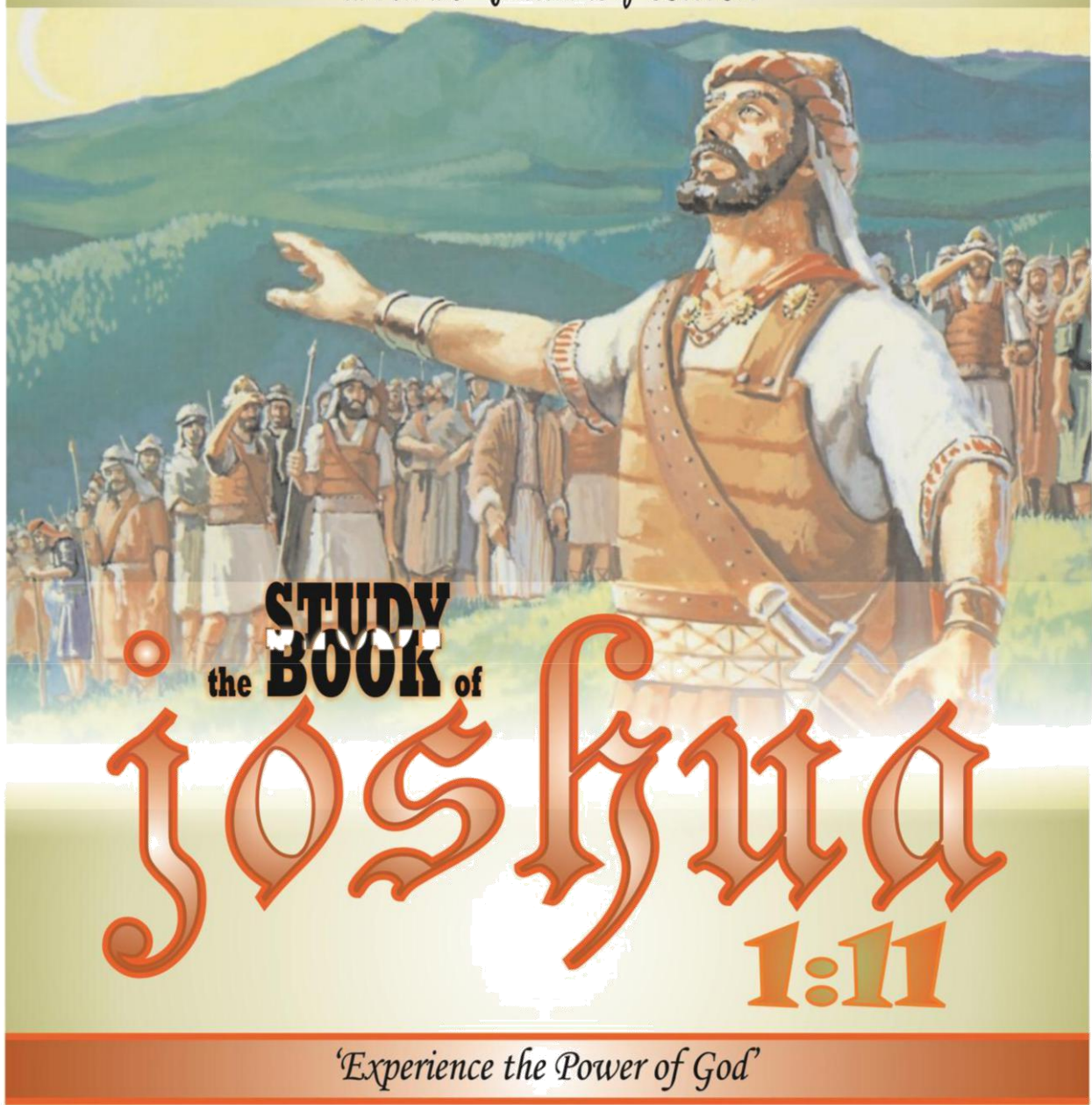


# 'Expedition Promised Land'

*am on the Train to Heaven*



## SNACK CONQUEST TEACHER'S HANDBOOK



*Camp Meeting Materials Produced by the Children Ministries Department  
Greater Rift Valley Conference  
West Kenya Union Conference of Seventh Day Adventists*

