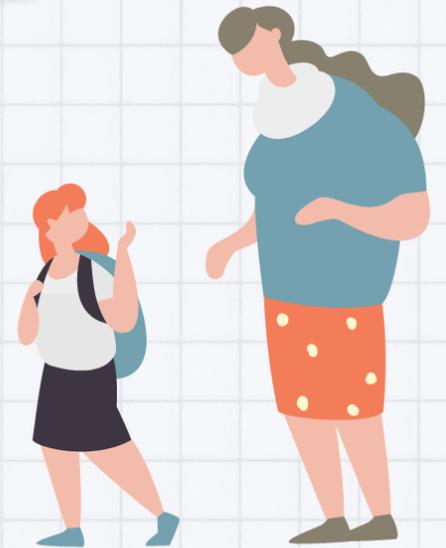




# BACKPACKS, BLESSINGS AND



# NEW BEGINNINGS

4-week children's  
ministry curriculum

**I can do all this through him  
who gives me strength.**

(Philippians 4:13 NIV)



**I can do all things through  
Christ which strengtheneth me.**

(Philippians 4:13 KJV)



**I can do all things through him  
who strengthens me.**

(Philippians 4:13 ESV)



# BACKPACKS, BLESSINGS AND

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# NEW BEGINNINGS

## "Back To School: Backpacks, Blessings, and New Beginnings" 4-Week Curriculum

The transition back to school can often be a daunting time for children - a mix of anticipation and apprehension as they face a new academic year with all its challenges and changes. In this 4-week "Back To School" children's ministry curriculum, we address these feelings by blending biblical teachings with practical advice, providing children with spiritual tools to navigate this vital phase confidently while reaffirming that God is their constant companion and source of strength.

**Series Big Idea:** "As we start the new school year, Jesus' love is with us in every challenge, every good thing, and every friendship we make."

**Series Memory Verse:** Philippians 4:13

**Recommended Age:** 6-12 Years Old

### **Week 1:** "Packed with Purpose: Gearing Up for the Journey Ahead"

- **Main Idea:** Just like packing a backpack with essential supplies, we need to equip our hearts and minds with spiritual 'supplies' - virtues such as kindness, honesty, and patience.
- **Scripture Reference:** Colossians 3:12-14 (Clothe Yourself with Virtues)

### **Week 2:** "Unseen Blessings: Discovering God's Support in Our Daily Lives"

- **Main Idea:** God's blessings are like unseen school supplies that assist us daily. We learn to see God's hand in our lives by acknowledging and appreciating these blessings.
- **Scripture Reference:** Numbers 6:24-26 (The Priestly Blessing)

### **Week 3:** "Navigating New Beginnings: Embracing Change with Courage"

- **Main Idea:** Starting a new school year brings changes and challenges. With courage and trust in God, we can face any change and turn challenges into opportunities for growth.
- **Scripture Reference:** Joshua 1:9 (God's assurance to Joshua)

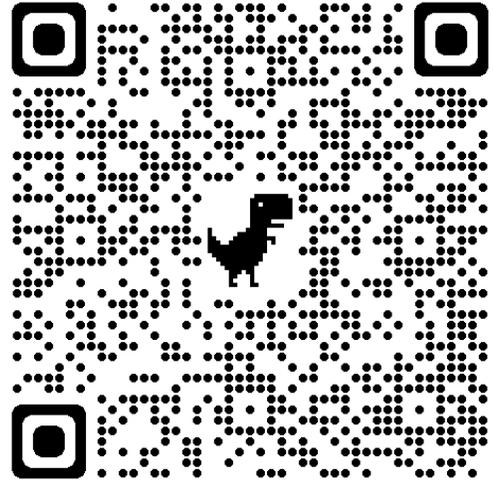
### **Week 4:** "Classroom Companions: Building Friendships and Spreading God's Love"

- **Main Idea:** School isn't just about academics; it's also a place to build friendships and show God's love by treating everyone with kindness and respect.
- **Scripture Reference:** 1 John 4:11-12 (God's command to love one another)

Through this curriculum, we can teach our kids that the Gospel gives us the confidence to face any challenge. Just as Jesus overcame death, we can overcome difficulties because He is with us, providing God's grace. And even when we make mistakes or sin, the Gospel assures us of God's forgiveness and love.

"This 'Back to School' series guides children to deepen their relationship with Jesus, equipping them with virtues and understanding His enduring presence in their daily school life. By embodying and sharing these lessons, children receive the Good News and become active carriers of Jesus' love and teachings among their peers and community."

