

Day 1: Jesus travels to the lake JESUS CALLS THE DISCIPLES

Scripture reference: Matthew 4:18-22

Theme verse: Matthew 4:19

"And he said to them, follow me and I will make you fish for people."

Catch phrase: Awesome are your feet ... they FOLLOW Jesus!

Lesson goal and objectives:

Your family will discover what it means to be a disciple of Jesus and explore the following questions together.

- What does it mean to be a disciple?
- How can we follow Jesus when we are limited with where we can go?
- What does discipleship look like when we stay close to home?

Pack your bag

Your supply list for today is:

- ☐ A candle
- ☐ Flat Jesus
- ☐ Theme verse coloring page (p. 16)
- ☐ Your Bible/Storybook Bible
- ☐ Pictures of biblical people traveling (*you may find these in your Bible, or you can do an internet search for images or visit freebibleimages.org*)
- ☐ Chalk
- ☐ A way to play/listen to music
- ☐ Materials to make a Flat Jesus journal (see p. 8)
- ☐ Materials for the Bible story response (see p. 7)
- ☐ Arts and crafts supplies (see pp. 8-10)
- ☐ Science supplies (see pp. 10-11)

daily supply list





OUR JOURNEY BEGINS

Gathering activity and theme exploration

Wow! It's our first day of Staycation Bible School. Find a quiet spot to gather together as a family and don't forget to bring Flat Jesus along! If you have not prepared your Flat Jesus, use this time to create your Flat Jesus.



1. Light a candle to represent the light of Christ present with you.



2. Share one thing you hope to learn this week!



3. Learn/sing a "car tune" together. Choose a song from the list online at pres-outlook.org/cartunes and sing it together. If you don't know it, look up the words and learn a new song.



4. Say a prayer together.

Scan in your Spotify app to go directly to the playlist!



Opening prayer

God of walking and running, skipping and hopping, we are excited to go on this journey. Be with us today as we learn about Jesus. Help us to be patient with one another as we learn and lead together as a family. Open our eyes and our ears to the ways that we can be a follower of Jesus. Amen.



OPENING ACTIVITY

"I'm going on a journey"

This gathering game can be played with as little as two people and with as many people as you have gathered. It's all about taking turns. There are suggested options below that might work better for your family.

- Choose a person to start. This person says, **"I'm going on a journey and I am going to bring _____"** (and name an item that begins with the letter A).
- The next person says, **"I'm going on a journey and I am going to bring (item A) and _____"** (an item that begins with the letter B).
- The next person continues, **"I'm going on a journey and I am going to bring (item A), (item B) and _____"** (an item that begins with the letter C).
- **Continue the game** and see if you can think of items A-Z!

Option 1:

The alphabet might be harder for preschool children and early elementary school children. Just **think of items** and see how long you can play together.

Option 2:

If you have a mix of younger and older kids, **make the older children follow the alphabet** and allow the younger children to just name an item they are thinking of.

Option 3:

See how many items you can think of using one letter. Don't switch to another letter until someone is stumped. Keep a record of how many items you come up with for each letter.

Option 4:

Change the category.

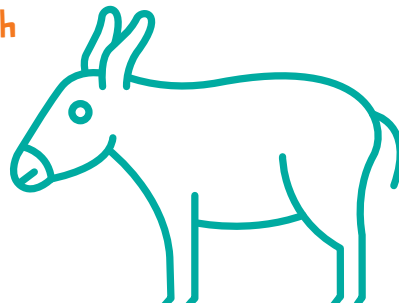
- ♦ **Family and friends** (I'm going on a journey and I am going to bring my friend ____)
- ♦ **Food** (I'm going on a journey and I am going to eat _____)
- ♦ **Activity** (I'm going on a journey and I am going to play _____)



EXPLORE THE THEME

Travel guide note: Let's think for a moment! Just how did people in the Bible travel? The most common way to travel was walking, it was also the most affordable. People also traveled on donkeys (remember a mother named Mary), horses and camels. There was also water travel, using boats to go across lakes and down rivers. In this opening time you will explore together how people traveled in biblical times. Wonder and imagine with your family what it might have been like to travel like Jesus.

This week we are going on a journey through the New Testament and will explore some of the places where Jesus traveled.