***Contributors:***

*Pr. Rosylin Ayayo  
Pr. Abigail Gichaba*

*Children Ministries Director, WKUC  
Children Ministries Director, GRVC*

*'Experience the Power of God'*

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## GENERAL OVERVIEW

First of all thank you for choosing to be part of the Expedition Promised Land! We are on the train to heaven. I pray that the activities found in this handbook help you and the children grow closer to the Lord Jesus Christ. It's never too early or too late to begin sharing God's love with a child. In CHILDREN MINISTRIES C we urge churches to begin teaching the Bible in early childhood using age-appropriate methods. Churches should strive to advance children's knowledge and understanding of God's Word as maturity, life experiences, and educational levels allow. Together we can reach the ultimate goal to lead children to receive Christ as their Savior and become mature Christians.

This week we will be learning about Expedition Promised Land. You are expected to use the various snacks and foods suggested in this handbook to enhance the children's experience in learning about Expedition Promised land while also having fun. The foundational Scripture is the Israelite's expedition to Canaan, the promised land under the leadership of Joshua found in Joshua chapters 1,2,6,7,8 and 11. We will be training the children to experience the power of God. They will be referred to as travelers in God's caravan to the Promised Land. The administrator/ coordinator of the CHILDREN MINISTRIES C in your church will be referred to as the master guide while you as the teacher will be referred to as caravan leader. The volunteers you will be working with in this station will be referred to as expedition corps. You may want to decorate your station as a caravan kitchen camp. This is your chance to get creative and have fun!

This is one of the four rotational stations which kick off after the large group time. You are expected to take a maximum of 40 minutes with each group that visits this station. The groups will be different in terms of age and you should be sensitive to these differences. This station is not meant for the actual snack break but rather to use food to enhance the learning of the theme. We recommend that all the caravans break together for the regular health breaks at the same time. The Administrator will share with you the actual schedule of the camp.

It is very important that the materials used as far as possible be familiar, affordable and within the environment of the children. You should take caution for food allergy histories of the children. This can be analyzed from the registration forms filled by parents. Ensure to learn about all the information on the allergies and first aid steps you may need prior to the CHILDREN MINISTRIES C week.

In this handbook you will find a manual directing activities for each day tied with that day's big idea. It explains the activities in which the children will be participating in great detail. It also gives suggestions on what to say at each section to relieve you of as much stress as possible. Your main job is to befriend the kids and help them experience the various biblical themes

through food and fun. Take time to familiarize yourself with all the material before meeting with your volunteers.

## DECORATION

Every day you should endeavor if possible, to have new and creative ways of re-arranging the area that will be used for the food court depending on the activities lined up. You should strive to keep the place tidy, hygienic and attractive at all times and observe safety since we know children love food and need to be controlled by having a set of rules.

## DAILY LESSON PLAN GUIDE

<b>5 minutes</b>	Introduction and welcome. The day's memory verse re-emphasized
<b>5 minutes</b>	Re-cap of the main theme for the day and lessons learnt
<b>25 minutes</b>	Children go through the snack activities and the learning.
<b>5 minutes</b>	Community service donations. Every day the children should carry a gift for donation to a children's home, hospital or any other community service your leader may decide.

## DAILY BREAKDOWN

### DAY ONE: GOD IS OUR STRENGTH

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#### TEACHER PREPARATION

Before joining today's caravan, spend some time in individual prayer specifically focusing on the day at hand, the lesson and your children. Come before Jesus as an empty vessel. Read and meditate on Joshua 1: 1-18 and Philippians 4: 13. Think about how the Lord can be your strength and the various challenges your children may be experiencing. Go over what you will say with the children and how you will guide them through each activity. Be sure you understand the big idea so you can pass it on to your group. Gather all necessary materials for today's activities and understand day one's activities specified in this handbook. Meet and pray with other caravan leaders (teachers) and expedition corps (volunteers) before getting started. Have fun!

