

# DONUTS AND DISCIPLES

## LESSON SNAPSHOT

### Frosted With Sprinkles

#### **BOTTOM LINE:**

Becoming a disciple means admitting I'm sinful and need God's help.

#### **OBJECTIVE:**

Kids will learn, "Becoming a disciple means admitting I'm sinful and need God's help."

#### **KEY PASSAGE:**

Matthew 9:9-13, The Calling of Matthew

#### **MEMORY VERSE:**

"Have your roots in him. Build yourselves up in him. Grow strong in what you believe." Colossians 2:7a (NIRV)

#### **SUMMARY:**

If a donut has no toppings, not even glaze, is it even a donut? It's basically just a circle of bread! But when you add the sweetness of glaze or frosting and sprinkles, suddenly you have a pretty special treat! As Jesus showed with Matthew, when we become disciples of Jesus, he redeems our sinful lives and transforms them into a sweet life filled with joy and purpose.

#### **SIMPLE PRAYER:**

*Dear God,*

*Thank you that you have the power to transform our lives.*

*In Jesus' name,*

*Amen*

# DONUTS AND DISCIPLES

## MEMORY VERSE

“Have your roots in him. Build yourselves up in him. Grow strong in what you believe.” Colossians 2:7a (NIRV)

“Rooted and built up in him, strengthened in the faith.” Colossians 2:7a (NIV)

“Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong...” Colossians 2:7a (NLT)

“Rooted and built up in him, and stablished in the faith.” Colossians 2:7a (KJV)

### **LARGE GROUP: Memory Verse Sprinkle**

The children will stand in a circle facing one another. The teacher says the reference for the memory verse. The game travels around the circle with each child saying the next word to come in the verse. If the child says an incorrect word or does not know the next word they sit down. The verse continues around the circle until the final word is said and then the next child says “Sprinkle!” to finish the verse. The child who says “Sprinkle!” also sits down. The children continue to play with the verse until there is only one child standing who is the winner.

### **SMALL GROUP: Sprinkle the Verse**

Before the kids arrive, draw the outline of two donuts on the board. To play the game, split the kids into two groups. Tell them each person will run to the board and write one word from the verse on a small sticky note and stick it inside the donut with a box or circle around it, so it looks like sprinkles on a donut. The next student will write the next word and so on until the whole verse is written inside the donut. Whichever team gets the whole verse written first wins.

# DONUTS AND DISCIPLES

## SKIT

### Home of the Sweet Life

#### ITEMS NEEDED:

White coat or chef hat

Cell phone

#### CHARACTER BREAKDOWN:

2 M

#### CHARACTERS:

Baker Bob

Declan- a kid

*(Declan mimes opening a door and walking in. Baker Bob is on the other side of the stage, miming mixing something in a bowl.)*

BOB: Welcome to Baker's Bob's, home of the sweet life!

DECLAN: Are you THE Baker Bob? Can I get a selfie? *(Runs over, poses with Bob, and mimes taking a selfie.)*

BOB: Whoa! Whoa! And who are you?

DECLAN: Um...Declan. But who cares who I am?

BOB: Well, I do. Why do you care so much about who I am?

DECLAN: Dude, you're viral!

BOB: Viral? That sounds very bad.

DECLAN: No, it means you're all over the internet!!!

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## SKIT (Continued from page 3)

BOB: How can that be? I don't even have a cell phone!

DECLAN: *(Mimes typing on his phone.)* Look! Here you are!

BOB: *(Looks at Declan's phone.)* Oh my! That's the video my granddaughter took of me the other day when she was in here. Why would she put that up online?

DECLAN: Um...because your bakery looks amazing! You must've had a ton of extra people in here since then.

BOB: Now that you mention it, I've gone through so many ingredients I had to order an extra delivery. But this bakery is nothing special. It's just like any other bakery.

DECLAN: But you offer THE SWEET LIFE!

BOB: Yes! This is Baker Bob's, home of the sweet life!

DECLAN: I know! That's why I'm here! That's what I want!

BOB: Okay, coming right up! *(Turns around and mimes putting things on a plate.)*

DECLAN: Um...What are you doing back there?

BOB: Making you a Sweet Life, just like you asked. *(Turns around and mimes presenting a plate.)* The Sweet Life Donut, filled with Bavarian cream, topped with Oreos, rainbow sprinkles, whipped cream and a cherry on top!

DECLAN: What? No, I want a SWEET LIFE!

BOB: Oh, you must be thinking of the Sweet Life DELUXE Donut, filled with Bavarian cream, topped with oreos, rainbow sprinkles, a cherry, and THEN ice cream and marshmallow topping! I'm sorry for the confusion!

