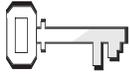


Swim, Climb, and Fly!



References

Revelation 22:1-5,
12-14; *The Great
Controversy*, pp. 675-678;
Early Writings, pp. 13-20



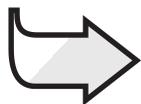
Memory Verse

"The angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb" (Revelation 22:1, NIV).



Objectives

The children will:
Know that God has prepared wonderful things for us to enjoy in heaven.
Feel a strong desire to live with Jesus in heaven.
Respond by thanking God for preparing heaven for us to enjoy.



The Message

God has prepared wonderful things for us to enjoy throughout eternity.

Monthly Theme

We will spend eternity with Jesus.

The Bible Lesson at a Glance

All who spend eternity with Jesus enjoy the river of life and the tree of life. The river proceeds from the throne of God and the Lamb. The tree of life spans both sides of the golden street and bears 12 crops of fruit, yielding fruit every month. Plants do not have thorns and do not die. The redeemed serve God and see Jesus and His Father face to face. There is no night there; no light or sun is needed because God gives the light. The redeemed reign with Jesus forever and ever.

This is a lesson about grace.

God has promised wonderful things, and He will keep those promises. Because of Jesus' sacrifice, we can enjoy eternity in a place of safety and beauty, and all our needs will be supplied. We have hope for a glorious future.

Teacher Enrichment

"I then saw Jesus leading His people to the tree of life, and again we heard His lovely voice, richer than any music that ever fell on mortal ear, saying, 'The leaves of this tree are for the healing of the nations. Eat ye all of it.' . . . In the city was a most glorious throne, from which proceeded a pure river of water of life, clear as crystal. On each side of the river was the tree of life. . . .

"Language is altogether too feeble to attempt a description of heaven. . . . I lay down the pen, and exclaim: 'Oh, what love! what wondrous love!' The most exalted language fails to describe the glory of heaven or the matchless depths of a Saviour's love" (*Early Writings*, p. 289).

"The tree of life was to perpetuate immortality" (*ibid.*, p. 51).

Room Decorations

See Lesson 10. Add the tree and the river of life.

Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Activities	up to 10	A. <i>Fruits of Heaven</i> B. <i>Endless Energy</i>	variety of fruits, tray or table top, Bibles none
Any Time Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering Prayer	none <i>Sing for Joy</i> <i>Children's Mission</i> decorated jewel box from Lesson 10 fruit shapes (see p. 151), basket, pencils
2 Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	leaves, bottle of clear water, bottle with dirty water, crystal glass (optional), dead flower, bandage, candle, matches 26 craft sticks or tongue depressors for each group Bibles
3 Applying the Lesson	up to 15	<i>On Our Way to Heaven</i>	picture of heaven, Jesus
4 Sharing the Lesson	up to 15	<i>Invitation to Heaven</i>	card stock, markers, crayons

*Prayer and Praise may be used at any time during the program.

TEACHING THE LESSON

Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share an experience from last week's lesson study. Ask them to follow the directions on the board (if there are any), or get ready to participate in the Readiness Activity you have selected.

1

Readiness Activities

Select the activity most appropriate for your situation.

You Need:

- variety of fresh fruits
- tray or table top
- Bibles

A. Fruits of Heaven

In advance, arrange a variety of fresh fruits on a tray or table. (Large class, form groups and have a variety of fruits for each group.)

Invite the children to look, smell, feel, and, if appropriate, taste the fruit.

Say: **God has prepared some wonderful things for us to enjoy when we go to live with Him in heaven. Let's read about two of those things.** Help the children find, read, and discuss Revelation 22:1, 2.

Debriefing

Ask: **What are the two things we read about?** (the river of the water of life and the Tree of Life) **Where does the river come from? How many different fruits will we see growing on the Tree of Life? (12) How many different fruits did you see in our class today? What is your favorite fruit? Do you think you will find it in heaven? Today we will learn more about heaven and all the things God is preparing for us to enjoy there. Our message tells us . . .**



GOD HAS PREPARED WONDERFUL THINGS FOR US TO ENJOY THROUGHOUT ETERNITY.

Say that with me.

B. Endless Energy

Have all the children stand. Ask them to run in place while holding their arms up high as long as they can. Time them. When everyone has given up, declare the last child the champion and invite all to sit down.

Debriefing

Ask: **Who is tired? How long did you run in place before you got tired? How many of you would like to run a hundred miles without getting tired? When we get to heaven, we will be able to do many things that we cannot do today. And we will never be tired. Right now Jesus is busy preparing all kinds of wonderful things for us to enjoy. What do you think you will like most? Do you want to be in heaven with Jesus? Our message for today says:**



GOD HAS PREPARED WONDERFUL THINGS FOR US TO ENJOY THROUGHOUT ETERNITY.

