

Knights of North Castle At-Home Packet



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Materials



















Craft

-  plain white socks (child-sized)
-  black, green, and red colors of fabric markers
-  other colors of fabric markers (optional)
-  cardboard
-  masking tape

Science

-  standard size marbles
-  large (shooter) marbles
-  markers or crayons
-  large pieces of paper: newsprint, oversized construction paper, chart paper, or similar
-  straws

Snack

-  two medium- to large-sized bowls
-  spatula
-  large spoon
-  mixer
-  rolling pin
-  measuring cups
-  measuring spoons
-  cookie sheet
-  Christmas-themed cookie cutters
-  two medium- to large-sized bowls
-  spatula
-  large spoon
-  mixer
-  rolling pin
-  measuring cups
-  measuring spoons
-  cookie sheet
-  Christmas-themed cookie cutters

Bible Background

Luke 2:1-20

Shoes of Peace

In Ephesians 6, we read about various pieces of armor: “So stand with the belt of truth around your waist, justice as your breastplate, and put shoes on your feet so that you are ready to spread the good news of peace” (Ephesians 6:14-15). Why does the Bible use shoes as an instrument of peace? Today’s Bible story might help answer that question. In the story, we hear about people using their feet in the service of peace. Mary and Joseph walk from Nazareth to Bethlehem. The shepherds walk from the fields to a stable, and later into town to bear witness to the Savior’s birth. As you think about the story, reflect on how those feet were used to bring a message of peace to the world.

Mary was just a young woman—a teenager—when an angel announced that she would become pregnant: “The power of the Most High will overshadow you” (Luke 1:35). The events of Jesus’ birth came at the time of a census for the entire Roman Empire. Judea was under Roman rule, so Mary and Joseph had to make a trip to their ancestral home to be counted in the census. The rest of the story unfolds in a way that is familiar to us. Mary and Joseph have trouble finding lodging. They eventually are given a stable to use, and then Jesus comes into the world.

Shepherds were tending their flocks at night when an angel greeted them and told them not to be afraid. The shepherds were told to go and find the newborn Savior and his parents. As the shepherds hurried to obey the angel’s words, they were greeted by a multitude of angels praising God: “Glory to God in heaven, and on earth peace among those whom he favors” (Luke 2:14). They found the baby with his mother and Joseph, then the shepherds hurried to tell many people about the great miracle they had seen and experienced.

How have you used your feet to spread peace? Maybe you’ve walked into a conflict with the hope of finding a peaceful solution. Perhaps you’ve walked—or run—to help people who are suffering find some peace in their lives. As with any long journey, spreading peace begins with one step. Mary took one step of faith and embraced her calling as the mother of God’s Messiah. Likewise, the shepherds took steps of faith to tell others what they had witnessed. We can take our own steps of faith today and, in doing so, carry peace into the world.



Bible Story

Mary’s Journey to Bethlehem

Luke 2:1-20

Castle Callout

Armor Up with Peace!

Teacher Tip

This Bible Background feature is a supplemental aid provided to give you context for each session’s story before you teach it. ***You may share this information with your Knights, if desired, but it is not a recommended portion of the intended lesson.***

Additional Bible Reading

📖 John 14:27

📖 Galatians 5:22-23

Make-It-And-Take-It Bible Craft

Shoes of Peace

Purpose

Knights will create part of the Armor of God to help them to remember their quests from VBS.

Preparation

Write the word PEACE on both socks with a black fabric marker.

Tape the socks to the table. This will make it easier to color the socks.

Directions



Step 1: Insert a divider in the sock to prevent color bleeding on the other side.



Step 2: Decorate the socks with red and green fabric markers. (These colors were selected as a tie-in to the Christmas story. However, you may use any colors you choose.)



Bible Story





Mary's Journey to Bethlehem

Luke 2:1-20

Castle Callout

Armor Up with Peace!

Materials

-  plain white socks (child-sized)
-  black, green, and red colors of fabric markers
-  other colors of fabric markers (optional)
-  cardboard
-  masking tape

Bible Tie-In

In this Bible story, Mary and Joseph were on a long journey to Bethlehem. They couldn't find a place to stay when they arrived, so they went to a place where animals slept. That night baby Jesus was born. Jesus is also called the Prince of Peace. Our socks will help us remember to be more like Jesus in all we do and say.

Marble Maze

I. Preparation

Practice controlling a marble by blowing it through the maze. You may wish to have a partner (a Knight or Castle Guide) work with you. You may find that quick, short bursts of air work best. Be prepared to stop the marble with another burst before it escapes the path!

II. Introduction

Say Something Like: **In today's story, Mary had to go on a long journey to reach Bethlehem. We're going to send some marbles on a journey across our tables.**

Ask: (Show Knights a marble) **What are some ways we could make this marble roll? What are some ways we could roll it without touching it?**

Ask: **Once the marble is rolling, how could we keep it from rolling off the table?**

III. Experiment

Step 1. Draw a path on a large piece of paper. Explain to the Knights that the paths should have three turns and stay about 6 inches (18 cm) wide throughout. Turns at right angles (90 degrees) will be easiest to navigate.

