



WAYS TO GROW

Curriculum Spring 2025



WAYS TO GROW

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Memory Verses

Week 1

JEREMIAH 23:29

"Does not my word burn like fire?" says the Lord. "It's like a mighty hammer that smashes a rock to pieces."

Week 2

PHILIPPIANS 4:6

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all He has done.

Week 3

GALATIANS 6:9

So let us not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Week 4

EPHESIANS 4:3

Make every effort to keep yourselves united in Spirit, binding yourselves together with peace.

Week 5

JOHN 13:4-5

So He (Jesus) got up from the table, took off His robe, wrapped a towel around His waist, and poured water into a basin. Then He began to wash the disciples' feet, drying them with the towel he had around Him.



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Lesson 1: The Bible

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2 TIMOTHY 3:13-17

Reading the Bible changes our lives.

In this series, we are going to be covering ways to grow spiritually, sometimes known as the "Means of Growth." The first way God provides for us to grow spiritually is through reading the Bible.

WHY CAN IT CHANGE OUR LIVES?

- The Bible is God's words to us. It is inspired by God, meaning that he told the writers of scripture what to write down. Since the Bible is the word of God, it is incredibly powerful (Jer. 23:29).
- It is how we learn about salvation (2 Tim. 3:15).
- God gives us wisdom and correction through it (example of the Proverbs, 2 Tim. 3:16).

HOW DOES IT HELP ME GROW CLOSER TO GOD?

- Reading the Bible is how we listen to God. Trying to get to know God without reading the Bible is like trying to be friends with someone without ever listening to them.
- 2 Truths and a Lie example: You have to know what's true in order to know the lie.
- The Bible is our spiritual food: If we want to be strong, healthy followers of God then we need to eat! (1 Pet. 2:2)

Thinking that the Bible is boring or too old to be relevant.

Learning about the Bible is so fun! Keep learning about the ways God wants to change your life through the Bible. If you want to know how to start reading the Bible on your own, you can ask a leader!

- Imagine you didn't eat for 1 day, 3 days, 1 week, 1 month! How would you feel?
- Read 1 Peter 2:2. How does this verse say we should feel about the Bible? How is the Bible like food?
- What are some tips you could give a friend if they wanted to start reading the Bible on their own?
- Why is it worth it to get to know God better?



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Lesson 1: The Bible

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BIBLE BEAD KEYCHAINS

Sometimes, it can be hard to remember to read the Bible on our own. Put this keychain on your backpack or in your room and use it as a reminder that reading the Bible "unlocks" growing a deeper relationship with God.

Beads, cord, scissors, key rings

1. Cut your cord to about 1ft long and fold in half.
2. Attach your cord to the keychain by following the picture below.
3. Put 3 beads onto one of your cords.
4. Hold onto those 3 beads and thread the second loose cord through the opposite direction of the first cord. One cord should be going one way through the beads and the other cord should be going the opposite direction.
5. Pull the cords snug to secure the beads.
6. Repeat steps 3-5 until you have made your keychain the right length and use both sides of the cord to knot it at the bottom. See the picture below if you are confused.
7. Enjoy your new keychain!

Steps 3-5:





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Lesson 2: Prayer

Passage

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EPHESIANS 3:12-20

We get to talk to God whenever and wherever we want!

In this series, we are talking about the different ways we can grow with God. Just like you get to know your family and friends by talking with them, we can grow in our relationship with God by talking with him, too.

WHY IS IT SO AWESOME?

- We have direct access to the creator and ruler of the world (Heb. 4:16).
 - We can talk to God at anytime because Jesus made us able to be accepted by God when He died.
- God is excited to talk to us! (Eph. 3:12)

HOW DOES IT HELP ME GROW CLOSER TO GOD?

- When we pray, we get to see God work. Is there something you don't like or are upset about? Is there something you wish would happen? Pray about it!
- It grows our patience.
 - God knows what's best...even better than us! He is powerful and can do anything, but he doesn't always do what we want. Instead, we get to see His better plans.

I can only talk to God when I've been good or when I'm at church.

We can pray anywhere and any time! That means you can pray at school, in the car, before bed, or in the shower. Find a spot around your house that you like to pray at most.

- What do you and your friends like to talk about?
- What might be some reasons someone doesn't pray?
- What do you like to talk to God about?
- Set a goal to pray for something that makes you nervous or excited this week. Set a goal to pray for someone else.



