

# DONUTS AND DISCIPLES

## LESSON SNAPSHOT

### Donut Holes

#### **BOTTOM LINE:**

Becoming a disciple means letting Jesus change my desires.

#### **OBJECTIVE:**

Kids will learn, “Becoming a disciple means letting Jesus change my desires.”

#### **KEY PASSAGE:**

John 3:1-16, Nicodemus Visits Jesus

#### **MEMORY VERSE:**

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

#### **SUMMARY:**

Donut holes are like little baby donuts. When Jesus told Nicodemus that his followers must be “born again,” Nicodemus didn’t understand how people could become babies again. It would be like trying to turn a full-sized donut back into a donut hole. It didn’t make sense! But Jesus explained that he was talking about a spiritual birth.

#### **SIMPLE PRAYER:**

*Dear God,  
Please help my desires to become more like yours.  
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 Face Off**

Divide the students into two teams, with one team on each side of the room. The first team will call out the first phrase of the verse, then the other team will call back the second phrase. For variety, have students line up facing each other and have each pair call out their part of the verse.

### **SMALL GROUP:**

#### **Donut Hole Memory Verse Race**

##### **Items needed:**

2 paper plates with large holes cut in the middle

Scrap paper

Pencils

Break the kids up into two teams. Have the teams line up about 6 feet away from where a teacher is holding one paper plate in each hand. Give each team a few pieces of scrap paper. Explain that the kids will tear off a piece of paper from the scrap paper, write one word on the paper, then wad it up to look like a donut hole. Explain that you only have one try to get the donut hole into the hole. Continue until each word of the memory verse and the reference has been written. The team who gets the most donut holes in the hole wins.

# DONUTS AND DISCIPLES

## SKIT

### What Do You Really Want?

#### ITEMS NEEDED:

White coat or chef hat

Cell phone

#### CHARACTER BREAKDOWN:

2 M

#### CHARACTERS:

Baker Bob

Finn - a kid, friend of Declan

*(Finn, cell phone in hand, walks into Baker Bob's, filming for social media.)*

FINN: (Talking to a cell phone camera, while miming opening a door.) Hey Finn's Friends! I'm here at—

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

FINN: and let me tell you, that is exactly what I am after today. This place has gone viral—

BOB: I really don't like that word. I'm afraid the health department is going to come after me!

FINN: *(Sighs)* This place is all over the internet, (Looks toward Bob) Is that better?

BOB: Yes, thank you.

FINN: And I just had to see what all the fuss was about. My friend Declan came last week and he's been a new person ever since. Here's the thing though, my life is already pretty sweet. I mean, I'm an influencer. All these brands send me free things all the time. *(Looks to Bob again.)* This will be free, right, because I'm giving you exposure?

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## SKIT (Continued from page 3)

BOB: Exposure? What are you exposing? I don't want it. Please leave my donuts alone!

FINN: *(Frowns)* Okay, I guess we'll talk about that later. Moving on. I'm going to get me some of that sweet life now!

BOB: Okay, before I start, you do know that I sell donuts, not happiness, right?

FINN: Well, sometimes donuts can make people happy!

BOB: That kind of happiness doesn't last very long.

FINN: Can I just have the donut please?

BOB: *(Staring deep into Finn's eyes.)* Is that what you really want?

FINN: *(Rolling his eyes, talking to his camera.)* Is that what I really want? Of course it is! I want the sweet life donut please.

BOB: Okay, coming right up, and I will give it to you for free, on one condition.

FINN: *(Smiling)* Okay, what is it?

BOB: Turn off that wretched contraption.

FINN: *(Shocked)* B-but Finn's Friends, my fans need to see what's happening.

BOB: That's my offer. Take it or leave it.

FINN: *(Mimes rummaging through his pockets.)* Well, Finn's Friends, it looks like I don't have a choice. Be sure to click the subscribe button, and catch me later for the dish on Baker Bob's.

BOB: Thank you! Those darn cell phones are so distracting. Now, Finn, is it? Tell me, what really brings you here.

FINN: Umm... the sweet life.

BOB: You haven't even touched it.

FINN: Can I tell you a secret?

BOB: I think you're going to tell me no matter what, so go ahead.

FINN: I'm allergic to the chocolate on the donut.

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## SKIT (Continued from page 4)

BOB: What? What were you going to do in front of all your “Flim Flans”?