DECLAN: No, that's not it either. I want MY life to be sweet.

BOB: Well, I'm afraid a donut won't be able to do all that. Tell me, kiddo, what is it about your life that isn't tasting quite so sweet right now?

DECLAN: Honestly, I don't know. My life looks pretty perfect. I get all A's. I'm the star of the soccer team. I do volunteer work. But everything just feels empty.

BOB: Ah, I see. So, you feel like you're doing all these things, but you don't really know why.

# DONUTS AND DISCIPLES

## SKIT (Continued from page 4)

DECLAN: Exactly. How did you know that?

BOB: Well, let's just say you're not the first person to come in here looking for the REAL sweet life.

DECLAN: Okay, well what did you tell the others?

BOB: It's not about everything that you're doing, it's about who you're following?

DECLAN: Well, I'm following your granddaughter on Instagram. And I have 1,000 followers.

BOB: What?

DECLAN: Huh?

BOB: No, Jesus. Jesus is who you should be following. He doesn't have any TwitSnap, TikGram either.

DECLAN: Jesus. Okay. I've heard about Him at like Christmas and Easter, but how do I follow Him?

BOB: Well, it won't be easy, but you start by admitting that you're not perfect, and that you need Him. Your life won't suddenly become sweet and magical, but over time, the sweetness will come in knowing that God loves you so much and will be with you no matter what.

DECLAN: (Running out the door.) Wow! That's amazing. I really need to tell my friends about this place!

BOB: *(Yelling)* Hey! You forgot your Sweet Life! (Shakes head.) Oh well, he'll be back.

# DONUTS AND DISCIPLES

## OBJECT LESSON

### ITEMS NEEDED:

Flour, yeast, oil, sprinkles *(either in original container or in bowls)*  
Finished donut

Has anyone ever been to a Krispy Kreme? Have you ever watched the donuts go through all the steps on the conveyor belt? If not, look up a video on YouTube when you get home. It's mesmerizing!

Here's how it works.

First someone makes a giant batch of dough. *(Begin to mix the flour, yeast and oil together. Don't worry about being exact. You're not actually turning this into a donut!)* Is it a donut yet?

Then, they put the dough on the machine to separate it into blobs. *(Separate out a blob from the dough.)* Is it a donut yet?

The machine sends it through a tunnel that shapes the blobs into a hockey puck shape. *(Do your best to shape the dough into a puck shape.)* Is it a donut yet?

Then the puck is rounded out into a dough ball shape and put into a proofer to let it rise. *(Roll the dough into a nice, even ball.)* Is it a donut yet?

Then you fry it in oil. I'm not going to do that now because this isn't a kitchen! So here's a tricky question: Is it a donut yet? *(Allow children to answer.)* It's fully cooked, so some would say that it is, but it wouldn't taste very good. I believe that a donut isn't a donut until you add...*(allow kids to shout out answers)*

Sprinkles! That's right! To me, that's what makes a donut a donut!  
*(Show the finished donut.)*

So what does this have to do with us? If we're not following Jesus, you're like a donut without sprinkles. Life just isn't sweet.

# DONUTS AND DISCIPLES

## LARGE GROUP GAME

### HOW MANY SPRINKLES?

#### ITEMS NEEDED:

Jump Ropes

#### INSTRUCTIONS:

For this activity, you will need a few jump ropes. Divide students into groups of six or eight. Have each group make a circle with their jump rope (their “donut”) on the ground so that the ends are touching. Now, have all the members of each group get into their donut, like sprinkles. This should be easy the first time. Then have all players get out and reduce the size of their circle by one foot. Again, all players need to get into their donut. Repeat this process, making the donut smaller and smaller while you watch your students come up with creative solutions for making sure that everyone fits safely inside their donut.

#### WHAT’S THE POINT:

Just like you needed to stay in the donut, we need Jesus to have a sweet life.

# DONUTS AND DISCIPLES

## LARGE GROUP LESSON

### **BOTTOM LINE:**

Becoming a disciple means admitting I'm sinful and need God's help.

### **OBJECTIVE:**

Kids will learn, "Becoming a disciple means admitting I'm sinful and need God's help."

### **KEY PASSAGE:**

Matthew 9:9-13, The Calling of Matthew

### **INTRO:**

Welcome! This week, we are starting a brand new series called, "Donuts and Disciples." Sounds pretty sweet to me! But what do donuts have to do with disciples? Well, donuts are sweet, right? And so is a life of following Jesus!

So, what is a disciple, then? A disciple is someone who follows Jesus. During this series, we are going to look at a few of the disciples that are in the Bible and see if we can learn a thing or two from them.

