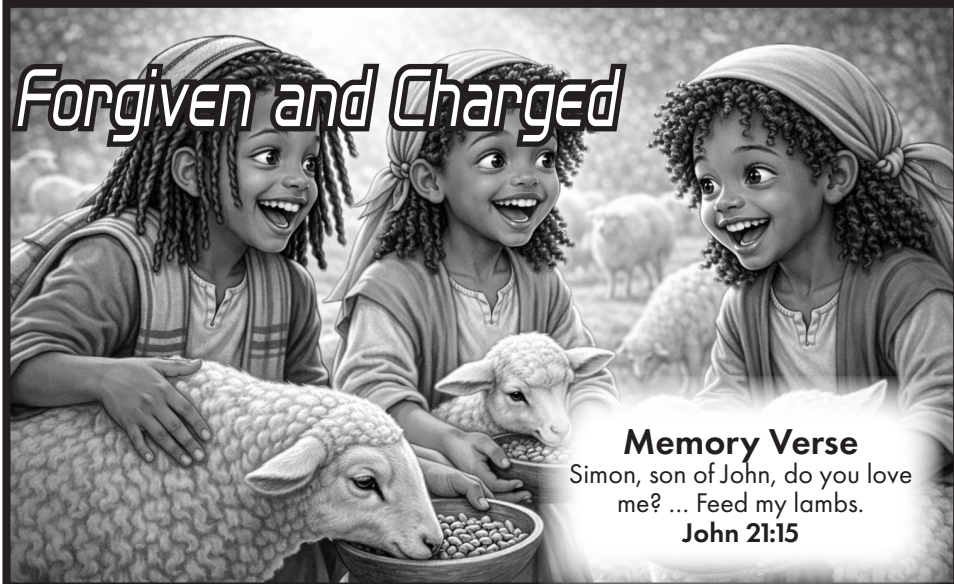
Sing: "Be Careful Little Ears What You Hear"



Time to Pray

Jesus, fill my heart with Your truth and peace. AMEN.

UNIT II: SAY "YES" TO JESUS



Memory Verse

Simon, son of John, do you love me? ... Feed my lambs.

John 21:15

Peter's Declaration about Jesus

Jesus went on with his disciples to the villages of Caesarea Philippi, and on the way he asked his disciples, "Who do people say that I am?" 28 And they answered him, "John the Baptist; and others, Elijah; and still others, one of the prophets." 29 He asked them, "But who do you say that I am?" Peter answered him, "You are the Messiah."

Jesus Predicts Peter's Denial

31 "Simon, Simon, listen! Satan has demanded[a] to sift all of you like wheat, 32 but I have prayed for you that your own faith may not fail, and you, when once you have turned back, strengthen your brothers." 33 And he said to him, "Lord, I am ready to go with you to prison and to death!" 34 Jesus[b] said, "I tell you, Peter, the cock will not crow this day until you have denied three times that you know me."

Peter Denies Jesus Again

25 Now Simon Peter was standing and warming himself. They asked him, "You are

not also one of his disciples, are you?" He denied it and said, "I am not." 26 One of the slaves of the high priest, a relative of the man whose ear Peter had cut off, asked, "Did I not see you in the garden with him?" 27 Again Peter denied it, and at that moment the cock crowed.

Jesus and Peter

15 When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Feed my lambs." 16 A second time he said to him, "Simon son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Tend my sheep." 17 He said to him the third time, "Simon son of John, do you love me?" Peter felt hurt because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep."



get excited!



AFFIRMATION

**Jesus forgives me, and I can
forgive others who have hurt.**

KEY VERSE EXERCISE:

GROUP DISCUSSION:

Talk about how to forgive the different scenarios below:

The Gift of Forgiveness:

Why is forgiveness sometimes hard?

How does it feel when someone forgives you?

What would happen if no one forgave each other?

"I can show forgiveness this week by _____

_____"

Instructions and answers can be found in the Teacher's Guide at cedamezion.org.
Click on the "resources tab" then click "CSL," then click the appropriate quarterly.

read and learn!

JESUS FORGIVES PETER AND GIVES HIM A CHARGE

ZION: Zaya, today we're learning about Peter. He was one of Jesus' closest disciples.

ZAYA: Wasn't Peter the one who said Jesus was the Messiah?

