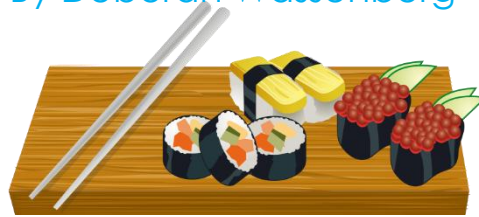




A Continual Feast!

By Deborah Wassenberg



Introduction:

When children learn to trust God, He fills their hearts with joy and cheerfulness that keeps coming!

Warm Up Challenge 1: Chopstick Pick Up Challenge!

You will need:

- Chopsticks (training chopsticks or kids' chopsticks for younger children)
- Noodle boxes
- Mini marshmallows (or puffed corn cereal)
- Timer

What to do:

How many mini marshmallows can be picked up using only chopsticks and put inside the noodle box before the minute is up?

Warm Up Challenge 2: Chopstick Cup Stack Challenge!

You will need:

- Set of chopsticks
- 6-10 lightweight plastic cups set out in a row upside down
- Flat surface
- Timer

What to do:

Using only chopsticks, who can stack the cups on top of one another the fastest?

1. Set up the cups
2. Start the timer
3. Cups must be picked up and stacked on top of each other – no hands, no touching – only chopsticks!

Bible Lesson: Paul and Silas Singing in Prison

Bible Reference: Acts 16:16-40

Visuals You Will Need:

1. Picture of sushi on a conveyor belt
2. Sushi
3. Proverbs 15:15
4. Paul and Silas arrested
5. Paul and Silas singing in prison
6. Prisoners listening to them sing
7. Earthquake in the prison
8. Jailor and his family
9. Child smiling and praying

Words:

Create a welcoming Japanese-style restaurant by decorating with paper lanterns, folding fans, 'rice-paper' screens, and artificial cherry blossoms, or use fabric depicting some of these items as curtains or tablecloths.

Sushi Restaurant owner Hiroshi teaches the lesson. If you need a female name, use Hiroko, an equivalent which means 'generous child'. Wear a kimono. The word kimono means 'thing to wear', and is worn by men and women in Japan.

1. *(Hiroshi bows)*
Konnichiwa.
It's *rice* to meet you!
My name is Hiroshi.
It means 'generous' in Japanese.
It's the perfect name for someone like me who loves to feed people!
That's why I am the owner of this Sushi Train restaurant, where the food is a continual feast that keeps coming!
2. Have you ever eaten at a Sushi Train restaurant?
It's also known as conveyor belt sushi.
(Kaiten-zushi in Japanese)
You'll find Sushi Trains everywhere in Japan.
It's a very exciting way to eat your lunch.
Plates of sushi move around the restaurant on a revolving belt, and you pick up whatever catches your eye as it passes by.
The food just keeps coming!
Plate after plate after plate.
3. I have a favourite Scripture from the Bible.
It is from the Book of Proverbs, Chapter 15 and Verse 15(b).
So easy to remember!
It says, 'The cheerful heart has a continual feast'.

A heart filled with God's joy, peace, and hope is cheerful and has continual blessings.

The blessings of strength, comfort, and joy that just keep coming...
like the food on my Sushi Train!

4. I'm going to tell you a Bible story that will help you understand what I mean.
Paul and Silas walked through the streets telling everyone about Jesus.
One day, some angry men grabbed them.
'Take them to the magistrate!' they shouted.
The crowd pushed in,
The leaders became upset.
And before Paul and Silas could explain, soldiers dragged them away.
5. They were beaten, chained, and thrown into a dark prison surrounded by other prisoners.
The jailer was stern and serious.
'No escaping,' he muttered.
Paul and Silas sat on the hard floor.
Their backs hurt.
Their feet were trapped in stocks.
If anyone had a reason to complain, it was them.
But instead, they remained cheerful.
Paul whispered, 'Silas, let's pray.'
Silas nodded.
'Let's praise God.'
They began to sing.
Softly at first.
Then louder.
Then joyfully.
Their voices echoed down the dark hallways.
6. The other prisoners stopped talking.
They leaned closer to the bars.
'Why are they singing?'
'Aren't they hurting?'
'Aren't they scared?'
Paul and Silas weren't pretending everything was fine.
They trusted God.
And God filled their hearts with joy...a continual feast of His blessings, even in prison!
7. Suddenly, RUMBLE!
The ground shook.
The walls trembled.
The wooden beams creaked.
CRACK!
The prison doors slid open.
The chains fell off every prisoner.
The jailor woke with a gasp.
'Oh no! The prisoners have escaped!'