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Lesson 2: Prayer

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PRAYER PINWHEEL

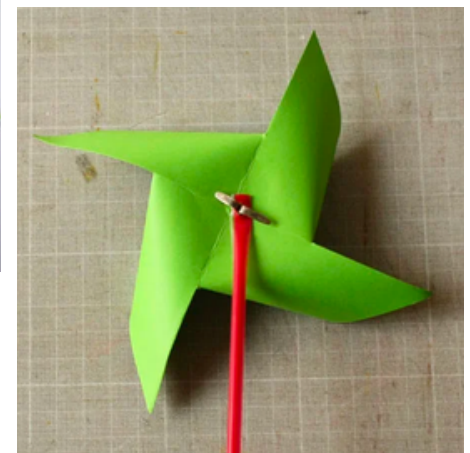
Our prayers can do big things even if we can't see them, just like air moves a pinwheel even though we can't see air!

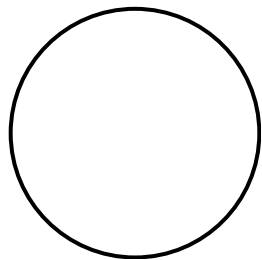
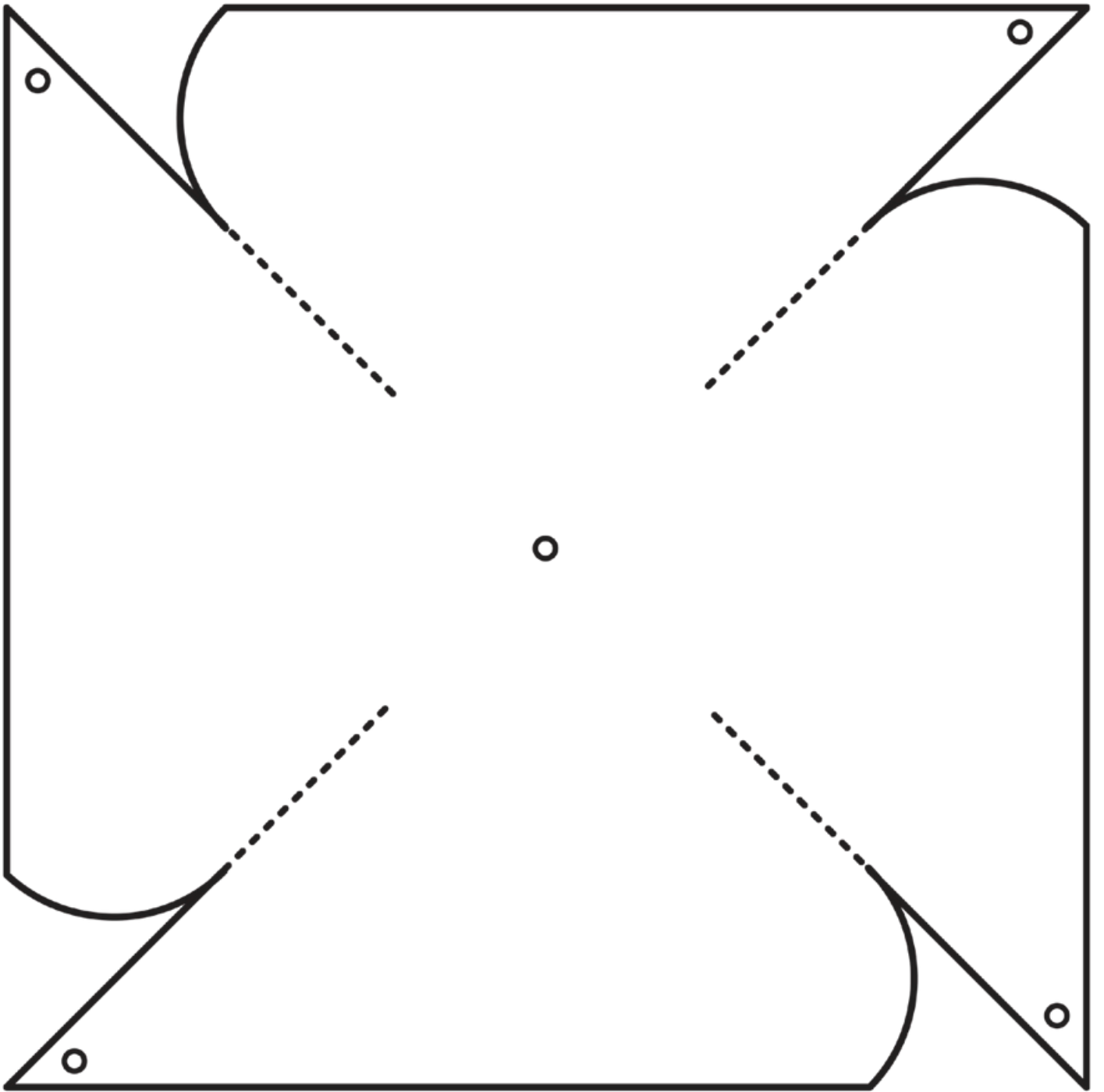
Pinwheel printouts, glue, sewing needle, paper fasteners, scissors, straws