ZION: Yes, but when Jesus was arrested, Peter became afraid and said three times that he didn't know Jesus.

ZAYA: That must have made Peter feel terrible.



ZION: It did. But after Jesus rose from the dead, He forgave Peter and told him to take care of His followers.

ZAYA: That shows Jesus gives us another chance when we truly love Him and follow His call.



Let's Talk:

1. Why did Peter deny knowing Jesus?
2. How did Jesus show forgiveness to Peter?
3. Why is forgiveness important in our lives?



Word Time

Forgiveness – Letting go of someone's wrongdoing and showing mercy

Charge – An important responsibility given to someone



rise up!

(30 minutes)

superhero challenge:

CHOOSING FORGIVENESS

Color page and fill in the blanks.



"Forgive as the Lord forgave you."

Colossians 3:13



Forgiveness means

_____ instead of _____



Scripture Lesson Summary

Jesus forgave Peter. And Jesus gives us another chance to serve Him.



Let's Sing:

Sing: "He Arose"

30 | JR



Time to Pray

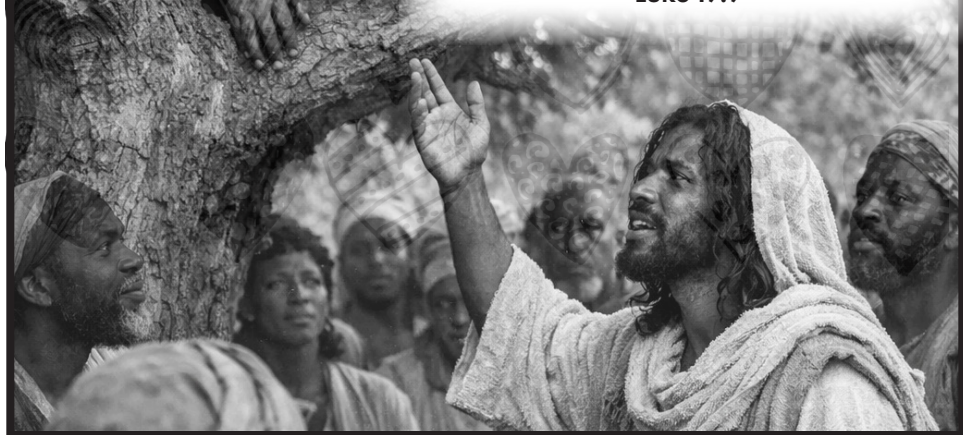
Thank You, God, for forgiving me of my sins. May I forgive others like you do.
AMEN

Dollars and Change

Memory Verse

Jesus said to him, "Today salvation has come to this house, because he too is a son of Abraham."

Luke 19:9



Jesus and Zacchaeus

¹ He entered Jericho and was passing through it. ² A man was there named Zacchaeus; he was a chief tax collector and was rich. ³ He was trying to see who Jesus was, but on account of the crowd he could not, because he was short in stature. ⁴ So he ran ahead and climbed a sycamore tree to see him, because he was going to pass that way. ⁵ When Jesus came to the place, he looked up and said to him, "Zacchaeus, hurry and come down, for I must stay at your house today." ⁶ So he hurried down and was happy to welcome him. ⁷ All who

saw it began to grumble and said, "He has gone to be the guest of one who is a sinner." ⁸ Zacchaeus stood there and said to the Lord, "Look, half of my possessions, Lord, I will give to the poor, and if I have defrauded anyone of anything, I will pay back four times as much." ⁹ Then Jesus said to him, "Today salvation has come to this house, because he, too, is a son of Abraham. ¹⁰ For the Son of Man came to seek out and to save the lost."



get excited!



♥ AFFIRMATION

"I will be honest and tell the truth."

KEY VERSE EXERCISE:

LOOK BACK, LOOK FORWARD: Write what you use to do as a baby, now write what you are able to do now!

BABY ACTIONS	Big Kid ACTIONS

Instructions and answers can be found in the Teacher's Guide at cedamezion.org. Click on the "resources tab" then click "CSL," then click the appropriate quarterly.

read and learn!

ZACCHAEUS: A CHANGED MAN

ZAYA: Zion, our lesson today is about a man named Zacchaeus.

ZION: Wasn't he the tax collector who climbed a tree to see Jesus?