Say that with me.

Prayer and Praise

Any
Time



Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review last week's memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.



Suggested Songs

"God Is So Good" (*Sing for Joy*, no. 13)

"Seek Ye First" (*Sing for Joy*, no. 67)

"Redeemed!" (*Sing for Joy*, no. 68)

"Soon and Very Soon" (*Sing for Joy*, no. 89)

"Thank You, Jesus" (*Sing for Joy*, no. 101)



Mission

Share a story from *Children's Mission*.



Offering

Say: **Heaven sounds like such a wonderful place that I am really looking forward to going there. However, there are still many people who know nothing about God and His gifts of grace to us. Our offering today will be used to help people in (territory where this quarter's offering will go) to learn about God's wonderful gifts.**

You Need:

- decorated jewel box from Lesson 10



Prayer

Give a fruit shape to each child. Help them write a name of someone who does not know about the wonderful things that God is preparing for us in heaven. Put the fruits in the basket and pray for each of the people and that the person who wrote their name will find a way to share God's love with them.

You Need:

- fruit shapes (see p. 151)
- basket
- pencils

2

Bible Lesson

You Need:

- leaves
- candle
- matches
- bottle of clear water
- bottle of dirty water
- crystal glass (optional)
- dead flower
- bandage

Experiencing the Story

Encourage the children to follow your actions as you read or tell the story.

Read or tell the story.

In heaven there is a very special tree, called the Tree of Life. Unlike trees on earth that produce only one type of fruit once a year, the Tree of Life grows a different fruit every month. The leaves are useful too. The Bible says the leaves help heal all of us who are in heaven. *[Have a child give out leaves and mime a sympathetic touch.]*

The tree grows on each side of the River of Life. The River of Life runs down the middle of the street. The river is as clear as crystal. *[Hold up a glass of water.]* Do you think this water is clean? The water in our bottle looks clean, but if we could put one drop of the water under a microscope, we would see how polluted it is. The Bible says the water in the River of Life looks like crystal. *[Hold up a crystal glass and let the children look through it.]* Eating fruit from the Tree of Life and drinking water from the River of Life is something we will enjoy forever.

God and Jesus sit on their thrones in heaven. We can talk to them face to face. We can visit them at any time because there is no night where God is. No night means there is no darkness. The light from God's face makes everything bright. We won't need lamps or candles or even the sun in the New Jerusalem. *[Light a candle and let one of the children blow it out.]* And we will never get tired. *[Jump up and say Hurrah!]* We won't have to take naps or even go to bed! Every minute in heaven is like morning.

We will spend our time learning new things. But not in the same way as on

earth. Our brains will be perfect, and we will remember and understand well. Jesus and the angels will teach us. We will do everything we ever wanted to—swim in the deepest water, climb the highest mountains, go to the highest heavens. We can visit all the planets of our solar system and beyond. We will be able to go to different worlds in seconds and talk to the people who live there. They will tell us everything they have learned about God. They will tell us how they watched everyone and everything that happened on earth from the beginning of our creation.

When we aren't traveling, we will be enjoying beautiful homes. Yes, we will work some. But our work will be enjoyable. We won't get sore muscles. We won't get hurt.

We will enjoy rose bushes without thorns. We will walk through places that bloom with beautiful flowers and flow with sparkling streams. We will run through forests without dangerous animals. Flowers will never die. Leaves will never fall off trees.

In heaven, no one is sad. No one is sick. No one cries. No one dies. *[Mime being sad.]* We will never have to be separated from our best friends or our favorite cousins. Every day will be like a family reunion or the first day of school after vacation. And best of all, Jesus will be with us. *[Smile and look happy.]* And we will live with Him forever and ever.

Debriefing

Show a dead flower, leaves, dirty water, a bandage, a picture of someone who is sad, a light bulb. Ask: **Why won't we see/need this (whichever is appropriate) when we get to heaven?**

What are you looking forward to

when you get there? Do you want to live with Jesus? Do you want to go to heaven?

God is planning so many wonderful things for us to do when we get there. And the good news is that we will have all eternity to do them. Remember today's message:



**GOD HAS PREPARED
WONDERFUL THINGS FOR
US TO ENJOY THROUGHOUT
ETERNITY.**

Say that with me.