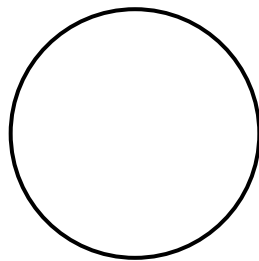
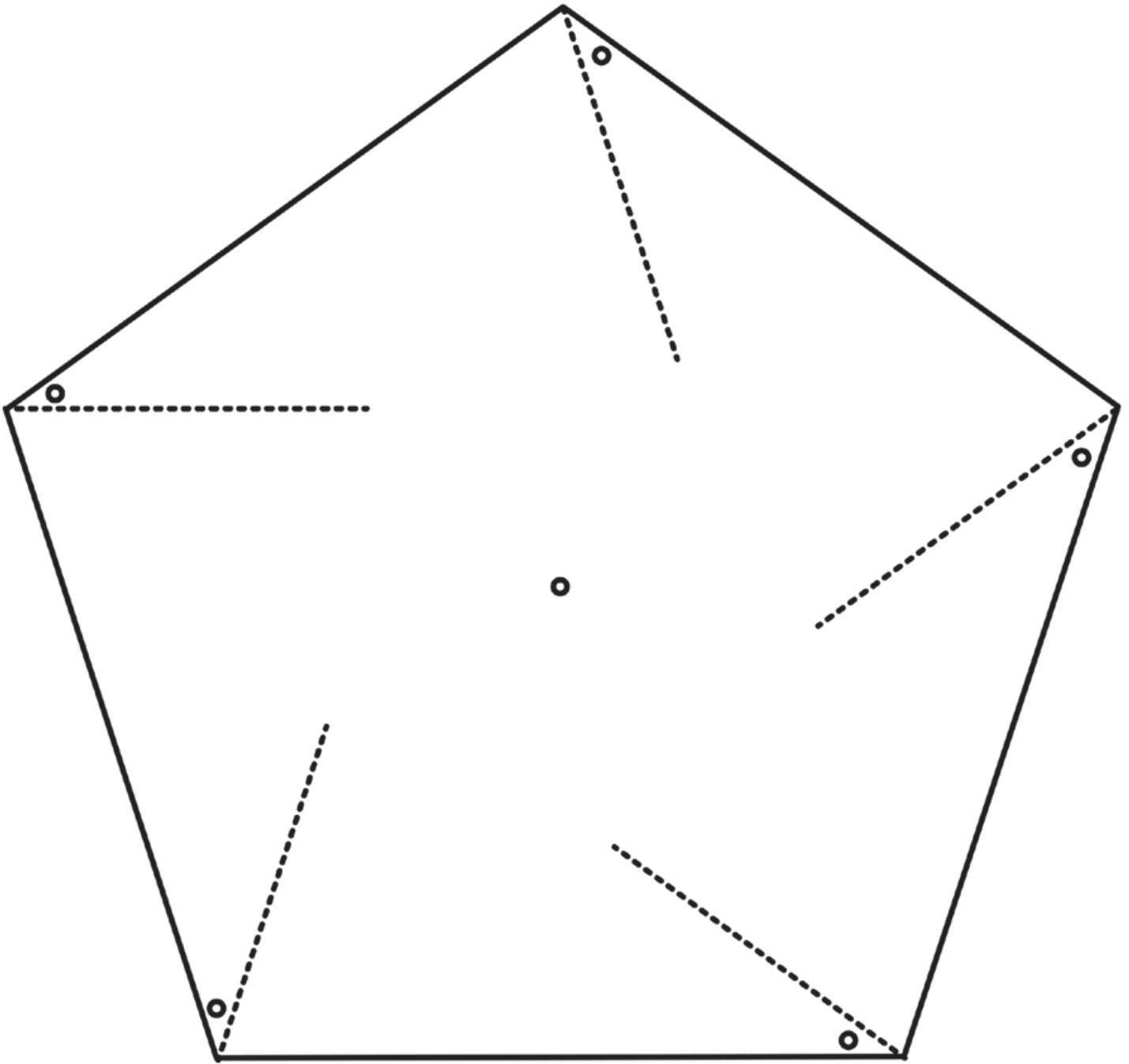
1. Choose which type of pinwheel you want and cut along the solid and dotted lines, as well as the circle underneath it.
2. Bring each of the dots on the outside points to the center dot and secure with glue.
3. Use the sewing needle to poke a hole through the center of the pinwheel, the center of the circle you cut out, and on one end of the straw.
4. Place the circle in the center of the pinwheel, where you brought all of the edges into the center.
5. Put the paper fastener through the circle, the pinwheel, and the straw and secure it in place.
6. Enjoy your pinwheel!