He grabbed his sword, terrified of what would happen to him.
But Paul called out,
'Stop! Don't hurt yourself. We're all here!'
The jailer froze.
Then he ran to Paul and Silas, shaking.
'Why didn't you escape?'
Why were you singing?
What must I do to be saved?'

8. Paul smiled.
'Believe in the Lord Jesus, and you will be saved.'
The jailer brought them to his home.
His family listened eagerly.
They believed in Jesus.
They were baptised.
That night, the jailer's house was filled with joy –
all because Paul and Silas' cheerfulness kept coming.
Cheerfulness that didn't depend on circumstances, it was from the joy in their
hearts that came from Jesus!
9. A cheerful heart comes from trusting God.
Not pretending everything is perfect.
Not ignoring problems.
But trusting God in the middle of them.
So, remember Proverbs 15:15.
It's easy!
And think of me, Hiroshi, and my Sushi Train.
Your cheerful heart will have a continual feast!
(*Hiroshi bows*)
Sayonara!

Ministry to the Children:

In our story today, the jailer saw something amazing. He saw Paul and Silas singing in prison when everything seemed to be going wrong. He saw God shake the whole prison with His power. He saw that Paul and Silas had something he didn't have, a joy and peace that didn't disappear, even in the dark.

So the jailer asked the most important question anyone can ever ask:
"What must I do to be saved?" He was asking, "How can I belong to God? How can my sins be forgiven? How can I have the joy and peace that Paul and Silas have?"

And Paul gave him a simple, powerful answer: 'Believe in the Lord Jesus, and you will be saved.' That's it. Not 'try harder.' Not 'get everything right.' Not 'fix yourself first.'
Just believe in Jesus.

Believe in and trust that:

- Jesus is God's Son
- Jesus died for your sins

- Jesus rose again
- Jesus will forgive you
- Jesus will give you a new heart
- Jesus will be your Saviour and Lord

The jailer believed. His whole family believed. And that night, their home was filled with joy - the same joy Paul and Silas had in the prison. You need to believe in and follow Jesus as the Jailer and his family did!

Prayer:

‘Jesus, I believe You are God’s Son. I believe You died for my sins and rose again. Please forgive me for all my sins. I repent (turn the other way). Make my heart clean. Come into my life and be my Saviour and Lord. Help me follow You every day. Thank you for saving me. Amen.’

Memory Verse: Proverbs 15:15(b)

The cheerful heart has a continual feast.

Otedama is a traditional Japanese children’s juggling game played with small, handmade fabric beanbags. Use bean bags to teach the Memory Verse!

You will need:

- 5–7 buckets, bowls, or noodle boxes
- Bean bags
- Labels for buckets (see below)
- Masking tape to mark throwing lines at different distances



Bucket Labels

Label each bucket with one part of the verse:

- A cheerful
- heart
- has a
- continual
- feast
- Proverbs 15:15

What to do:

- Arrange the buckets in a semi-circle or straight line, closest to furthest.
- Place a throwing line 1–2 metres away (adjust for age).
- Children take turns tossing bean bags into the buckets.
- When a bean bag lands in a bucket, the whole group says that word of the verse aloud.

Example: A child lands a bean bag in the “heart” bucket → everyone says “heart!”

After each successful toss, place the bucket in order (left to right). Once all buckets have been hit at least once, the group recites the full verse together.

Variation for Large Groups: Feast Frenzy!

- Split kids into two or three teams.
- Each team has identical bucket sets OR they share one set and rotate.
- Teams race to complete the verse in order by landing bean bags in the correct bucket.

They cannot move to the next bucket until they've successfully landed one in the current one.

Morning Tea: Japanese Style!

- Use coffee tables for children to kneel at
- Place a Lazy Susan in the centre of each coffee table so children can turn it to reach the food
- Lolly sushi can be made using rice bubble slices, gummy worms tied into place with a strip of liquorice, sour strips/belts or fruit roll-ups
- Create Bento lunch boxes filled with fruit cut into shapes (use nori cutters or punches!) and rice crackers

Japanese-Themed Obstacle Course

Roll Like a Sushi

Children lie on a mat or soft carpet strip and roll sideways like a sushi roll being wrapped.

Mt Fuji Lava Hop

Lay out red fabric strips or red hoops as "lava rivers." Children must hop from stone to stone (grey spots or cushions) to cross safely. Add a "snow cap" at the end—a white towel they must touch before moving on.

Koi Pond Balance Walk

Place a blue tarp or fabric as a "pond." Children walk carefully across a balance beam (or taped line) while paper koi fish "swim" underneath.