Memory Verse

Write one of the 26 memory verse words on both sides of each stick. (**"The angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb" [Revelation 22:1, NIV].**)

Divide the children into small groups and ask them to sit on the floor in circles. Give each group a set of sticks with the memory verse words written on them. Have the adult leader of each group hold the sticks in one hand and gently let go of them so they fall near one another.

Let the children take turns trying to

You Need:

- wide craft sticks (or tongue depressors), 26 for each group

pick up one of the sticks without touching the others. If the other sticks move, the turn goes to the next child. When all the sticks are picked up, have the children place them in the right order and say the memory verse aloud. Repeat until the children know the verse.

Bible Study

Divide into four groups. Assign one of the subjects to each group. See how many facts each group can find on their subject. Have the groups report to the whole group.

Tree of Life	Revelation 22:1-6
River of Life	Revelation 22:1-6
Throne of God	Revelation 22:1-6
People and light	Revelation 22:1-6

You Need:

- Bibles

Debriefing

Ask: **What do you think is the most exciting thing we have learned about heaven today?**

What do you want to ask Jesus when you get to heaven?

What do you think it will be like when it is day all the time and you do not need to go to bed?

Do you want to go to heaven? God is preparing a wonderful home for us. Let's say today's message together again:



**GOD HAS PREPARED
WONDERFUL THINGS FOR
US TO ENJOY THROUGHOUT
ETERNITY.**

3

Applying the Lesson

You Need:

- picture of heaven
- Jesus (picture or felt)

On Our Way to Heaven

Sing the following words to the melody: "If you're happy and you know it, clap your hands."

Verse 1. If you're on your way to heaven, clap your hands.
(Repeat)
You will walk on streets of gold, no one will be sick or old.
If you're on your way to heaven, clap your hands.

Verse 2. If you're on your way to heaven, clap your hands.
(Repeat)
You will eat the fruits in heaven for your sins have been forgiven.
If you're on your way to heaven, clap your hands.

Verse 3. If you're on your way to heaven, clap your hands.
(Repeat)
With a lion for a pet,
you will never want to fret.
If you're on your way to heaven, clap your hands.

Let the children suggest what they will see or do in heaven. It can be fun to sing about each thing even if it does not rhyme.

Put the picture of heaven where all

can see. Place the picture of Jesus beside it. Let the children take turns standing next to the picture of Jesus and say: "Thank You, Jesus, for heaven and for all the wonderful things You have prepared for me."

Or have the children write a Thank-You note and pin or staple it near Jesus' picture.

Debriefing

Allow response time as you ask:

What is Jesus doing in heaven now?
(Preparing a place for us.)

What do you want to see when you get there? What do you want to do?

What do you think about all the good things God is preparing for us? Why is God doing that?

How do you feel about God? About Jesus?

Do you want to go to heaven?

Why? (This is a critical question. Lead the children to consider love for Jesus and God as the most important reason to want to live with Them forever. Yes, having things and living in beautiful homes are God's gifts because He loves us. But we love Him, not for presents, but because He loves us and gave His Son, Jesus, to die in our place. We love Jesus because He gave Himself for us.)

Remember:



**GOD HAS PREPARED
WONDERFUL THINGS FOR
US TO ENJOY THROUGHOUT
ETERNITY.**

4

Sharing the Lesson

Invitation to Heaven

Ask: **Do you want to go to heaven alone? Why? Whom would you like to be there with you?**

We are going to make an invitation to heaven. On your card draw some things that you want to see or do in heaven. On the front write: You are invited to . . . And on the inside write: Come to heaven. Write these where all may see so it is easy for the children to copy them.

When they have finished their card, have the children divide into pairs and tell what is on the card, and why that is important to them. Help them decide to whom they will give their card.

Debriefing

Ask: **Who would like to share their card with the group?** (Allow time.) **Why should we encourage people to accept God's free gift of eternal life and go to live with Him in heaven?**

God loves us all, and He wants us to live with Him forever. Do you want to do that? Let's say today's message together:



**GOD HAS PREPARED
WONDERFUL THINGS FOR
US TO ENJOY THROUGHOUT
ETERNITY.**

Closing

Sing together "Jesus Is Coming Again" (*Sing for Joy*, no. 92). Gather the children in a circle and pray that each one will be ready to go to heaven with Jesus when He comes.

You Need:

- card stock
- markers/
crayons

Swim, Climb, and Fly!

References

Revelation 22:1-5, 12-14; *The Great Controversy*, pp. 675-678; *Early Writings*, pp. 13-20

Memory Verse

“The angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb” (Revelation 22:1, NIV).

The Message

God has prepared wonderful things for us to enjoy throughout eternity.

When you have been outside on a hot day, a big cool glass of water tastes wonderful. Now read about a river whose clear water gives life to all who drink it.

