

SPIRITUAL HEALTH LESSONS

This is a set of 25 chronological Bible stories that explain the origin of Sin and why Jesus had to come to earth to destroy it. These stories are just one way of teaching spiritual health lessons in conjunction with your teaching about physical, social or emotional health. They can also be used to teach new disciples.

Each story comes with a short title and a hand motion icon. Prayerfully read these stories and then adapt the set to best communicate the gospel to your target people. You can add or delete stories in any way that meets your needs, or change the hand motion icons.

1. ANGELS—Hold hands as close to your shoulders as possible with your hands pointing away from you. Then, flap your hands like a bird's wings.
2. EARTH—Place hands together with palms up at waist height. Move hands away from each other as if you were simultaneously drawing two sides of a big circle from bottom to top. The motion is finished when your hands meet again at the top with palms facing down.
3. SIN—With your hands above your head, let them fall until your arms are covering your head and point your face down as if in shame.
4. MURDER—Cover your face with your hands.
5. JUDGEMENT—Hold your left hand in front of you with the palm up and let your right fist fall into the left hand like a judge's gavel striking a desk.
6. TOWER—With your fingers extended bring your fingertips together with your elbows apart. This should make a pyramid-like shape in front of you.
7. GOD PROMISES—Clasp your hands together in front of you with the right hand on top and shake.
8. FAITH—Close your eyes and face upward with your hands open and palms facing upwards.
9. MORE PROMISES--Clasp your hands together in front of you with the right hand on top and shake.
10. MOSES—put your right hand on your hip and act as if you have a staff in your right hand.
11. BLOOD—Hold your left palm up. With your right index finger slowly draw a line down the anterior side of your forearm to your wrist.
12. GOD FIGHTS—Hold your fists in front of you in a fighters position.
13. 10 COMMANDMENTS—Hold up ten fingers with your palms facing away from you.
14. SACRIFICES—Hold your left hand out in front of you in a fist facing downward as if it were holding the head of a sheep. Act as if you have a knife in your right hand and make a sweeping motion under your left hand as if you were cutting the throat of the sheep.
15. KINGS AND PROPHETS—Make a large circle with your hands by putting your thumbs together and the tips of your middle fingers together. Place the circle over your head like a crown.
16. MIRACLE BABY—Act as if you were cradling a baby in your arms.
17. BAPTISM—Put your palms together like you are praying. Keeping your hands together rotate them down and then back up to your right.
18. WALKING / STORM—Walk in place. Raise all ten fingers to the ceiling and bring them down in front of you like falling rain.
19. SEEING / DEMONS—Place your open hands to the sides of your closed eyes. Then open your eyes. Then curl your fingers out in front of you like claws, show your teeth, and growl.
20. WATER / FOOD—pretend to pick up a glass, drink from it, and put it down. Then pretend to pick up bread and bring it to your mouth with your right hand.
21. TEACHING / DEATH—Hold your left palm up in front of you like a book and shake your right finger as if you were lecturing. Then cross your arms across your chest, with the right arm on top, and close your eyes as if dead.
22. CRUCIFIXION—Make fists with both hands and put your forearms into the shape of a cross with the right forearm out front.
23. RESURRECTION—Put the palms of your hands together and point your fingertips to the right side. Then rotate your hands until they are vertical as if your hands were something that were lying down, and are now upright.
24. HOLY SPIRIT—Make a pose that shows your biceps muscles.
25. THE END—Cross your forearms in front of you with your hands open and your palms facing the floor. Then quickly uncross your arms.

#1 ANGELS—Hold hands as close to your shoulders as possible with your hands pointing away from you. Then, flap your hands like a bird’s wings.

In the beginning, when God created the Universe, the earth was a dark, empty, shapeless place. In heaven, God created angels to worship and serve him. And the angels call out, **“Holy, holy, holy is the Lord God, the All-Powerful One, Who was and is and will be forever.”**

One of these angels was named Lucifer. Lucifer was more clever and more beautiful than the other angels and God put Lucifer in charge of them. But as Lucifer watched the angels continually worshipping God, he got jealous. He wanted them to worship him the same way they worshipped their Creator.

Then Lucifer became proud and turned his heart away from God. He said to himself, **“I will rule the angels. I will raise my throne above the throne of God. I will become like God himself.”** And Lucifer persuaded a lot of angels to worship him.

But God knew what Lucifer was thinking in his heart. He knew Lucifer had tricked other angels, too. So it was no surprise to God when they began to openly defy His authority as their Creator and Ruler.

God’s righteousness and His holiness did not permit rebellion in heaven. Instead, God punished Lucifer and the angels who followed him. He cast them out of his presence in heaven and put them on earth.

Did punishment convince Lucifer and his followers to ask God for forgiveness? Did it change their hearts? No, they went right on with their rebellion. So God pronounced judgment on Lucifer saying, “You will be brought down to the pit of hell.”

Lucifer **did** become his own ruler....the ruler of this world. He’s also called Satan which means, “deceiver”. And those angels who follow and serve him became evil spirits. And from that time on, they’ve been at war with God.

#2 EARTH—Place hands together with palms up at waist height. Move hands away from each other as if you were simultaneously drawing two sides of a big circle from bottom to top. The motion is finished when your hands meet again at the top with palms facing down.

After the rebellion in heaven, God created the heavens and the earth.

On the first day God said, **“Let there be light!”** And it happened. And God saw that it was good. Then He separated the light from the darkness. God named the light “day” and the darkness “night”. And that was the end of the first day.

On the second day God said, **“Let there be a space to separate the water on earth from the water above it.”** And it happened. God named the space above the earth “sky”. And that was the end of the second day.

On the third day God said, **“Let the waters come together in one place so the dry ground appears.”** And it happened. God named the dry ground “land” and the water that gathered together, He called that “sea”.

And God said, **“Let the land produce all kinds of plants and fruit trees.”** And it happened. And God saw that it was good. And that was the end of the third day.

On the fourth day God said, ***“Let there be lights in the sky to separate day from night, to mark seasons and days and years, and to give light on the earth.”*** And it happened. God made two great lights, the sun for day and the moon for night. He also made the stars. And God saw that it was good. And that was the end of the fourth day.

On the fifth day God said, ***“Let the water be full of fish and let birds fly through the sky.”*** And it happened. And God saw that it was good. And that was the end of the fifth day.

On the sixth day God said, ***“Let the land produce living creatures: livestock and things that move along the ground and wild animals.”*** And it happened. And God saw that it was good.

Then God said, ***“Let us make human beings in our own image and let them rule over the whole earth and everything in it .”*** And it happened. From the dust of the earth, God created man and woman in His own image, and breathed into them the breath of life.

And God said, ***“A man shall leave his father and his mother and cling to his wife and they shall be one flesh.”*** And the man and his wife were both naked and were not ashamed.

God planted a beautiful garden and put them in it. Now, in the middle of this garden there were two special trees: the Tree of Life and the Tree of the Knowledge of Good and Evil.

God blessed the man and the woman and said, ***“Fill the earth with children and rule over it. The animals will eat the green plants and you will eat seed-bearing plants and fruit. But you must not eat fruit from the Tree of the Knowledge of Good and Evil in the middle of the garden. The day you eat that fruit, you will die.”***

God saw everything He’d made and it was very good. And that was the end of the sixth day.

On the seventh day God had finished his work. Then He blessed the seventh day and made it holy, a day of rest, because that was the day He rested from His work.

#3 SIN—With your hands above your head, let them fall until your arms are covering your head and point your face down as if in shame.