#### BIG IDEA

**God is our strength:** God appoints Joshua as the leader after the death of Moses and instructs him to be strong and courageous as He would be with him as long as he remained faithful. The children should not fear to undertake any challenge because the Lord is with them wherever they go or whatever they do so long as they remain faithful.

#### MEMORY VERSE

"I can do all things through Christ who strengthens me." (Philippians 4:13)

#### REQUIREMENTS

- Several pieces of sugarcane stems (one piece per child)
- Sugarcane cubes
- Any un-shelled hard-crusted nut (e.g. Macadamia nuts)
- Shelled hard-crusted nut
- Stones or any equipment for crushing nuts
- Trays or large plates
- Serviettes or tissue paper
- Cling foil

## PREPARATION

### Option 1: Sugarcane Activity

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- Beforehand get long sugar-cane stems and cut into small pieces enough for each child.
- Before each group arrives, wash enough pieces for the group and arrange on a large tray.
- Wash another long sugarcane stem, peel off and cut into small cubes enough for each child. Arrange the cubes on a plate and cover with a cling foil to avoid contamination.

### Option 2: Hard-crusted Nut

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- Beforehand get several pieces of un-shelled hard-crusted nuts (e.g. macadamia)- enough for each child, and arrange on a tray.
- Have other pieces of the same nut – but shelled – also enough for each child, and arrange on a plate and cover with a cling foil to avoid contamination.

## ACTIVITIES

### Option 1: Too hard to chew

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**Say:** Today we are learning that we should not fear to undertake any challenge because the Lord is with us wherever we go or whatever we do so long we remain faithful. I would like to give each of you a challenge. Are you ready? (*Expect excitement*)

- Give each child a small piece of un-peeled sugarcane and ask them to chew. (*It should not be very easy to chew*)
- **Ask:** Was it easy to chew the sugarcane? (*Accept answers*)
- **Say:** Sugarcane is very hard to chew for many people including me (*Try to demonstrate how hard it is to chew sugarcane*) However, in some markets, you find the hard part already removed and the cane prepared nicely for easy chewing just like this. (show them the sugarcane cubes). How many would like to try? (expect excitement)
- Distribute to each child and let them chew as you talk.
- **Say:** Life is full of many hard things (give examples as may be appropriate to your group) and may feel as if you are trying up a very hard cane. However, you should remember that God is our strength and we can do all things through Christ who gives us strength. He is able to break all the difficult things in our lives just like the sugar cane was broken for us here.
- **Invite Response:** How many would like to have Jesus help them with all their challenges? (accept responses)
- **Offer Final prayer:** Ask God to help the children realized that God can help them through all the challenges they may have. If you know of any specific challenge a child has, you may want to pray privately with the child briefly thereafter.



### Option 1: Too hard to crack

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**Say:** Today we are learning that we should not fear to undertake any challenge because the Lord is with us wherever we go or whatever we do so long we remain faithful. I would like to give each of you a challenge. Are you ready? (*Expect excitement*)

- Give each child an un-shelled hard-crusted nut (e.g. macadamia) and ask them to crack it in whichever way. (*It should not be very easy to crack*)
- **Ask:** Was it easy to crack the nut? (*Accept answers*)
- **Say:** Macadamia (replace with the appropriate name if different) is very hard to crack for many people including me (*Try to demonstrate how hard it is to crack*) However, in some shops, you find the hard part already removed and the nuts prepared nicely for ready eating just like this. (show them the shelled nuts). How many would like to try? (*expect excitement*)
- Distribute to each child and let them eat as you talk.
- **Say:** Life is full of many hard things (give examples as may be appropriate to your group) and may feel as if you are trying to crack up a very hard nut. However, you should remember that God is our strength and we can do all things through Christ who gives us strength. He is able to break all the difficult things in our lives just like the nuts we are now eating was broken for us here.
- **Invite Response:** How many would like to have Jesus help them with all their challenges? (accept responses)
- **Offer Final prayer:** Ask God to help the children realize that God can help them through all the challenges they may have. If you know of any specific challenge a child has, you may want to pray privately with the child briefly thereafter.