You are viewing the first week's lesson as a free sample. Follow this link or QR code to purchase the complete 4-Week series.



<https://sundayschool.store/products/back-to-school-backpacks-blessings-and-new-beginnings-4-week-childrens-ministry>

This series was edited by Chloe Kummer, with assistance from Tony Kummer.

# BACKPACKS, BLESSINGS AND

4-week children's  
ministry curriculum



## Lesson 1: Packed with Purpose

### Gearing Up for the Journey Ahead

**Main Idea:** Just like packing a backpack with essential supplies, we need to equip our hearts and minds with spiritual 'supplies' – virtues such as kindness, honesty, and patience.

**Scripture Reference:** Colossians 3:12-14 (Clothe Yourself with Virtues)

# Introduction & Group Game

**Welcome Script:** "Good morning, boys and girls! It's wonderful to see your bright, smiling faces again. I hope you're ready for a new adventure because today, we're launching into a fantastic new journey.

Our new series is 'Back To School: Backpacks, Blessings, and New Beginnings.' Over the next four weeks, we'll be exploring together what it means to return to school armed with the most important supplies - not just pencils, papers, and erasers, but something far more valuable - virtues such as kindness, honesty, and patience.

Today's first lesson is 'Packed with Purpose: Gearing Up for the Journey Ahead.' But what could that mean? Well, we're about to find out together!

But before we dive in, let's start with a fun game. Who's ready?"

## **Group Game: "What's in my Backpack?"**

**Materials needed:** A large backpack, various standard school supplies (pencils, notebooks, eraser, glue, ruler, etc.), some unique or unusual items (feather, toy car, apple, etc.)

### **Instructions:**

1. I have this big backpack filled with usual and some not-so-usual things you might take to school. I'm going to pull out one item at a time. If you think it's an ordinary school item, show me a thumbs down.

2. Once all the items have been revealed and sorted into 'school supplies' and 'not typically school supplies,' transition into the main teaching with:

"Great job, everyone! Imagine if we had to pack our backpacks with things that aren't physical but still important for school. Things like kindness, patience, and honesty. Those are the kinds of supplies we're going to talk about packing today in our lesson, 'Packed with Purpose: Gearing Up for the Journey Ahead.' Let's dig in!"

# Object Lesson

## **Object Lesson: "The Spiritual Backpack"**

Materials needed: A physical backpack, items representing the 'spiritual supplies' (For example, a heart-shaped item for love, a smiley face for joy, a peace sign for peace, etc.), and some items that could symbolize the opposite of these virtues (like a storm cloud for anger, a broken heart for hate, etc.)

**Teacher Script:** "Alright, boys and girls. Do you remember our game, 'What's in my Backpack?' We sorted out items that are commonly found in a school backpack and those that are not. Now, let's imagine that we could fill a backpack with things that aren't physical but are still very important, not just for school but for life. Let's call this our 'Spiritual Backpack.'

(Show the empty backpack.)

Just like you wouldn't go to school without your textbooks or pencils, you also don't want to start your day without filling up this 'Spiritual Backpack.' But what kind of things should we put in here?

(Start by pulling out the items symbolizing virtues.)

Here's a heart that stands for love. That's a great one to put in our backpack! And here's a peace sign for peace. That's another one. And a smiley face for joy!

(Continue with the other 'positive' items, explaining what each represents.)

Now, see these other items?

(Pull out items symbolizing negative attributes.)

Here's a storm cloud that could represent anger or a broken heart that could represent hate. Do we want to put those in our Spiritual Backpack? No, we don't! Just like you wouldn't bring unnecessary items to school that could weigh you down or get in your way, we don't want to fill our Spiritual Backpack with things that don't help us be the best we can be.

In today's lesson, we are learning about how we are 'Packed with Purpose.' Our scripture for today is from Colossians 3:12-14, and it talks about the virtues we should 'wear' every day. Just like we need to equip our school backpacks with essential supplies, we need to fill our Spiritual Backpacks with these virtues such as kindness, compassion, and patience.

By choosing to fill our spiritual backpack with these good things, we can navigate our days at school and everywhere else, knowing we are equipped to show Jesus' love to everyone we meet.

And remember, it doesn't matter what challenge we face; with our Spiritual Backpacks filled, we're ready for the journey ahead!"