Now the snake was more clever than any of the other wild animals God made. One day he said to the woman, ***“Did God really tell you not to eat fruit from any tree in the garden?”***

“No,” she said. ***“We can eat fruit from the trees. What God said is, ‘Don’t eat fruit from that tree in the middle of the garden because the day you do, you’ll die’.”***

“Ahhh! You won’t die,” said the snake. ***“God knows that when you eat fruit from that tree, your eyes will be opened and you will be like God. You’ll know good and evil.”***

The woman could see that the fruit was good to eat. ***“It looks delicious and, besides, it will make me wise.”*** So she picked some of the fruit and ate it. And she gave some to Adam and he ate it too.

Then, just like the snake said, their eyes were opened and they realized they were naked. So they sewed fig leaves together to make some clothes.

When it got cooler, God came walking in the garden. But when Adam and the woman heard Him, they hid in the trees. God called out, ***“Adam, Adam, where are you?”***

“God, I heard you walking in the garden and I was afraid because I was naked. So I hid.”

“Adam, who told you you were naked? Did you eat fruit from that tree in the middle of the garden; the one I told you specifically not to eat from?”

“Well, that woman that you put here with me, she gave it to me...and so I ate some.”

Then God said to the woman, ***“What have you done?”***

“But God, the snake tricked me into eating it.”

So God said to the snake, ***“Because you did this, I curse you. From now on, you crawl on your belly and eat dust. The woman’s offspring and yours will always be enemies. And one of her descendants will destroy you.”***

God said to the woman, ***“Because you did this, you will have a lot of pain when you have children. But you will still desire your husband and he will rule over you.”***

God said to Adam, ***“Because you listened to your wife and ate the fruit I told you not to eat, the ground is now cursed. Your whole life you will work to grow food by the sweat of your brow. But weeds and thorns will grow, too. In the end, you’ll turn back into the same dust I made you from.”***

God took animal skins and made coverings for Adam and his wife whom he named Eve.

Then God said, ***“The man has become like one of us now. He knows good and evil. He must not be allowed to eat from the Tree of Life and live forever.”*** So God cast Adam and Eve out of His presence in the Garden of Eden.

Then God put angels at the entrance to the Garden with a flaming sword flashing back and forth to close the way to the Tree of Life forever.

#4 MURDER—Cover your face with your hands

After Adam and Eve left the Garden of Eden, Eve delivered a baby boy. She named her firstborn Cain. Then she had another boy and she named him Abel. As they grew up, Cain became a farmer and Abel was a shepherd.

One day, Cain brought some of his crops as an offering to God. Abel brought firstborn animals from his flock. He sacrificed them and the blood poured out. Without the shedding of blood there is no forgiveness. By his faith, Abel offered a better sacrifice than Cain did. God was pleased with Abel and his offering but He wasn’t pleased with Cain and his. So Cain was furious and his face showed it.

God said, ***“Cain, why are you angry? If you do what’s right, won’t you be accepted too? But watch out! Sin is crouching right beside you. You’ve got to master it.”***

Then Cain said to Abel, ***“Let’s go out to the fields.”*** When they got there, Cain attacked Abel and killed him.

“Where is your brother Abel?” asked God. ***“I don’t know,”*** said Cain. ***“Am I my brother’s guardian?”***

“Cain, what have you done? I curse you. I will drive you from the ground that drinks your brother’s blood. When you work the land, it won’t produce crops anymore and you’ll be nothing but a restless wanderer.”

“God, this punishment is more than I can stand! You’re driving me from the land AND casting me out of your presence!” So Cain went off to live in the east. As time passed, he had evil descendants just like himself.

Since Abel was dead and Cain gone, Eve was childless again. So God gave her another son she named Seth and many, many more children as well.

Seth had many descendants, too, but they weren’t wicked like Cain’s. Instead, they worshipped God.

#5 JUDGEMENT—Hold your left hand in front of you with the palm up and let your right fist fall into the left hand like a judge’s gavel striking a desk.

Adam was 130 years old when Seth was born and he lived 800 years more to see the seventh generation of Seth’s descendants! But they started marrying daughters of people who didn’t worship God. And their descendants became *really* wicked.

When God saw how wicked everyone was, He was sorry He created human beings at all. So He said, ***“I’m going to wipe these people off the face of the earth and all the animals too.”***

But a few years after Adam died, there was a man named Noah. He was the only good man of his time and God was pleased with him. Noah had three sons. Their names were Shem, Japheth, and Ham.

So God told Noah what He was going to do. ***“Because people are so wicked, I’m going to destroy the earth with a flood. Every living creature will die. But I’ll make a covenant with you.”***

“I want you to build a big boat. I’ll tell you exactly how to do it. It’s for you and your sons and your wives.” And Noah did everything just as God commanded.

Then God said, ***“I want you to take along at least one male and female from every kind of animal. Take seven pair of the clean animals. And store food for them and for you.”*** Again, Noah did everything just as God commanded.

Then it began to rain! Noah and his wife and his sons and their wives went into the ark. All the animals came to Noah and went into the ark, too. Then water began to pour up out of the ground. The heavens opened. And God shut the door of the ark.

It rained for 40 days. The water rose higher and higher until it covered the tallest mountains by 7 meters and the ark floated above them. Every animal on the earth drowned... birds, livestock, wild animals, everything. And all the people drowned, too. Noah and his family were the only survivors. Just eight people.

For 150 days the whole world was under water. Then God sent a wind to dry up the flood and as the water receded, the ark came to rest on top of a mountain.

Three months later they could see other mountains sticking up out of the water.

Forty days after that, Noah sent out a raven but it just flew back and forth and returned to the ark.

A week later he sent out a dove but it did the same thing.

The next week he sent the dove out and this time it came back with a new olive leaf in its beak. So Noah knew that the flood was really going away.

And the next week when he sent the dove out, it didn’t come back at all.

One year and five days after the rains began, God said, ***“Noah, come out of the ark.”*** There Noah built an altar to God. He killed some of the clean animals and sacrificed them. When Noah did this, God said to Himself, ***“No matter how evil people become, I won’t ever do this again.”***

God blessed Noah and his family. ***“Have children and repopulate the earth. And now you can eat animals for food as well as plants. Only you must not eat meat with the blood still in it. The life of the animal is in the blood. And anyone who kills another human must pay with his own life, because man is made in the image of God.”***

“And, Noah, I’m making a covenant with you and your descendants. I won’t ever destroy the earth with a flood again. And the rainbow will be the sign of this covenant. When the rainbow appears in the clouds, I’ll see it and remember My promise to you.”

#6 TOWER—With your fingers extended bring your fingertips together with your elbows apart. This should make a pyramid-like shape in front of you.

After the flood, Noah's sons Shem and Japheth and Ham and their wives had many children to fill the whole earth as God commanded. But Ham dishonored his father and Noah said, ***"Ham, I curse your descendants. They will be slaves to Shem's descendants."***

After three generations, Noah's descendants moved to the part of Iraq between the Tigris and Euphrates rivers. When they settled in their new home they said to each other, ***"Come on. Let's make bricks and build a city with a tower that reaches all the way to heaven. That way we can become famous and we won't be scattered all over."***

But God knew what they were doing and He said, ***"If they can do this because they all speak the same language, they can do anything! Let's confuse their language so they can't understand each other."***

And it happened. They ***couldn't*** understand each other any more. So they stopped building that city and most of them went to live in other places. The place where they tried to build the tower, they called it Babel or Babylon meaning, confusion, to remember what God did there.

After this, ***Shem's descendants*** spread over most of the Middle East to Saudi Arabia, Jordan, Syria, and Iraq. ***Japheth's descendants*** went to live in Iran and Eastern Europe.

But Ham's descendants headed west to the Mediterranean Sea. They settled in the land of Canaan. And the Canaanites carried Noah's curse that one day they would be slaves of Shem.

#7 GOD PROMISES—Clasp your hands together in front of you with the right hand on top and shake.