ZAYA: Yes. People didn't like him because he collected extra money and kept it for himself.

ZION: But Jesus stopped and called Zacchaeus by name.



ZAYA: When Zacchaeus met Jesus, he promised to repay the people he had cheated and give to the poor.

ZION: That shows how meeting Jesus can truly change a person's life.

Let's Talk:

1. Why did people dislike Zacchaeus?
2. What happened when Zacchaeus met Jesus?
3. What does real change look like?



Word Time

Confess – To admit wrongdoing

Change – To turn away from wrong actions and begin doing what is right

superhero challenge:

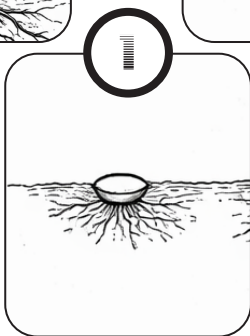
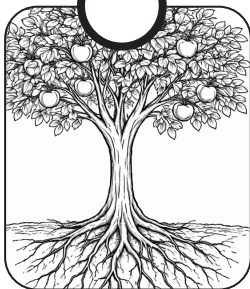
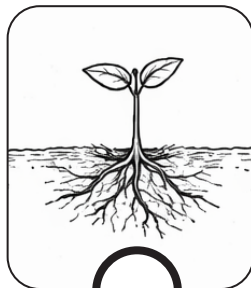
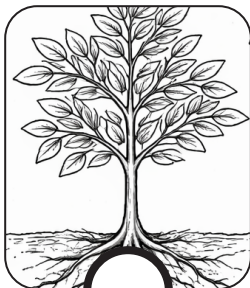
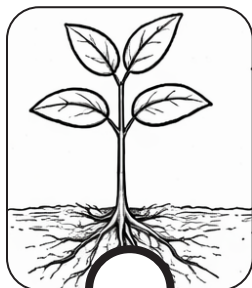
rise up!

(30 minutes)

ROLE PLAY

Assign small groups a Bible story (like David from shepherd to King, Esther from teen to Queen, or Peter from denial to preaching). Act it out in a modern-day version.

NUMBER IN ORDER: Number from baby seed to mature tree.



Scripture Lesson Summary

Zacchaeus met Jesus. And Jesus changed his heart.



Let's Sing:

Sing: "I Have Decided to Follow Jesus"



Time to Pray

Lord, help me to choose honesty this week—even when it is difficult. Amen

There through Thick and Thin



Memory Verse

"[Jesus's] mother said to the servants, "Do whatever he tells you." **John 2:5**

¹⁵ When the angels had left them and gone into heaven, the shepherds said to one another, "Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us." ¹⁶ So they went with haste and found Mary and Joseph and the child lying in the manger.

¹⁷ When they saw this, they made known what had been told them about this child, ¹⁸ and all who heard it were amazed at what the shepherds told them, ¹⁹ and Mary treasured all these words and pondered them in her heart.

The Wedding at Cana

¹ On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. ² Jesus and his disciples had also been invited to the wedding. ³ When the

wine gave out, the mother of Jesus said to him, "They have no wine." ⁴ And Jesus said to her, "Woman, what concern is that to me and to you? My hour has not yet come." ⁵ His mother said to the servants, "Do whatever he tells you."

²⁵ And that is what the soldiers did.

Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." ²⁷ Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home.

get excited!



AFFIRMATION

I will spend more time
with Jesus.

KEY VERSE EXERCISE:

COLORING BOOK: Color in the image of Mary and baby Jesus.



Instructions and answers can be found in the Teacher's Guide at cedamezion.org.
Click on the "resources tab" then click "CSL," then click the appropriate quarterly.

read and learn!

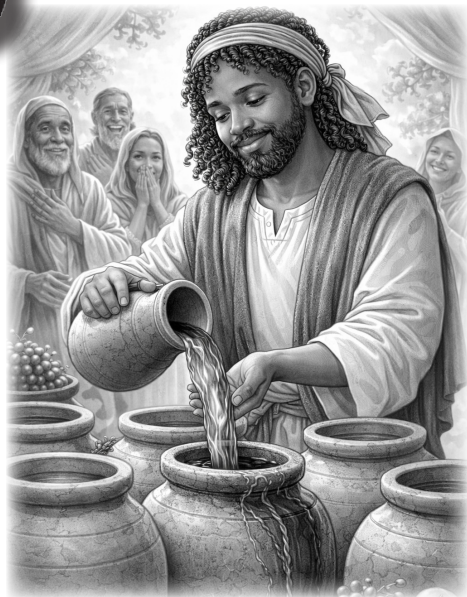
MARY AND JESUS ALL THE WAY

ZION: Zaya, today we're learning about Mary, the mother of Jesus.