## DAY TWO: WE CAN TRUST IN GOD

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### TEACHER PREPARATION

Before joining today's caravan, spend some time in individual prayer specifically focusing on the day at hand, the lesson and your children. Come before Jesus as an empty vessel. Read and meditate on Joshua 2: 1-24 and Hebrews 11: 1. Think about the areas of your life where you have exercised faith and how it benefited you spiritually. Go over what you will say with the children and how you will guide them through each activity. Be sure you understand the big idea so you can pass it on to your group. Gather all necessary materials for today's activities and understand day two's activities specified in this handbook. Meet and pray with other caravan leaders (teachers) and expedition corps (volunteers) before getting started. Have fun!

### BIG IDEA

**We can trust in God:** Joshua sends two spies to a fortified Jericho city. The spies trust on the power of God to deliver them and the city to them in spite of the mighty walls. God validates their faith when they chat with Rahab. The children should learn to trust in God in every situation.

### MEMORY VERSE

"Now faith is confidence in what we hope for and assurance about what we do not see."  
(Hebrew 11:1)

### REQUIREMENTS

- Popped up Pop-corns
- Grape fruits
- Paper cups (these can locally be improvised with papers folded into cone-shape)

### PREPARATION

#### Pleasant surprise

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- Beforehand get enough paper cups for each child with at least one grape fruit inside each paper at the bottom.
- Fill up each cup with pop-corns to cover the grapes at the bottom of the cup.



## ACTIVITY

**Say:** Today we are learning that we can trust in God in every situation. God gives us instructions all the time through His word the bible. We should trust that when we obey Him, it is for our good. I would like to give you some instructions now and it is for your good. I have something here for you to eat. Are you ready? (*Expect excitement*). Make sure you eat all of it.

Give each child a cup of popcorn and instruct them to eat. (*Do not tell them about the grape-fruit*). Wait for them to discover by themselves.

**Ask:** Did you find any surprise? (*Accept answers*)

**Say:** I am very happy that you trusted me enough to obey my instructions. You see, when you obeyed you did not expect to find the grape, which is a very nice fruit. Similarly, when we trust in God we will always obey Him and you can be sure of very many pleasant surprises – just like the spies did when they obeyed God and found large bunches of grapes in Canaan.

**Invite Response:** How many would like to trust in Jesus at all times whatever the situation (accept responses)

**Offer Final prayer:** Ask God to help the children trust in Him at all times in all situations.

## DAY THREE: OBEDIENCE ENABLES GOD TO ACT FOR US

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### TEACHER PREPARATION

Before joining today's caravan, spend some time in individual prayer specifically focusing on the day at hand, the lesson and your children. Come before Jesus as an empty vessel. Read and meditate on Joshua 6: 1-27 and Hebrew 11: 30. Think about your experiences on obedience. Meditate on experiences when God acted on your behalf in some way because you obeyed Him even though it did not make sense. Go over what you will say with the children and how you will guide them through each activity. Be sure you understand the big idea so you can pass it on to your group. Gather all necessary materials for today's activities and understand day three's activities specified in this handbook. Meet and pray with other caravan leaders (teachers) and expedition corps (volunteers) before getting started. Have fun!

### BIG IDEA

**Obedience enables God to act for us:** Joshua as instructed by God commands soldiers and the priests to March around Jericho with trumpets and the Ark of the Covenant for seven days so as to bring down the walls of Jericho. The soldiers and the priest obeyed even though it did not make much sense, and the Lord indeed brought down the walls of Jericho. The children should learn to obey God's word all the time.

### MEMORY VERSE

By faith the walls of Jericho fell, after the army had marched around them for seven days (Hebrews 11:30)

### REQUIREMENTS

- Fresh Fruit Juice
- Acidic made beverage (Not for consumption and preferably smelly)
- Small disposable glasses
- Bible

### PREPARATION:

- Beforehand get enough freshly made fruit juice enough for each child (per glass)
- Also get enough very un-healthy acidic drink of equal amount to the juice prepared.