Nine generations after Shem, there was a man named Abram. He and his family moved from Iraq to Syria. When Abram was 75 years old, God said, ***"Leave your country and your relatives and go to a land I will show you."***

Then God told Abram that Abram's descendants would become a great nation and that one of the descendants would be a blessing for everyone in the world. This would be the one descendant that would defeat Satan, just as God had promised to Adam and Eve.

So Abram obeyed God and God led him to the land of Canaan where Ham's descendants were living. God said, ***"This is the land I'm giving to your descendants forever."***

"But God," he said, ***"I don't have any children and I've left everything to a servant in Damascus."*** ***"Abram, that servant will not be your heir. Your own son will. Look up at the sky and count the stars...if you can. That's how many descendants you will have."***

Then Abram believed God and God counted him righteous because of his belief.

After Abram fell into a deep sleep, God said, ***"Your descendants will live in a foreign country for 400 years and become slaves and be treated badly. But I'll punish the nation that enslaves them and they'll leave that country loaded down with possessions."***

Thus, God made his covenant with Abram, to give his descendants the land of Canaan forever.

Ten years later Abram still didn't have a son. So his wife Sarai gave Abram her Egyptian slave Hagar to get children that way. But when Hagar became pregnant, she also became proud. So Sarai treated her badly and Hagar ran away.

The angel of the Lord found Hagar by a spring in the desert. ***"Hagar, go back home. You will have a son and your descendants will be too many to count."***

Hagar obeyed God and she bore Abram's first son when he was 86 years old. He named the boy Ishmael meaning, "God hears".

When Ishmael was 13 years old, God appeared to Abram again. ***"I am God, the All-Powerful One. Obey me. I am changing your name to Abraham meaning, father of many. Your wife has a new name, too. From now on, call her Sarah meaning, princess. I will bless her and give you a son by her."***

Abraham was overjoyed! But he said, ***"How I wish Ishmael could be the son of this blessing!"***

"Abraham, I will bless Ishmael and make him a great nation. But the heir I promised you will be born next year. It is with this promised heir that I will make my covenant."

When Sarah was 90 and Abraham was 100, she delivered a son and Abraham named him Isaac as God commanded.

God kept His promise to Abraham. A few years later when Ishmael was grown, he and Hagar went away. God blessed Ishmael in every way. He married an Egyptian wife and the great Arab nation came from him. His descendants scattered across the Arabian Peninsula and they lived far apart from Abraham's descendants through Isaac.

#8 FAITH—Close your eyes and face upward. Lift your palms and hold them slightly out in front of you.

Some time after Ishmael and Hagar went away, God tested Abraham. ***"Abraham, take your beloved son Isaac and go to Moriah. Sacrifice him on the mountain I show you."***

Early the next morning Abraham loaded his donkey with wood for the burnt offering. Then he headed north with two servants and Isaac, the son of God's covenant.

On the third day, Abraham saw the mountain off in the distance...right where Jerusalem is today. ***"Stay here with the donkey,"*** he said to the servants. ***"The boy and I are going over there to worship and then we'll come back to you."***

Abraham took the fire and the knife while Isaac carried the wood. As they walked along, Isaac said, ***"Father, here's the fire and the wood but where's the lamb for the burnt offering?"***

"Son, God Himself will provide the lamb for the sacrifice."

When they came to the place, Abraham built an altar and put the wood on it. Then he tied Isaac and laid him on top of the wood. And he picked up the knife to kill his son.

Then the angel of the Lord called from heaven, ***"Abraham, Abraham, don't touch the boy. Now I know that you fear God because you have not held back your only son from me."***

Looking up, Abraham saw a ram that was caught in a bush by its horns. He took the ram and sacrificed it in place of his son. And the blood poured out.

The angel of the Lord spoke again; ***"Abraham, I will bless you and make your descendants like the stars in the sky and the sand on the seashore. And through them all nations on earth will be blessed because you've obeyed me."***

So God promised Abraham again that he would bless him and that one of His descendants would bless every people group in the entire world.

#9 MORE PROMISES--Clasp your hands together in front of you with the right hand on top and shake.

After a while Abraham's wife, Sarah, died and Isaac married one of his relatives from Syria. His wife delivered twin boys named Esau and Jacob. After Abraham died, God spoke to Isaac and told him all the promises God had told to Abraham. He was now promising to Isaac. It would be through Isaac's descendants that the one promised to defeat Satan would come.

When Jacob was a young man, God appeared to him in a dream. Jacob saw a ladder reaching from the earth up to heaven. The angels were going up and down the ladder and God himself was at the very top.

In the dream God told Jacob that all the promises He had told to Abraham and Isaac. He was now making to Jacob. He promised Jacob that he would become a great nation and that it would be through the descendants of Jacob that the one promised to defeat Satan would come.

God kept his promise to Jacob and gave him twelve sons. God also changed Jacob's name to Israel.

Jacob's favorite son was named Joseph and Jacob did many special things for Joseph. This made the other eleven brothers very jealous so one day they tied Joseph up and sold Joseph to slave traders going to Egypt. But God turned their evil deed into good. God blessed Joseph and he became a ruler of Egypt. When a terrible famine came, it was Joseph who saved his whole family by bringing them to Egypt and taking care of them.

On the way to Egypt, God appeared to Jacob in a dream: ***"Don't be afraid to go down to Egypt because I'm going to make you a great nation there. I'll go with you and I'll bring you back again to the land I promised to your fathers Abraham and Isaac."***

The family settled in the Nile Delta on the best land in the country and the children of Jacob prospered in every way. Since God had changed Jacob's name to "Israel" his descendants became known as the children of Israel or the Israelites.

When Jacob's son Joseph was an old man, he still believed that God would return His people to Canaan. Joseph said to his sons, ***"Promise me that when you return, you'll take my bones with you and bury me in that land too."***

So when Joseph died, they preserved his body in the Egyptian way and put it in a coffin to keep it until the time of return.

#10 MOSES—put your right hand on your hip and act as if you have a staff in your right hand.

Just as God had promised, the descendants of Abraham, Isaac and Jacob multiplied until they had become a great nation. After Joseph died, there was a new pharaoh (or king) in Egypt. ***"We need to watch these Israelites,"*** he said. ***"If there's a war, they'll fight for our enemies."***

So the Egyptians enslaved the children of Jacob and forced them to do hard labor. But the worse they were treated, the more God multiplied them.

So the pharaoh told the midwives, ***"When you help Israelite women deliver, if it is a boy, kill him. The girls can live."*** But the midwives feared God and didn't do it. So Pharaoh made a new order. ***"Every Israelite baby boy must be thrown into the Nile."***

400 years after Jacob's family went down to Egypt, a woman from Levi's tribe had a baby. When he was too big to hide, she took a basket and put tar on it to keep the water out. She put him inside. Then she hid the basket in the tall grass along the Nile where Pharaoh's daughter came to bathe.

The princess came down to the river and saw the basket and she sent her slave girl to get it. When she opened the basket, the baby was crying. ***"This is one of the Israelite babies,"*** she said and she

felt sorry for him. The child came to live with the princess and she named him Moses. So Moses grew up in the palace of the king of Egypt.

One day when Moses was grown, he saw an Egyptian beating one of the Israelite slaves. He killed the Egyptian and hid his body in the sand. When Pharaoh found out, he tried to kill Moses. But Moses ran away to some distant relatives in northern Saudi Arabia. He married and for the next 40 years Moses was a shepherd in the desert.

Back in Egypt, the old Pharaoh died and the children of Jacob were crying out to God because of their slavery. God heard them and remembered His covenant with Abraham, Isaac, and Jacob.

One day when Moses was shepherding the flock in the Sinai desert, he saw a bush on fire but it didn't appear to burn up. So he went over to have a look.

