

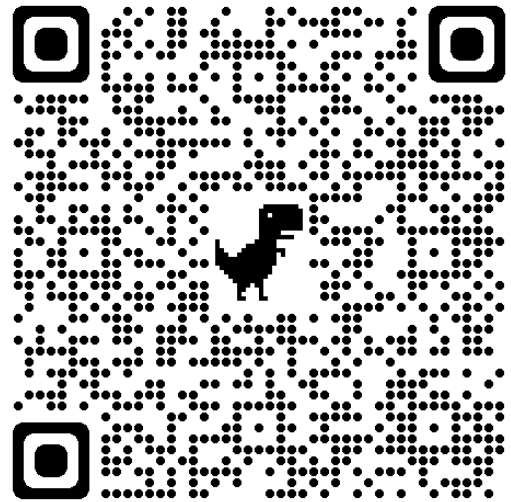


***“So, Satisfying: 4-Week Children’s Ministry Curriculum”*** will guide the children to understand that the true and lasting satisfaction they seek can only be found in a relationship with Jesus. The world is constantly pointing children toward instant gratification, but these fleeting pleasures never truly satisfy their longing for fulfillment. Our new curriculum, “So Satisfying,” helps kids understand that lasting satisfaction can only be found in a relationship with Jesus.

**Memory Verse:** Psalm 73:25

**Main Idea:** I can discover true satisfaction through a relationship with Jesus.

**Source Files:** You are viewing the complete 4-week curriculum in one print-friendly PDF document. Use the following link or QR code to access the graphics and single lesson format.



<https://sundayschool.store/products/so-satisfying-4-week-childrens-ministry-curriculum>



# SO, SATISFYING



4-week children's ministry  
curriculum

**Whom have I in heaven but  
you? And earth has nothing I  
desire besides you.**

**Psalm 73:25 NIV**



THE SUNDAY SCHOOL STORE





# SO, SATISFYING



4-week children's ministry  
curriculum

**Whom have I in heaven but  
thee? and there is none upon  
earth that I desire beside thee.**

**Psalms 73:25 KJV**



THE SUNDAY SCHOOL STORE





# SO, SATISFYING



4-week children's ministry  
curriculum

**Whom have I in heaven but  
you? And there is nothing on  
earth that I desire besides you.**

**Psalms 73:25 ESV**

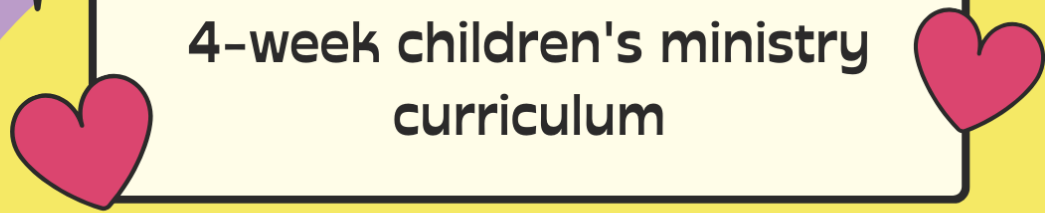


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# SO, SATISFYING



4-week children's ministry  
curriculum

**Whom have I in heaven but  
you? I desire you more than  
anything on earth.**

**Psalms 73:25 NLT**



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## Lesson 1 – Clean Hearts:

### “Satisfaction comes from a clean heart”

**Summary:** It can be “satisfying” to watch videos where something dirty becomes clean. But true satisfaction comes to us as believers when we strive to have a clean heart. We must ask God what thoughts, actions, feelings, and attitudes we have that need to be washed clean. Daniel is an example from the Bible. He made many mistakes and didn’t always live a sin-free life. However, he did his best to live with a pure heart. When King Nebuchadnezzar demanded that Daniel and his friends change their ways and worship him instead of God, Daniel would not comply. He continued to live purely the way God wanted him to.

**Memory Verse:** Psalm 73:25

**Big Idea:** Because Jesus loves me, I can ask God for forgiveness when I make mistakes. He will wash away my sins and make my heart clean.