ZAYA: She was chosen by God to bring Jesus into the world.

ZION: Mary believed in Jesus' power. At a wedding, she told the servants to do whatever He said.

ZAYA: That's when Jesus performed His first miracle and turned water into wine.



ZION: And Mary stayed faithful to Him even when He was on the cross.

ZAYA: Mary shows us how to stay faithful to Jesus no matter what happens.

Let's Talk:

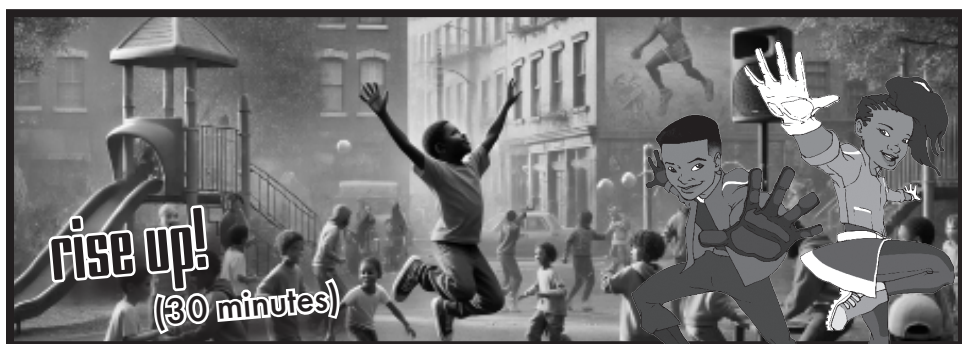
1. How did Mary show faith in Jesus?
2. Why is faithfulness important in following Jesus?
3. How can we stay close to Jesus today?



Word Time

Disciple – A follower of Jesus

Faithful – Remaining loyal and committed



MATCH THE NAME

Draw a line to match each name to the correct meaning.

NAMES OF JESUS

Savior
Good Shepherd
Light of the World
Prince of Peace
Bread of Life
King of Kings
Lamb of God
The Way

RESPONSE

Leads and cares for us
Brings peace to our hearts
Shows us how to live
Provides what we need
Takes away sin
Rescues and saves us
Guides us to God
Rules over all



Scripture Lesson Summary

Mary trusted Jesus. And true disciples stay with Jesus through everything.



Let's Sing:

Sing: " Jesus Loves Me"

3B | JR



Time to Pray

Jesus, may I spend more time with you? Amen.

Believing Is Seeing?

Memory Verse

Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe." **John 20:29**

Jesus and Thomas

²⁴ But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. ²⁵ So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands and put my finger in the mark of the nails and my hand in his side, I will not believe."

²⁶ A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." ²⁷ Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not

doubt but believe." ²⁸ Thomas answered him, "My Lord and my God!" ²⁹ Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe."

Jesus Appears to Seven Disciples

¹ After these things Jesus showed himself again to the disciples by the Sea of Tiberias, and he showed himself in this way.

² Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples.

get excited!

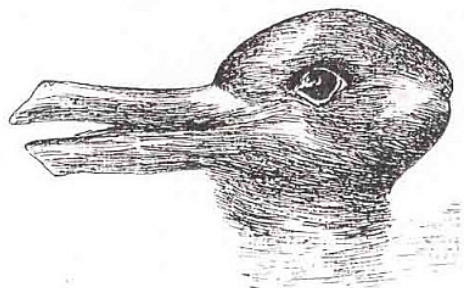
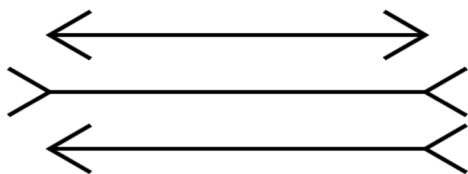


AFFIRMATION

I will trust God
with all my heart.

KEY VERSE EXERCISE:

IS SEEING BELIEVING?: What do you see? Which line is longer? Can you always believe what you see? Please discuss.