### ACTIVITY: BE HEALTHY

**Say:** Today we are learning that we should obey God's word all the time. The Bible tells us in 3John 1:2 that God wants us to be in Good Health (*Open the bible to the verse as you paraphrase*) I am going to show you two types of drinks. One is healthy and good for our bodies (*lift up the juice in a transparent glass for them to see*). Would you like some? (*Expect Excitement*) The other one is bad, smelly and very harmful to our bodies (*Lift up the bad beverage in a transparent glass for them to see*). How many would like some? (*Expect displeasure*) then pour the whole amount into the sink or pale as the children watch. (*Remember to dispose of the bad drink safely outside after the group has left.*)

Give each child a glass of the healthy juice and have them enjoy as you talk.

**Say:** As we have read in the Bible, God wants us to be healthy. When we obey Him by eating healthy foods like this juice and avoid the bad ones like that other one (point to the pale or sink where you have disposed the bad juice), God builds our bodies to be strong and healthy to help us enjoy life.

**Invite Response:** How many would like to have Jesus help them make the right choices with their lives? (Accept responses)

**Offer Final prayer:** Ask God to help the children to always make the right choices in their lives.

## DAY FOUR: GOD HATES SIN

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### TEACHER PREPARATION

Before joining today's caravan, spend some time in individual prayer specifically focusing on the day at hand, the lesson and your children. Come before Jesus as an empty vessel. Read and meditate on Joshua chapters 7 and 8 and also Romans 1: 18. Think of ways you have experienced God's displeasure of sin in your own life and in the life of others close to you. Go over what you will say with the children and how you will guide them through each activity. Be sure you understand the big idea so you can pass it on to your group. Gather all necessary materials for today's activities and understand day four's activities specified in this handbook. Meet and pray with other caravan leaders (teachers) and expedition corps (volunteers) before getting started. Have fun!

### BIG IDEA

**God hates sin:** Achan openly disobeys God's instruction to completely destroy the city of Jericho and everything therein. God clears the sin of Achan by ordering his death and of his whole family. The children should learn that if we continually rebel against God, He will eventually destroy the world with us.

### MEMORY VERSE

"God's anger is shown from heaven against all the evil and wrong things people do. By their own evil lives they hide the truth." Romans 1:18 (NCV)

### REQUIREMENTS

- Fried Potatoes Crisps
- Chili powder
- salt
- Nuts
- Two large trays

### PREPARATION

- Beforehand Pour several pieces of potatoes crisps on to a large tray
- Spruce the crisps with too much salt and chilly so that it is un-palatable
- On another tray, pour several pieces of healthy nuts (e.g. groundnuts)
- Cover both trays with cling paper to avoid contamination.
- Wait for the caravan to arrive.

## ACTIVITIES: PLEASE DON'T EAT

**Say:** Today we are learning that God really hates sin. Do you know what sin is? (*Accept answers*) Sin is disobedience to God's word. Do you know of some people in the bible who openly disobeyed God's word? (*Accept answers.*) What happened to them? (*Accept answers*). God tells us in His word that we should honor Him with our bodies because our bodies is the temple of God (1 Corinthians 6:19, 20). That means that we should take good care of our bodies by eating healthy foods only and avoiding bad habits.

Present the two trays side by side on the table and remove the cling foils.

**Say:** I have here two trays of two types of foods. On this side (*point at the nuts*) I have some very healthy food. Do you know what these are? (*Accept answers.*) Yes. They are nuts. Nuts are very good for our bodies. They give us vital vitamins and oils good for our healthy growth. On this other side (*point to the crisps*) I also have some food, but it's not healthy and therefore not good for you. Often it has too much salt and not much useful ingredients. This kind of food is called junk because it does not add any value to our health.

**Say:** Now I want all of you to line up here and have some food before we learn. I encourage you to eat only healthy foods just like the bible says.

Let the children line up along both sides of the table and freely choose whatever to eat. Many will be obedient and eat only the nuts. Some, however, will be tempted to eat the crisps. Let them take and watch their reactions as they respond to the chili and too much salt. (*Beware of any allergies*)

**Say:** You see some of you were disobedient to the word of God. The Lord wants us only to eat healthy foods and not junk, but some of you disobeyed and ate the junk. Now see how they are suffering from the effect of the *bad junk food*. Always remember that God hates sin and if we refuse and disobey Him all the time, He will have to let us suffer because of these sins.