Then God called from the bush. ***"Moses, Moses. Don't come any closer. Take off your sandals. The ground you're standing on is holy. I am the God of Abraham, Isaac, and Jacob."***

When he heard this, Moses hid his face because he was afraid to look at God. Then God said, ***"I've heard the cries of my people in Egypt. I'm going to rescue them and bring them to a land flowing with milk and honey. So I'm sending you to Pharaoh to bring the children of Jacob out of Egypt."***

"Who am I to go talk to Pharaoh?" asked Moses. ***"And suppose I tell the children of Jacob that the God of their ancestors has sent me to lead them out of Egypt and they say, 'Well, what's His name?'"***

"Moses, I AM WHO I AM. You tell them that 'I AM' has sent you, the God of Abraham, Isaac, and Jacob. The elders will believe you."

"Then go to Pharaoh. Tell him the people must go into the desert to offer sacrifices. But I know the king won't let you go until he's forced to. So I'll stretch out my hand and strike the Egyptians with many signs. And then he'll let them go. And you won't leave empty-handed either. I'll make the Egyptians give you their wealth."

But Moses wasn't convinced and he asked God for a sign. ***"Moses, throw down your staff."*** It turned into a snake and Moses ran from it! ***"Now pick it up."*** And it turned back into a staff.

"But Lord, you know I've never been a good speaker. Please get someone else to do this!"

Now God was angry but He said, ***"What about your brother Aaron? He's a good speaker. I'll tell you what to say, and he'll speak to the people for you."***

"All right, God. I'll do it."

So Moses headed back to Egypt and met Aaron on the road. They gathered the Israelite elders and they believed God was sending Moses to deliver them. Then the elders bowed down to the Lord because He heard their cries and had compassion on them.

#11 BLOOD—Hold your left palm up. With your right index finger slowly draw a line down the anterior side of your forearm to your wrist.

After Moses and Aaron met with the Israelite elders, the two brothers went to Pharaoh. ***"The God of Israel says 'Let my people go into the desert to hold a feast for me'."***

But Pharaoh said, ***"Who is this Lord? I don't know Him and I won't let them go. Why are you taking the people away from their work? Go away."*** Pharaoh was angry and he told the Egyptians to make the slaves work harder.

So Moses prayed and God answered, ***“Go say to the Israelites: I will deliver you from the Egyptians. I’ll make you my own people and I’ll bring you to the land I promised Abraham, Isaac, and Jacob.”***

Then Moses and Aaron returned to Pharaoh and the contest between the king of Egypt and the God of Israel began. First, Aaron showed the sign of the staff turning into a snake. But Pharaoh didn’t believe and he refused to let the children of Israel go.

So Moses stretched out his hand over the waters of Egypt and all the rivers and canals and ponds turned to blood. All the fish in the Nile died and the river smelled so bad no one could drink from it. But God hardened Pharaoh’s heart and he refused.

So God sent a plague of frogs all over the land and Pharaoh called Moses. ***“Pray to the Lord to take these frogs away and I’ll let them go.”*** So Moses did. But then Pharaoh changed his mind.

Then Aaron stretched out his rod and all the dust of Egypt turned into a plague of gnats. Even Pharaoh’s magicians said, ***“This is the finger of God!”*** But Pharaoh didn’t listen.

Then came a plague of flies that filled the land and ruined it...except in the Delta where the children of Israel lived.

Then came a plague in which all the animals died...except in the Delta where the children of Israel lived.

Then came a plague of boils

A plague of hail, which killed men and animals and destroyed the Egyptians’ barley and flax crops.

A plague of locusts that ate every green thing left in Egypt that the hail didn’t destroy...except in the Delta where the children of Israel lived.

The plague of darkness for three days...except in the Delta where the children of Israel lived.

Each time Pharaoh would say “yes” when the plague came but refuse to let the people go after it went away.

God told Moses, ***“I’ve hardened Pharaoh’s heart to punish them for worshipping other gods. I’m doing these signs so you’ll tell your children and grandchildren and so you’ll know I am the Lord. I’ll bring one more plague on Egypt and then Pharaoh will drive you out completely. Now listen carefully:***

- 1) “Each family (or two families if they are small) must take a one-year-old male sheep or goat. It has to be perfect, not sick or lame. Kill it just as it gets dark.”
- 2) “Dip some of the plant hyssop in the blood and splash it on both sides and above the door of the house where you will eat the lamb. Then stay inside the house with the sign of the blood until morning.”
- 3) “Roast the meat and eat it all. Don’t leave any leftovers and don’t break any of the bones. Eat it with bitter herbs and flat bread without yeast. And eat the meal quickly, wearing traveling clothes.”

“That night I will pass through Egypt and kill every firstborn to punish the Egyptians for worshipping false gods. But the blood will be a sign for you. When I see the blood around the doors, I will pass over you.”

- 4) “And you must celebrate this feast every year. When your son asks, ***‘What does this mean?’*** say to him, ***‘On this day, the Lord brought us out of slavery in Egypt.’***”

So the people sacrificed the animals and the blood poured out and they put that blood around the door.

At midnight God passed through Egypt and killed every firstborn man and animal, even in Pharaoh's palace. But when God saw the blood of the sacrifice on the doors of the children of Israel, He passed over them.

It was still dark when Pharaoh called Moses and Aaron. ***"Take everything you have and leave!"*** And their Egyptian neighbors said, ***"Yes, leave, or we'll all die!"*** And they gave the Israelite women their gold and silver jewelry and rich clothing, just as God told Moses.... and Abraham!

That day, God delivered His people from the land of Egypt...about 600,000 men plus the women and children and all their livestock. And Moses took along Joseph's coffin to bury his bones in Canaan, just as his sons had promised.

#12 GOD FIGHTS—Hold your fists in front of you in a fighters position.

After God delivered the children of Israel from Egypt, He led them through the desert to the Red Sea. During the day, He guided them with a pillar of cloud and at night it became a pillar of fire.

But when Pharaoh heard this, he changed his mind again. ***"Why have we let all our slaves go free?"*** So Pharaoh took his army and horsemen and chariots and chased after the Israelites. They caught up with them at the Red Sea.

When the people saw the Egyptians, they were terrified. ***"Moses, why did you bring us out in the desert to die?"***

But Moses said, ***"Don't be afraid. Let the Lord fight for you."*** And all that night the pillar of cloud protected the Israelites from the Egyptians.

Then God said, ***"Moses, stretch your staff out over the sea to divide the waters. I'll make the Egyptians go after them and I will gain the glory. The Egyptians will know that I am the Lord."***

So Moses stretched out his staff and God divided the sea by a strong east wind. The Israelites walked through the sea on dry ground with a wall of water on their right and on their left.

And all Pharaoh's army followed them into the sea.

When the night was almost over, God looked down from the pillar of fire at the Egyptian army and He threw it into confusion. He made their chariot wheels come off so it was hard for them to drive.

And the Egyptians said, ***"Let's get away from those Israelites. The Lord is fighting for them against Egypt!"***

Then God said to Moses, ***"Stretch out your hand over the sea so that the water flows back over the Egyptians."*** Then the sea returned and swept them away. Not even one survived.

That day God saved Israel from the Egyptians. When they saw the great power God displayed, they feared Him and trusted Him. And they trusted in His servant, Moses, too.

#13 10 COMMANDMENTS—Hold up ten fingers with your palms facing away from you.

After God rescued the children of Israel at the Red Sea, He led them on into the desert. The people did not have enough food so God caused a kind of white bread to form on the ground each morning and sent quail into the camp in the evenings.

Exactly two months after the children of Israel left Egypt, they camped in front of Mount Sinai. Moses went up the mountain and God said,

“You saw how I delivered you from Egypt. If you obey Me and keep My covenant, then, out of all the nations, you will be My most treasured possession. You will be a kingdom of priests and a holy nation.”