Instructions and answers can be found in the Teacher's Guide at cedamezion.org. Click on the "resources tab" then click "CSL," then click the appropriate quarterly.

read and learn!

THOMAS LEARNS TO BELIEVE

ZAYA: Zion, today we're learning about Thomas, one of Jesus' disciples.

ZION: Was he the one who doubted that Jesus had risen from the dead?

ZAYA: Yes. Thomas said he would only believe if he could see Jesus himself.

ZION: Then Jesus appeared and showed him the wounds in His hands.



ZAYA: Thomas believed and called Jesus his Lord.

ZION: Jesus said people are blessed when they believe even without seeing.

Let's Talk:

1. Why did Thomas doubt?
2. What helped Thomas believe?
3. How can we show faith today?



Word Time

Faith – Trust in God

Believe – To accept something as true

superhero challenge:

rise up!

(30 minutes)

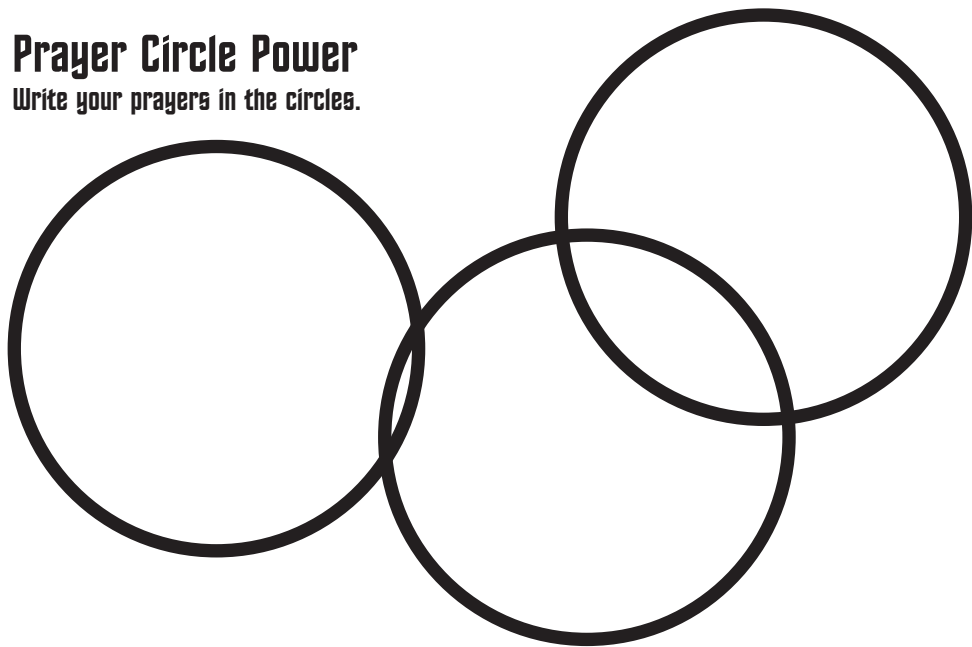


BELIEF IN ACTION

Stand in a circle. Each child should say one short prayer or pray for the person next to them.

Prayer Circle Power

Write your prayers in the circles.



Scripture Lesson Summary

Faith means trusting Jesus. Even when we cannot see Him.



Let's Sing:

Sing: "I Have Decided To Follow Jesus"



Time to Pray

God, help me to trust You when I sometimes feels uncertain. Amen.

UNIT III: SPREAD GOOD NEWS

The Right Man for the Job

Memory Verse

"Stephen, full of grace and power, did great wonders and signs among the people.... But they could not withstand the wisdom and the Spirit with which he spoke." **Acts 6:8, 10**

⁷ The word of God continued to spread; the number of the disciples increased greatly in Jerusalem, and a great many of the priests became obedient to the faith.

The Arrest of Stephen

⁸ Stephen, full of grace and power, did great wonders and signs among the people. ⁹ Then some of those who belonged to the synagogue of the Freedmen (as it was called), Cyrenians, Alexandrians, and others of those from Cilicia and Asia, stood up and argued with Stephen. ¹⁰ But they could not withstand the wisdom and the Spirit with which he spoke.