Discussion questions:

1. How do you think people traveled in Jesus' time?
2. Let's look through our story Bible and see if we can find some clues. Look through the Old Testament and New Testament stories and see if you can find pictures of people traveling. See what clues you can find from the pictures.
3. Explore some of the ways that you could travel in biblical times. Compare and contrast them. Is one way of traveling better than another?
4. We travel in very different ways. How would our life be different if we could only walk places? When you travel by walking you can only go so far because it takes a long time to get from one place to another. We have been very limited on how far we can travel during the time of COVID-19. Choose a destination that you would like to travel to. How many "feet" do you think it would take to get to that place?
5. Would you rather travel by foot or travel by camel? Why?



Find your Bible verse coloring sheet. (The theme verse coloring sheet is on page 16.)
Read the Scripture verse together.

Theme Verse: Isaiah 52:7 (From the Message)

*How beautiful on the mountains
are the feet of the messenger bringing good news,
Breaking the news that all's well,
proclaiming good times, announcing salvation,
telling Zion, "Your God reigns!"*

Focus on the phrase

"How beautiful on the mountains are the feet of the messenger bringing good news."



Wonder together:

- Who is this messenger?
- What good news is the messenger bringing?

Could that messenger be Jesus? Could the messenger be a prophet? Could the messenger be you or me? Maybe it is yes to all! Jesus does bring us good news! He traveled from town to town teaching, preaching and healing. He taught people about God and God's love for all of us. Today we are going to hear the story of how he called the disciples and asked them to travel with him. We are going to explore how our feet can follow Jesus too.



Write your names somewhere inside the feet, remembering that you are a disciple of Jesus and a messenger of God's good news!

Let's say our theme phrase together:

"Awesome are your FEET ... they FOLLOW Jesus!"



Color and decorate your day 1 theme phrase coloring page.

Today's theme is about following. Can you decorate/color the foot by creating a flip flop, shoe, or sandal? Hang it up and use it to decorate your Staycation Bible School space.

LEARNING ALONG THE WAY — EXPLORING THE STORY



Read: Explore the story of Jesus calling the disciples.

You can find it in **Matthew 4:18-22, Mark 1:16-34 and Luke 5:1-11.**

Option 1 (*Especially good for older elementary children*)

The story of Jesus calling his disciples can be found in Matthew, Mark and Luke. Read the story in all three Gospels. Compare and contrast the stories. In what ways are the stories similar? In what ways are the stories different? Do you notice differences in words used in each version?

Option 2 (*Especially good for younger elementary children and pre-readers*)

Find the story in your story Bible. Before you read the story, look at the pictures and wonder together what you think the story might be about. Here are some guiding questions you could ask: Can you find Jesus in the picture? Who do you think the other people in the picture are? What do you think might be happening in our story today?



Reflect

1. In our story today, where did Jesus travel? What was happening there when he arrived?
2. Spend some time talking about fishing. What does a fisherman do? Wonder together why being a fisherman might have been an important job in Bible times. Do you think it was hard work? Do you think it was important to get a lot of fish? Why?
3. Jesus called out to the men who were fishing. He told them if they followed him, they could fish for something else. Who does Jesus say they can fish for?
4. He says they will fish for people. That is a very funny thought! Imagine what fishing for people might look like. I wonder what Jesus means when he says they will "fish for people."
5. The Bible tells us that the fishermen "immediately" dropped their nets and left their boats to follow Jesus. Could you do that?

6. These fishermen became Jesus' disciples. A disciple is someone who learns from Jesus' teaching and chooses to follow Jesus. We are people who are learning about Jesus and making a choice to follow his ways.
7. Think about this. Being a disciple of Jesus is ACTIVE. Just like walking or running. Make a list together of the ways you and your family can be a disciple and follow Jesus.
8. If fishing for people means finding a way to invite someone to join you as you learn about Jesus, what is one way you could be a "fisher of people"?

Respond

Now that you have read the story and reflected on what it means, give your children an opportunity to respond to the story in a creative way. Every child has different way of processing and responding. You will be surprised at their creativity.



- **Response 1: Build the story.** Using Legos, Duplos, Magna-Tiles or blocks (or whatever building material you might have), use your imagination and build the story.



- **Response 2: Act out the story.** Recreate it and use costumes and props. Be creative with what you have in your house. Could you recreate a boat? What might you use for nets?