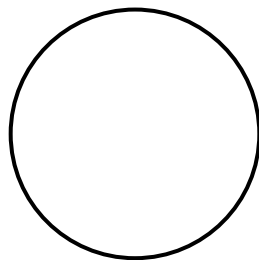
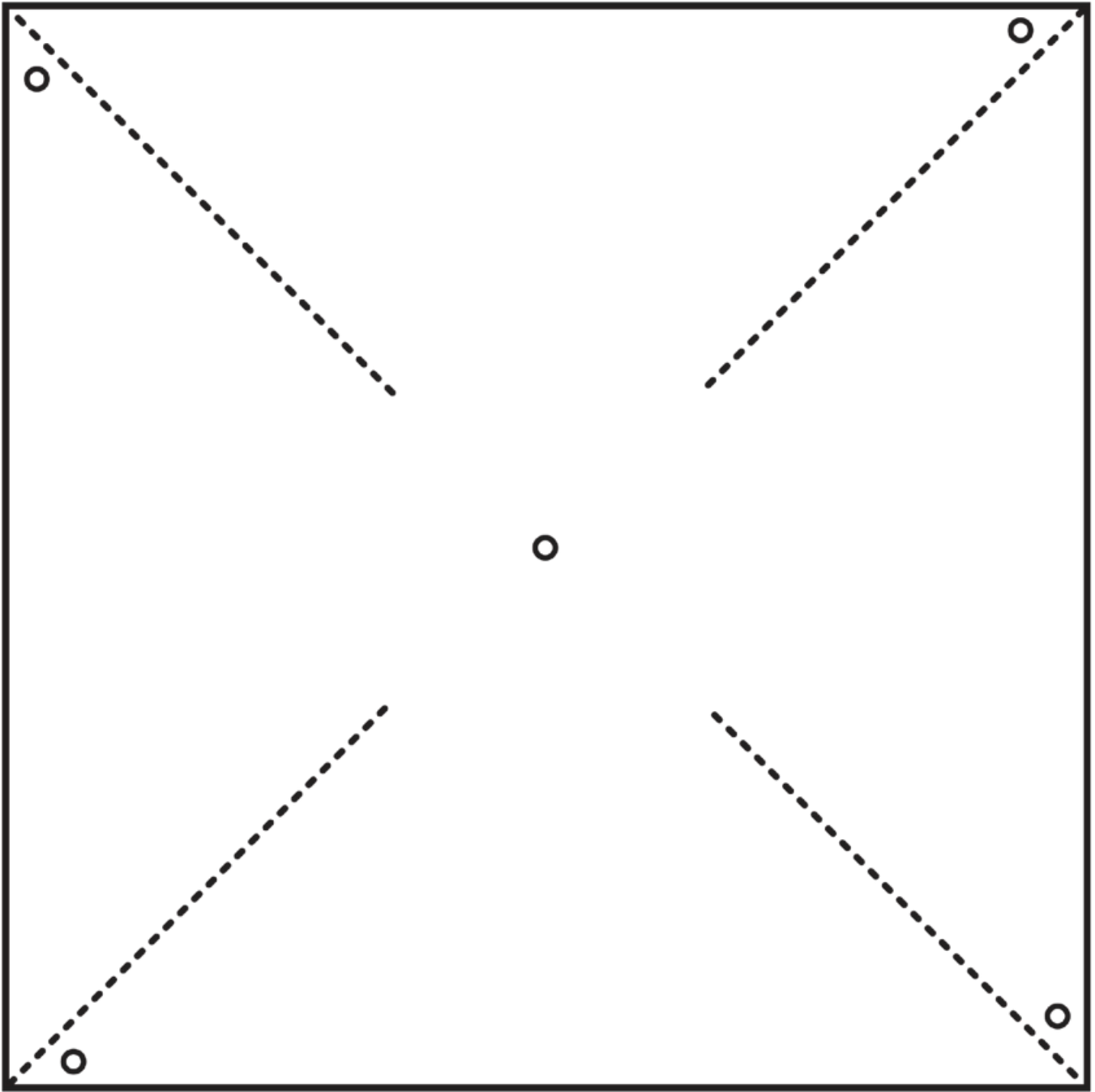


View of the back:











WAYS TO GROW

Lesson 3: Suffering

Passage

Main Point

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HEBREWS 12:11

We can let our times of suffering bring us closer to God.