The Stoning of Stephen

⁵⁴ When they heard these things, they became enraged and ground their teeth at Stephen. ⁵⁵ But filled with the Holy Spirit, he gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. ⁵⁶ "Look," he said, "I see the heavens opened and the Son of Man standing at the right hand of God!" ⁵⁷ But they covered their ears, and with a loud shout all rushed together against him. ⁵⁸ Then they dragged him out of the city and began to stone him, and the witnesses laid their coats at the feet of a young man named Saul. ⁵⁹ While they were stoning Stephen, he prayed, "Lord Jesus, receive my spirit." ⁶⁰ Then he knelt down and cried out in a loud voice, "Lord, do not hold this sin against them." When he had said this, he died.



get excited!



AFFIRMATION

"I will stand up for what is right
this week."

KEY VERSE EXERCISE:

IDENTITY ACTIVITY: Create a "God Says I Am..." poster: decorate with words, symbols, and personal gifts.

Add Words Like: Strong, Loved, Chosen, Brave

Add affirmations like: "I am fearfully and wonderfully made." - Psalm 139:14

Instructions and answers can be found in the Teacher's Guide at cedamezion.org.
Click on the "resources tab" then click "CSL," then click the appropriate quarterly.

read and learn!

STEPHEN'S COURAGE

ZION: Zaya, our lesson today is about Stephen.

ZAYA: He was known for wisdom, faith, and the power of the Holy Spirit.

ZION: But some people became angry when he spoke the truth about Jesus.

ZAYA: Even when he was attacked, Stephen prayed for the people who hurt him.

ZION: That shows amazing courage and faith.



Let's Talk:

1. Why were people angry with Stephen?
2. What made Stephen brave?
3. How can we show courage in our faith?



Word Time

Grace – God's loving kindness

Wisdom – Understanding that comes from God



DRAW

Please draw yourself as a superhero.



Scripture Lesson Summary

Stephen spoke the truth. And courage helped him stand strong



Let's Sing:

Sing: "Down In My Heart"
46 | JR



Time to Pray

Lord, help me to stand up for what is right. Amen

I Know I've Been Changed

Memory Verse

[Ananias] said, "The God of our ancestors has chosen you to know his will, to see the Righteous One and to hear his own voice; for you will be his witness to all the world of what you have seen and heard." **Acts 22:14-15**

³ "I am a Jew born in Tarsus in Cilicia but brought up in this city at the feet of Gamaliel, educated strictly according to our ancestral law, being zealous for God, just as all of you are today. ⁴ I persecuted this Way up to the point of death by binding both men and women and putting them in prison, ⁵ as the high priest and the whole council of elders can testify about me. From them I also received letters to the brothers in Damascus, and I went there in order to bind those who were there and to bring them back to Jerusalem for punishment.

Paul Tells of His Conversion

⁶ "While I was on my way and approaching Damascus, about noon a great light from heaven suddenly shone about me. ⁷ I fell to the ground and heard a voice saying to me, 'Saul, Saul, why are you persecuting me?' ⁸ I answered, 'Who are you, Lord?' Then he said to me, 'I am Jesus of Nazareth whom you are persecuting.'

⁹ Now those who were with me saw the light but did not hear the voice of the one who was speaking to me. ¹⁰ I asked, 'What am I to do, Lord?' The Lord said to me, 'Get up and go to Damascus; there you will be told everything that has been assigned to you to do.' ¹¹ Since I could not see because of the brightness of that light, those who were with me took my hand and led me to Damascus.

¹² "A certain Ananias, who was a devout man according to the law and well spoken of by all the Jews living there, ¹³ came to me, and standing beside me, he said, 'Brother Saul, regain your sight!' In that very hour I regained my sight and saw him. ¹⁴ Then he said, 'The God of our ancestors has chosen you to know his will, to see the Righteous One, and to hear his own voice, ¹⁵ for you will be his witness to all the world of what



get excited!



AFFIRMATION

"I know I have changed."

KEY VERSE EXERCISE:

RIGHT OR WRONG?: Faith Decisions: Choose what you would do and explain why.

HONESTY & INTEGRITY

Your teacher leaves the room and classmates start talking loudly...

You find money on the floor and no one sees you pick it up...

Your friend says, "Just copy my answers—it's easier"...

You broke something at home and no one knows it was you...

FRIENDSHIP & KINDNESS

A new student sits alone at lunch...