Before we start, I want you to think about stereotypes that you know. A stereotype is when you believe one thing about a whole group of people. For example, believing that all girls like pink and all boys like blue is a stereotype. In this story, people believed a stereotype that all tax collectors were bad, but Jesus showed them a different story.

### **READ MATTHEW 9:9-13**

### **MAIN POINT:**

In this story, Jesus meets a tax collector named Matthew. When Jesus met Matthew, he was at work, sitting in his booth. Jesus says, "Follow me." Matthew just gets up and leaves. Now, unless there's an emergency, can your parents just get up and leave their jobs? No. They would get fired! But Matthew didn't care.

The next thing we read is that Jesus is over at Matthew's house. It says many tax collectors and sinners came. The writer really wants you to feel like Jesus is hanging around with bad people. It would be like if you went and hung out with all

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## LARGE GROUP LESSON

the “troublemakers” or “bad influences” at school. Then, the Pharisees, who were religious leaders, who kind of thought they were perfect, saw what was happening. They basically asked, “If Jesus is so good and perfect, why is he hanging out with those BAD guys?”

Jesus heard what the Pharisees said. He told them that He wanted to bring people to Him who need help, not ones who don’t think they need help. He says, “I want mercy, not sacrifice.” That basically means He would rather show mercy to people who ask for it than to demand a sacrifice from people whose heart is not in the right place, people who are just following the rules, and not really following Jesus.

### **DRIVE IT HOME:**

The point of all this is that all of us are sinners. All of us are the “bad guys,” but Jesus loves us so much that He came and took the punishment of our sin for each and every one of us. Here’s the catch, though. We have to accept that gift by choosing to follow Him.

When we follow Jesus, it changes things. It changes our hearts. It changes our attitude, our actions, and our desires. In order to follow Jesus, we have to admit we’re not perfect. If we don’t admit that, then we don’t admit that we need Him in order to be saved.

When we follow Jesus, we become a disciple. Becoming a disciple means admitting that we’re sinful and need God’s help.

If you have any questions about what it means to follow Jesus or to accept Him as your Savior, just come ask a leader. We would love to talk to you about it!

### **CLOSE WITH A SIMPLE PRAYER:**

*Dear God,*

*Thank you for showing us how to follow You through your Word.*

*In Jesus’ name,*

*Amen*

# DONUTS AND DISCIPLES

## SMALL GROUP DISCUSSION (K-2ND)

### ICEBREAKER:

What's the best donut you've ever had?

### MEMORY VERSE ACTIVITY:

Sprinkle the Verse

Before the kids arrive, draw the outline of two donuts on the board. To play the game, split the kids into two groups. Tell them each person will run to the board and write one word from the verse on a small sticky note and stick it inside the donut with a box or circle around it, so it looks like sprinkles on a donut. The next student will write the next word and so on until the whole verse is written inside the donut. Whichever team gets the whole verse written first wins.

### SMALL GROUP GAME/ACTIVITY:

Using the same jump ropes from the previous activity, make two circles on the floor. Split the kids into two teams. Pass out one paper plate to each student. Have the students race to see which team can get all of their plate "donuts" onto the jump rope "plate" first.

### DISCUSSION QUESTIONS:

Read Matthew 9:9-13

What was Matthew's job?

Who were the Pharisees?

What is a sinner?

What does mercy mean?

What are sacrifices?

### SIMPLE PRAYER:

*Dear God,*

*Thank you that you love us even though we are sinners.*

*In Jesus' name,*

*Amen*

# DONUTS AND DISCIPLES

## SMALL GROUP DISCUSSION (3RD-5TH)

### ICEBREAKER:

What's the best donut you've ever had?

### MEMORY VERSE ACTIVITY:

Sprinkle the Verse

Before the kids arrive, draw the outline of two donuts on the board. To play the game, split the kids into two groups. Tell them each person will run to the board and write one word from the verse on a small sticky note and stick it inside the donut with a box or circle around it, so it looks like sprinkles on a donut. The next student will write the next word and so on until the whole verse is written inside the donut. Whichever team gets the whole verse written first wins.

### SMALL GROUP GAME/ACTIVITY:

If a donut has no toppings, not even glaze, is it even a donut? It's basically just a circle of bread! But when you add the sweetness of glaze or frosting and sprinkles, suddenly you have a pretty special treat! As Jesus showed with Matthew, when we become disciples of Jesus, he redeems our sinful lives and transforms them into a sweet life filled with joy and purpose.

### DISCUSSION QUESTIONS:

Read Matthew 9:9-13

Why didn't people like tax collectors?