(End by reviewing the scripture reference and praying for the children to remember to 'pack' these virtues in their hearts each day.)

# Bible Story:

## **Bible Story: Joseph's Coat of Many Colors**

**Materials Needed:** Images or a flannelgraph of Joseph, his brothers, the coat of many colors, Joseph in the well, and Joseph being sold.

**Teacher Script:** "Today, boys and girls, we're going to tell a story from the Bible about a young man named Joseph. Joseph had eleven brothers, but he was his father's favorite. Now, imagine how that might have made his brothers feel. (Pause for responses.) Yes, they were probably jealous and maybe even a little angry.

Now let's dive into the story:

### **READ: Genesis 37:1-4**

(Have a picture or flannelgraph of Joseph and his brothers ready. Show it to the children.)

"His father, Jacob, gave Joseph a special gift. Do you know what it was?" (Pause for responses.)

"That's right! A coat of many colors. Now imagine how his brothers felt when they saw him with his new, special coat." (Pause for responses.)

### **READ: Genesis 37:5-11**

"Joseph had a dream that his brothers' sheaves of wheat bowed down to his sheaf. He also dreamt that the sun, moon, and eleven stars bowed to him. What do you think those dreams meant?" (Pause for responses.)

"Yes, they symbolized that one day, Joseph would be in a position of power and his family would bow down to him. How do you think his brothers felt about this?"  
(Pause for responses.)

**READ: Genesis 37:18-24**

"Soon, their jealousy became too much, and his brothers decided to get rid of him. They threw him into a well while they decided what to do. Can you imagine how scared Joseph must have felt? But even in that situation, he had something special packed in his 'Spiritual Backpack.' Can you guess what it was?" (Pause for responses.)

"Joseph had faith and trust in God. Even in the well, he believed that God would protect him. Let's see what happened next."

**READ: Genesis 37:26-28**

"Joseph's brothers sold him to traders who were on their way to Egypt. Although they meant to harm Joseph, God had a plan. This may not have been part of Joseph's plan, but he continued to trust in God. He had packed his 'Spiritual Backpack' with faith, and that faith would carry him through many difficult days ahead."

"Let's remember to pack our 'Spiritual Backpacks' just like Joseph did, and trust in God no matter what happens."

# Memory Verse Activity:

## **Memory Verse Activity: "Verse Scramble"**

**Materials needed:** Strips of paper or cardstock, markers

Preparation: Write the memory verse (Philippians 4:13) on strips of paper or cardstock, one word per strip. Depending on the group size, you may need to prepare several sets.

### **Teacher Script:**

"Now we're going to play a game to help us remember our memory verse, Philippians 4:13. Does anyone remember what the verse is?" (Pause for responses.)

"Great! Now I have paper strips with each word from our verse on it. I will mix them up, and your job is to put the words in the correct order to form our memory verse. I'll split you into teams, and the first team to correctly arrange their verse wins. Remember, the verse is Philippians 4:13."

(Split the group into teams and hand out the scrambled verse to each team.)

"Ready, set, go!"

(Allow time for the teams to work, offering assistance as needed. Once a team thinks they've arranged the verse correctly, they should raise their hands. Check their work, and if it's correct, declare them the winners.)

"Well done, everyone! This verse reminds us that no matter what we face, we can do all things because God gives us strength. So let's remember to pack our 'Spiritual Backpack' with faith and courage, just like Joseph did."

(Optional: Have the children repeat the verse aloud a few times together. This reinforces the verse in their memory and allows the teams that didn't finish first to see the correct order of the words.)

# Teaching Skit

## Teaching Skit: "Packing for School"

**Characters:** Alex, Riley, Teacher (Miss Martin), Kindness (personified), Patience (personified), Honesty (personified)

(Setting: Alex and Riley's home, the morning before the first day of school.)

ALEX: (looking at a school supply list) Riley, we need to make sure we have everything for school tomorrow!

RILEY: (nods) Okay, let's see... pencils, check. Notebooks, check. Erasers, check.

(Enter Miss Martin.)

MISS MARTIN: (smiling) Looks like you two are getting ready for the big day tomorrow!

ALEX: (nods) We are, Miss Martin! We're making sure we have everything we need.

MISS MARTIN: (nods) That's excellent, Alex. But remember, there are other important things to pack for school as well.

RILEY: (confused) Like what, Miss Martin?

(Enter Kindness, Patience, and Honesty.)