FINN: Finn’s Friends? I don’t know. You really saved me back there!

BOB: I don’t know much about all that Snap Hat, Insta Cat stuff, but can I ask you a question?

FINN: Sure.

BOB: Why do you make videos all the time?

FINN: At first I did it just for fun, but then I started getting all these followers, and I feel famous.

BOB: Do you still like making these videos?

FINN: No, now I feel like I have to do really embarrassing things just to keep getting views.

Like I let my brother punch me in the face with some new cool boxing gloves that some brand gave me. Also, I started going to church and my leader said that we should try to spend time with Jesus every day, but my fans keep begging for more content and I don’t have time for both.

BOB: So, the sweet life you thought you wanted isn’t so sweet anymore?

FINN: Exactly.

BOB: *(Turns around, miming grabbing something and putting it on a plate.)* So, it sounds like you know what you need to do to get the real sweet life.

FINN: Yeah, I need to take a break from my videos.

BOB: Atta boy! *(Mimes handing Finn a plate.)* Enjoy your Sweet Life, without the chocolate.

# DONUTS AND DISCIPLES

## OBJECT LESSON

### ITEMS NEEDED:

Regular size donut, donut hole

Welcome back! For this series, we are talking all about donuts and how that relates to discipleship, which is just a fancy word for following Jesus. Last week, we learned that we need God's help to have the sweet life. This week, we are talking about donut holes. Who loves donut holes? Okay, but does anyone love donut holes more than actual donuts?

So here's the fun thing about donut holes. They are like cute little baby donuts. In today's story, the Pharisee, Nicodemus sneaks around at night to go meet Jesus because the Pharisees don't like Jesus, and Nicodemus didn't want to be caught. Jesus tells him that he must be born again. Nicodemus thinks that Jesus is telling him that he needs to turn back into a baby so that he can see the kingdom of God.

(Holding up the regular donut.) So, we'll pretend that this donut is Nicodemus. Everyone say hi to Nicodemus the donut! (Now hold up the donut hole.) How can we turn big Nicodemus into little baby Nicodemus?

You're right, we can't. But that wasn't what Jesus was asking Nicodemus to do anyway. Jesus meant to be born again spiritually. It's kind of like when your donut gets a little stale and you put it in the microwave for just a little bit and it somehow tastes even better than when you first got them. Putting it in the microwave changed it, just like being born again means letting Jesus change our desires.

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## LARGE GROUP GAME

### ZIG ZAG

#### ITEMS NEEDED:

Painter's tape  
Hula hoops

#### INSTRUCTIONS:

Break the group up into teams. Create a crooked, zigzag path out of painter's tape for each team. Each person must roll the hula hoop along the path to the other side and back, allowing each member to take their turn. Whichever team does it the quickest wins.

#### WHAT'S THE POINT:

The hula hoop changed the way we wanted to go, just like becoming a disciple changes the way we want to go.

# 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 letting Jesus change my desires."

### **KEY PASSAGE:**

John 3:1-16, Nicodemus Visits Jesus

### **INTRO:**

Who here loves babies? Raise your hands. Me too! What are some of your favorite things about babies? (Take some answers from the crowd.) I love baby fingers, baby toes, baby noises, baby giggles! I just really love babies!

Does anyone wish they could go back to being a baby? *(Take some answers from the crowd.)* I don't know if I would. As you get bigger, what are some things that you get to do that you couldn't do when you were younger? *(Take some answers from the crowd.)* You definitely get to eat way better food as you get older and you can ride your bike and play video games.

In our story today, we will learn about a guy named Nicodemus who thought that Jesus was asking him to become a baby again. Let's read to find out what Jesus really meant.

### **READ JOHN 3:1-16**

### **MAIN POINT:**

The first person we come across in this story is a Pharisee. Who knows what a Pharisee is? Pharisees were religious leaders, kind of like people who work at a church, who basically thought that if you wanted to go to heaven, you had better follow all of THEIR rules perfectly. And, they really didn't like Jesus at all. They were angry that Jesus was going around saying that He had come to save everyone, because they wanted people to come to THEM for help! But, Nicodemus, who was a Pharisee, heard about Jesus and his teachings and wanted to know more. He was afraid of the other Pharisees finding out, so he sneaked around at night to meet Jesus.