Why was it a big deal that Matthew got up and followed Jesus when he said, "follow me"?

Why didn't the Pharisees like that Jesus was eating with tax collectors and sinners?

What is a sinner?

What did Jesus mean when He said, "I want mercy, not sacrifice"?

### SIMPLE PRAYER:

*Dear God,*

*Thank you that you love us even though we are sinners*

*In Jesus' name,*

*Amen*

# DONUTS AND DISCIPLES

## POWERPOINT REVIEW GAME

**1. What was the name of the man Jesus saw?**

- a) Matthew\*
- b) Mark
- c) Luke
- d) John

**2. What was the man's job?**

- a) Train conductor
- b) Tailor
- c) Taxidermist
- d) Tax collector\*

**3. What did Jesus say to Matthew?**

- a) Face the music
- b) Follow Me\*
- c) Fair and Square
- d) Fight fire with fire

**4. Fill in the blank. "Those who are healthy don't need a \_\_\_\_\_."**

- a) New toy
- b) Pet monkey
- c) Doctor\*
- d) Job

**5. Fill in the blank. "I want mercy and not \_\_\_\_\_."**

- a) Sacrifice\*
- b) Satire
- c) Scrutiny
- d) Sentiment

# MAKE IT STICK

5 SIMPLE WAYS  
YOU CAN MAKE  
THIS LESSON STICK  
WITH YOUR KIDS

## Donuts and Disciples Lesson 1



### IN THE CAR:

Ask your child what they learned about this week on the drive home:

If a donut has no toppings, not even glaze, is it even a donut? It's basically just a circle of bread! But when you add the sweetness of glaze or frosting and sprinkles, suddenly you have a pretty special treat! As Jesus showed with Matthew, when we become disciples of Jesus, he redeems our sinful lives and transforms them into a sweet life filled with joy and purpose. Matthew 9:9-13, The Calling of Matthew



### HANGING OUT:

Make this week's lesson real: Ask your kids ...

Would you have left and followed Jesus like Matthew did?

Who is someone you can show mercy to this week?



### AT DINNER:

Here are some great discussion starters:

What are some jobs today that people look down on, the way people in the bible looked down on the tax collectors?

What kinds of people do we think of when we think of sinners today?

If we're all sinners, how did Jesus save us?



### AT BEDTIME:

Quiz your child on this week's memory verse:

"Have your roots in him. Build yourselves up in him. Grow strong in what you believe."

Colossians 2:7a (NIRV)



### PARENT TIME:

What you need to know:

It is so easy to think of other people as sinners, just as the Pharisees did. It is so easy to point out where others have gone wrong. We know deep in our hearts we are equally as guilty. We each need Jesus. Thankfully, He loves us so much and wants to give us the "sweet life." All we have to do is follow Him.