Bento Box Sort & Stack

Set up three baskets labelled with simple icons (rice, veggies, and sushi). Children must sort pretend food items into the correct bento boxes.

Ramen Noodle Tunnel

Create a short tunnel using tables draped with yellow streamers (ramen noodles). Children crawl through the "noodles" to reach the next station.

Chopstick Pick-Up Challenge

Place pom-poms, mini marshmallows, or soft craft balls in a bowl. Children use giant chopsticks (pool noodles or cardboard tubes) to move items to a noodle box.

Cherry Blossom Dash

Scatter pink paper blossoms across the floor. Children must collect five blossoms and place them on a “blossom tree” poster before moving on.

Sushi Train Finish Line

Set up a circular track or taped loop. Children run or walk around it once—like a sushi train making its final lap—before crossing the finish line.

Craft 1: Senu (Paper Fan)

You will need

- 1 sheet of A4 paper (coloured or white)
- Felt pens, crayons, or stickers
- 1 paddle pop stick (or two if you want a double-handled fan)
- Tape or a stapler
- Optional: washi tape for decoration

What to do:

1. Decorate your paper

Lay your paper flat and decorate one whole side. You can draw:

- Cherry blossoms
- Waves
- Koi fish
- Patterns
- Your memory verse

Let it dry for a moment if you used markers.

2. Fold it like an accordion

- Start at the short end of the paper.
- Fold a strip about 2–3 cm wide.
- Flip the paper over and fold the next strip back the other way.
- Keep folding back and forth until you reach the end. It should look like a long zig-zag.

3. Pinch the bottom

Hold one end tightly so it looks like the bottom of a fan.

4. Add the handle

Choose one of these:

- Simple handle: Tape a paddle pop stick to the pinched end.
- Double handle: Tape or staple a paddle pop stick to each side of the pinched end so it opens like a real folding fan.

5. Open your fan

Gently spread out the top of the paper. Wave it and feel the breeze.

Optional Extras

- Add washi tape around the handle.
- Glue a paper cherry blossom to the top.
- Write a short blessing or memory verse on the folds.

Craft 2: Kokeshi Doll

You will need:

- 1 wooden dolly peg
- Felt pens or paint pens
- Small piece of patterned paper (origami paper works beautifully)
- Glue stick
- Black marker for hair
- Optional: ribbon, washi tape, tiny gems

What to do:

1. Draw the face

- Hold the dolly peg upright (round end is the head).
- Draw two small eyes, a tiny smile, and rosy cheeks.
- Keep it simple—Kokeshi dolls have gentle, minimal faces.

2. Add the hair

- Use a black marker to colour the top of the peg like hair.
- You can draw:
 - Straight hair
 - A fringe
 - Two little side buns
- Leave the face area uncoloured.

3. Make the kimono

- Cut a strip of patterned paper long enough to wrap around the peg.
- Wrap it around the “body” and glue it at the back.
- Smooth it down so it sits neatly.

4. Add the obi (belt)

- Cut a thin strip of contrasting paper or washi tape.
- Wrap it around the middle of the kimono and glue or tape it.
- This becomes the obi sash.

5. Add details

Children can decorate with:

- Tiny flowers
- Dots and patterns on the kimono
- A small bow on the back
- A gem on the obi

Encourage them to keep the style simple and elegant, just like real Kokeshi dolls.

Craft 3: Tako (Paper Kite)

You will need

- 1 sheet of A4 paper
- Tape (masking tape or clear tape)
- 1 wooden skewer or drinking straw
- String or wool (about 1–2 metres)
- Scissors
- Felt pens or stickers for decorating
- Optional: ribbon or crepe paper for the tail

What to do:

1. Decorate your paper

Lay the A4 sheet flat (landscape). Draw patterns, sunshine, clouds, or your memory verse. Let it dry for a moment.

2. Fold the paper

- Fold the paper in half lengthwise (like a long hotdog bun).
- Open it again — the crease is your centre line.

3. Fold the corners

- On the short end of the paper, fold **each top corner** in toward the centre crease.
- Stop when the corners meet the crease but don't overlap.
- Tape the corners down. This makes the "nose" of the kite.

4. Add the support stick

- Flip the paper over.
- Tape the skewer or straw straight down the centre crease. This helps the kite stay strong in the wind.

5. Make the flying hole

- About 2–3 cm from the nose, poke a small hole next to the skewer.
- Tie your string through the hole and knot it tightly.

6. Add a tail (optional but fun!)

- Tape a strip of ribbon or crepe paper to the bottom of the kite.
- You can add little bows or shapes along the tail.

