

Blessed is the Kingdom: An Orthodox Church School Curriculum



Lesson 5

Preschool

Who is God?

Objective: To understand that God is all powerful, knows all things, and fills all things.

Lesson Introduction

5 min

Begin by **saying** :

We have been talking about how God loves us. But who is God?

Take answers, then **say**:

In the Liturgy we hear constantly about who God is. You may hear us say "In the name of the Father, Son, and Holy Spirit."

Pull out the lesson printable. **Read** each of the parts, talking about how they all refer to God. Then **say**:

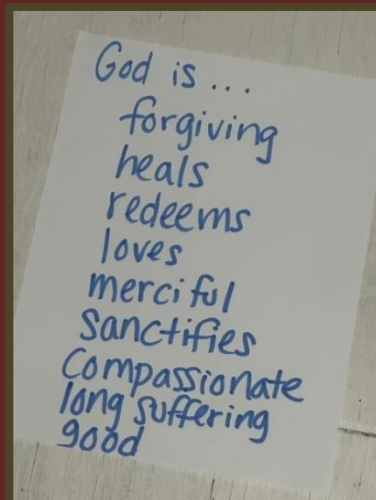
These are some of the names that we call God, but what are some words that we use to describe God? Let's listen to the First Antiphon that we sing during Liturgy. See if you can hear anything that tells us about God.

Play the first Antiphon. Feel free to **pause** it once or twice to point out phrases used to describe God.

Some you may hear include:

forgiving, heals,
redeems, loves,
merciful, sanctifies,
compassionate,
long suffering,
and good.

As they name items, **list** them on a paper or poster board to display.



Opening Prayer

O Heavenly King, the Comforter, the Spirit of Truth who art everywhere and fillest all things. Treasury of Blessings, and Giver of Life: Come and abide in us, and cleanse us from every impurity, and save our souls, O Good one.

Liturgy Link

The First Antiphon

<https://www.oca.org/media/video/20th-aac-thursday-morning-divine-liturgy>

Skip to 21:48-23:10 for this portion

Teacher Resource

OCA Essential Orthodox Christian Beliefs: A Manual for Adult Instruction

<https://www.oca.org/cdn/PDFs/2023-0609-EOCB.pdf>

Chapter 3 God, Jesus, and the Christian Life

Lesson—25 min

Supplies Needed

- Cup
- Bucket or bowl large enough to submerge the cup in—clear is helpful when demonstrating
- Water to fill the bucket



Begin by **saying**:

Now that we have all these ways to describe God, let's look closer at who God is. Today we are going to look at the three ALL's to describe God. He is ALL powerful, ALL knowing, and fills ALL things.

Add these to your poster board. Then **say**:

But what do these mean? Let's talk about the first one—ALL powerful. What is the most powerful or strongest thing you can do?

Give a minute for students to think, and then have them demonstrate something that shows they are strong or powerful. Examples could be a push up, a sit up, jumping high, running fast. After each one ooo and ahh, then **say**:

God is more powerful than all that! He can move mountains and part seas. Nothing is out of God's reach. He is ALL powerful! Next tell me the smartest thing you know or can do.

As with the strongest, go around the room and **take** examples. These could include: singing the ABC's, counting to 10, or write the first letter in their name. Then **say**:

God knows all of that and more! God knows everything! There is nothing He does not know. He is ALL knowing.

Then **ask**:

Can you see God?

Take answers, then **say**:

We cannot. He is invisible. But He is everywhere. Let's try an experiment to help understand how He can be everywhere but invisible.

Pull out the cup, clear water bucket filled with water. Then **ask**:

What is in this cup?

Take answers. Expect them to say nothing or maybe mention air. Next **say**:

We can't see anything in it. It looks empty! But there is something in it. I'm going to put this cup into a bucket of water to show you that there is something in it.

