

4 Lesson

Please Bring My Coat

2 Timothy; The Acts of the Apostles, pp. 498-508

Have you ever traveled a long way from home? Maybe to visit relatives, or go to camp? How did it feel to sleep in a new place? Did you get a letter or package while you were there? How would getting a letter from home make you feel?

Paul knew what it was like to be away from home and friends.

Four stone walls surrounded him.

Up toward the ceiling, a small window tried to light the darkness in that prison cell. The cold, stone floor he was sitting on seemed to be part of his body. His ankles were chained to the floor as though he were a dangerous animal. But he was not dangerous; he was Paul, a servant of God.

Early in his life Paul had cruelly treated people who believed Jesus was God's Son. He had even ordered some to be put

to death by stoning. But God had changed his life, and Paul became one of Jesus' strongest defenders.

At this time the Roman emperor, Nero, was against Christians. Many Christians had been put to death because they worshiped Jesus. Paul was certain that he would be put to death too.

Paul was thinking about his young friend, Timothy. Timothy had become like a son to him.

The young man had cried the last

time they said good-bye. From the time he was a child, Timothy had been taught about Jesus. His family had invited Paul into their home many times. Now a young man, Timothy often traveled with Paul. Together they had preached and encouraged other Christians.

Paul had been thrown into prison several times for preaching the good news.

But he had a feeling that he wouldn't survive this time. He was older. The weather was turning colder and colder as winter



The Message

When we help people who serve God, we serve God too.

Memory Verse

**"God . . . will not forget
your work and the love you
have shown him as you have
helped his people and
continue to help them"**

(Hebrews 6:10, NIV).

approached. And if the cold weather didn't kill him, the emperor probably would.

Paul took up a sheet of parchment and a pen. Thoughtfully, he began his last letter to Timothy.

"To Timothy, my dear son," he began. "I constantly remember you in my prayers. Recalling your tears, I long to see you, so that I may be filled with joy" (2 Timothy 1:2, 3, NIV). He reminded Timothy that Jesus had destroyed death. That was the good news everyone needed to hear so they could be joyful! Paul was not ashamed to suffer for sharing this good news with others. It was such good news. And he was eager to tell everyone!

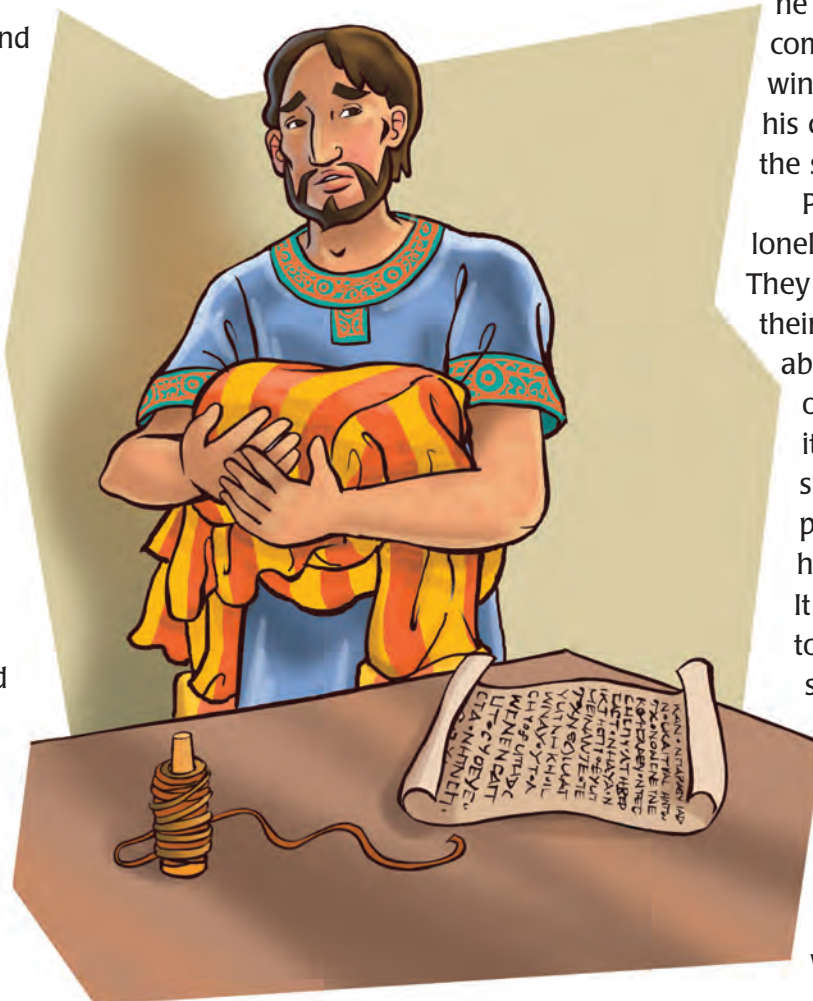
Paul was so lonely. It seemed that everyone in Asia had deserted him. No one had come to his defense when he was on trial. The few people who had encouraged him meant so much to him.

