Marriage • Parenting • Spiritual Growth • Sexuality • Relationships • Mental Health
Men • Women • Hurts and Emotions • Singles • Ministers and Mentors • Technology

a resource in:
Sunday School

Technology Lessons
Elementary School

APOSTOLIC CHRISTIAN
Counseling and Family Services
Helping the hurting. Nurturing hope. Encouraging growth.

Lesson 1 – Purity

Recommended Age/Class: **Elementary School** (K-5ᵗʰ grade)

Teaching Principle: Technology in today's society has the potential to lead to and encourage impurity within our lives.

Lesson Objectives:

1.   The student will understand technology can cause us to see and hear bad things.

2.   The student will understand the Bible helps us figure out what is right and what is wrong.

3.   The student will understand we need to be careful to avoid bad and sinful things on the internet.

Scripture:

Psalm 101:3, "I will set no wicked thing before mine eyes…"

Related Bible Stories:

- Joseph and Potiphar's Wife (*Genesis 39*)
- The Wise Man and the Foolish Man *(Matthew 7:24-27)*

Content:

- Everything we do, see, or hear should be what we think Jesus would do.
- We can use the Bible to figure out if what we plan to do is what Jesus would do.
- Technology gives us many ways to view and hear things that could be bad in God's eyes.
- If we see or hear something bad, we should stop looking at it or listening to it. We should turn off the Internet, TV, game, phone, etc.
- Talking with our parents about we do on the internet, phone, game devices, etc. is one way to keep us safe from doing wrong things.

Discussion Questions:

1. Read *Psalm 101:3*. What does it say we should not do? Use your own words to explain.

2. What are some possible examples of *"wicked things"* in the following:
   a. Internet/Facebook:
   b. TV/movies:
   c. Texting:

3. Consider this situation:
   You are at a friend's house and he/she suggests watching a movie you know your parents will not approve of because of the bad scenes. When you say, "I'm not allowed to watch that" your friend replies, "it's okay, my parents are fine with it." What do you do?

Activity:

1. Right vs. Wrong:
   a. Read *Philippians 4:8* with the students.
   b. Make a list of the good things we should think about in this verse.
   c. Make a separate list of the opposites of these good things. For example: honest vs. lies
   d. Talk about the list of bad things are the kinds of things we should avoid when we use technology. Think of possible examples that might illustrate these things to avoid with technology.

2. Object Lesson:
   Materials needed: sunglasses

   a. Put on the sunglasses and talk about how the sunglasses are helpful on a sunny day to block out the sun's bright rays from hurting your eyes. They also help you see better when it is really bright.

   b. Talk about how we also want to protect our eyes because if we see evil things, it can have bad effects on our hearts and minds as well. Sometimes their parents don't allow them to watch certain movies or things online, because they want to protect them. This might be frustrating, but your parents want to protect your eyes, so that they can protect your hearts and minds.

   c. Discuss how we can use the Bible to help us figure out what we should protect our eyes, hearts and minds from watching or hearing. *Philippians 4:8* is the verse that we can use to know when we need to protect ourselves from things that don't match this verse. Read this verse with the students and talk about the good things described in this verse. Using this wisdom will protect us, just like using sunglasses protects our eyes when we go outside on a sunny day.

Lesson 2 – Communication

Recommended Age/Class: **Elementary School** (K-5th grade)

Teaching Principle: Due to the ease, immediacy, and perceived anonymity of social media, technology in today's society has the potential to encourage communication that is not God-honoring.

Lesson Objectives:

1. The student will understand technology can make it easy to talk with others in ways that are not pleasing to God.

2. The student will understand the Bible tells us how we should communicate with others, whether it is face-to-face or with the use of technology.

Scripture:

Ephesians 4:29, "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying."

James 3:5, "Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!"

Philippians 4:8, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Related Bible Stories:

- Parable of the Good Samaritan (showing kindness is one way of communicating) *(Luke 10:25-37)*
- Barnabas (how he encouraged others, including persuading the apostles to accept Paul as converted and mentoring John Mark when others didn't want to give him a second chance) *(Acts (9:26-27, 15:36-39)*

Content:

- All communication we have with others should please God and be helpful to others, no matter if it is face-to-face communication or using technology.
- The Bible shows us how to communicate in ways that please God and help others.
- Before we talk with anyone online, with the phone, or face-to-face, we should ask ourselves if this is something Jesus would say.
- If we have said something unkind or hurt someone in how we communicated with them, we should apologize and ask God and the person to forgive us.

Discussion Questions:

1. Why is what we say to others so important?

2. How can communicating [sending information] on Facebook, email, or through texting often not be the best way to communicate? How can this type of communication go wrong?

3. Read *Philippians 4:8*. What kind of communication does God want us to "think on?"

4. Why should we think before we speak?

5. What can we do if we are angry and want to say something unkind?

6. What should we do if we have said something unkind?

Activity:

1. Sticks and Stones:
   Materials needed: red construction paper heart
   a. Talk with students about the saying "Sticks and Stones may break my bones, but words will never hurt me." Discuss whether this saying is true or not.
   b. Take the red paper heart and have each student say something they have heard someone say to them or to others that is not kind. For each hurtful comment, crumple the heart a little.
   c. Ask students how this heart looks now that it has heard hurtful things and what this might show about how this person would feel.
   d. Have them now say something kind or encouraging that they have heard someone say to them or to others. For each of these kind things, try to flatten the heart.
   e. Discuss with students how the heart still shows signs of the hurtful comments, no matter how many kind things were said. It is hard for us to erase words that are not kind from the heart or mind of the person who heard them.
   f. Talk again about the saying of "sticks and stones" and what this heart shows about this saying.