Suffering is when bad things happen to us. God can use our suffering for good! "Discipline" is not always bad. When it comes from a loving father, it is to benefit the kid and help them have a better life.

3 TYPES OF SUFFERING

1. Suffering that isn't our fault
 - Natural disasters, losing family members, other people's choices, etc.
2. Suffering because of my own choices.
 - I didn't do my homework and now I have to go to summer school, etc.
3. Suffering because we follow God.
 - Getting made fun of for talking about God, getting made fun of for my friends, etc.

HOW DOES IT HELP ME GROW CLOSER TO GOD?

1. Not our fault: A chance to learn how to trust that God will take care of you. We can look forward to heaven when these things won't happen anymore.
2. My own choices: A chance to see the ways that God wants to grow our character to make us more like Him.
3. Following God: Learn that God's plans are better than ours. When we keep going even though we are suffering we get to see God do AMAZING things.

Get angry at God for bad things happening to us. Quit when following God gets hard.

Think about who God is and how he might want to use your situation of suffering for good. God wants to do cool things through our suffering!

- When is a time you went through suffering?
- What type of suffering was your example?
- What are some things that God might have wanted to teach you through that suffering?
- Why do you think God lets us suffer? He is powerful-- why doesn't he just stop all bad things from happening?



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Lesson 3: Suffering

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COLORING PAGES

When bad things happen to us it can be easy to feel stressed or worried. Pick up a coloring page to help get rid of your stress! It helps to take time to slow down to talk to God about what is worrying you or the ways that you might be suffering.

Coloring pages, colored pencils

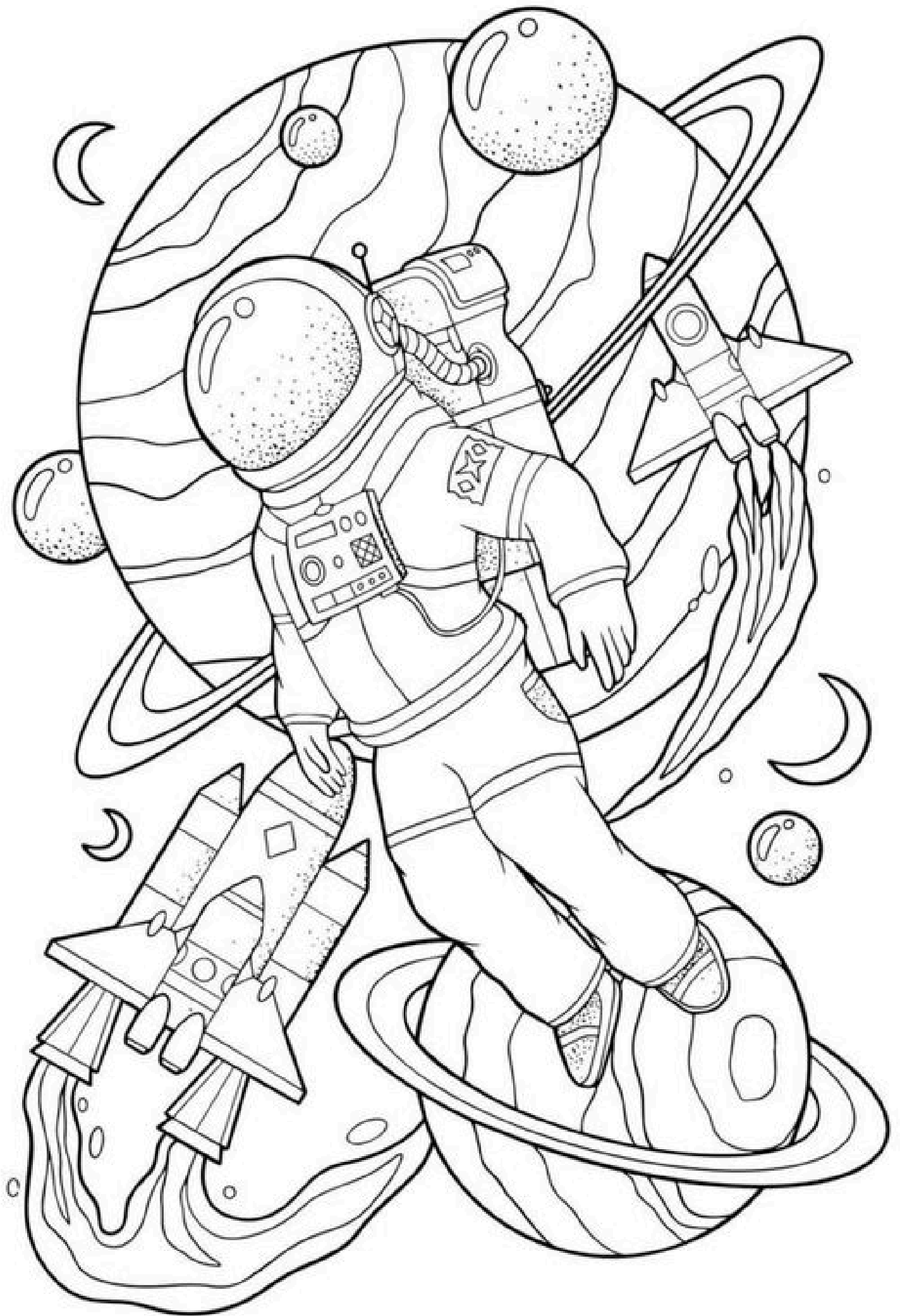
1. Pick a coloring page that you like.
2. Take time to slow down and talk to God as you color!