Lesson Continued

5 Minute Bonus

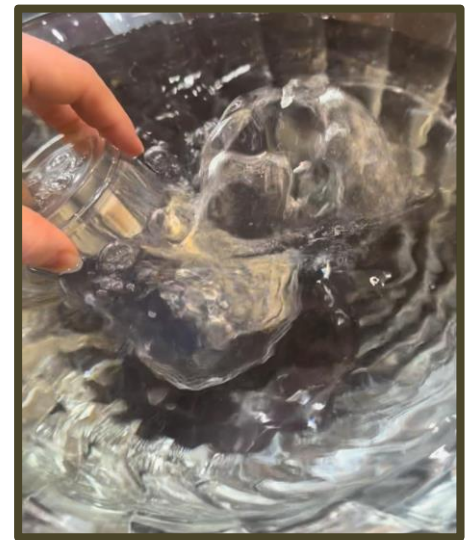
Listen to The Second Antiphon

<https://www.o.ca.org/media/video/20th-aac-thursday-morning-divine-liturgy>

Skip to 24:01-25:55 for this portion

Supplemental Ideas

- Take a church walk and look at icons. See if you can see some of the traits of God in the icons pictured. Examples could be creation, Christ healing or helping others, Christ on His throne, Ascension, Pentecost, the Crucifixion, the Resurrection, and more.
- Have students practice singing the repetitive part of the First Antiphon. As in "Bless the Lord, O my soul!" Encourage them to sing along next Liturgy.



Submerge the cup into the bucket of water, keeping the cup upside down to trap the air in the cup. Once it is fully submerged, turn the cup slightly, so that the air bubbles out of the cup. Then **ask**:

What did you see?

Take answers, and then **explain**:

We saw bubbles. So there was air in the cup. We just couldn't see it. We could see the effects of the air as it escaped the water. We could see the bubbles of it moving the water. We can't see God, but we can see and feel the presence of God.

Give an example of a way you have seen God or felt the presence of God. Then ask the students to share any they have felt or seen. Then **say**:

We experience God through His love, His mercy, and His kindness. When we experience His love or kindness, we are experiencing God's.

Refer to the Lesson Printable and show how God's love surrounds all and connects all.

Lesson Activities

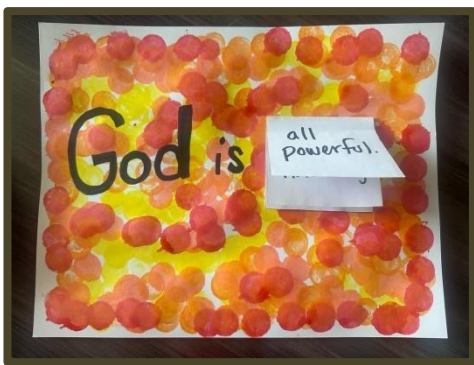
“God is...” Poster—10 min

Supplies needed: cardstock, permanent marker, finger paints or dot markers, index cards

Prior to class, write “God is” on the cardstock as shown in the picture; fold the index cards in half (two per student) and staple them at the half way point like a book, then write “all powerful” on one, “all knowing” on the next, and “fills all things” on the final one as if on book pages.

During class, hold up the cardstock and **read** the phrase, “God is”. **Ask** them what they learned about who God is today. **Take** answers, and then show them the index cards, and review the three ALL’s that they learned about today.

Have students decorate their cardstock with finger paints or dot markers in an abstract way. Once dry, glue the index cards onto the paper after the God is phrase.



Feats of Strength—10 min

Supplies needed: ball, pool noodle, cones or chalk to mark lines for the start and end point of races, stop watch

Remind students of how you talked about God being all powerful! Discuss how nothing is out of God’s power—He can do anything. Tell them that today you are going to see how strong and powerful each of them is! Complete as many of the following tasks as time allows—if you have extra time, have them complete them more than once and see if they can be stronger or more powerful the second time.

Feats of Strength:

- How many jumps can they do in 20 seconds
- How far can they run in 10 seconds
- How far can they jump
- How far can they throw a ball
- How far can they throw a pool noodle “javelin”
- How long can they stand on one foot
- How long can they stand on the other foot



Closing Thoughts— 5 min

Think of movements with the students that will help them remember each of the three traits of God. Examples could be all knowing—point to their head; all powerful—make muscles; fills all things—spin in a circle.

Closing Prayer

It is truly meet to bless you, O Theotokos, ever-blessed and most pure, and the Mother of our God. More honorable than the Cherubim, and more glorious beyond compare than the Seraphim, without defilement you gave birth to God the Word. True Theotokos we magnify you!

Lesson Printable