Moses told this to the people and the people agreed. Three days later, a thick cloud covered the mountain. There was thunder and lightening and a deafening noise, like a trumpet blast. Smoke poured out and the whole mountain shook.

Then Moses went upon Mount Sinai and God gave him the Ten Commandments. These were the laws the children of Israel must keep to be ***a kingdom of priests and a holy nation, God's most treasured possession:***

1. I AM the Lord your God. Worship no God but Me.
2. Do not make any kind of idol. Do not bow down to them or worship them. I will not tolerate any rivals and I will punish you if you do this.
3. Don't use My name disrespectfully.
4. Observe the Sabbath day by keeping it holy and by resting that day.
5. Honor your father and your mother.
6. Don't commit murder.
7. Don't sleep with anyone you aren't married to.
8. Don't steal.
9. Don't tell lies.
10. Don't envy what your neighbor has, not his wife, his servants, his livestock, or anything else.

#14 SACRIFICES—Hold your left hand out in front of you in a fist facing downward as if it were holding the head of a sheep. Act as if you have a knife in your right hand and make a sweeping motion under your left hand as if you were cutting the throat of the sheep.

Then Moses built an altar at the foot of the mountain. He offered sacrifices to God and the blood poured out. He took the blood and sprinkled it on the people saying, ***“This is the blood of the covenant the Lord has made with you. The Lord says, ‘The blood will be a covering for your sin and I will forgive you’.”***

Next, God instructed Moses to make the tabernacle, God's dwelling place with them. The tabernacle was a big tent divided by a heavy curtain. The front part of the tent, The Holy Place, had three things:

- a gold lamp stand,
- a gold table with 12 loaves of unleavened bread on it
- and a small gold altar to burn incense before God.

In the back part of the tent, The Most Holy Place, there was a wooden chest. Its top was pure gold with a gold angel at each end. The angels faced each other and their wings spread out over the chest. ***God showed His presence with His people by a bright light hovering between the angels' wings.***

Out in front of the tent there was a large altar for making sacrifices to God. And there was a basin of water for the priests to wash before the sacrifices. All of this was hidden behind a tall fence of wood and cloth.

Then God instructed Moses to dedicate his brother Aaron as High Priest. Moses held a special ceremony to anoint the High Priest's head with oil as a sign that God chose him. Aaron's sons also became priests.

Every morning and evening the priests killed a perfect lamb and burned it on the altar. They also went into the front part of the tent, The Holy Place, to burn incense and light the lamps before God.

God also told Moses what to do when the people sinned. When a person broke one of God's laws, he brought a lamb or a goat for a sin offering. The priest sacrificed the animal and poured out its blood at

the altar. This is why God said, ***“Don’t eat meat with the blood in it. The life of the animal is in the blood and I have given it to you to make atonement for your own lives.”***

One time each year, on the Day of Atonement, there was a very special sacrifice. First, the High Priest chose two goats.

Next, he sacrificed a bull and went behind the curtain into The Most Holy Place, in the very presence of God. He sprinkled blood on the gold cover of the chest to atone for his own sins.

Outside, he sacrificed one of the goats. He went behind the curtain again and he sprinkled the goat’s blood on the gold cover of the chest. This atoned for the sins of the children of Israel.

Finally, he brought out the other goat. He put both hands on its head and confessed the sins of the people. He put their sins on its head. Then a man took the goat so far away from the camp that it couldn’t ever come back again. And the goat carried away all their sins on itself.

God was very specific about the sacrifices that atoned for sin: only cows, sheep, goats, or doves. Each animal must be absolutely perfect. God did not accept second-rate animals or other sacrifices. The only way to remove the people’s sin was the way God made for them.

In spite of God’s provision, the people disbelieved and disobeyed. When they complained that God would let them all die in the desert, He made their words come true. They wandered in the Sinai until the disbelieving older generation died off.

But even Moses disobeyed God in the desert and God did not let him enter the promised land of Canaan either.

#15 KINGS AND PROPHETS—Make a large circle with your hands by putting your thumbs together and the tips of your middle fingers together. Place the circle over your head like a crown.

After 40 years their new leader, Joshua, took the children of Israel across the Jordan River. Ham’s descendants in Canaan were very evil, worshipping idols and practicing witchcraft. God gave His people victory over the people of Canaan so the children of Israel would not do those things that displease God.

But time passed and the people forgot God. Every time they began to worship the Canaanite idols, God punished them by turning them over to their enemies. Yet every time they repented and obeyed His laws, He also showed mercy and rescued them.

After many years, the children of Israel wanted a king. God told the prophet Samuel to make a special ceremony and anoint Saul king of Israel. Samuel poured oil on Saul’s head to show that God chose him to rule the people. When Saul disobeyed God, God chose another man in his place named David. King David was very special to God.

Through the years God continued to speak to His people through the prophets. He reminded them that they were to be a kingdom of priests and a holy nation so that all nations would be blessed through them. The prophets warned that if they continued to disobey, God would let foreigners destroy their land.

After 800 years of rebellion, Assyria and then Babylon captured the children of Israel and carried them off as slaves. God wanted to encourage the Israelites while they were in captivity so he spoke to them, through the prophets, about His promise to send one who would defeat Satan. These prophecies gave the Israelites hope and they began to call the promised one the “Messiah” which means “the anointed one”.

Here are some of the prophecies:

The Lord is giving you a sign. A virgin will become pregnant and have a son and he will be called Emanuel which means 'God with us'.

One day the Lord will honor Galilee. The people walking in darkness have seen a great light. For a child is born to us! We've been given a son and he will be our ruler. And he will be called Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace. He'll sit on David's throne and his kingdom of justice and righteousness and peace will last forever.

And the prophet Micah consoled them. ***"Judgment won't last forever. God will bring a ruler for Israel out of Bethlehem even though it is one of the smallest towns in Judah. And His family line goes back to eternity."***

Even before Jerusalem was destroyed, Isaiah had prophesied about One called the Lord's Servant:

***We despised Him and rejected Him.
We thought God was punishing Him.
But He was pierced because of our sins.
He was beaten for the evil we did.***

***We're like lost sheep, wandering off in our own way,
Yet God made our punishment fall on Him instead.
He was like a lamb about to be slaughtered
But He didn't say a word.***

***He was arrested and sentenced and led off to die and nobody cared.
He was put to death for our sins even though He never committed a crime or told a lie.
He gave up His life to take the place of sinners and He prayed for them to be forgiven.
His death was a sacrifice to bring forgiveness.***

The prophet Zechariah foretold that this future King, the Anointed One of God, would come to them riding on a young donkey. And this Coming One would be betrayed for 30 pieces of silver.

The ancient songs of King David said that God's Anointed One would be killed, his hands and feet pierced, but none of his bones broken. And the Anointed One would say, ***"My God, My God, why have You forsaken Me?"*** and bystanders would ridicule him.

David also sang that He would be given vinegar to drink and His persecutors would gamble for His clothing.

After seventy years of captivity, God returned His people to Canaan. But for the next five hundred years they lived under foreign rule, first Greece and then Rome. The Romans called their land Palestine and they called the people Jews.

#16 MIRACLE BABY—Act as if you were cradling a baby in your arms.

One day, during the Roman occupation, an angel from God named Gabriel appeared to a virgin girl named Mary. The angel told Mary that she would have a child who would be the promised Messiah. The angel said, ***"He shall be great and will be called the son of the Most High. . . and His kingdom will have no end."***

Mary wanted to know how this could be since she had never been with a man and the angel told her that the Holy Spirit would come upon her and, for that reason, the holy child would be called "the Son of God. Nothing is impossible for God." So Mary said, "I am God's slave. Let it be done to me just as you have said." And it did happen, just as the angel had said.