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Lesson 4: Fellowship

Passage

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HEBREWS 10:24-25

Close friendships with other Christians will help us follow God.

Review last few weeks. Fellowship = a group of people that join together for a common purpose.

THE BODY OF CHRIST

1 Corinthians 12:12-18

- Just like a body has many different parts that all function differently. Each person in Christian community gets to play a different role because of their unique strengths.
- A body would be weird if all parts were the same. A community of believers would be weird if everyone was exactly the same.

HOW DOES IT HELP ME GROW CLOSER TO GOD?

- You get to learn from each other. God has taught each of us something valuable through our unique lives that we get to share with others (Phil. 2:3).
- Serve God together: loving people, helping people understand more about who God is.
- Encourage each other to keep going even when it's hard (Heb. 3:13).
- Learn how to forgive (Eph. 4:32).

Not having close friendships, but just "going with the motions." Going to church, hearing about the Bible, doing random things with Christian friends, but not really having deep friendships.

One of the best ways to get to know people is to ask questions or share about your own life. Pick someone at TNT who you don't talk to very often and ask them a question about their life or share something about your own!

- What is the difference between fellowship like we talked about today and just hanging out with your friends? How are they similar? How are they different?
- How is a community of Christians like a body?
- What are ways we can function as a body at TNT each week?
- How does having friendships with other Christians help us pray? How does it help us study the Bible? How does it help us when we are suffering?



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Lesson 4: Fellowship

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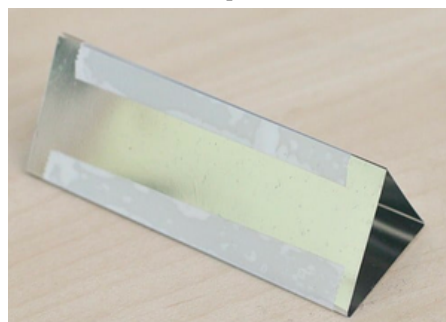
KALEIDOSCOPE

Today you learned that there are many different types of people that make up one Body of Christ, just like there are many different things in a kaleidoscope that make up one design!

Toilet paper roll, cardstock, tape, bendy straws, scissors, colored pencils

1. Cut the 3 strips on the printout and cover them in aluminum foil. Tape the back so that the foil stays on.
2. Tape the strips together to form a triangular prism (see below).
3. Slide the aluminum covered strips into the toilet paper roll (see below).
4. Cut off the straight end of the straw so that the straw is about 3in long and you are left with the bendy end.
5. Tape the straw along the top of your tube, with the flexible part hanging over the edge.
6. Cut out the circle from the printout and poke a hole through the center.
7. Decorate the circle with fun designs!
8. Slide the circle onto your straw with the design facing the roll so that it rests on the flexible part of the straw.
9. Enjoy your kaleidoscope by looking into it and admiring your designs!