KINDNESS: (smiling) Like me! I'm Kindness! It's always important to be kind to others.

PATIENCE: (calmly) And don't forget me, Patience. Remember, everything doesn't always go as planned. You might need to wait or try again.

HONESTY: (nods) And I'm Honesty. Always tell the truth, even when it's difficult.

ALEX: (realization) Oh, I see! So we need to pack kindness, patience, and honesty for school, too!

MISS MARTIN: (nods) Exactly, Alex! And remember, these are things that God wants us to carry with us not just at school, but everywhere we go.

RILEY: (nods) We'll remember that, Miss Martin. Right, Alex?

ALEX: (nods) Right, Riley!

(End of skit.)

Note: The skit can be modified or extended according to the needs and capabilities of the children. The characters of Kindness, Patience, and Honesty can be represented with props, costumes, or simply through their lines and actions.

# Discussion Questions & Prayer

**Leader Welcome:** "Wow, great job, everyone! You were so attentive during our Bible story today. I am really proud of how well you listened and participated. Now, let's dig a bit deeper into our lesson about Joseph and what we can learn from his 'Spiritual Backpack.' We're going to discuss a few questions. I'll read each question, and then we can take turns sharing our thoughts."

## **Discussion Questions:**

1. "What do you think it was like for Joseph to be his father's favorite son, and how did this affect his relationship with his brothers?"
2. "When his brothers treated him unkindly, Joseph chose to trust God. Can you think of a time when you had to trust God during a difficult situation?"
3. "What are some of the good things, like kindness and patience, that you want to pack in your 'Spiritual Backpack' this school year?"
4. "Joseph had a dream that his brothers didn't like. How can we handle it if someone doesn't like our dreams or ideas?"

**Prayer Requests:** "Now that we've shared our thoughts on these questions, does anyone have any prayer requests? Maybe you want to ask God to help you pack your 'Spiritual Backpack' with good things this school year, or you have a friend or family member you'd like us to pray for."

(Allow time for the children to share their prayer requests.)

**Concluding Prayer:** "Let's bow our heads and pray together. Dear God, thank you for this time we've had to learn about Joseph and his 'Spiritual Backpack.' Help us to pack our own 'Spiritual Backpacks' with love, kindness, patience, and honesty. We ask that you be with us this school year, helping us to be a light for You in our classrooms. Please hear our prayer requests and comfort those in need. In Jesus' name, we pray, Amen."

# Craft Activity

## **Craft: Paper Plate 'Backpacks'**

**Materials:** Paper plates, markers or crayons, glue, yarn, hole puncher, stickers

### **Directions:**

1. Fold the paper plate in half. This will serve as your backpack.
2. With a hole puncher, punch two holes near the folded edge of the plate - these will be for the backpack's 'straps'.
3. Thread a piece of yarn through each hole to create backpack straps.
4. Inside the backpack (open side), have the children draw or write the virtues discussed in the lesson like kindness, honesty, and patience.
5. Allow them to decorate the front of their backpack with markers, crayons, or stickers.