Jesus explained that in order to see the kingdom of God, you have to be born again. Now, did Jesus mean to go back into his mama's belly and then crawl and cry

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## LARGE GROUP LESSON

around? No. Jesus meant a spiritual rebirth. That means something that Jesus does inside your heart. When you follow Jesus and He changes your heart, it changes your desires, the things you want.

To be born again, you don't really DO a lot, you just have to believe. Jesus used examples of things people did understand to help them to learn about things they didn't understand. He talked about the wind as a way to talk about the Spirit. Then, He talked about someone who Nicodemus would have known about, Moses. Moses lifted a snake made of bronze up on a stick so that everyone who was sick could look at it and be saved.

What did people have to do to be saved and not die in the Moses story? They simply had to believe and look at the snake. What do people have to do to be saved and go to heaven? They have to look to Jesus and believe in Him!

### **DRIVE IT HOME:**

Nicodemus had a lot of trouble understanding all that Jesus was trying to tell him, and Jesus had to keep explaining for quite awhile. Then, Nicodemus finally understood. He had to stop trusting in himself and learn to trust in God.

The best way to trust in God is to get to know Him better. You can do that by reading your bible and praying and learning from other people who follow Jesus, like our pastor or maybe your parents.

As you continue to learn about God, you can trust God. When you trust God, you allow Him to guide your life. That might mean that He'll guide you to do something that is out of your comfort zone, but that thing might help someone else or it might bring you closer to Him. Becoming a disciple means letting Jesus change your desires. If you want to follow Jesus or have any questions about what that means, please come talk to one of the grown-ups in this room!

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

*Dear God,*

*Thank you that if we follow You, you will change our desires to guide us to a better path.*

*In Jesus' name,*

*Amen*

# DONUTS AND DISCIPLES

## SMALL GROUP DISCUSSION (K-2ND)

### ICEBREAKER:

Which do you prefer, donuts or donut holes?

### MEMORY VERSE ACTIVITY:

#### Donut Hole Memory Verse Race

Items needed:

2 paper plates with large holes cut in the middle

Scrap paper

Pencils

Break the kids up into two teams. Have the teams line up about 6 feet away from where a teacher is holding one paper plate in each hand. Give each team a few pieces of scrap paper. Explain that the kids will tear off a piece of paper from the scrap paper, write one word on the paper, then wad it up to look like a donut hole. Explain that you only have one try to get the donut hole into the hole. Continue until each word of the memory verse and the reference has been written. The team who gets the most donut holes in the hole wins.

### SMALL GROUP GAME/ACTIVITY:

#### Donut Hole Stacking

Using either real donut holes or wadded up paper, split the group up into teams, giving them the same amount of items and have them see which team can make the highest structure without it falling down

### DISCUSSION QUESTIONS:

#### Read John 3:1-16

Why was it a big deal that Nicodemus came to see Jesus?

What time of day was it when Nicodemus went to see Jesus?

What can no one see unless they are born again?

If born again doesn't mean going back into your mom's belly, what does it mean?

What does a man have to be born of to enter the Kingdom of God?

### SIMPLE PRAYER:

*Dear God,*

*Thank you for inviting us to see Your kingdom.*

*In Jesus' name,*

*Amen*

# DONUTS AND DISCIPLES

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

### ICEBREAKER:

Which do you prefer, donuts or donut holes?

### MEMORY VERSE ACTIVITY:

#### Donut Hole Memory Verse Race

Items needed:

2 paper plates with large holes cut in the middle

Scrap paper

Pencils

Break the kids up into two teams. Have the teams line up about 6 feet away from where a teacher is holding one paper plate in each hand. Give each team a few pieces of scrap paper. Explain that the kids will tear off a piece of paper from the scrap paper, write one word on the paper, then wad it up to look like a donut hole. Explain that you only have one try to get the donut hole into the hole. Continue until each word of the memory verse and the reference has been written. The team who gets the most donut holes in the hole wins.

### SMALL GROUP GAME/ACTIVITY:

#### Donut Hole Stacking

Using either real donut holes or wadded up paper, split the group up into teams, giving them the same amount of items and have them see which team can make the highest structure without it falling down.

### DISCUSSION QUESTIONS:

#### Read John 3:1-16

Why was it a big deal that Nicodemus came to see Jesus?

Why did he have to come see Jesus in the middle of the night?

What did it mean to be a member of the Jewish ruling council?

If born again doesn't mean going back into your mom's belly, what does it mean?