Step 2:

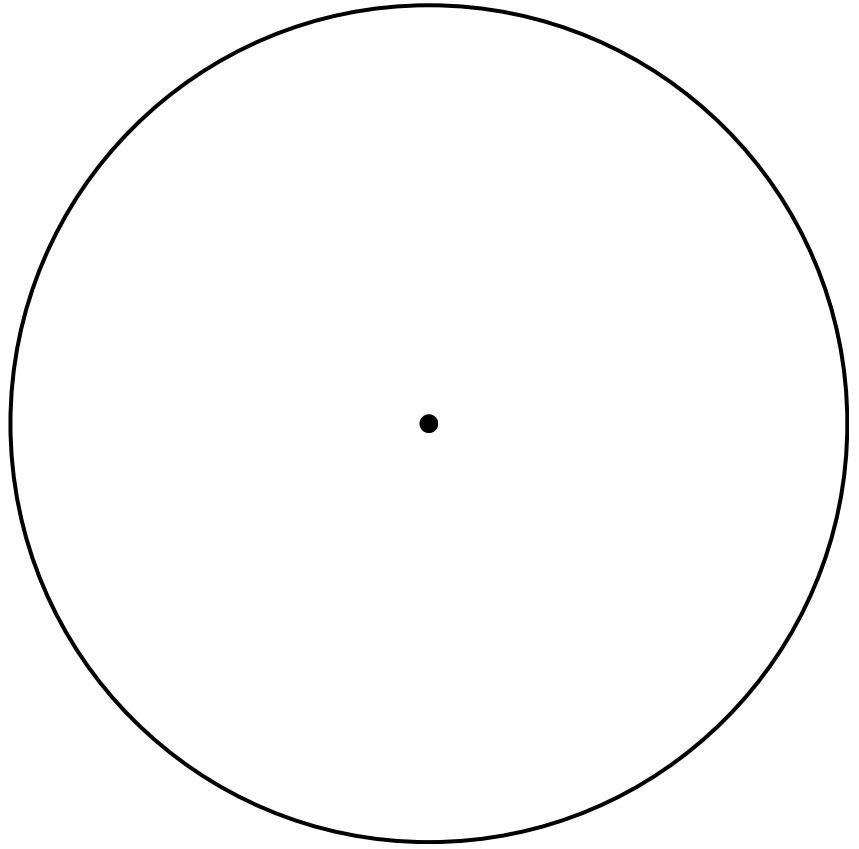
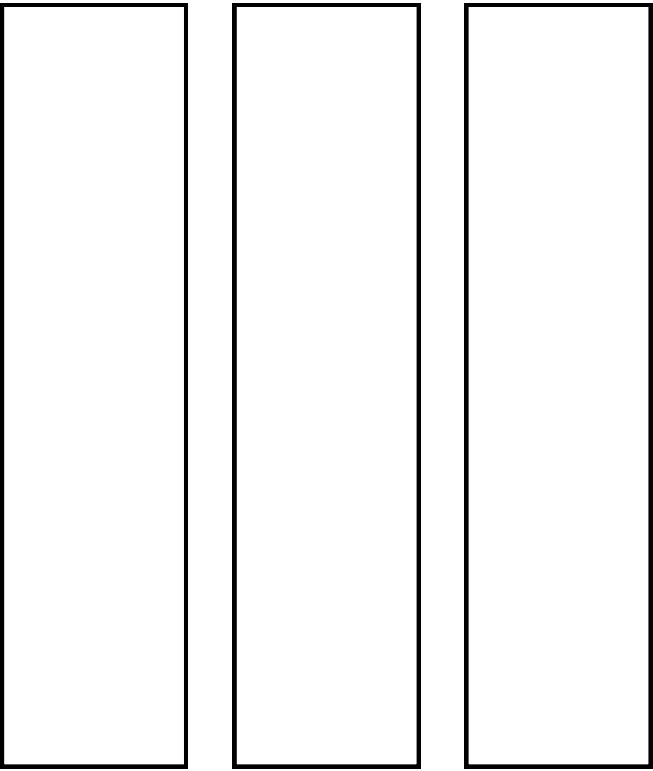
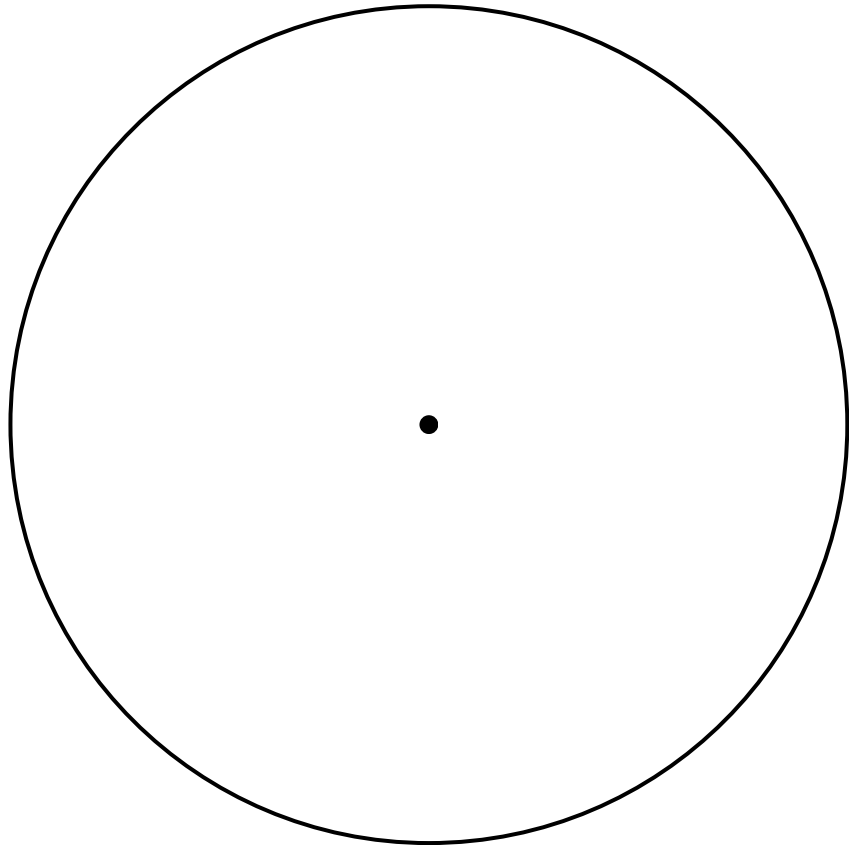
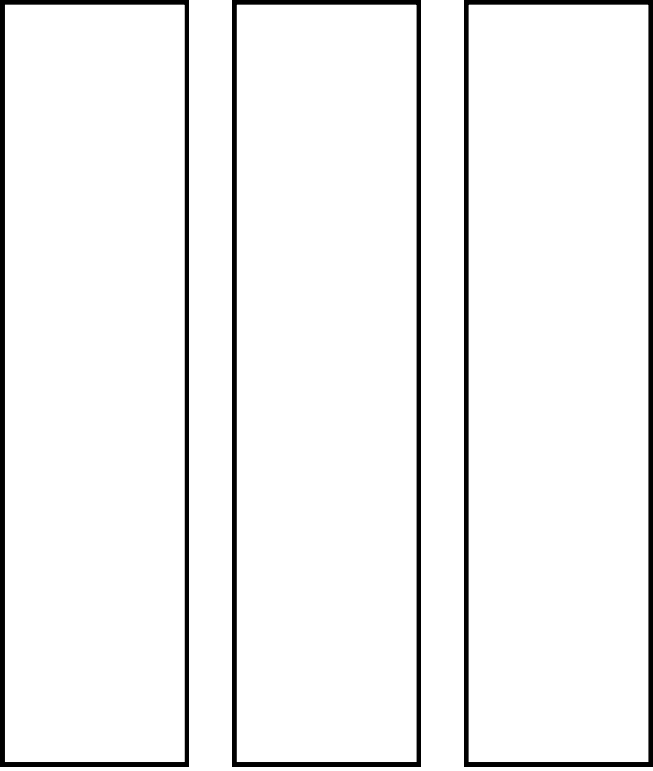


