

Bible Bowl Training: Week 4

Grab your Bible, strap on your thinking cap, warm up your page flipping fingers and let's dive into our training!

Warm Up

Find a comfortable, quiet place to go through this lesson. To prepare your heart, say your own prayer or use this one: *God be with me and help me understand your Word so I can know you better and live in your love everyday. Amen.*

Say the beginning of the Lord's Prayer to yourself.

Open your Bible to the page that lists all the books of the Bible. Read through the list and look for the names of books you know, and those you don't know. Together, we have looked at Old Testament books like Job and Jonah, we've looked at the Gospel of Matthew and the Letter to the Philippians in the New Testament. Remember, the two Testaments are two groups of books that together make the big book we call the Bible.

Stretch

As you look over the list of books, you may notice sometimes two or more of the books in the Bible have almost the same name, like 1 Samuel and 2 Samuel. We say "First Samuel" and "Second Samuel." The number in the name of each book helps you tell them apart. Look up the Old Testament book 1 Samuel. Be careful! Watch for the number 1 in the name. Now look up the book 2 Samuel. Notice that it follows 1 Samuel. Do you remember how we say 1 Samuel? Don't forget!

Exercise

There is a book in the New Testament called 1 Peter. How do you think we say that out loud? Did you guess "First Peter?" You're right! There is another book in the New Testament with a name very much like 1 Peter, can you guess it's name? Go ahead, guess. I'll wait..... OK...did you guess? If you said 2 Peter ("Second Peter") you're right!

Some of these books are very short, which makes them a little more tricky to find, if you don't know where to look. See if you can find 2 Timothy (Second Timothy). Count the pages: it's only 4 pages long!

Some are longer, like 1 Corinthians. Turn to the first page of 1 Corinthians. Good job!

Or how about 2 Chronicles? Find that in your Old Testament list of books. It's 42 pages long! Can you find the first and last page of 2 Chronicles?

Now turn again to the New Testament list of books. In the New Testament list you will see that more than one book has the word "John" in its name, but they are not all together on the list. There are four total, do you see all of them? Find the book 1 John

("First John") in your Bible. It is in the New Testament list. Be careful! Find 1 John, not John. Good! Now turn to the first page of the book 2 John. Great! Now turn to the first page of the book John, (not 1 John). Did you find it? Leave it open to this page.

Did you know that now you know how to find any book in the Bible? You do!!! Pat yourself on the back, give yourself a high five, do a cartwheel....CELEBRATE! Then take a deep breath, and look back at the page you left open.

Cool Down

You should still have your Bible open to page 1171. Find the orange box on the right side. Remember, these boxes are filled with ways for you to think about and experience the Scriptures in your life. Spend some time thinking about the questions you read there. Then move your eyes up to first paragraph on the page, the one that starts next to the huge number 1. Find the last sentence of that paragraph: "the light shines in the darkness and the darkness did not overcome it." Think about that. Imagine you are in your bedroom in the dark with the door shut. The light is on in the hallway outside your room. When you open the door, does the dark sneak out into the light of the hallway, or does the light come into the room? The light always wins! "The light shines in the darkness and the darkness does not overcome it." Jesus is the light of the world, and Jesus fills the dark parts of our lives with light that always wins! What a blessing! This is our memory verse for the week.

Memory Verse: John 1:5

The light shines in the darkness, and the darkness did not overcome it.



Stretch Again

So we know Jesus lights our lives, but have you ever thought about how many light bulbs it takes to light a house? Walk through your home and count how many light bulbs there are. Go onto the Bible Bowl website and tell us how many bulbs you counted.