What does a man have to be born of to enter the Kingdom of God?

### SIMPLE PRAYER:

*Dear God,*

*Thank you for inviting us to see Your kingdom.*

*In Jesus' name,*

*Amen*

# DONUTS AND DISCIPLES

## POWERPOINT REVIEW GAME

**1. What was the name of the man who came to see Jesus at night?**

- a) Nickelodeon
- b) Nidoran
- c) Nicholas
- d) Nicodemus\*

**2. What kind of person was the man?**

- a) Sadducee
- b) Zealot
- c) Pharisee\*
- d) Tax collector

**3. Fill in the blank. No one can see the kingdom of God unless they \_\_\_\_\_.**

- a) face the music
- b) are born again\*
- c) have night vision goggles
- d) wear rose colored glasses

**4. Who lifted up the snake in the wilderness?**

- a) Jesus
- b) Nicodemus
- c) John
- d) Moses\*

**5. Fill in the blank. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have \_\_\_\_\_."**

- a) Eternal glory
- b) Eternal life\*
- c) the Eternal City
- d) Marvel's "The Eternals"

# MAKE IT STICK

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

## Donuts and Disciples Lesson 2



### IN THE CAR:

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

Donut holes are like little baby donuts. When Jesus told Nicodemus that his followers must be “born again,” Nicodemus didn’t understand how people could become babies again. It would be like trying to turn a full-sized donut back into a donut hole. It didn’t make sense! But Jesus explained that he was talking about a spiritual birth. John 3:1-16, Nicodemus Visits Jesus



### HANGING OUT:

Make this week’s lesson real:

Ask your kids ...

Who do you go to when you have questions about God?

What is something that might hold someone back from being born again?



### AT DINNER:

Here are some great discussion starters:

What are some things that you think happen to you once you’re born again?

What are some desires you have that might be different than what Jesus wants for you?

What are some ways you can know what Jesus wants for you?



### 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:

Think back to the moment that you decided to give your life to Christ. (If you haven’t yet, that’s okay! Take this time to reflect on why you haven’t done that yet.) At that moment, you trusted God so deeply that you surrendered your life to Him and promised to trust Him. Part of that is allowing the Spirit to change you and change your desires. Take some time this week to reflect on how your life is different because you chose to be born again. Share that with your child this week.

# DONUTS AND DISCIPLES

## TAKE HOME ACTIVITY

### Items needed:

Paper

Pencil

Crayons, markers, or colored pencils

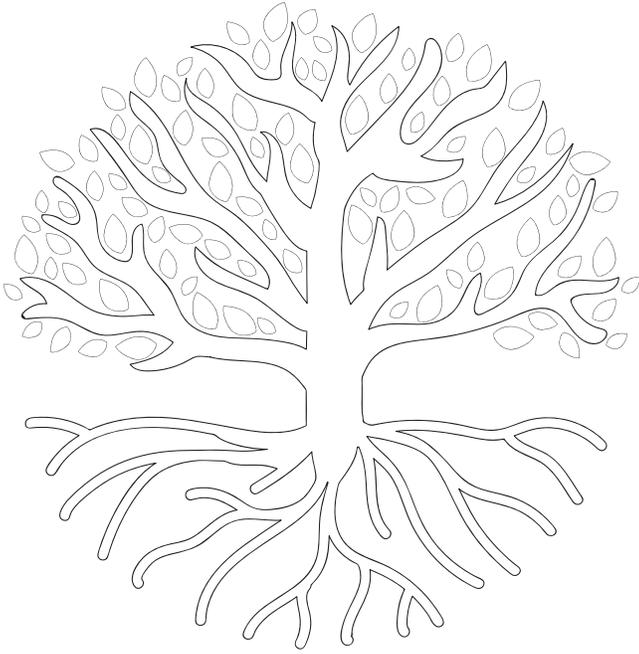
### Story Sketch

#### Instructions:

Instruct the kids to turn their paper horizontally and make 4 equal boxes to look like a comic strip. Then, ask the kids to pick 4 things they remember from the story today and draw them in each of the boxes.