# Word Search

BACKPACK - BEGINNINGS - BLESSINGS - BROTHERS - COURAGE - FRIENDSHIPS

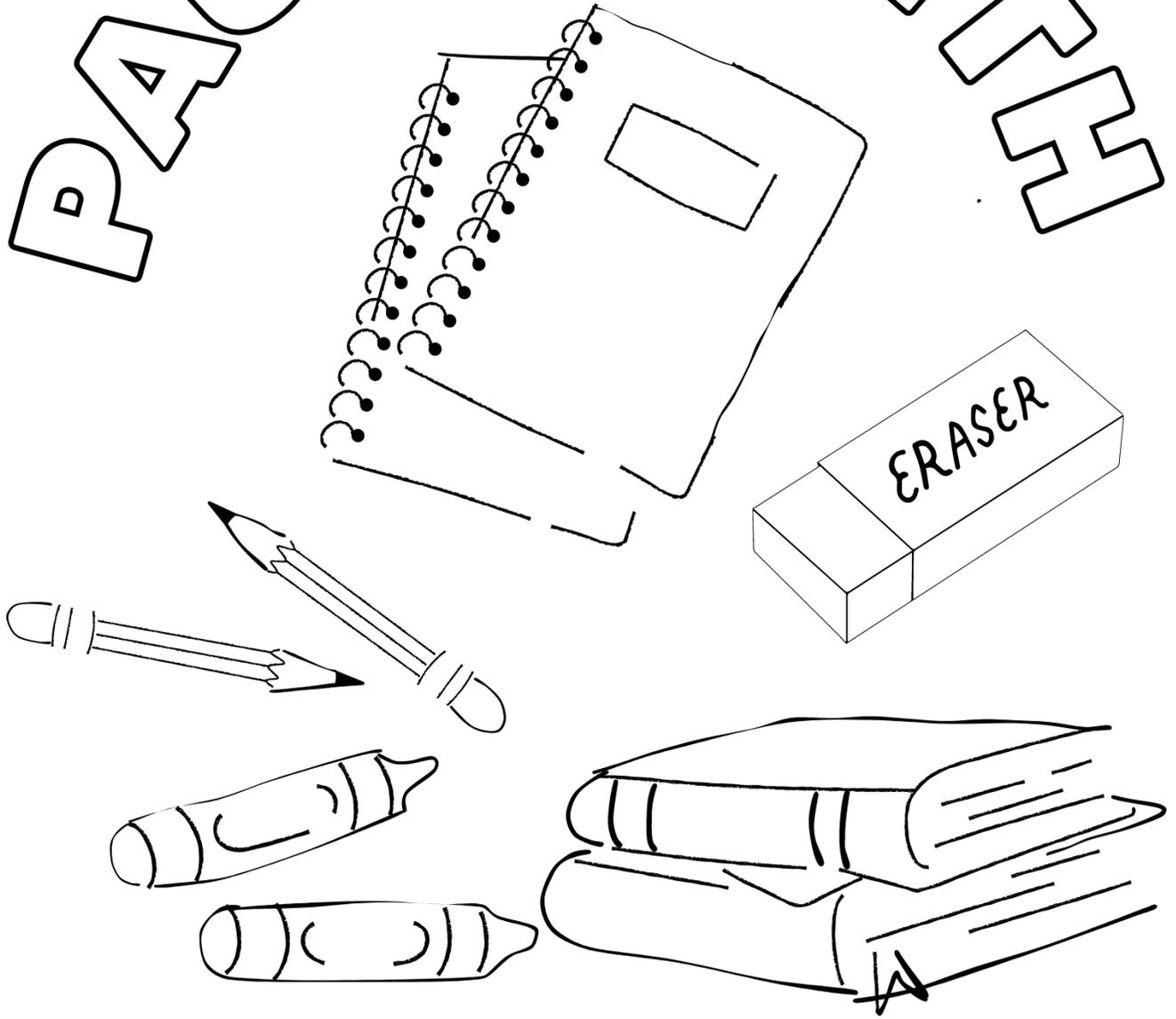
HONESTY - JOSEPH - KINDNESS - LOVE - PATIENCE - SCHOOL - TRUST

J	O	S	E	P	H	V	A	P	B	F
T	W	C	O	O	D	Q	E	A	L	R
U	C	H	G	Y	I	M	X	T	E	I
Z	H	O	N	E	S	T	Y	I	S	E
I	R	O	U	K	L	O	V	E	S	N
A	B	L	T	R	U	S	T	N	I	D
B	A	C	K	P	A	C	K	C	N	S
H	N	E	V	N	I	G	D	E	G	H
I	V	B	R	O	T	H	E	R	S	I
B	E	G	I	N	N	I	N	G	S	P
K	Z	R	K	I	N	D	N	E	S	S

# Word Search Answers



PACKED WITH



PURPOSE!

# Note for Parents

Dear Parents,

In today's lesson, your child embarked on a journey of discovery, learning about how to navigate the new school year with God's help. We began our series "Back To School: Backpacks, Blessings, and New Beginnings" with the first lesson, "Packed with Purpose: Gearing Up for the Journey Ahead."

We delved into the life of Joseph and his remarkable journey, packed with faith, kindness, and trust in God even when his brothers treated him unkindly. The memory verse was Philippians 4:13, a powerful reminder of the strength that God provides us in all situations.

At home, you can continue this learning by talking about the 'Spiritual Backpack.' Ask your child about the good things they want to pack in their 'Spiritual Backpack' for this school year. It could be kindness, honesty, patience, courage, or something else they learned from the lesson.

You can also encourage them to memorize the verse from Philippians by reciting it together as a family. Reiterate the idea that God is always with them, helping them face any challenge.

Thank you for the privilege of teaching your child. We look forward to exploring more about God's blessings in the coming weeks.