**Lead them to recite the memory verse:** Remember our memory verse? Let's say it together: "God's anger is shown from heaven against all the evil and wrong things people do. By their own evil lives they hide the truth." Romans 1:18 (NCV)

**Say:** God really loves us and gives us many good instructions to help us live our lives happily. However, because of our friends and other people, or many times because of our own weaknesses, we disobey Him. This makes God very sad because He really hates sin.

Remember to reassure all the kids that God loves all of them, even the ones that ate the crisps.

**Invite Response:** How many would like to have Jesus help them to obey God's laws so that we may not sin?

**Offer Final prayer:** Ask God to help the children realized that God really loves them but also really hates sin and that, if they persist in disobedience, they would have to suffer.

## DAY FIVE: GOD ALONE CAN DELIVER US!

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### TEACHER PREPARATION

Before joining today's caravan, spend some time in individual prayer specifically focusing on the day at hand, the lesson and your children. Come before Jesus as an empty vessel. Read and meditate on Joshua chapters 11: 4-23 and Psalm 124:2,3. Meditate on the many instances and ways God has come through for you. Go over what you will say with the children and how you will guide them through each activity. Be sure you understand the big idea so you can pass it on to your group. Gather all necessary materials for today's activities and understand day five's activities specified in this handbook. Meet and pray with other caravan leaders (teachers) and expedition corps (volunteers) before getting started. Have fun!

### BIG IDEA

**God alone can deliver us:** All the kings in Northern Canaan ganged up against Israel, a very small army. However, God gave all of them into the hands of Joshua who completely destroyed them. The children should learn that it is only God who can deliver them from their enemies or dangerous situations. Not money or power or other people.

### MEMORY VERSE

"If the Lord had not been on our side when people attacked us, they would have swallowed us alive when their anger flared against us," Psalm 124:2, 3 (NIV)

### REQUIREMENTS

- An assortment of fruits
- Helpers
- Trays

### PREPARATION

- Beforehand wash and arrange beautifully an assortment of fruits on to a few trays and then cover with cling foils to avoid contamination.
- Ensure to keep the fruit trays away from the station so that the children will not be able to know about them when they come into the station.
- Keep the station clean and clear so that it is obviously different from the four previous days when they always found some food items in the room.



### ACTIVITY: GOD SHALL PROVIDE

**Say:** Today we are learning that only God can help us. Many children in this world (*you can replace the word 'world' with city, country, etc as you see fit*) go hungry to bed every day without food. For us, God has been good to us all these days and He has given us food everyday to enjoy. We do not have any food today, however, we are going to spend some time praying for the many children who are not as blessed as we are.

Let the children form a circle as they hold their hands.

**Say:** Let's hold our hands and pray that God may provide for the many children in our *world* who do not have food. We know that God is the creator and owns all the food that we eat. We also know that God loves all of us and when we pray to Him, He listens to us and answers our prayers.

**Lead the children through prayer:** Father, we thank you for blessing us with so much food this week. We are sad to note however, that there are many children who are not as blessed as we are, children who go without food every day. Father may you provide for them and bless their parents and guardians every day. Thank you for hearing our prayers because we pray in the name of Jesus Christ. *Amen.*

As the children open their eyes from prayer, the helpers should burst into the room with joyful praise songs and with the trays loaded with fruits on their heads. They put the trays down and serve each child with a fruit as they thank them for thinking and praying for others. Let the children enjoy the fruits as you talk to them.