- **Response 3: Create the story.** Use markers or crayons, play dough or paint! Create the story artistically.

CONNECTION POINT: Document how you respond to the story. Take a picture or make a video. Share your response with your church and with your travel buddy.



REST STOP

On every trip it's nice to take a break and eat a snack. Choose a time each day when you can rest and refuel. Listen to some "car tunes" as you eat.

Today's snack suggestion: Goldfish crackers or make a trail mix (a perfect snack for along the way AND you need to follow directions to make it.)



BREAK TIME — LET'S GET UP AND MOVE

Presbyterians LOVE energizers! You can find some fun ones on YouTube. Here is a list of a few theme-related energizers you can find at: pres-outlook.org/energizers.

- Dance to this fun song, **"The Goldfish (Let's Go Swimming)"** by The Laurie Berkner Band (*great for younger children*)
- **"Poppin' Bubbles"** from GoNoodle
- Have fun with this camp favorite: **"Boom Chicka Boom"** from GoNoodle
- A song/energizer about following Jesus — **"I'll Follow Jesus"**

TODAY'S DAILY SIDE TRIPS



EXCURSION 1: Arts and crafts

Make a "Where in the World is Flat Jesus?" journal (*You will use this all week*)

Choose how you will make your journal. Will you use typing paper and construction paper and staple them together? Perhaps you have a blank book or journal to use. *Make sure you have at least 15 pages for journal entries.*

1. Put your journal together.
2. Decorate your cover.
3. Set your journal aside and be ready to add to it throughout the week.
4. Later today you are going to do an activity with Flat Jesus. One of the recommendations is to take a picture of you with Flat Jesus doing the challenge. Either at the end of the week, or each day, write in your journal where you took Flat Jesus and how you did the challenge. Add pictures if you have them.
5. You will also use this journal to record what you are learning about mission workers around the world.

CONNECTION POINT: **Share your journals with your church.** When you are able to gather together, create a display. How cool will it be to see where you journeyed during Staycation Bible School!

OPTION: **Create a digital journal.** By doing this, you can share with each other digitally at the end of the week.

Option 1 (especially for younger children)

Fish puppet

You will need a piece of construction paper, scissors, items to color with, a Popsicle stick and anything else you want to decorate your project.

1. **Trace your child's feet on the construction paper and cut them out.** This is the body of your fish. The heel is the face and the toes are the fins.
 - **(Messy option)** Instead of tracing the fish, **use paint** on your child's feet and **stamp the fish body.**
2. Allow your child to **decorate the fish** however they want.
3. **Attach the Popsicle stick to the back of the fish.** Now you have a puppet!

Option 2 (for any age)

Flip-flop follow banner

You will need construction paper or a piece of card stock for each person, markers/pens, pipe cleaners, buttons and beads and a piece of yarn or string if you want to make a banner.

1. **Trace each person's feet on the card stock.** You are making a pair of flip flops, so you will want to **do the right foot and left foot.**
2. **Cut them out.** Remember your reflection time. Write or draw on your flip-flops the ways that you and your family are going to follow Jesus. Remember being a disciple of Jesus is active! Just like walking or hiking.
3. **Put three holes near the toe area** (this is where the "thong" will be). They should make a triangle. (See picture.)
4. **Thread the pipe cleaner** from behind the shoe. Pull one end through hole A and the other end through hole B.
5. Use the beads and buttons to **decorate and add charms** to your shoe.
6. When you are done decorating, **take both ends and thread through hole C, securing the pipe cleaners in the back.**



FOR FUN: Create a "shoe banner." Using yarn, string or ribbon, create a Following Jesus Flip-Flop Banner.

CONNECTION POINT: Save your flip-flop banner and take it back to your church. String them together and use them in worship, in a worship video, on Facebook Live, or to decorate your Sunday school/children's ministry area when you gather together again.

Option 3 (to use for game playing)

Fishy beanbag

You will need old socks, balloons, play dough, a rubber band, a googly eye, button or marker.