Your friends start making fun of someone...

Someone is always picked last for games...

Your friend is upset but says, "I'm fine"...

PEER PRESSURE

Your friends dare you to do something you know is wrong...

Someone says, "Don't tell—this is our secret"...

Your group wants to exclude someone "just because"...

A friend pressures you to talk back to an adult...

FAITH IN ACTION

You're nervous but feel like you should pray...

Someone asks why you believe in God...

You see someone who needs help but you're in a hurry...

You feel scared but remember God is with you...

read and learn!

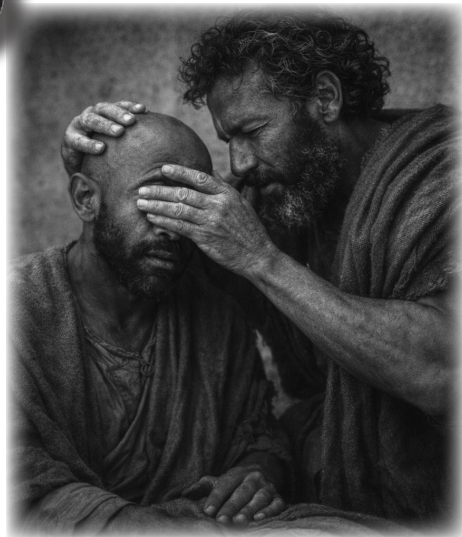
PAUL'S CONVERSION

ZAYA: Zion, today we're learning about Paul.

ZION: Wasn't Paul the one who once persecuted Christians?

ZAYA: Yes, but everything changed when he met Jesus on the road to Damascus.

ZION: After that, Paul became a preacher and missionary.



ZAYA: He traveled everywhere telling people about Jesus.

ZION: That shows how Jesus can completely change a person's life.

Let's Talk:

1. What changed Paul's life?
2. Why did Paul become a missionary?
3. What does Paul teach us about transformation?



Word Time

Conversion – A change of heart and life toward God

Persecute – To harm someone for their beliefs



WRITING ACTIVITY

What is good about being a Christian? Have you changed? How?



Scripture Lesson Summary

Paul met Jesus. And his whole life was changed.



Let's Sing:

Sing: "Just A Happy Worker For
Jesus"

50 | JR



Time to Pray

Jesus, help me to tell someone about
something you have done in my life.
Amen.

Pleasing and Loving Actions



Memory Verse

"As for you, continue in what you have learned and firmly believed, knowing from whom you learned it."

2 Timothy 3:14

Thanksgiving and Encouragement

³ I am grateful to God—whom I worship with a clear conscience, as my ancestors did—when I remember you constantly in my prayers night and day. ⁴ Recalling your tears, I long to see you so that I may be filled with joy. ⁵ I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you. ⁶ For this reason I remind you to rekindle the gift of God that is within you through the laying on of my hands,

¹⁴ But as for you, continue in what you have learned and firmly believed, knowing from whom you learned it ¹⁵ and how from childhood you have known sacred writings that are able to instruct you for salvation through faith in Christ Jesus. ¹⁶ All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness,



get excited!



AFFIRMATION



"I am grateful for my mentors."

KEY VERSE EXERCISE:

LOVE IN ACTION: Think of ways you can show kindness. Discuss.

THE MISSION:

- Pray every day for a family member, a friend, a classmate, a neighbor, a stranger you see...and someone on your heart
- Help someone you know
- Encourage a friend
- Read one scripture
- Sing your favorite gospel song
- Spend time without any device

Check in next week.

read and learn!

TIMOTHY'S NURTURED FAITH

ZION: Zaya, who first taught you about God?

ZAYA: My family did. Timothy's mother and grandmother taught him too.

ZION: Later, Paul became Timothy's mentor and helped him grow in faith.

LESSON 12

2 Timothy 1:3–6; 3:14–16



ZAYA: Timothy eventually became a church leader.

ZION: That shows how faith can grow when people teach and encourage us.

Let's Talk:

1. Who has helped you grow in faith?
2. Why is teaching others important?



Word Time

Nurture – To help something grow

Mentor – A wise guide who teaches others

rise up!
(30 minutes)

superhero challenge:

PLEASENG ROLE-PLAY

Choose a scripture, then follow directions below. Act out the scene showing kind behavior, show how to respond with compassion and care.