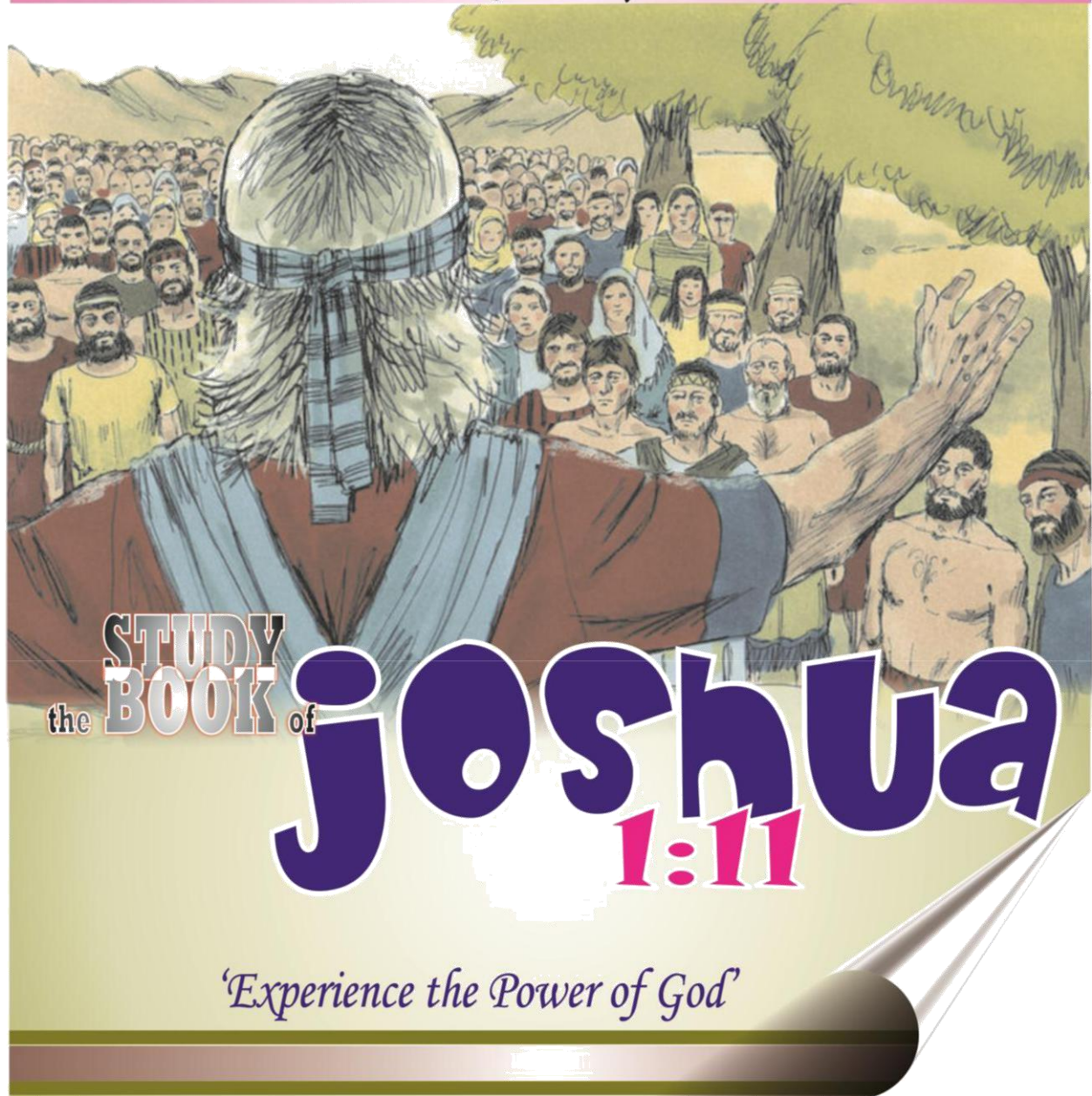
**Say:** We should always remember that all the food we eat comes from God. Without God, our parents would not be able to provide us with any food or anything else. Remember that only God can help our parents to provide for us.

**Invite special donations for the community service:** Just as God has blessed us with many things, we should also be a blessing to others. This week we have been donating various gifts to \_\_\_\_\_ (indicate the community service you agree upon with the administrator). I want you to think about all those children who do not have clothes, or food or shelter. Each of you should think of what he/she would like to donate and bring it to this corner. Tomorrow is the Sabbath day and if you do not have anything today, prepare to carry some gift with you for the less fortunate.

**Lead the children through the offering and finish with a prayer.** Pray that the children may realize that God is the provider of all that they have and have enjoyed through the week and that God may help them to be sensitive to others' needs.

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STUDY  
the BOOK of

# joshua

1:11

*'Experience the Power of God'*