# DONUTS AND DISCIPLES

## TAKE HOME ACTIVITY

### Items needed:

Brown paper bags or brown construction paper

Colored construction paper

Tape

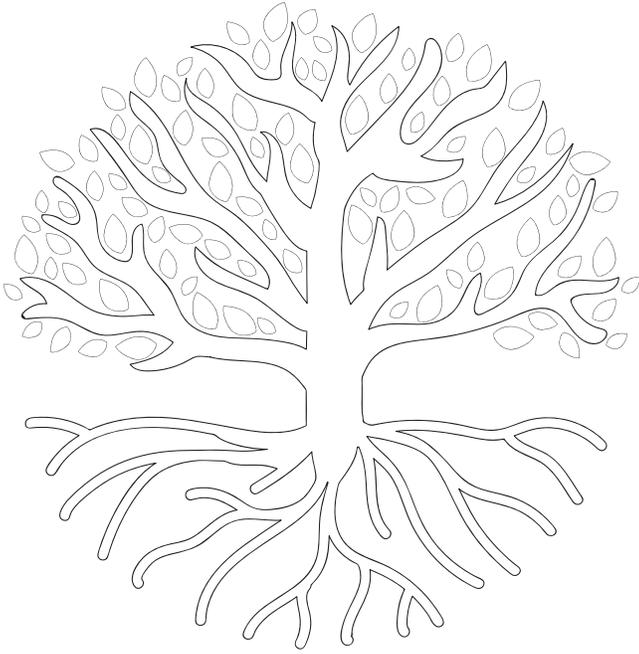
Scissors

Markers, crayons, or colored pencils

### Instructions:

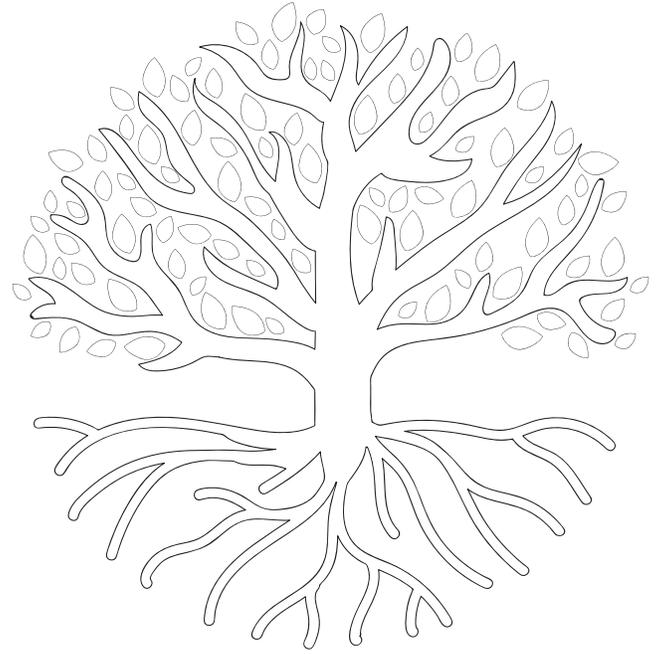
Roll one paper bag (or piece of paper) up diagonally, keeping it thin, around ½ wide.

Roll a second piece of paper up diagonally, around 2 inches wide. Bend the smaller paper and then bend the larger one around it, taping as needed. Place the paper donut over a piece of colored construction paper and trace around the outside to get the right shape for the icing. Cut it out. Then cut the inner hole. Have kids write the bottom line on the donut and decorate. Once they are done, tape their icing to their donut.



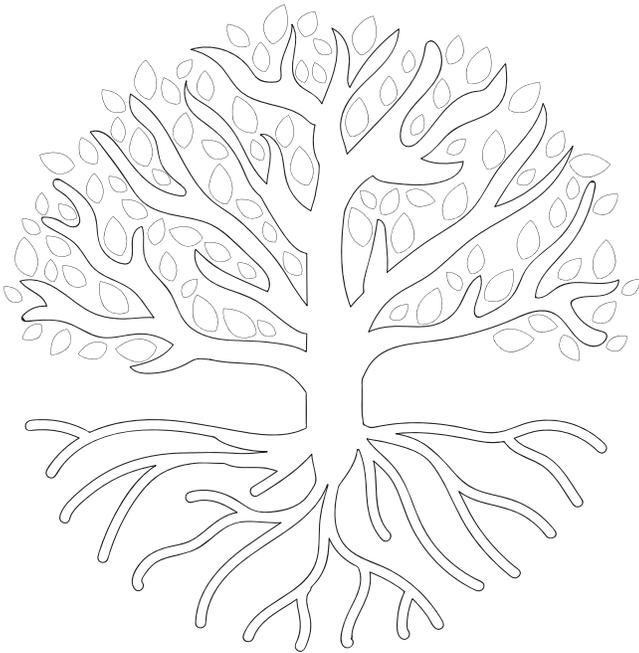
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Colossians 2:7a (NIRV)



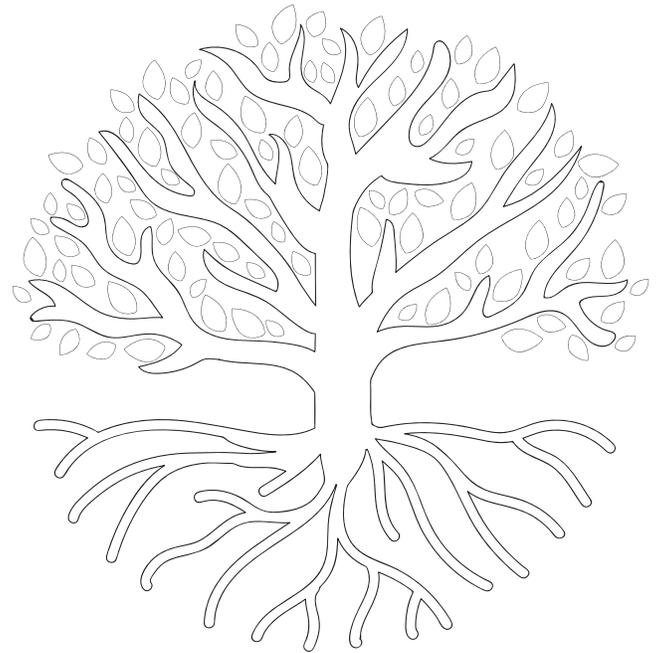
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