**Additional Passages and Stories:** Matthew 5:8; Hebrews 10:22; Daniel 1:3-16; 18-21

# Memory Verse Activity:

Clean Heart Scramble

Memory Verse: Psalm 73:25

Suggested time: 5–10 minutes

Supplies: Printout of Clean Heart template; scissors, red cardstock

Instructions:

- Step-by-step instructions
- Before class, print a copy of the Clean Heart template. Cut out the hearts and lay them printed-side down on a table.
- During class, have each child come up and grab one heart and return to their seat.
- Instruct children that when the leader says “go,” they will work together to put the memory verse correctly.

**Additional fun:** Use a timer to see how fast the kids can combine the verse.

Complete several rounds so kids can beat their best time.

# Lesson Illustration

## Clean Heart

Suggested time: 5-10 minutes

Supplies: Styrofoam plate; 2 aluminum pie pans; scissors; water; 1 cup of potting soil; drop of dishwashing liquid; sponge or sponge brush

### Instructions:

- Draw a heart shape on a Styrofoam plate. Cut it out and set it aside.
- Fill one aluminum pie pan with 1 cup of potting soil. Fill the other with a cup of water and add a drop of dishwashing soap.
- Show children the clean, white heart and explain that it represents the life that God wants for us—life with a clean, pure heart. Place the Styrofoam heart in the pie pan with the potting soil. Be sure to cover the heart as completely as possible. Read the leader’s script to explain why you’ve done this.
- Place the “unclean” heart into the water and use the sponge or brush to clean the Styrofoam heart. Read the leader’s script to explain your actions.

LEADER: What is this? (Hold up your heart.) That’s right! It’s a heart. Put your hand on your heart. Can you feel it beating? Did you know that our hearts are the center of our being? Our thoughts and emotions are directed from our hearts. That’s why God wants us to protect them. God wants us to have a heart like His. How would you describe this heart? (Hold up your heart again.) [*Allow responses*] Would you say it is a clean heart? Yes. I don’t see any dirt or imperfections. But what happens if I put this clean heart into the dirt? [*Allow responses*] It gets dirty. That’s what happens when we do things we shouldn’t, think mean thoughts, or have a bad attitude. Our heart starts to look a little dirty. And when we have a dirty heart, we can’t have a satisfying relationship with God.

What does “satisfying” mean? [*Allow responses*] It means we are feeling good and content. Everything lines up, and it feels like we’re experiencing something close to perfection. Sometimes people enjoy watching “satisfying” videos where someone



cleans something really dirty or nurtures an injured and dirty animal back to health. It can make us feel good in the moment to see the dirt wash away and become something beautiful again. But the feeling we get from watching a “satisfying” video only lasts for a moment. When we trust in Jesus (place dirty hearts into water), we can ask for forgiveness of our sins, and God washes away all those dirty parts and allows us to have a clean heart. (Show a clean heart.) And when our hearts are clean, we can have a close and satisfying relationship with God that lasts forever! We will learn about a person from the Bible who chose to keep his heart pure and remain close to God.

# Large Group Teaching:

Suggested Time: 15–20 minutes

LEADER: We already know our hearts are important to our spiritual lives. Jesus even told us in Matthew 5:8 that those who are “pure in heart” are blessed and “shall see God.” What do you think Jesus meant when He said, “Those with clean hearts are blessed and will see God?” [*Allow responses*] Jesus tells us that if we have a pure heart, we can have a close, satisfying relationship with God.

But to have a clean heart, we must follow God, not the world. The world tells us that sinful things will satisfy our needs, but the truth is that God is the only one who can give us the satisfaction that our hearts and souls really need. To have a clean heart, we must avoid those worldly temptations and focus on godly practices. This is exactly what Daniel did when he was faced with the easy path and the godly path.