1. This is a great way to use up those old socks that don't match. **Find as many socks as you would like to make fish.**
2. **Fill a balloon with play dough.** (If you have a latex allergy you could use a zip-lock bag.) Once the balloon has some play dough in it, tie it tight.
3. Take the sock and **in the "heel area" choose a place to put an eye (or eyes).** It could be drawn on with a marker, a googly eye glued on or a button sewed on.
4. **Place the balloon with filler in the sock, tie the end, and make fancy fins.**
5. You now have a "fishy beanbag" to play games with.

Option 4

Beaded fish

You will need pipe cleaners (as many as you would like) and plastic pony beads.

1. **Bead the pony beads onto a pipe cleaner.** When you are ready, **shape it into a Jesus fish pattern** (see picture below) and **secure the beads on the end.**
2. **Make as many as you like.** You could use these fish for your science and discovery time.



EXCURSION 2: Science and discovery

Today's science and discovery challenge is to **EXPLORE FISH AND FISHING.** Here are some suggestions:

1. If you are able, **go fishing.** It doesn't have to be real fishing. Be creative and invent your own way to fish at home.
2. **Visit an aquarium.** Many aquariums around the United States are offering virtual field trips. Explore the website of an aquarium you have always wanted to visit.

3. **Make blue play dough together.** Use this time to talk about “following.”

- What does it mean to follow?
- We are making this play dough by “following” directions.
- What if we didn’t follow the directions? What might happen?

Blue play dough

- ☐ 1 cup flour
- ☐ 1/2 cup salt
- ☐ 2 tsp. cream of tartar
- ☐ 1 cup water
- ☐ 1 tsp. vegetable oil
- ☐ Blue food coloring

Directions: Mix the dry ingredients in a saucepan. Add the wet ingredients. Turn on medium high heat and stir constantly. The liquid will become a solid. When it forms dough, take it off of the heat and knead it. Be careful! It is very hot at first! Give it a chance to cool down.

Keep this play dough! You will use it later in the week. In order to keep it soft, wrap it in saran wrap and then store it in an air-tight container.



EXCURSION 3: Stretch your legs (games and play)

There are lots of options to get up and play! Whether you choose one or choose them all, there is lots of fun to be had.

Option 1: Flat Jesus challenge

Take a walk around your neighborhood. Bring Flat Jesus along with you. Choose a family in your neighborhood that you would like to invite to join you on your walk. Tell them about Flat Jesus and Staycation Bible School. If you are able, take a picture with you, your neighbor and Flat Jesus.

CONNECTION POINT: Share your Flat Jesus pictures with your church family.

Option 2: Make a chalk obstacle course.

You can make one on your driveway or surprise a friend in the neighborhood. There are many examples of chalk obstacle courses on the internet.

Option 3: Play with your fishy beanbag.

- Toss them to each other.
- Find a bucket. Stand at a distance and throw the fish into the bucket.
- Play “wiggle fish” — it’s just like hot potato.
 - Play music and pass it back and forth.
 - Instead of being “out” when you are caught holding the fish, wiggle like a fish.
 - Make up a challenge (*Example:* This time you have to stand on one leg while passing the fish back and forth.)

Option 4: Freeze dance:

Today is all about listening to the call to follow. Can we follow the directions and “freeze” when the music pauses? Choose a car tune or your family’s favorite “travel song.” Dance away.



WHERE IN THE WORLD IS FLAT JESUS??

Let’s explore where people are sharing the love of Jesus around the world. Did you know the Presbyterian Church (U.S.A.) sends mission co-workers all around the world to share Jesus’ love with other people?

According to the PC(USA) website: *“Presbyterians do mission in partnership. In more than 50 countries around the world, we partner with local churches and faith communities bound by our fundamental unity in our Lord Jesus, bringing together U.S. congregations and mid councils with our brother and sisters in Christ around the world.”*

Today, explore with your family some of the people who have been called to follow Jesus around the world and learn about some of the places they are living. On the PC(USA) Mission Agency website, you can look up all the people who are serving as mission co-workers, where they are serving and what they are doing to share the love of Jesus with others. You can find the information here:

presbyterianmission.org/ministries/mission-connections

Every day you will choose a mission co-worker that you would like to learn more about and who you will pray for. Once you have picked your mission co-worker for the day, spend some time learning about where they live.