2. Object Lesson:
   Materials needed: toothpaste, spoon, paper plate
   a. Ask a student to squeeze toothpaste onto the paper plate. Tell him or her to squeeze out as much as he/she wants.
   b. Ask this student to try and put it back in with a spoon. Perhaps even ask several students.
   c. Discuss how it is impossible to take our words back, just as it is impossible to put toothpaste back in the tube once it is squeezed out. Even if we ask forgiveness for something we said, the person still remembers it and consequences in our relationship with that person or others remain.

Lesson 3 – Reality & Deception

Recommended Age/Class: **Elementary School** (K-5th grade)

Teaching Principle: Technology in today's society has the potential to lead to deception from a lost view of reality and from inaccurate sources of information.

Lesson Objectives:

1. The student will understand technology may make us believe something that is not true.

2. The student will understand we can become confused about what is real by spending too much time on the internet.

3. The student will understand the Bible helps us figure out if something is real or truthful.

4. The student will understand that older believers can also help us in figuring out if something is real or truthful.

Scripture:

1 Thessalonians 5:21-22, "Prove all things; hold fast that which is good. Abstain from all appearance of evil."

Ecclesiastes 6:9, "Better is the sight of the eyes than the wandering of the desire…"

Related Bible Stories:

*   Adam and Eve and the First Sin *(Genesis 3)*
*   Joseph and his brothers (*Genesis 37*)

Content:

*   Information we get from technology can be good or bad.
*   Using technology too much can make it hard for us to separate something that is real from something that is not real.
*   We should not believe everything we find online, but instead need to figure out if it is real or true.
*   We should use the Bible and older believers to help us figure out if something is real or true.

Discussion Questions:

1. List 3 <u>real</u> things/people you enjoy.

2. List 3 <u>non-real </u>things/people you enjoy.

3. How can fantasies [imaginations] sometimes be dangerous in God's eyes?

4. How can spending too much time on the internet, watching television or movies, or playing video games make it harder for us to separate what is real from what is not real?

Activity:

1. Things May Not Be What They Seem:
   Materials needed: square of Baker's unsweetened chocolate, glass of milk with cocoa powder mixed in, glass of heavily-salted water, blob of white icing, blob of white toothpaste, paper plates
   a. Have each of the items on a separate paper plate and covered with napkins until it is time for the activity.
   b. Uncover the plates and ask several students to come and choose something they think they would like to eat.
   c. Have the students taste the item. Tell them they don't have to finish it all! You may want to have some fresh water or candy to clear out the taste in their mouth. Have the student say whether the thing they tasted was good or   not.
   d. Talk about how they might of thought what they chose was something different than what it ended up being.
   e. Compare this to how we might think something is good that we see or hear using technology until we get into it further and realize it is not. Talk about how the students quit eating something when they did not like it and how once they realize something they see, hear, or are playing is not good, they also should immediately stop viewing, hearing, or playing it.

2. Object Lesson: Real or Fake?
   Materials needed: real plant and artificial plant of the same type [like an ivy plant],   small magnifying glass
   a. Show the students the two plants and ask them to figure out which one is real, and which one is artificial.
   b. If students don't think of these ideas, have them describe the looks of the plant, have them smell the plants, touch the plants, use a magnifying glass to look closely at the veins of the leaves, and try to tear a leaf.
   c. Talk about the clues that were used to figure out which plant was real and how at a first glance one could think both plants were real.
   d. Compare this to when we read or hear something online or play a video game. Talk about how we must go beyond first impressions or glances to carefully figure out if it is something we should believe.

Lesson 4 – Time Usage

Recommended Age / Class: **Elementary School** (K-5th grade)

Teaching Principle: Technology in today's society has the potential to lead to the misuse of our time and the possibility of having our time dominated by technology.

Lesson Objectives:

1. The student will understand that too much time can be spent with technology.

2. The student will understand God cares how we spend our time and wants us to use it in good ways.

3. The student will understand if we find ourselves spending too much time on the computer, TV, or with video games, we need to do better things with our time.

Scripture:

Ephesians 5:15-16, "See then that ye walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil."

Related Bible Stories:

- Parable of the Ten Virgins *(Matthew 25:1-13)*
- Parable of the Talents *(Matthew 25:14-30)*
- Doing it Unto the Least of These *(Matthew 25:31-46)*

Content:

- It can be easy to waste time using technology.
- We need to use self-control to make sure we don't spend too much time on the internet, watching TV/movies, or playing video games.
- Spending too much time with technology takes away from the time we have to learn new things, stay healthy, or serve others.
- We should find good ways to spend our time, rather than wasting it on things that are not important to God.

Discussion Questions:

1. Besides being in school, what are the top 3 things you spend most of your time doing each day?

2. What could be some possible dangers of spending too much time online, watching TV/movies, or playing video games?

3. Read *Ephesians 5:15-16*. Why is God interested in how we spend our time? What would be some good ways to make sure you do not spend too much time on things that are not important in God's eyes?

Activity:

1. Making Time Craft:
   Materials needed: paper plates, number stickers or foam numbers, markers
   a. Have students create a clock face by putting the number stickers or foam numbers on the clock.
   b. For each hour, have them write something they could do that would be a good use of their time and be pleasing to God.

2. Object Lesson:
   Materials needed: sand timer of about 1-5 minutes

   a. Show students the sand timer or hour glass and ask them if once you tip it over the sand will continue or if it will eventually run out.
   b. Watch the sand fall down in the timer. Discuss how this is like our lives – we only have a certain amount of time to live. We can't turn it back or flip it over again.
   c. Talk about how we can use our time to do things pleasing to God or we can waste it in doing things that are wrong or do not help others.
   d. Have students brainstorm a list of things they will plan to do this week that would use their time in a way pleases God and is helpful to others.