## **READ: Daniel 1:3–7**

LEADER: Daniel was in a tricky situation. The Babylonians had taken over the Israelites’ nation. The king of Babylonia then asked his chief official to bring the best Israelites to him so he could teach them Babylonian literature and language. Why do you think he did that? [*Allow responses*] The king knew these Israelite men were influential people in their communities. He figured that if he got these men to change their ways and do things the Babylonian way, he might convince the other Israelites to do the same thing. If someone came in and said, “You’re doing things wrong, and now I’m going to teach you the right way,” how would you react? [*Allow responses*] You probably wouldn’t want to do it. But if someone you trust, like these important Israelites, said, “Hey, these new guys aren’t so bad, we should listen to them,” you’d probably be more likely to follow them. So, the king hoped that Daniel and his friends would help him turn the Israelites into Babylonians.

The king thought he could tempt Daniel and the others by offering them food and wine from his table. Imagine if all you had been eating was bread and vegetables, and then someone offered you a table full of greasy fast food and chocolatey

sweets. It would be difficult to resist! The king was hoping that he could tell others that these Israelites were eating the Babylonian food, and that would be another way to get the other Israelites to change their ways – God’s ways. Let’s see how Daniel handled that situation.

**READ: Daniel 1:8-15**

LEADER: How did Daniel respond to the temptation of the king’s food? [*Allow responses*] He refused to eat the food. To Jewish people, their food is directly connected to how they worship God. To maintain a clean heart, Daniel refused to eat food that would not bring glory to God. He told the chief in charge of him that he would not eat the king’s food. But the chief was scared because he knew that he would be the one to get in trouble if Daniel didn’t eat! Did Daniel give up and say, “Okay, you’re right. I’ll eat the Big Mac?” No! He finds a way to keep his clean heart. What did he ask the chief to do? [*Allow responses*] He asked him to evaluate his health after ten days of eating the godly way and compare it to those who had been eating the king’s food. What do you think happened? Do you think Daniel kept a clean heart? Let’s keep reading and find out.

**READ: Daniel 1:14-1**

LEADER: How did Daniel respond to the temptation of the king’s food? [*Allow responses*] He refused to eat the king’s food in order to maintain a clean heart. This seemed like a risky move to the king’s official because he knew the king wouldn’t like them not eating the food he offered. He was nervous that the king would punish *him*. But Daniel was faithful and knew that God would give them strength and convinced the official that he would also be okay. Let’s see what happened at the end of the ten days.

*READ: Daniel 1:18-21*

LEADER: According to the Scripture, what happened at the end of the ten days? Daniel and his friends were healthier, stronger, and wiser than the men who ate the king’s food! Because Daniel was faithful to God and maintained a clean heart, he

gained strength, health, and wisdom. Not only that, but the king was so impressed with Daniel that he became an important person in the kingdom until the next king took the throne. The Bible also tells us that Daniel and his friends gained skill in all literature and wisdom, and “Daniel had understanding in all visions and dreams.” Do you think Daniel would have been able to do all that if he had not maintained a clean heart? Probably not. Daniel’s life became much more satisfying when he committed to a clean heart. He knew the only way to true satisfaction in life was to be close to God.

**READ: Hebrews 10:22**

LEADER: In Hebrews 10, Paul writes to the early Christians about the importance of cleansing their hearts. Because we are human and imperfect, we will have daily struggles and temptations. And sometimes we will do the wrong thing. That’s why we must ask God to clean our hearts and forgive our sins. We can do this because of Jesus’ sacrifice on the cross. Before His death and resurrection, we had to wait for priests to talk to God for us. But now, we can approach God and ask Him for His forgiveness. And with a clean heart, we can be close to God and walk in freedom from sin.

So, if you’re struggling with poor choices or temptations this week, ask God to help you. Ask Him to clean your heart so that you can feel the satisfaction of a sin-free life.

# Small Group Discussion and Prayer:

Suggested time: 10–15 minutes

Discuss the following questions. Choose questions that are most appropriate for your group's age and attention level.

- Who is blessed according to Jesus' speech in Matthew 5:8?
- What do we need to have a satisfying relationship with God?
- What do we have to do to have a clean heart?
- What did the king want Daniel and his friends to do?
- How did Daniel avoid eating the king's food and having an unclean heart?
- What was the result of Daniel's test?
- How would you have reacted if the king offered you food?
- What can we do if we have an unclean heart?

