

# In the Palm of His Hand



**Theme:** Nothing can take us out of Jesus' hand. 4th Sunday of Easter, Yr. C

**Object:** A yo-yo

**Scripture:** I give them eternal life, and they shall never perish; no one can snatch them out of my hand.  
John 10:28

Do you have a yo-yo? Do you know how to do any tricks with your yo-yo? I brought a yo-yo this morning so that I could show you how to do a few simple tricks.

The first thing that most people learn how to do is the basic "throw down." I'm sure that all of you can do that. You simply hold your hand out in front of you with the palm up. With a flick of the wrist, throw the yo-yo straight down. When the yo-yo reaches the end of the string, give a little tug and the yo-yo returns to the palm of your hand.

Another easy trick is the "forward pass." It is very similar to the "throw down" except that instead of throwing it down, you throw it out in front of you. When the yo-yo reaches the end of the string, give it a tug back and catch it in the palm of your hand.

Now that you have learned the "throw down" and the "forward pass," you are ready for one of the best yo-yo tricks of all. It is called the "sleeper." It starts out just like the "throw down." Throw the yo-yo down with a flick of the wrist, but when it gets to the end of the string, don't pull it back immediately. You will see that the yo-yo stays down at the end of the string and spins. When you are ready, just a slight tug pulls it right back up into the palm of your hand.

The final trick I want to show you is called "around the world." It starts out like the "forward pass," but when the yo-yo gets to the end of the string, you don't pull it back. Instead, you swing it over your shoulder around in a circle and then when it gets back to the starting place, you jerk the string and bring the yo-yo back home. This one is a little bit more difficult and sometimes I mess up. Ready? Here goes! Oh wow! I really messed up on that one, didn't I? Well, no problem. I'll just pick up my yo-yo, rewind it, and then I'll be ready to go again.

Did you notice that every one of these tricks started and ended exactly the same way? Each trick began and ended with the yo-yo right here -- in the palm of my hand. I think that can help us to learn something about Jesus.

One day, some people asked Jesus to tell them plainly if he was the Christ. He answered them saying, "I told you, but you did not believe me because you are not my sheep. My sheep listen to my voice and they follow me. I give them eternal life, and they will never perish; no one can snatch them out of my hand."

When you give your heart to Jesus and place your life in his hands, you have his promise that you are safe and that nothing can snatch you from his hand. Oh, you may have your "ups and downs." You may even stray away at times, but just a little tug will pull you right back into His hand. Even if you really mess up, like I did on the "around the world" trick, he picks you up and places you right back where you belong -- in the palm of his hand. What a wonderful promise! Jesus has you in the palm of his hand and nothing can take you from his hand!

Father, we are thankful that Jesus holds us safely in the palm of his hand and that nothing can snatch us from his hand. In Jesus' name we pray, amen.

**PALM RELAY:** Divide children into teams and each team member will take turns running to the "line" and getting a small ball and RUNNING it back to his team mate IN HIS PALM, who will then run the ball IN HIS PALM back to the next team mate and continue to run until everyone in the team has run back and forth. IF the ball falls out of the hand, the player must stop and pick it up and rest it back in the palm and continue to run!

**PALM CIRCLE:** Let children get into a circle and one child will be in the middle. A coin can be given secretly to one of the children in the circle and children will begin to "pass" the coin, and very secretly passing and sometimes "pretending" to pass the coin. The child in the middle can guess who's PALM the coin is in when he thinks he knows where it is. IF the coin IS in that palm, then the child in the middle will change places with the child who had the coin and then continue to play the game as time allows.

**YO YO CONTEST:** Give children yo yo's to practice the yo yo tricks and then let each child do a yo yo trick for the contest. Give all children a snack or treat for taking part in the contest fun. If feasible, give each child a small yo yo at the end of class.

**SHEPHERD AND SHEEP FOLLOWING:** Children can be divided into small groups. One child of each group will be designated to be the Shepherd. They will get their "sheep" of the group in a separate place of the room and will "baa'baa'baa" to their group. When the teacher says to SCATTER THE SHEEP -- all the sheep will run away from their own "shepherd" and the shepherd will go another area, as well. Then a class helper and the teacher can put blind folds on all the "sheep". When the teacher says, SHEPHERDS, CALL YOUR SHEEP, the shepherds of each group of sheep will begin to "baa'baa'baa" and the blindfolded sheep will try to make their way to their own "Shepherd's" corner of the room!

This can be played in different ways and places and sounds from the Shepherd's as well. Other children may like to have an opportunity to play a Shepherd, as well.

**SHOW AND SNATCH:** Let children form a big circle and sit down, while one child holds a coin in the hand in front of some other child sitting in the circle. When the sitting child tries to snatch the coin, the child who is holding the coin will try to QUICKLY close his hand around the coin. If he succeeds in not having the coin snatched away, then he may go to another player and continue the game. IF a sitting child is able to snatch the coin, then HE will become the one to hold the coin for another child. Children could also stand while playing this game, but sitting just keeps the children quieter and out of trouble as much! :-)

**PALM HOLDING:** Give each child a coin or another small item of choice to place in their hand. Then give children a piece of paper and markers, etc, to draw a picture of today's lesson and words, etc from today's Bible Story, but NEVER LETTING the item come out of their hands while doing the art project. If children can hold their item for the whole length of the art project, they can keep the item at the end.

**HAND AND HEART DRAWING:** Provide children with art supplies to trace their own hand on a piece of paper. Then the child or teacher can draw a large red traced heart around the hand. Let children color and decorate their hand and heart drawing and hang by a ribbon for drawings to be seen around the classroom walls or hanging from the ceiling. Children can write on the hearts - JESUS HOLDS US SAFELY IN THE PALM OF HIS HAND.

**HAND VERSE:** Let children draw/trace their friend's hand. Then children will write today's Bible verse up and down and around on the fingers of the traced hand. Lightly color the hands and let the children display all their Bible Verse hands on a large poster board to hang in the classroom!!

**PALM PRINTS:** If a classroom wall is available for hand prints, let children place their hands in finger paints and gently place hand on the wall to make a print. If a wall is not available, children can paint their hand and place on a poster board. Write in large, bright lettering, NOTHING CAN TAKE US OUT OF JESUS' HAND.

**SNACK TIME:** During class time, let the children reach into a candy or treat bag and take something out and put in the PALM of their hand. When the teacher says -- GO, all the children can open up their palms and see what they grabbed out of the bag and enjoy their treats!

**SING A SONG:** Let children divide into two teams. Each team can stand in a line, facing each other. The first team can sing a part of the Bible verse and the other team has to copy the tune and the words. Then continue to say each Bible verse phrase until they sing the John 10:28. Then let the other team sing each phrase for their parts to be copied as well!