



THE
ORDINARY
GUIDE

FOR KIDS



TOGETHER

FOLLOW JESUS

ORDINARILY

EQUIPPING KIDS TO

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01

Introduction to Rhythms

The Big Idea

We follow Jesus to become like Jesus in every part of our lives.

Jesus was human and worshiped by doing things with God and his friends.

Question + Answer

1. What are some normal things you do everyday?
2. Why do you do these things?
3. What are some normal things you think Jesus did everyday?
4. How do you think Jesus did these normal things?


Scripture

Matthew 4:19-“And he said to them, ‘Follow me, and I will make you fishers of men.’”

Story

We all know that Jesus was God, but did you know that he is also 100% human too? He lived a human life just like you and me. He did normal things like eating, celebrating, resting, and working with God and with other people around him, especially his 12 disciples. We can call these normal things that all people do, rhythms.

Before Jesus called the 12 disciples to follow him, they were living ordinary lives – they ate, drank, rested, and worked. What do you think their lives looked like after they started following Jesus? They did begin to see miraculous things, like Jesus calming a storm or healing sick people, but they also still had to do all the ordinary rhythms they did before they started following Jesus. As disciples, they began to do all these things with Jesus and learned how to live even their normal lives in a way that made them become more like him.



This is what Jesus meant when he said, “follow me.” He invited his disciples to follow him in every part of their lives and with all of life’s rhythms so they could become like him and be his partners in making all of life and the whole world beautiful, just like God intended in the beginning.

Jesus asks all of us too to be his disciples - his followers - so that we can become like him and live like he did, too! Even though Jesus is no longer here in his body, he gave us God’s Spirit to show us how to live like Jesus in every part of our life.


For Parents

This week we learned about our new study called The Ordinary Guide for Kids! Every week, we will be repeating our philosophy of discipleship, which is:

We follow Jesus to become like Jesus in every part of our lives.

You can repeat this with your child throughout the week and discuss how being a disciple means building our life around following Jesus.

You can continue to practice our learning this week in your family by praying in moments you normally wouldn't, asking God for help and awareness of his presence in things like school, rest, eating, and playing. You can also ask your child what God thinks about or might say to them in ordinary moments of the day.



02

Eating

The Big Idea

We follow Jesus to become like Jesus in every part of our lives.

Jesus ate meals with all kinds of people.

Question + Answer

1. Who do you normally eat meals with?
2. Why do we eat meals together with others?
3. Who did Jesus eat with?
4. Why did Jesus eat with those people?

Scripture

Matthew 11:19—"The Son of Man came eating and drinking, and they say, 'Look at him!... a friend of tax collectors and sinners!'"

Story

Because Jesus lived on earth as a human being, he was hungry and ate meals just like us! In fact, the Bible has many stories of Jesus eating. Jesus ate with his family and his friends, but did you know that he also ate with people no else wanted to eat with?

The tax collectors and sinners that the verse for today is talking about were those who many people hated. Tax collectors, for example, were people who took a lot of money from the people, even those who were very poor, and kept it for themselves. And during that time, eating together meant that you wanted to be close to someone and even become friends. Because of this, tax collectors and those called sinners were never welcomed for a meal. Nobody wanted to be friends with them. But Jesus actually tried to find and eat with these people on purpose!



By doing this, he showed them that even though the world wouldn't even welcome them in for a meal, he welcomed them into his Kingdom. He invited the unwelcome to live in a completely new way by following him and becoming like him in every part of their life, all through sharing a meal!

One of the most important meals that Jesus ate is something we now call communion. On that day, before Jesus was betrayed by one of his own friends who he was eating with, he invited them to participate in communion, which is when we eat bread and juice to remember that Jesus died so that we can all be forgiven for the ways that we choose not to obey God. The bread represents Jesus' body which was sacrificed for us on the cross, and the juice represents the blood of Jesus that paid for our sins.

When God's people eat communion together, they remind themselves of the good news that Jesus allows us to be friends not only with God, but with each other. Even though eating might seem like such an ordinary thing to do, it is actually such an important way to grow in friendship with all kinds of people like Jesus did, and thank God for accepting and welcoming us into his family through Jesus.

For Parents

This week we learned about the rhythm of eating, which is a way that we can engage in daily mealtimes as intentional spaces. Ask your child about the kinds of people that Jesus ate and why he chose to eat with them.