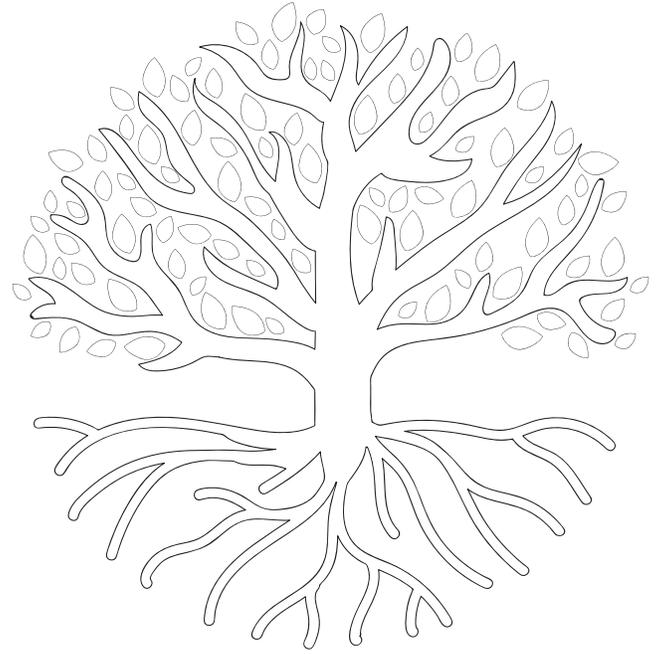
Remind them to take it home and show their parents what they learned.

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.



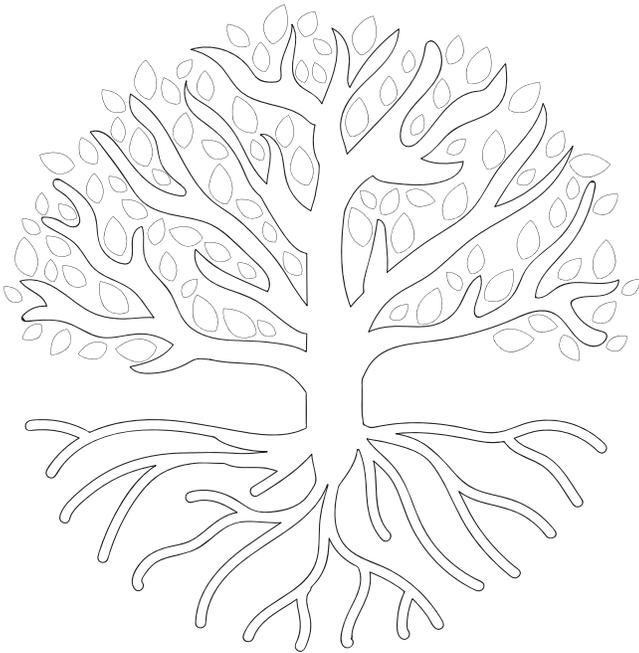
**“Have your roots in him. Build yourselves up in him.  
Grow strong in what you believe.”**

Colossians 2:7a (NIRV)



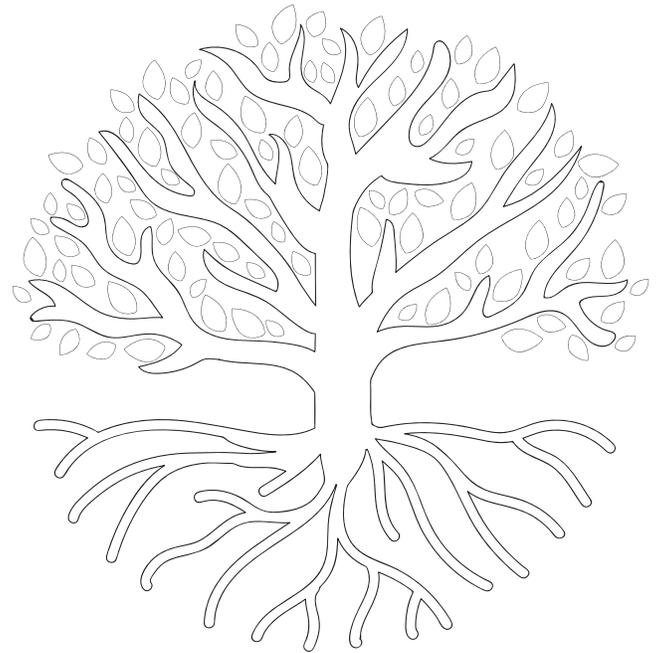
**“Have your roots in him. Build yourselves up in him.  
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Colossians 2:7a (NIRV)



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Colossians 2:7a (NIRV)



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