Now, Mary was engaged to a man named Joseph and when Joseph found out that Mary was pregnant he wanted to break the engagement, thinking that Mary had been with some man. But the Lord told Joseph in a dream, ***"Don't be afraid to take Mary as your wife. The child is conceived***

by the power of the Holy Spirit of God. She will have a son and you will name Him Jesus which means 'the Lord saves', because He will save His people from their sins.'

And all this happened to fulfill the prophecy of Isaiah when he said, ***"A virgin will become pregnant and have a son and He will be called Emanuel meaning, 'God with us'."***

When the Romans ordered a census, Joseph and Mary traveled to Bethlehem, King David's hometown, to register and pay taxes. While they were there, Mary delivered her firstborn son and they named him Jesus.

Not far away there were some shepherds with their flocks. That night an angel of the Lord appeared to them and they were terrified!

"Don't be afraid," said the angel. ***"I've got joyful news for everyone. Your Deliverer was born today in Bethlehem. He is the Anointed One of God."*** And suddenly an army of angels was singing, ***"Glory to God in the highest and on earth, peace to those who please God."***

After two years Joseph and Mary returned to Nazareth in the Galilee. And there Jesus grew up, strong and wise. He obeyed his parents and was a delight to everyone. And God was pleased with Him too.

#17 BAPTISM—Put your palms together like you are praying. Keeping your hands together rotate them down and then back up to your right.

When Jesus was about thirty years old a prophet named John began to speak God's message in the Jordan Valley. John said, ***"Turn away from your sins because the Kingdom of Heaven is near!"*** People came from everywhere. They confessed their sins and John baptized them in the Jordan River. ***"Are you God's Anointed One?"*** they asked him.

Then Jesus came to the Jordan river and John baptized him. The next day John said, ***"There is the Lamb God has sent to take away the sin of the world. When I baptized Jesus, I saw the Spirit come down like a dove from heaven and stay on Him. God told me that's how I would recognize Him. I saw it myself and I'm telling you, He is the Son of God, the Anointed One."***

After this Jesus fasted for forty days alone in the desert and Satan tempted Jesus to use His power for His own benefit. ***"If You're really the Son of God, the Anointed One, prove it!"*** said Satan. But Jesus resisted Satan.

Then Satan took Jesus to a high mountain and showed Him all the kingdoms of the world. ***"I'll give You authority over all of this. I'm its ruler and I can give it to anyone I want. Just bow down and worship me."***

"Get away from me, Satan!" said Jesus. ***"The scripture says, 'Worship the Lord your God and no one else'."***

During His life, Satan tempted Jesus in every possible way ***yet Jesus never sinned.***

#18 WALKING / STORM --Walk in place. Raise all ten fingers to the ceiling and bring them down in front of you like falling rain.

Jesus began to preach about the Kingdom of God. Everyone was talking about Him. One man named Andrew said to his brother Simon, ***"We have found the Anointed One!"*** And Philip told his brother; ***"We've found the one the prophets wrote about—Jesus from Nazareth, the son of Joseph."***

Huge crowds began to follow Jesus. They were so large that He had to teach out in the countryside. He healed the blind, the deaf, and those who couldn't talk. A woman who was sick for 12 years just

touched the hem of his robe yet her faith in Jesus healed her! And everyone who heard Him was amazed at the way He taught with such authority!

A paralyzed man was brought to Jesus and He said, ***“Son, your sins are forgiven.”*** But the religious leaders were thinking, ***“How dare He say this! God is the only One who forgives sins.”***

Jesus knew what was in their hearts. ***“Why do you think such things?”*** He said. ***“Tell Me. Is it easier to say, ‘Your sins are forgiven’ or ‘Get up and walk’? I’ll prove to you that the One Who became Man has authority to forgive sins.”***

Then He said to the paralyzed man, ***“Get up. Pick up your mat and go home.”*** And the man got up! He picked up his mat and ran home, praising God all the way.

The crowd was ***astounded*** and praised God saying, ***“We’ve never seen anything like this before!”***

On another evening Jesus was out on the Sea of Galilee with his twelve disciples when a huge storm came up. The boat was about to sink but Jesus was asleep. ***“Master, Master, wake up! Don’t You care that we’re all about to die?”***

Jesus stood up in the boat and commanded, ***“Wind! Be quiet! Waves! Be still!”*** Immediately the wind stopped; the waves were gone; the lake was smooth as glass. ***“Who is this man?”*** they asked each other. ***“Even the wind and the waves obey Him!”***

#19 SEEING / DEMONS--

On another day Jesus and his disciples met a blind man. The disciples asked, “This man was born blind, so whose sin caused his blindness? His sin or his parent’s sin?”

Jesus told them that his blindness was not caused because of his sin or his parent’s sin. But he was born blind so that God’s power could be seen working in this man.

“While I am in this world, I am the light of the world.” Jesus said.

Then Jesus spit on the ground, made some mud, and told the man to go and wash his face. And when the man washed, he could see.

When the man’s neighbors saw him they were very surprised and asked him how he got his sight. The man told them about what Jesus had done, so they took him to the religious leaders. When the religious leaders heard the story, though, they said that Jesus could not be from God because he had done this on a Sabbath day—remember that one of the ten commandments had said that people should rest on the Sabbath. But the neighbors said, “How could a man who is a sinner do a miracle like this?”

Then the religious leaders had the healed man’s parents brought in and asked them if their son had really been born blind. They said that they knew that this was their son, and that he had been born blind, but they did not know how he was now seeing. They were afraid of the religious leaders because the Jews had said that anyone who calls Jesus the Messiah will not be allowed into the synagogue.

The Pharisees told the man born blind, “God is the one you should praise because we know that this man is a sinner.” But the man born blind said, “I do not know if he is a sinner or not. I only know one thing. I was blind but now I see.”

So the religious leaders said, “tell us exactly what he did to you.” But the man born blind said, “I already told you once but you did not listen. Why do you want to hear it again? Do you want to become his disciples also?”

Angrily the religious leaders said, "We are disciples of Moses! We don't know anything about this man."

Then the man born blind said, "God does not listen to sinners. He only listens to people who truly worship him. Since the beginning of time it has never been heard that any one opened the eyes of a person born blind. If this man were not from God he could do nothing."

"Who do you think you are?" the religious leaders said. "You were born in sin and now you are trying to lecture to us." And they sent him away.

When Jesus heard that the religious leaders had sent the man away he went to look for the man. When Jesus found him he asked him, "Do you believe in the one who has become a man?"

"Who is he, Lord. So that I can believe in him," the man who was blind said.

Jesus told him, "You have seen him and he is the one who is now talking to you."

So the man born blind said, "Lord, I believe." And he worshipped Jesus.

On another day, Jesus and his disciples met a man who was possessed with many demons. He lived among the tombs and everyone was afraid of him. The man ran up to Jesus and fell on his knees screaming, "**Jesus, Son of the Most High God! Please! Don't punish me!**"

Then Jesus cast the demons out of the man and cured him. "**Go home and tell your family what God has done for you,**" said Jesus. So the man went everywhere telling what Jesus did for him.

#20 WATER / FOOD—pretend to pick up a glass, drink from it, and put it down. Then pretend to pick up bread and bring it to your mouth with your right hand.

One day Jesus was traveling with his disciples in Samaria. Jesus was waiting by the well during the heat of the day while his disciples went into town to buy food and a woman from the town came to the well to get water. Jesus asked her for water to drink and she replied, "**how can you, a Jewish man, ask me for water since I am a Samaritan.**" Ordinarily a Jew would never talk to a Samaritan because Jews thought that Samaritans were sinful people.