You can help your child to practice the rhythm of eating as Jesus did by encouraging them to sit with someone different at lunch and ask them about their lives (i.e. what they like to do, what their family is like, favorite characters/shows/activities).

You can also practice intentionally eating as a family by spending time expressing gratitude towards God over the dinner table and remembering Jesus together.



03

Celebrating

The Big Idea

We follow Jesus to become like Jesus in every part of our lives.

Jesus brings joy to our world and our lives.

Question + Answer

1. What does it mean to celebrate?
2. What is your favorite celebration or holiday?
3. Why do you celebrate and how does it make you feel?
4. Do you think Jesus liked to celebrate? Why?


Scripture

Psalm 118:24—"This is the day that the Lord has made; let us rejoice and be glad in it."

Story

To answer your question, yes! Jesus was the happiest person alive because God is the most joyful being in the whole world. Though He did go through some really hard times in His life, He still had real joy because He knew that God has an amazing plan for His people and His creation. Oftentimes, He would join in celebrations like parties, feasts, and holidays that would help people to remember God's faithfulness and love.

The verse for today is from a Psalm written by King David, God's chosen leader over His chosen people. He invites his friends to join with him in celebration for all that God did in his life and for His people. This is a psalm that is traditionally read during the Feast of Tabernacles, a time of joyful celebration as God's people celebrated His love and protection over them and thanked God for providing everything they needed each year through their harvests.




We usually have parties that last for only 1 day, but the Feast of Tabernacles was a party that lasted for a whole week and Jesus participated in it! In a similar way, we are also called to get together to celebrate the joy of life with God and to enjoy food and drink as Jesus would. This is a way we worship God as we get closer to him through thankfulness. In Kingdom parties, everybody is invited to be in God's presence and to leave with joy! Part of our becoming like Jesus is to learn to celebrate with him and each other now!

For Parents

This week we learned about the rhythm of celebrating, which is a way followers of Jesus can share in seasons of joy and happiness with others. Ask your child about how Jesus celebrated and how celebrating is a way to worship God.

You can continue to practice the rhythm of celebration in your family by asking your child about one thing they are celebrating and allowing them to come up with how they'd like to celebrate it (i.e. eating something special, inviting friends over, etc). It can be an everyday thing outside of a typical celebration that your child is excited about and feels meaningful to them.



04

Mourning

The Big Idea

We follow Jesus to become like Jesus in every part of our lives.

Jesus cares for us, even when we are sad.

Question + Answer

1. Have you felt sad about anything recently?
2. What do you do when you feel sad or are mourning?
3. Do you think Jesus cares about your emotions?
4. Do you think Jesus mourned?

Scripture

John 11:35—"Jesus wept."

Story

Last week we learned about how Jesus loved to joyfully celebrate with others as a way to worship God. But, did you know that Jesus was also sad sometimes? When we are really sad about something, we call this "mourning," which is different from "morning time" during the day. "Mourning" is what it means when we feel sad or disappointed about something.

The world we live in is a really beautiful place, but it can also make us feel sad, right? There are times when we get hurt, when things don't go our way, or when bad things happen to us or the people we love. Although God created the world to be good, without any sadness or mourning, sin came into the world because humans chose not to trust God. Sin is what causes our relationship with God, each other, and even with the world we live in to be imperfect. These broken relationships not only cause us to feel sad, but also cause God to feel sad, too.



We can see God's sadness in Jesus, especially through the story that our verse for today comes from. Although Jesus was friends with and lived most of his life with his 12 disciples, he also had other very close friends who he loved very much like Lazarus, Mary, and Martha, three siblings who lived in the town of Bethany. One day while he was traveling with his disciples, Mary and Martha sent someone to tell Jesus that Lazarus was sick. When Jesus finally went back to Bethany, Lazarus was already dead for 4 days. Mary, Martha, and their community mourned his death and were weeping. When Jesus saw their sadness, he was moved and wept too. Even though Jesus actually went into Lazarus' tomb and raised him back to life right after he arrived, he still understood and shared the sadness that his friends felt.

This story teaches us that even though we know Jesus died and came back to life to give us hope for a world that is beautiful and without sadness like it was before sin came into it, Jesus still cares about all our emotions, even our feelings of sadness and mourning, and will be with us through it.

For Parents

This week we learned about the rhythm of mourning, which is a way followers of Jesus can share in seasons of sadness with God and others. Ask your child about what they learned about God being sad or Jesus weeping.