Remember Adam and the great family reunion in heaven? Jesus gave Adam a piece of fruit from the Tree of Life. That was just one of 12 different kinds that grow on the tree. Unlike trees on earth, the Tree of Life gives a different fruit every month. The leaves are useful too. The Bible says the leaves help heal all of us who have joined Jesus in heaven.

This wonderful tree grows on each side of the River of Life. The River of Life runs down the middle of a golden street. The river water is as clear as crystal. We can see all the way to the bottom. It flows from the throne of God. We can eat fruit from the Tree of Life and drink water from the River of Life forever. The river will never dry up. The tree will never die.

God and Jesus sit on their thrones in heaven. We can talk to them face to face. We can visit them at any time because there is no night. No night means

there is no darkness. The light from God’s glory makes everything bright. We won’t need lamps or candles or even the sun! And we will never get tired. We won’t have to take naps or even go to bed! Every minute in heaven is like morning.

We will spend some of our time learning new things. But not in the same way as on earth. Our brains will be perfect so we can understand and remember well. Jesus will teach us new things.

We will do everything we ever wanted to—swim in the deepest water, climb the highest mountains, go to the highest heavens. We can soar to all the planets of the solar system and beyond. We will be able to go to different worlds in seconds and talk to the people who live there. They will tell us everything they have learned about God. They will tell us how they watched everyone and everything that happened on earth from the beginning of our creation.

When we aren’t traveling, we will be working. But our work will be enjoyable. We won’t get sore muscles. We won’t get hurt.

We will enjoy rose bushes without thorns. We will walk through places that bloom with beautiful flowers and flow with sparkling streams. We will run through forests without dangerous creatures. Flowers will never die. Leaves will never fall off trees.

In heaven, no one will be sad. No one will be sick. No one cries. No one dies. We will never have to be separated from our best friends or our favorite cousins. Every day will be like a family reunion or the first day of school after vacation. And best of all, Jesus will be with us every second. We can ask Him all the questions we ever wanted to. We have all the time in the world to learn more about His love for us. And we will have all the time in the world to praise Him. To tell Him how much we love Him. Wouldn’t you like that?



Daily Activities

Sabbath

- If possible, go for a walk with your family by a river and discover how many kinds of trees you can see. See how many different fruits you can name. Find a quiet place and read your lesson together.
- Cut out 26 leaves. Write one word of the memory verse on each leaf. Mix them up. Then see if you can put them in the right order.
- Say a prayer of thanks for the trees you see today.

Sunday

- For worship today find ten things you will not need in heaven. Place them on a table or on the floor. Ask your family to guess what they have in common.
- Fix a glass of water for each member of your family. Tell them about the River of Life.
- What are the main rivers in your country?
- Thank God for the rivers, for rain, and for water you have to drink.

Monday

- With your family read and discuss Revelation 22:1, 2. Draw a picture of three things the angel showed John. Ask your family about the water of life.
- What happens if we do not drink water? Find out how long a person can live without water.
- List all the ways you use water in your home. Thank God for clear, clean water.

Tuesday

- With your family read Revelation 22:2. Make a picture of the Tree of Life. What is so special about its trunk?
- Make a bark rubbing by putting a piece of paper over the trunk of a tree and rubbing a crayon over it. Notice the bark on several trees.

Are all trees alike?

- Thank God for variety in nature.

Wednesday

- How many Bible stories about trees can you think of? Make a list.
- In a small pot, plant a fruit seed or a seed you find from another tree. Water it faithfully and see how long it takes to grow.
- With your family read and discuss Matthew 7:15-20. How are you like a tree?
- Pray that God will help you do only right things so you are like a tree with good fruit.

Thursday

- Draw and cut out 12 different kinds of fruit. Ask your mother for a clothes hanger or find a twig outside. Punch a little hole at the top of each fruit. Thread a short piece of yarn through each hole and tie a knot. Hang the fruits on the hanger to make a mobile. Show your mobile to your family during worship. Ask them to name each fruit and tell which they like best.
- During family worship, read Psalm 1:1-3. What does this teach your family?
- Thank God for the wonderful fruits He has created.

Friday

- Ask your parent if you may make a fruit salad for supper. As your family eats it, name some of the different fruits you think the Tree of Life might have.
- Ask your family to tell something they remember about the Tree of Life and the River of Life. Who wants to see them? Who wants to eat and drink from them?
- For family worship read and discuss Revelation 21:1-4, 22-25. What did you learn?
- Say your memory verse together. Then ask God to help your family to be ready when Jesus comes back.