Paul listed the name of one friend who had searched throughout Rome to find and visit him in prison. He asked Timothy to deliver his

greetings to several others who had served with him and cared for his personal needs. And finally,

he asked Timothy to come visit him before winter and bring him his coat. It was cold in the stone prison.

Pastors also feel lonely sometimes. They spend most of their time thinking about the needs of others. Wouldn't it be a wonderful surprise if you planned a way to help your pastor? It doesn't take much to be of service. A smile, flowers after church, even a drink of water will bring your pastor joy. And it will make you feel good, too. Why not try it?



S A B B A T H

DO If possible, go on a nature “color walk” with your family. Appoint a leader. Each person looks for nature objects of a certain color. Make a list of the objects you find and give it to the leader, who makes a long list. Thank God for beautiful colors.

READ Read your Bible story together. Who was the leader in this week’s lesson? Read and discuss Hebrews 6:10. Teach it to your family.

S U N D A Y

READ During family worship, read and discuss the first chapter of 2 Timothy—Paul’s last epistle (letter) before he died. What final advice did Paul give to Timothy?

DO Make a shoe box model that shows the rooms inside your church. Make cutouts of your church leaders and place them in the model church where they usually serve God. Then ask God to bless them as they serve your church. How can your family help them?

DO Review your memory verse.

M O N D A Y

READ With your family, read and discuss 2 Timothy 2:1-13; then review your memory verse.

DO Make a list of the leaders in your church. Make plans to do something special for one of them this week.

DO With your family, appoint a leader and play “Follow the Leader.”

SING Sing “Give Me Oil in My Lamp” (*Sing for Joy*, No. 132) before prayer.

T U E S D A Y

READ Together with your family, read and discuss 2 Timothy 2:14-26. Review your memory verse and draw pictures of what it means to you.

DO Try sitting on a cement floor for two minutes. How do you think Paul felt while sitting in prison?

THINK In what other places do people serve God besides your church? How can you help the people who work in those places?

Paul had special rights, even in jail, because he was a Roman citizen.

W E D N E S D A Y

SHARE Read and discuss 2 Timothy 3 with your family. Review your memory verse. What will God not forget?

DO Have an adult tie your ankles (loosely) together. Then try to walk across the room. What would it be like if it were a chain?

DO Being a Christian parent is serving God. Help your parent(s) serve your family today, and you will be serving God too.



THURSDAY

READ For family worship, read and discuss 2 Timothy 4.

DO Paul depended on Timothy. What personal favors did Paul ask of him? (See verses 9, 11, 13, 19, and 21.)

MAKE Make a coat out of newspaper. Tape or staple it together. What kind of coat did Paul need? Thank God for warm clothes.

DO Say today's memory verse as you think about Timothy's helpfulness. Does this verse tell about you also?



FRIDAY

DO Use cushions or pillows to make a "prison." Sit in your "prison" with your family and tell them about Paul and Timothy.

READ Read Hebrews 13:7. How has your pastor served your family? Make a special card for him or her, and sign it as a family. Give it to your pastor in church tomorrow.

DO What else can your family do tomorrow to help live out your memory verse? Say your memory verse together before prayer.

SING Sing "This Is My Prayer" (Sing for Joy, No. 106).

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PUZZLE

Directions: Look for the following hidden words to learn how you can help your pastor: help, pray, encourage, care, smile, serve



Bible Food Fun

Directions: Have an adult help you cook a meal that might have been eaten in Bible times. Invite your family to join you in reading about Bible foods and then sampling the food.

RECIPE FOR LENTIL STEW

2 cups of lentils, washed
1/2 cup rice, preferably wild
3 T olive oil
2 tsp salt
7 cups water
1 large onion, peeled & chopped
1 bell pepper, chopped
4 T fresh parsley, chopped
Optional: 1 cup fresh spinach, chopped

Bring the lentils, rice, and olive oil to boil in the water. Reduce heat and simmer for about an hour. Test the mixture to determine if it is nearly cooked. Add the rest of the ingredients and cook for an additional 10 - 15 minutes. Serves 6.



PEAS WITH MINT

3 cups of fresh peas
Water for boiling
2 T mint, chopped
1 tsp olive oil
Salt to taste

Bring the peas to a boil in the water. Reduce heat and simmer 5 - 7 minutes. Drain. Add olive oil, mint, and salt. Serves 6.



HUMMUS

1 15 oz can chickpeas (garbanzo beans), mashed well
 1/2 cup ground sesame seeds
 2 cloves garlic, finely chopped
 3 T lemon juice
 1/2 tsp salt
 Parsley, chopped for garnish
 Crackers or pita bread

Mix ingredients until blended. Place in bowl and serve with pita bread or crackers.

FOOD IN THE BIBLE

Judges 5:25 (NIV) _____

Jeremiah 17:11 (NIV) _____

1 Kings 4:22 (NIV) _____

Amos 4:5 (NIV) _____

2 Chronicles 9:9 (NIV) _____

Matthew 5:13 (NIV) _____

Genesis 24:17 (NIV) _____

1 Samuel 14:25 (NIV) _____

Nahum 3:12 (NIV) _____

Numbers 17:8 (NIV) _____