You can continue to practice the rhythm of mourning in your family by creating space to listen to your children's sadness and having empathy when they share. If they have been through anything challenging, you can pray together sharing that sadness with God and asking for comfort through his spirit.



05

Learning

The Big Idea

We follow Jesus to become like Jesus in every part of our lives.

We can learn about God through His creation and His Word.

Question + Answer

1. Who here likes to learn?
2. What are your favorite things to learn about?
3. Why do you think it is important to learn?
4. Do you think learning can help us to know God?


Scripture

Colossians 1:16—"All things have been created through him and for him."

Story

The Bible tells us that God created our entire world and everything in it, including you and me! We were made very specially to be able to think and learn in a way that other creatures can't. Although animals can be very smart, like our pets who can learn all kinds of fun tricks, they are not able to understand as much as us or use knowledge to do good for themselves and others. But we can!

When we go to school and learn about the world through science, reading, math, history, and language, we can see how beautifully God made everything. When we appreciate and give thanks to God as we learn about his world, we are worshiping him! And as we learn, we get to help other people and care for the world - like doctors who help sick people, or farmers who help care for the earth and help plants grow.




Another thing animals don't wonder about are big questions about life like, "who is God?" But we do! The way we find out the answer to these questions is also through learning. When we study scripture we learn about who God is, what his plan is for us and the world he made, and how we should live our lives.

The best way we can learn about all these things is to learn about Jesus and how he lived his life. Did you know that Jesus also grew up and learned like us? Even though he is God in human form, he still had teachers who taught him about the bible and helped him to learn who God was, what God had done, and how he should live. We can learn about all these things by studying who Jesus is and following him. That is what it means to be a disciple, or a follower of Jesus. As disciples, we can learn and grow to become like Jesus in every part of our life.

For Parents

This week we learned about the rhythm of learning, which is a way followers of Jesus can place their education and overall posture of learning under the direction and care of Jesus. Ask your child about how learning is a way to worship God and about how we can learn about big, important questions about life like "who is God?"

You can continue to practice the rhythm of learning this week in your family by asking your child what they are curious about when it comes to Jesus. To explore and learn the answer to their question together, you can engage in a developmentally appropriate Bible study together to discover more about the character of Jesus based on your child's curiosities.



06

Rest

The Big Idea

We follow Jesus to become like Jesus in every part of our lives.

Jesus shows us that our bodies, minds, and hearts need rest to stay healthy.

Question + Answer

1. Do you like to rest?
2. What do you like to do to rest?
3. Why do we need to rest?
4. Do you think Jesus rested? If so, why would he rest if he was God?


Scripture

Mark 6:31—"Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Story

Jesus and his disciples did a lot of things. He healed people, ate with people, and talked to people about God. He also walked a lot—they had no cars or bicycles so he traveled very far using his own two feet. And just like you and I, Jesus got tired. One time, so many people were crowding around Jesus trying to ask him to do things for them. Even though he could have done it all if he chose to, Jesus instead invites his disciples to come with him to rest.

It's fun to move fast and even do a lot of important things, but Jesus teaches us that our bodies also need rest to stay healthy. We need to sleep so that we are not tired anymore and can have even more energy to continue to learn and play!



Jesus knew how important it is to take care of your body and when it is time to work, and when it is time to rest. We even see in the bible that God, who doesn't get tired, still rested after creating our entire world, showing us that rest is good and necessary.


We all know that our bodies need rest, but did you know that our minds and hearts need rest too? Of course we know that sleep is a way to rest, but there are also many other ways that can allow us to feel rested. Jesus invited his disciples to slow down and do things that are restful for their hearts and minds—observing nature by looking at the birds and the trees, looking for beautiful things around them, praying together, and spending time together with those they love.

As we rest, we are reminded that this is God's world and he wants us to spend time to enjoy it. We get to stop and thank God for the wonderful things he has made and has given to us. It isn't getting distracted in video games or watching TV, but is about paying attention to the good things that God has done in your life. By doing this, we can feel refreshed, connected with God, and connected with others. Jesus wants to rest with you and give you the strength you need to follow him and become like him in every part of your life.

For Parents

This week we learned about the rhythm of rest, which is a way followers of Jesus intentionally stop from work and hustling and busyness to be with God, family, and delight in God's work and gifts. Ask your child about a time when Jesus rested and what it means to rest as his disciple.