Take some time to share prayer requests. Then lead the kids in prayer. You may also read the prayer below.

Dear God,

Thank you, Lord, for giving us the ability to have clean hearts  
and a satisfying relationship with you.

We pray that you give us the strength  
to choose the right things and maintain a clean heart.

We pray that we can grow closer to you every day.

In Jesus' name, Amen!

# Application Game

## Chews Wisely Race

Suggested time: 15–20 minutes

Supplies: 2 large, empty cereal boxes; masking tape; 2 mini dustpans with a brush or 2 child-sized brooms; 10 dessert-sized paper plates; Chews Wisely Race printout; God's Food and King's Food title printout

### Instructions:

- Step-by-step instructions
- Before class:
  - Print the Chews Wisely Race printout. Cut out each food item and tape it onto the middle of the plate (one item per plate).
  - Open the lid of the cereal boxes. Print the God's Food and King's Food title printouts and tape them on one flap of the cereal box lid (one on each cereal box).
  - Use the masking tape to secure the two boxes to the floor (about four feet apart) with the title flap sticking up so it can be seen from afar.
- During class, form two teams of kids. Each team will line up across from one of the cereal boxes across the room. The first person in each line will be given a dustpan with a brush or a broom.
- Before you say "go," you will give each child a paper plate. They cannot look at the food on the plate until you say "go."
- When you say "go," the child will look at the food and determine whether it is "God's Food" or the "King's Food." They will then place their plate on the ground (item facing up) and sweep it into the appropriate cereal box.
- The team that gets their food to the right box first, wins a point. (Note: It might be necessary to remove the plates from the boxes before the next round.)
- The team with the most points at the end of the game wins.

LEADER: Was it difficult to decide whether food was “God’s Food” or not? Daniel and his friends knew what God wanted them to eat to maintain a clean heart, but choosing the right path under the king’s watchful eye could have been dangerous. If we chose the wrong food in our game today, we just lost a point, but if Daniel didn’t choose wisely, he could have been in real trouble with the king. But instead of choosing the easier path, he chose to obey God. And God rewarded him for his faithfulness. It’s not always easy for us to make the right choices, but we know that when we ask for forgiveness and have a clean heart, we are closer to a more satisfying relationship with God.

# Application Craft

## Clean Heart Paintings

Suggested time: 20–25 minutes

Supplies: White cardstock; Heart template (one for each child); washable paint (red, yellow, blue); cotton balls; clothespins; 2 aluminum baking pans; paper plates; markers

### Instructions:

- Step-by-step instructions
- Before class:
  - print out the Heart template and cut out hearts for each child.
  - Prepare the painting area on a table from where the children will be sitting. Place a blob of each color of paint on a paper plate; clasp three to four cotton balls into corresponding clothespins and set aside.
- Give each child a piece of white cardstock and a heart template. Instruct them to use a marker or pencil to write their name on one side of the paper.
- Instruct the kids to come up to the painting table two at a time and place their white cardstock into the aluminum baking pan name-side down. Then they will place their heart template somewhere on their paper (the middle is best).
- Instruct the child to hold their heart in place and use the cotton ball paintbrushes to paint over and around the heart. We want to be able to see the white heart when they pull back the template.
- When they are finished painting, instruct them to pull back the template and reveal the white heart underneath. Throw away the used cotton balls and the painted heart template.
- Hang the papers up or allow them to dry so they will not be disturbed.

LEADER: What do we see in the middle of our paintings? [*Allow responses*] We see a clean heart, right? That's what our heart looks like when we have asked for

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forgiveness and we are obeying God. What was around the heart? Paint. Was it kind of messy? Yes! Life can be messy. We make mistakes and we are tempted by all kinds of things in the world. But with a clean heart, we can forget about all the mess around us and focus on our relationship with God.

# Bible Word Search

Heart - Daniel - Jesus - Clean - Love - Pure

Trust - Heaven - Mercy - Faith - Holy - Grace

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

## Word Search Answers

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