Jesus said to her, "**if you knew who I was, then you would ask me and I would have given you 'living water'.**"

"Sir," she said. "**You have nothing to get water with. Where will you get this 'living water.'**"

Jesus said, "**Whoever drinks this water will get thirsty again. But if you had my water you would never be thirsty again. My water will well up inside of you into a spring giving eternal life.**"

Then the woman said, "**Sir, give me this water so that I will not be thirsty and will not have to come here for water.**" But Jesus said, "**Go and come back with your husband.**"

"**I don't have a husband,**" the woman said.

"**You have told the truth,**" said Jesus. "**You do not have a husband now. But you have had five husbands in the past and the man that you have now is not your husband.**"

"Sir," the woman said, "**I can see that you are a prophet. And I have also heard that the Messiah is coming.**"

Jesus said, "**I am the Messiah.**"

Then Jesus' disciples came back and were surprised to see him talking to a woman. And the woman went into the city and told everyone about Jesus. The people came and invited Jesus to stay and so he stayed two days with them, even though they were supposed to be enemies with Jews. And many of the people in the city believed in Jesus.

At another time Jesus was teaching large crowds of people and the crowds around Jesus were hungry and there wasn't a village close enough to buy food. Then a young boy gave Jesus his bread and fish. And Jesus multiplied that small offering into supper for 5,000 men plus their families. There were even 12 huge baskets of leftovers!

But the people kept asking for more proof that Jesus was from God. They said, ***"Our ancestors ate manna in the desert. It is written, He gave them bread from heaven to eat."***

"The true bread from heaven isn't from Moses," said Jesus. ***"It's from My Father. I am the bread of life. Whoever comes to me will never go hungry and whoever believes in me will never be thirsty."***

#21 TEACHING / DEATH—Hold your left palm up in front of you like a book and shake your right finger as if you were lecturing. Then cross your arms across your chest, with the right arm on top, and close your eyes as if dead.

Jesus told the people what was going to happen. ***"The One Who became Man must suffer and be rejected by the religious leaders. He will be put to death but three days later He will be raised to life."***

"If anyone wants to come with Me, he must forget about himself and take up his cross every day and follow Me. Because whoever wants to save his own life will lose it. But whoever loses his life for My sake will save it."

"If a person is ashamed of Me and ashamed of My teaching, then the One Who became Man will be ashamed of him when He comes in His splendor and in the splendor of the Father and the holy angels."

One day when Jesus was teaching in the Temple, the people said, ***"Tell us the truth. Are You the Anointed One of God?"***

"I already told you," Jesus said, ***"You don't believe Me because you aren't my sheep. My sheep hear My voice. I know them and they follow Me. I give them eternal life and they will never die. No one can snatch them away from Me or from my Father's care. The Father and I are one."***

The people began to pick up rocks to stone Jesus. ***"Blasphemy!"*** they shouted. ***"You're trying to make yourself God!"*** But as they tried to grab Jesus, He slipped away.

Jesus received a message that one of his closest friends, Lazarus, was sick. But by the time he got there, Lazarus had been dead four days. His sister Martha said, ***"Lord, if You'd been here, my brother wouldn't have died."*** Then Jesus said, ***"Martha, I am the resurrection and the life and whoever believes in Me will never die."***

"Open the tomb," said Jesus. Then he called, ***"Lazarus, come out!"*** And still wrapped in burial cloth, Lazarus came out! Many of the people who saw this believed in Jesus. But others went to tell the religious leaders.

"What shall we do?" the leaders said. ***"If we don't stop this, everyone will believe in Him and the Roman government will destroy our Temple and our nation, too."***

Then the High Priest said, ***"You fools! Don't you realize that it's better for one man to die for the people than for the whole nation to be wiped out?"*** So the religious leaders decided to kill Jesus.

#22 CRUCIFIXION—Make fists with both hands and put your forearms into the shape of a cross with the right forearm out front.

It was time to celebrate the Passover Feast in Jerusalem. Every year Jewish families still followed God's instructions to Moses. They killed a perfect lamb and put its blood on their doors to remember how that blood protected them from death when God killed the Egyptians.

As people poured in Jerusalem, Jesus and His disciples came from Bethany. Huge crowds waved palm branches and spread their robes in front of Him as he rode into Jerusalem on a young donkey.

And everyone was shouting, ***"God bless the king who comes in the name of the Lord. God bless the King of Israel."***

Jesus went to the Temple and continued teaching. ***"I am the light of the world. Whoever follows Me will not walk in darkness but will have the light of life."*** To those who believed He said, ***"If you continue living as I tell you, then you are truly My disciples. You will know the truth and the truth will make you free."***

Jesus also reminded His followers again that He was going away. ***"But I won't leave you alone. The Father will give you another Counselor to be with you forever,"*** He said. ***"The Holy Spirit will teach you. And when you search for truth, He will testify for Me and remind you of everything I've said. So don't be afraid. I'm leaving My peace with you."***

Then one of Jesus' own disciples, Judas Iscariot, went to the religious leaders and said, ***"What will you give me if I betray Jesus to you?"*** They counted out thirty silver coins. He took the money and waited for a chance to help them arrest Jesus when there weren't people around to make a riot.

When Jesus and His disciples gathered to eat the Passover meal, He said, ***"I've wanted so much to eat this Passover meal with you before I suffer. I won't eat it again until it has its full meaning in the Kingdom of God."***

"But one of you right here is going to betray me. The One Who became Man will die as God has decided but how terrible it will be for that man who betrays him!"

"Lord, who is it?" they all asked. ***"It's the one I give this piece of bread to."*** Then Jesus dipped the bread in the sauce and gave it to Judas Iscariot. ***"Hurry and do it,"*** Jesus said. And Judas went out into the darkness.

Then Jesus took bread and thanked God. He broke it in pieces and said, ***"This is My body which is given for you. Do this to remember Me."*** Then He gave them the cup of wine after supper and said, ***"This cup is God's new covenant sealed with My blood which is poured out for you."***

"Don't be upset. You believe in God; believe in Me, too. My Father's house has many mansions and I am going there to prepare a place for you. Then I will come back to get you so that you can be with Me."

"But, Lord, we don't know where you're going, so how could we know the way?"

Jesus answered, ***"I am the way, the truth, and the life. No one comes to the Father except through Me."***

Then Jesus told them, ***"I'm giving you a new commandment. Love one another as I love you. If you love each other, everyone will know that you're My disciples."***

It was already late when they went out to a private garden on the Mount of Olives. Jesus said to His disciples, ***"All of you will run away because the scripture says, 'God will kill the Shepherd and the sheep will be scattered'. But after I'm raised to life, I will go ahead of you into Galilee."***

Then He fell to the ground and prayed, ***“Oh, Father. If it’s possible, please take this suffering away from Me. But even now, I want Your will to be done, not Mine.”*** There was agony written on His face and His sweat was like drops of blood falling on the ground.

Then Judas arrived with a big crowd. He went straight up to Jesus and said, ***“Peace to you, Teacher,”*** and he kissed Him. After they arrested Jesus, He said to the crowd. ***“Every day I sat and taught in the Temple. Did you really have to come with swords and clubs to capture Me like an outlaw? But it’s happening this way to fulfill what the prophets wrote in the scriptures.”***

And after that, the disciples deserted Jesus and they all ran away.

In the middle of the night Jesus was taken to the religious leaders. People told lies about Him but no one could agree. The High Priest said to Jesus, ***“Speak up, man. Why aren’t You saying anything to defend yourself? Tell us if you are the Anointed One of God.”***

Jesus replied, ***“You said it.”***

At that, the High Priest tore his clothes. ***“Blasphemy! We don’t need more witnesses.”*** And everyone said, ***“He’s guilty and He has to die!”*** But they didn’t have the power to sentence Jesus to death so the religious leaders took Him to Pilate, the Roman governor.

