LESSON PLAN

ABRAHAM AND SARAH HAVE A BABY

SERIES: Suit Up - Shield of Faith
THE POINT: My Faith is God Dependent, not Life Dependent
BIBLE STORY: Abraham and Sarah Have a Baby || Genesis 12:1-9, 15:1-6, 18:10-15, 21:1-7
AGE: Grade 3 - Grade 6

ABOUT THIS LESSON

In Week 4 of the "SUIT UP" series, children focus on the Shield of Faith. A shield protects a soldier from attacks, just like faith protects our hearts and minds when life feels confusing, delayed or disappointing. Through the story of Abraham and Sarah, children learn that faith is not based on what life looks like right now, but on trusting who God is. Even when God's promise seemed impossible, Abraham chose to trust God. This lesson encourages children to place their faith in God's faithfulness, not in their circumstances.

LEARNING OUTCOMES

By the end of this lesson, students will:

- Learn, understand and retell the story of Abraham and Sarah having a baby
- Understand that, like Abraham, they can have faith in God rather than in their circumstances
- Recognise that being faithful to God matters because God is always faithful to us

BIBLE CONTEXT

God called Abram (later renamed Abraham) to leave his home and promised to make him into a great nation. Years passed, and Abraham and Sarah still had no children. As they grew older, the promise seemed impossible. Yet God reassured Abraham and reminded him that His promises do not depend on human strength or timing. Despite moments of doubt and laughter, God remained faithful. In His perfect timing, Sarah gave birth to Isaac, proving that God always keeps His promises. This story teaches that faith means trusting God even when life doesn't make sense.

SERIES MEMORY VERSE

Ephesians 6:11 (NIV) "Put on the full armour of God, so that you can take your stand against the devil's schemes."

Pages 2-5 have a variety of different activities to add onto the Link Crew Video!

Make this toolbox your own! Use it in whatever way helps your group dive deeper into the lesson. The goal is deep understanding and great discussions.

Page Number	Name	Activity Description
2	Discussion Guide	Discussions guides, application "Faith in Action" statements and prayer pointers to help facilitate a greater discussion.
3	Activities Page	Fun, topic based activities like a craft, game, quiz and Memory verse activity that bring the learning to life.

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DISCUSSION GUIDE

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START THE CONVERSATION

"What has been the longest time you have stood in a queue for something?"

DISCUSSION QUESTIONS, GRADE 3 – 4

1. God promised Abraham and Sarah they would have a baby, even though they were very old. What does this teach you about trusting God when something feels impossible? How can you remember that God is faithful with what He says even if it is impossible?

2. Sometimes Abraham and Sarah felt unsure, but God never forgot His promise. How does this help you understand that God stays faithful even when we feel unsure? What helps you remember God's promises?

3. A shield protects a soldier from danger. Our faith in God protects our hearts when things are difficult. How can trusting God help you when life feels scary or disappointing?

DISCUSSION QUESTIONS, GRADE 5 – 6

1. Abraham chose to trust God's promise instead of focusing on how impossible his situation looked. Why is it easier to trust circumstances than to trust God? What helps you choose faith when life doesn't make sense?

2. Faith is not pretending everything is fine, it is trusting God even when it is not. How does this change the way you think about faith? What situation in your life needs faith right now?

3. The Shield of Faith helps stop doubt, fear and lies from sinking into our hearts. What doubts or worries try to attack you? How does your faith in God protect you?

FAITH IN ACTION

The Shield of Faith reminds us that God is trustworthy, even when life feels uncertain. Our faith is built on who God is, not what we see. Think of one way you can use your shield of faith this week.

- "I can trust God and who He is even when life feels unsure."
- "I can pray to God instead of worrying."
- "I can remember times God has helped me before and know that He will do it again."
- "I can choose faith even while I wait for a breakthrough."

Pray

Go around the class asking your kids if there is anything they would like prayer for. Ask if anyone would like to pray for each other, and give them the opportunity to. If not, then pray for the needs as the teacher / facilitator. Remember to pray for the children to strengthen their faith and trust in the God who answers prayers not in the circumstances around them.

Take note of any prayer requests to be passed onto your child's support network.

Lesson Wrap-up

Abraham and Sarah's story shows us that God always keeps His promises. Faith is trusting God even when life looks impossible. When we put up the Shield of Faith, we are trusting in God's faithfulness, not our circumstances.

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ACTIVITIES PAGE

ABRAHAM AND SARAH HAVE A BABY

ACTIVITY - GOD KNOWS ME CRAFT

Supplies Needed: A3 Paper, Colouring Pens or Pencils

Children will get to create their own Avatar. The children can create themselves through drawing, painting, on the computer or with 3D objects like LEGO or clay. Each week the children will add a suit of armour to their character that reminds them of what they are learning about. This week it is the shield of faith. Have them add an awesome shield that helps remind them it is called the shield of faith.

ALTERNATE ACTIVITY: (Resource attached) Colour in colouring page attached.

GAME - QUIVER, FIRE, SHIELD

Have the children sit in a circle and teach them these 3 actions. Quiver (grabbing an arrow out of their quiver/backpack), Fire (firing a bow and arrow) and Shield (holding an X with your arms in front of your body). The game works by all the children at the same time hitting their legs twice and then to the same beat choosing one of those three actions. This continually goes until someone is "hit" with an arrow. All the children have to Quiver before the Fire an arrow. If they fire an arrow and someone isn't showing their shield that person is out. If two people fire at each other, the arrows hit each other and the game just continues. You can only ever Quiver one arrow at a time.

BIBLE QUIZ

1. True or False: Abraham and Sarah had Isaac straight away. (false)

2. Multiple Choice: What did God promise Abraham? (b)
   a) A new house
   b) Many children and a great nation
   c) A crown

3. Short Answer: What was Abraham and Sarah's name before God changed them? Abram and Sarai

4. Short Answer: What was the name of Abraham and Sarah's son? Isaac

5. Multiple Choice: What does the Shield of Faith remind us to do? (a)
   a) Trust God, not circumstances
   b) Never feel doubt
   c) Control everything

MEMORY VERSE ACTIVITY: CRACKING THE MEMORY VERSE CODE

Memory Verse: Ephesians 6:11 (NIV) "Put on the full armour of God, so that you can take your stand against the devil's schemes."

Supplies needed: Printed cipher key (e.g., A=1, B=2, etc.), Coded version of the memory verse, Pencils or Pens, Optional hint cards.

Create a coded version of the memory verse using a simple letter-to-number cipher (A=1, B=2, etc.). Give each child or group a copy of the code and the cipher key. Once completed, have the kids read the verse aloud together.

GAME

You can find a list of small group games at https://lmnetwork.com.au/small-group-games/

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