INSTRUCTIONS:

- ▣ Pair kids into groups
- ▣ Read a short passage
- ▣ Talk about what it means
- ▣ Share one way to live it out



Scripture Lesson Summary

Faith can grow in families. And wise mentors help us follow God.



Let's Sing:

Sing: "This Little Light of Mine"
54 | JR



Time to Pray

God, thank you for sending me mentors,
to teach me about You. Amen.

A Faithful Hostess

Memory Verse

When she and her household were baptized, she urged us, saying, "If you have judged me to be faithful to the Lord, come and stay at my home." And she prevailed upon us.

Acts 16:15



The Conversion of Lydia

¹¹ We therefore set sail from Troas and took a straight course to Samothrace, the following day to Neapolis, ¹² and from there to Philippi, which is a leading city of the district of Macedonia and a Roman colony. We remained in this city for some days.

¹³ On the Sabbath day we went outside the gate by the river, where we supposed there was a place of prayer, and we sat down and spoke to the women who had gathered there. ¹⁴ A certain woman named Lydia, a worshiper of God, was listening to us; she was from the city of Thyatira and

a dealer in purple cloth. The Lord opened her heart to listen eagerly to what was said by Paul. ¹⁵ When she and her household were baptized, she urged us, saying, "If you have judged me to be faithful to the Lord, come and stay at my home." And she prevailed upon us.

⁴⁰ After leaving the prison they went to Lydia's home, and when they had seen and encouraged the brothers and sisters there, they departed.



get excited!



AFFIRMATION

God gave me rest as a gift.

KEY VERSE EXERCISE:

CREATE A LOGO: Design a logo for your dream business.

read and learn!



LESSON 13

Acts 16:11-15, 40

LYDIA: A GENUINE BELIEVER

ZAYA: Zion, our final lesson is about Lydia.

ZION: She was a businesswoman who sold purple cloth.

ZAYA: When Paul shared the message of Jesus, Lydia believed.

ZION: She and her household were baptized.



ZAYA: Then she opened her home to help the early church.

ZION: Lydia shows us how faith leads us to serve others.



Let's Talk:

1. How did Lydia respond to the message of Jesus?
2. Why did Lydia open her home to others?



Word Time

Household – A group of people living together

Baptized – A sign of becoming a follower of Jesus

superhero challenge:

DISCUSS SCENARIOS

What can you do to bring others to Christ? How can you better serve others?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Scripture Lesson Summary

Lydia believed in Jesus. And her faith led her to serve others.



Sing: "He's Got The Whole World
In His Hands"



Lord, may I show hospitality by welcoming or helping someone. Amen.

The Lord's Prayer

*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;
And forgive us our debts,
As we forgive our debtors;
And lead us not into temptation,
But deliver us from evil;
For thine is the kingdom, and the
power, and the glory,
for ever. Amen.*

The Apostles' Creed

I believe in God, the Father Almighty, Maker of heaven and earth; And in Jesus Christ His only Son, our Lord; who was conceived by the Holy Ghost. Born of the Virgin Mary; Suffered under Pontius Pilate; Was crucified, dead, and buried: The third day He rose from the dead; He ascended into heaven, and sitteth on the right hand of God, the Father Almighty; From thence He shall come to judge the quick and the dead. I believe in the Holy Ghost; The Holy catholic Church; the Communion of Saints; the Forgiveness of sins; the Resurrection of the body; and the life everlasting. Amen.

The Ten Commandments

1. You shall have no other gods before me.
2. You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them or serve them; for I the Lord your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generation of those who hate me, but showing steadfast love to the thousand generations of those who love me and keep my commandments.
3. You shall not take the name of the Lord your God in vain; for the Lord will not hold him guiltless who takes his name in vain.
4. Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work; but the seventh day is a Sabbath to the Lord your God; in it you shall not do any work, you, or your son, or your daughter, your man servant, or your maidservant, or your cattle, or the sojourner who is within your gates, for in six days the Lord made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore the Lord blessed the Sabbath day and hallowed it.
5. Honor your father and your mother, that your days may be long in the land which the Lord your God gives you.
6. You shall not kill.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor's house, you shall not covet your neighbor's wife, or his manservant, or his maidservant, or his ox, or his donkey, or anything that is your neighbor's.

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