Pilate started questioning Jesus. ***“Are You the king of the Jews?”***

Jesus replied, ***“My kingdom is not an earthly kingdom.”***

“Are You a king then?” asked Pilate. Again Jesus replied, ***“You said it.”***

“But aren’t You going to answer all these charges against You? Jesus, what do You say for Yourself?” But Jesus didn’t say a word.

Pilate knew the religious leaders were jealous of Jesus. ***“He doesn’t deserve to die. Guards, just whip Him and let Him go.”*** So they whipped Jesus with leather strips that had sharp metal pieces in the ends. They forced a crown of thorn branches on His head and put a purple robe on Him. ***“Long live the King of the Jews!”*** they shouted. They slapped His face and spit on Him and beat Him with their fists.

As Pilate prepared to release Jesus, the crowds began shouting, ***“Crucify him! Crucify him!”*** Then Pilate, fearing a riot, gave in. ***“Do whatever you want with Him. I wash my hands of this whole affair.”***

So they marched Jesus through the city along with two convicted criminals. At 9 AM outside the city of Jerusalem, the soldiers threw Jesus down onto a cross and pounded huge spikes through His wrists and His feet. Then they lifted up the cross up dropped it into a hole. They crucified one criminal hanging on His right and the other hanging on His left. And then the soldiers gambled for His clothing.

The people stood there watching while the religious leaders shouted, ***“He saved others. Let Him save Himself if He’s really the Anointed One of God!”***

But Jesus said, ***“Forgive them, Father. They don’t know what they’re doing.”***

At noon the whole country was plunged into total darkness for three hours. At three o’clock in the afternoon Jesus asked for a drink and they gave Him vinegar. Then He shouted, ***“It is finished! Father, I place My spirit in Your hands,”***and He died. His mother Mary and her sister stood right there by the cross with some of the other women. And they saw the whole thing.

Suddenly there was a huge earthquake. And the heavy curtain hiding the Most Holy Place in the Temple was split in two from top to bottom!

The soldiers broke the two criminals' legs to make them die faster because the bodies had to be buried before sunset. They were amazed that Jesus was already dead! So they didn't break any of His bones but just to make sure, they pierced His chest with a spear. And the blood poured out.

Then two of Jesus' followers, Joseph and Nicodemus, quickly wrapped the body in linen cloth, put it in a newly dug tomb, and closed it with a huge stone. A Roman guard was posted so that no one could steal the body and claim that Jesus had risen from the dead.

#23 RESURRECTION—Put the palms of your hands together and point your fingertips to the right side. Then rotate your hands until they are vertical as if your hands were something that were lying down, and are now upright.

On the third day, early Sunday morning, some women were coming to the tomb to finish preparing Jesus' body when there was another huge earthquake. An angel rolled the stone away from the tomb and sat on it!

The angel said to the women, ***“Don't be afraid. You're looking for Jesus but He's not here. He's risen just like He said He would. Don't you remember His words 'The One who became Man must be handed over to sinful men, be crucified, and three days later rise to life'?”***

Yes! They ***did*** remember!

Then the angel said, ***“Come, see where He was lying. Then go tell the disciples. He's going to the Galilee ahead of you and you'll see Him there.”***

While the women ran to find the disciples, the guards ran to tell the religious leaders. The leaders gave them a lot of money. ***“Say that His disciples stole the body while you were asleep. And if the governor hears you were asleep on duty, we'll fix it up with him.”***

Late Sunday evening, the disciples were still hiding behind locked doors, afraid of the religious leaders. Suddenly, Jesus was standing there with them! And they were terrified because they thought they were seeing a ghost.

“Peace be with you,” said Jesus. ***“Why are you so upset? Look at My hands and My feet. It's really Me. Go ahead; touch Me. A ghost doesn't have flesh and blood like this.”*** They still couldn't really believe it, they were so overjoyed.

“Can I have something to eat?” So they gave Jesus a piece of fish and watched Him eat all of it!

“You are so slow to believe the prophets!” He said. ***“Wasn't it necessary for the Anointed One to suffer these things to enter His splendor?”*** And beginning with Moses and all the prophets, Jesus explained everything about Himself that was in the scriptures.

During the next forty days, so many people saw Jesus alive that there was no question about it. He really had risen from the dead. And He continued to teach His disciples.

“Don't leave Jerusalem,” He said. ***“Wait there for the One My Father promised. John baptized with water but in a few days you will be baptized with the Holy Spirit.”***

“When this happens, you'll be filled with power. And you will be my witnesses in Jerusalem and Judea and Samaria and all over the world.”

Then He said to them, ***“I have been given all authority in heaven and on earth. So you must go to everyone everywhere and make them my disciples too. Baptize them in the name of the Father and the Son and the Holy Spirit. Teach them to obey everything I've commanded you.”***

“I will be with you forever.” And as they were standing with Jesus on the Mount of Olives, He rose up into heaven and disappeared into a cloud.

While they were still looking up, two men dressed in white appeared beside them. ***“Why are you standing there staring at the sky?”*** they asked. ***“Jesus will return in the same way you saw Him taken away into heaven.”***

#24 HOLY SPIRIT—Make a pose that shows your biceps muscles.

Ten days after Jesus returned to heaven, they were all in Jerusalem together. Suddenly there was a noise from the sky that sounded like a big wind and it filled the whole house where they were sitting. Then they saw what looked like tongues of fire spread out and touched everyone in the room.

And just as Jesus had promised, they were filled with the Holy Spirit of God. And they received the power He promised to boldly proclaim Jesus to everyone in the world. This was their message:

“Each of you must turn away from his sins and be baptized in the name of the Anointed One so that your sins will be forgiven. Then you’ll receive God’s gift of the Holy Spirit too. For God has promised this to everyone who is far away from Him. God is calling everyone to Himself.”

#25 THE END—Cross your forearms in front of you with your hands open and your palms facing the floor. Then quickly uncross your arms.

WHAT WILL HAPPEN IN THE FUTURE? CAN WE KNOW? God has said that one day Heaven will open and Jesus will return to earth as the conquering King and righteous Judge. Those who trust Jesus will rise from the dead and meet Him in the air. As King of Kings and Lord of Lords, Jesus will stand again on the Mount of Olives and rule the whole earth.

When the time comes, God will pronounce His final judgment on Satan, the great deceiver. He ***will*** be brought down to the pit of hell and thrown into a lake of fire forever. With all the nations standing before His great white throne, God will bring out the Book of Life. But the Book is sealed and no one can open it.

Then Eve’s descendent, the Anointed One, the Perfect Lamb, will open the Book to the sound of singing:

By Your death You are worthy to open the Book
With Your blood You bought men for God
From every tribe and language and people
A kingdom of priests, a holy nation to serve Him

By the names written in the Book of Life, the King will separate people to His right and to His left as a shepherd separates the sheep from the goats.

And the King will say to His sheep on the right, ***“Come, you who are blessed by my Father; inherit the kingdom prepared for you since the creation of the world.”***

But to those on His left He will say, ***“Your name is not written in the Book of Life and you are still under the curse of death. Depart from me into the eternal fire prepared for the devil and his angels.”***

There will be a new heaven and a new earth and God will be with His people. He will wipe the tears from their eyes and there will be no more death or sorrow or crying or pain. And there will be no more night or need for the sun. The glory of God and the Lamb of God will be the light and They will reign forever and ever.

The Tree of Life will be there and the ancient curse of death on mankind will be broken.

THIS IS GOD'S MESSAGE TO YOU.

If you believe this message, the Holy Spirit has also come to you. He lives in you to counsel and guide you and give you peace. As Jesus promised, He will show you what is true.

When you do not know which way to turn, pray in Jesus' Name and the Holy Spirit will lead you in the way of truth.