Activity tie-in: Hiking

Object – Water bottle

Bible Verse – John 4:13-14, "Jesus answered, 'Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.'"

Lesson – While hiking, no matter how much water one consumes, they will thirst again. But, those who drink spiritual water will never thirst again.

Introduction Ideas

- Tell a story about a time that you were very thirsty, maybe while in a sport or after a run.
- Watch a video on Youtube from Spongebob (https://www.youtube.com/watch?v=IcO2kf6JKkQ) about when he tried to go without water.
- Watch a video on Youtube from a Gatorade Commercial (https://www.youtube.com/watch?v=JgStAPQhA3M) about Chris Leigh getting dehydrated in a triathlon and rehydrated by Gatorade.
- Ask the children to share stories about a time when they were really thirsty.

Lesson Suggestions

- After your introduction, talk about the importance of proper hydration while hiking. Address the issue that when drinking water we will thirst again, and contrast that with the fact that with spiritual water we will no longer thirst.
- Object lesson: Fill the water bottle and drink out of it, showing proper hydration techniques.
- Quote and apply John 4:13-14, "Jesus answered, 'Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.'"

Questions for Interactive Lesson

- Ask the students questions like these:
    - How is our life kind of like a hike?
        - Although we get distracted along the way, we need to remember the life giving truth of hydration. In life, we need water to stay alive. Likewise, we need spiritual water to live eternally.
    - What does it mean to be spiritual hydrated?
        - God works faith into our hearts through his word, which we receive at church, in bible study, at Boy Pioneers, or in the Bible.
    - What does it mean to be spiritual dehydrated?
        - We have rejected the salvation through Jesus Christ who died for us, and thus we are not fulfilled.

Closing Prayer

Dear Lord, you give us the water of life. Although we often get distracted in the hike we call life, you keep us hydrated so we may no longer thirst. Keep our attention on you and your love which is the true life giving water.