You will need your “Where in the world is Flat Jesus?” journal. **Each day add a little something to your journal.** Here are some suggestions:

- If you have a world map, hang it up in your Staycation Bible School space. Find the place where your mission co-worker lives. Mark it with a footprint (you could draw a foot on a sticky note) or take a picture of Flat Jesus pointing to where the mission worker lives. Put a copy of the picture in your journal and write a prayer for your chosen mission worker.
- Draw a picture of Flat Jesus and your interpretation of the place where your mission co-worker lives in your journal.
- Write a prayer for the mission co-worker in your journal.

CONNECTION POINT: Share your journal with your travel buddy. Share your journal with your church. When you are able to gather again, set up a table and display your Flat Jesus journals. It will be fun to see the different mission workers you learned about and prayed for during Staycation Bible School and the places where you took Flat Jesus during your week.



Travel buddy time

Who has your family picked as your travel buddy along the way? **Take some time today to connect with them.** Share together:

1. The story you learned today and one thing you learned about the story.
2. Show them Flat Jesus and tell them about your Flat Jesus. Encourage your Travel Buddy to make their own Flat Jesus. Share with them where you took Flat Jesus today. Challenge them to take their Flat Jesus somewhere in their neighborhood and invite a friend or neighbor to take a walk with them.
3. Tell them about the mission co-worker you learned about.
4. Play “I’m going on a journey” with your travel buddy.



Make your mark

Think about footprints! What happens if it’s a rainy day and you step in a large mud puddle? Or think about walking barefoot on the beach. Remember a snowy day? What happens when you walk through the snow for the first time? Our feet make marks or imprints wherever we go. Sometimes we see our footprint (in the mud, in the sand, in the snow) and sometimes we don’t.

We can make a mark in our world. As disciples of Jesus we are called to be active and share God’s love wherever we are (even if we are limited to staying close to home). In what ways can your family be disciples and share God’s love without traveling very far?

Play “Make your Mark” Bingo this week! Choose from the different activities on the “Make your Mark” Bingo sheet (p. 16) and when you complete them, make a mark! If an activity doesn’t work for your family or situation, pick one that works for you!