Step 3:



End Result:







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Lesson 5: Serving

Passage

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JOHN 13:34-35

We can grow with God by following Jesus' example of serving others.

Review last few weeks. In this series, we have learned a lot about how we can grow with God. This week, we are going to learn from the best example: Jesus.

JESUS' EXAMPLE

- Jesus knew that He was God's child. This is why He chose to live His life serving others. This can be our basis for serving others, too: we are God's children and have all of our needs met by Him.
- Jesus served by doing the thing that no one else wanted to (ex. washing the disciples' feet in John 13:1-17).

HOW DOES IT HELP ME GROW CLOSER TO GOD?

- We can know ABOUT a lot of things, but what we choose to do with this knowledge is what matters.
 - We can know ABOUT God-- but if we want to know Him we need to receive His free gift.
 - We can know ABOUT serving-- but if we want to grow, we should act on what we know is the loving thing to do.

I don't care about others, I need to worry about myself first. Worry about what others think of me.

Think about ways you can serve the people around you. Take the step to act on those thoughts!

- What are some reasons God might want us to serve others?
- What are some ways we can serve others? Who are different people we can serve? Brainstorm specific ways you can serve the members of your family, your discussion group, your friends at school, etc this week.
- Why would it be helpful to know that we're already taken care of by God when we go out to serve people?



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Lesson 5: Serving

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SERVING HELPER

Write some fun, creative ways you can serve people in your fortune teller! When you get stuck or aren't sure how you can serve others, use it and it will help you come up with some ideas.

Square piece of paper, colored pencils

1. Follow directions on the diagram below.
2. When complete, decorate with colored pencils!

