



Follow the Flock

Lesson 1

Supply List

At each Team's table, you will need these things:

- A plate, plastic knife, and toothpick for each child
- 7 small cauliflower florets for each child
- 2 black olives for each child
- Assorted vegetables to serve on the side, such as carrot sticks, cucumber slices, cherry tomatoes, and bell pepper slices
- Ranch dressing or veggie dip
- A small cup or muffin wrapper with dip for each child
- Hand sanitizer, napkins, cups, and water



to food and water. Jesus, our Good Shepherd, takes care of us and protects us from sin and the devil. Jesus cares, now and forever!

Making the Snack

SAY: To help you remember this, we're making a snack that looks like a sheep. Demonstrate as you explain: **Arrange the cauliflower.** Put the florets in an oval shape in the middle of your plate for the sheep's body. Place a black olive on the left side to be the sheep's face. Use the knife to cut a second black olive into one small piece for an ear and four long pieces for legs. Arrange them on your sheep. Dip a toothpick into the dressing and draw an eye on your sheep's face. Make a pasture by putting green vegetables around the plate. Add flowers to the pasture by cutting tomatoes or red peppers. Hold up the finished example.

SAY: After you make your edible sheep artwork, dip your veggies in the dressing and enjoy. Help yourself to extra veggies! Jesus, our Shepherd, cares for us by providing this healthy food. Let's thank God for this healthy snack. Lead a snack prayer. Remind kids to clean their hands with sanitizer. Send them to the Team tables to make snacks.

Before They Go

SAY: GATHER 'ROUND! (Point up and circle hand.) JESUS CARES! Teams: (Point up.) JESUS CARES, (Circle hand.) NOW AND FOREVER! **SAY:** You learned more about gregarious sheep. And you'll learn more about Jesus, our Good Shepherd.

Advance Preparation

Clean and dry the vegetables. Cut cauliflower into small florets. Each child needs seven florets. Cut and prepare other vegetables, such as carrot sticks and cucumber slices, if desired. Before the session, put items listed in the Supply List on each Team's table.

When Kids Arrive

Gather the kids in your central meeting spot.

SAY: Welcome! At Bountiful Blessings Snacks, we'll learn how Jesus cares for us and gathers us together. Let's make a snack to help us remember Jesus cares. Share the Take-Home Point. **SAY:** GATHER 'ROUND! (Point up and circle hand.) JESUS CARES! Teams: (Point up.) JESUS CARES, (Circle hand.) NOW AND FOREVER!

SAY: Let's say the Bible verse: *"The LORD is my shepherd; I shall not want."* Psalm 23:3. Sheep follow their shepherd. Did you know sheep are gregarious? That's a big word. Say it with me: gregarious. That means sheep stick together. They are born with strong instincts to stay in a large group—a flock—and follow one another. Sticking together helps protect sheep from predators. Their gregarious instinct helps a shepherd to care for them! Sheep want to follow a friendly person who will protect them and lead them