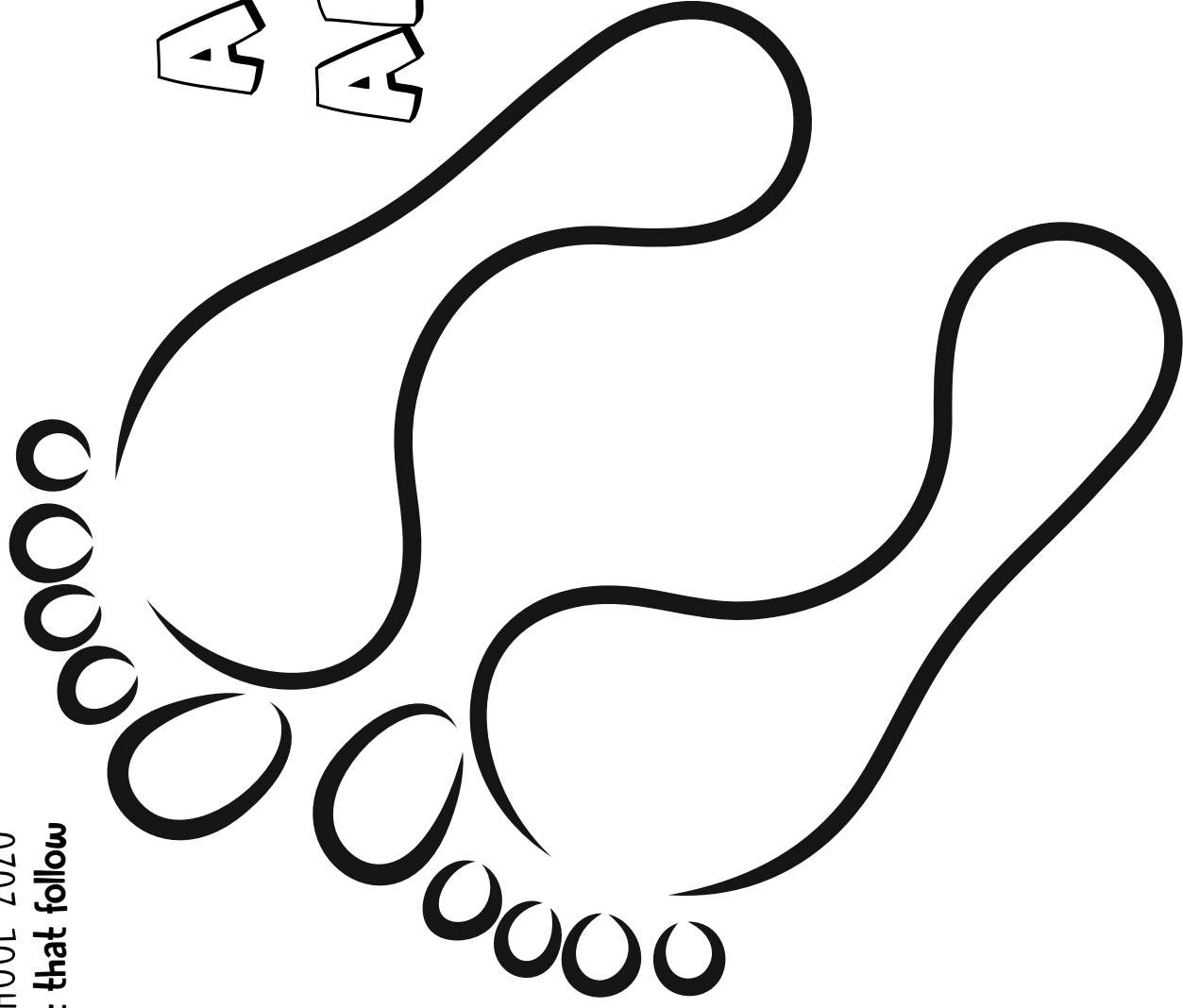


OUR JOURNEY COMES TO A CLOSE

Wow! Your first day of Staycation Bible has come to an end. Find a quiet spot to gather together as a family — but don’t forget to bring Flat Jesus along!

- Light a candle to represent the light of Christ present with you.
- Share with each other a joy you had on your journey.
- Share with each other a “roadblock” you have had along the way.
- Share an “aha!” What is something new you learned?
- Sing a favorite car tune together.
- Pray using this closing benediction. You can say it together.

We thank you, Jesus, for this day!
As we followed you along the way.
We will travel day and night,
To follow you and share your light!
Help us journey far and near,
To share God’s love, with all who hear.
Amen.



**AWESOME
ARE YOUR
FEET...
THEY
FOLLOW
JESUS!**

How beautiful
on the mountains,
are the feet of the messenger
bringing good news,

Awesome are your Feet...

Breaking the
news that all's well,
proclaiming good
times, announcing
salvation, telling Zion,
"Your God reigns"

Isaiah 52:7
The Message


...they carry God's love
wherever you go!

≡ STAYCATION BIBLE SCHOOL ≡

Feet that follow

MAKE YOUR MARK BINGO

Mission and service ideas

Play **MAKE YOUR MARK BINGO** throughout the week. Draw a footprint  on an activity as you complete it. Try to fill in the whole board!

B	I	N	G	O
Make a card and mail it to a friend.	Learn about a mission your church cares about. Find a way you can be part of it.	Send a friend a surprise care package.	Check out this organization: colorasmile.org and color a picture (or more).	Make a bird feeder and feed the birds.
Choose your own project. Share your plan with your travel buddy.	Bake something and share it with a neighbor.	Surprise someone with flowers.	Zoom or Facetime someone who needs a friend.	Write a prayer for someone. Share the prayer with them and let them know that you are praying for them.
Donate books and toys you no longer use.	Read to someone.	FREE SPACE	Spread good news with sidewalk chalk messages.	Learn about an organization in your town that helps feed the hungry. Find out how you can help them.
Paint rocks with encouraging words of hope. Place them where an essential worker can see them.	Make a card for a child in the hospital. cardsforhospitalizedkids.com	Do a drive-by! Reach out to someone in your church who is lonely and drive by their house.	Send a virtual postcard to a service member. operationgratitude.com	Learn about Soles4Souls. soles4souls.org Collect shoes to donate.
Make dog/cat toys or treats to donate to your local shelter.	Help a neighbor with yard work.	Write a thank you letter to someone who has shared the love of Jesus with you.	Make a card and send a care package to your local hospital.	Pick a project that you and your travel buddy can do "together."