You can continue to practice the rhythm of rest this week in your family by creating margin in your schedule that isn't planned and has space to stop and delight in God's creation together. You can also ask your child about anything they are thankful for and lead them in prayer of delight and gratitude for God's presence, work and gifts.



07

Play

The Big Idea

We follow Jesus to become like Jesus in every part of our lives.

God's kingdom is filled with play as we worship him.

Question + Answer


1. Who here likes to play?
2. What is your favorite thing to play?
3. Why do you play?
4. Do you think God wants us to play?

Scripture

Zechariah 8:5-"And the streets of the city shall be full of boys and girls playing..."

Story

Why do you think God created the world and everything in it? He didn't have to - but he still wanted to. God created because it gave him pleasure. The things he created were not just useful, like the light we need to live, but beautiful, like all the different kinds of animals we see in the world. And when he created all these things, he called them good. God is not only the Creator, he is also creative and playful. He enjoys his creation and appreciates beauty. When we play, whether it is by imagining a new world where anything is possible, or creating a beautiful piece of art, or even playing a fun sport with your friends, we get to feel the joy that comes from playfulness, creativity, and fun that leads us to worship our creative God.




Without taking time to play, and focus on delight and joy as a way to worship and honor God, we prevent ourselves from experiencing the world like God made it to be. The prophet Zechariah describes what God's Kingdom is supposed to look like—"And the streets of the city shall be full of boys and girls playing." When God restores our world to look like how he wants it to be, children will be able to play safely in the open streets without feeling fear, stress, or anxiety.

Play is also a way that we can learn to trust God, too! One of the reasons why adults might focus so much on work is because they believe that if they don't work hard enough, they will not have everything they need to live and enjoy life. But when we take the time to play and not try so hard to get things we need, we practice trusting that God knows what we need and will provide it for us, even though we stop working for a moment to play and worship him. We know that one day, God will make all things new and His Kingdom will be just like this.

For Parents

This week we learned about the rhythm of play, which is a way followers of Jesus entrust themselves to God and delight. Ask your child about why playing is important and what God's Kingdom will look like for children according to the prophet Zechariah.

You can continue to practice the rhythm of play this week with your family by doing something not productive together and giving God thanks. You can help children make a connection between their imagination which allows them to create and God's spirit in them by encouraging them to lead in imaginative play.



08

Listening

The Big Idea

We follow Jesus to become like Jesus in every part of our lives.

Jesus shows us how to listen to God and others with care.

Question + Answer

1. What does it mean to listen well to someone?
2. Why is it important to listen?
3. Who do you listen to?
4. Do you think Jesus was a good listener? Why?

Scripture

Luke 10:38-42—"As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Story

Whether we realize it or not, we are all listening to someone or something. There are many voices that try to tell us what is important and how we should live. Sometimes, these voices are from people who care about us, like our parents and teachers. But other times, they are voices from people who just want our attention, like advertisements and shows. So why does who we listen to matter?



Well, the things we listen to affect what we believe, what we want, and how we act. It may happen slowly over time, but what we listen to can form and shape us. So what voice should we listen to, then? Who will teach us the best way to live our lives? God!

We see Jesus doing this in the Bible all the time. He listened to God, his Father, as the most important voice in his life. He always went away to quiet places to listen to God and allowed what God said and commanded to guide every step of his life. We can listen to God by listening to and learning from Jesus. The verse for today tells us a story of a woman named Mary who sat at Jesus' feet and listened to everything he was saying. This made her sister, Martha, upset because Mary wasn't helping her with all the preparations that had to be made to welcome Jesus to their home. But Jesus tells her that "Mary has chosen what is better, and it will not be taken away from her." Martha was listening to the voice of her culture, saying that working hard to prepare her home was more important than slowing down and listening to Jesus' voice like Mary. But Jesus teaches Martha that listening to him is more important than anything else.

By learning to listen well to God through the life and teachings of Jesus, we start to become more and more like him. As we become more like him, we can experience the joy, love, and beauty of living in God's Kingdom.

For Parents

This week we learned about the rhythm of listening, which is a way followers of Jesus reflect on who/what they are listening to. Ask your child about what happened with Mary and Martha and what we learned about listening through the story about them.

You can continue to practice the rhythm of learning this week in your family by asking what God has been saying to everyone lately. If they're stuck, you can read scripture as a family and ask them what is standing out to them from it.



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