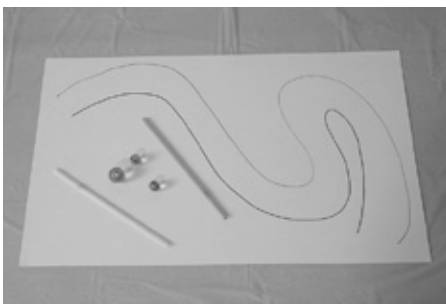
Step 2. Use straws to blow the marble through the maze (alone or with your partner). If the marble escapes the path, start over!

Step 3. Invite Knights to draw their own paths. Give each Knight a standard marble and a straw.

Step 4. Have Knights practice until they can get their marble all the way through the path without it escaping.

Step 5. Give each Knight a larger, heavier marble. Have them attempt to move this marble through the path. How is the experience different when they have a heavier marble?

Steps 1



Step 2



Bible Story






Mary's Journey to Bethlehem

Luke 2:1-20

Castle Callout

Armor Up with Peace!

Materials

-  standard size marbles
-  large (shooter) marbles
-  markers or crayons
-  large pieces of paper: newsprint, oversized construction paper, chart paper, or similar
-  straws

Teacher Tip

Using rougher paper, such as construction paper, with thick crayon lines will make the task easier, so you may want to use these with younger Knights. Additionally, fewer turns will make the task easier for younger Knights. Paper straws will work fine for this activity and can be recycled after use.

Safety Tips

Instruct Knights to tie knots in their straws when they are done, to avoid others accidentally reusing their straws.

IV. Side Quest

Be creative with your mazes! Consider designing your marble courses using materials such as uncooked spaghetti noodles, soft modeling clay or play dough, waxed yarn, pool noodles, or toy car tracks.

Let Knights time how long it takes them to get their marbles through their paths. Try with different tracks. Can you beat other times?

V. How does it work?

You have probably noticed that objects that are sitting still do not start moving without something pushing them. It may be less obvious that objects that are moving keep moving unless something stops them. Isaac Newton described it this way in his first law of motion: An object in motion remains in motion and an object at rest remains at rest unless acted upon by an outside force.

Of course, you have observed that objects do not stay in motion forever. This is because friction, or the rubbing between the object and the ground, is a force that eventually slows and stops an object. In this experiment, the marble experiences very low friction forces, so it requires force from the air to start the marble, and force from the air to stop the marble.

Newton also found that the force needed to start or stop an object depends on its mass. It is more difficult to start and stop the larger marble than the smaller marble because the large marble has greater mass.









VI. Bible Tie-in

Mary's journey to Bethlehem was not easy, but it did help bring God's peace to people. Sometimes being peacemakers can feel as difficult as navigating a path with a marble. God gives us "Shoes of Peace" to help us bring peace into the hard situations in our lives.












Christmas Cookies

Bible Story Snack

Ingredients

-  1 cup unsalted butter, softened
-  1 cup granulated sugar
-  1 teaspoon vanilla extract
-  1 egg
-  2 teaspoons baking powder
-  3 cups all-purpose flour
-  variety of frostings, sprinkles, and crystal sugar or sanding sugar
-  (optional) 1/2 teaspoon almond extract (If any child in your group is allergic to any nuts, simply omit this extract. Leaving out the almond extract will not affect the quality of the cookies.)

Directions

-  Preheat oven to 350 degrees Fahrenheit.
-  Cream butter and sugar until smooth.
-  Mix in egg.
-  Beat in vanilla extract.
-  In a separate bowl, combine baking powder with flour.
-  Add flour mixture, a little at a time, to the wet mixture.
-  Dough will be stiff. If it becomes too stiff for your mixer, turn it out on a covered counter top. Wet your hands, then knead by hand until mixed.
-  Roll out dough 1/4 inch thick.
-  Cut cookies into desired shapes.
-  Bake at 350 degrees for 6-8 minutes, until lightly golden around the edges.
-  Decorate with frosting and sugars.



Bible Story










Mary's Journey to Bethlehem

Luke 2:1-20

Castle Callout

Armor Up with Peace!

Materials

-  two medium- to large-sized bowls
-  spatula
-  large spoon
-  mixer
-  rolling pin
-  measuring cups
-  measuring spoons
-  cookie sheet
-  Christmas-themed cookie cutters

Reflection Time Journaling

Younger Knights

First and second graders complete the **Younger Elementary Reproducible Fun Page** on page 10.

As Knights are journaling, discuss the following questions.

📖 This story has a lot of angels in it. Can you remember everyone in this story who saw angels? (*Mary, the shepherds*) How would you feel if you saw an angel?

📖 What did the angels say every time someone saw them? (*don't be afraid*) Do you think the people were able to stop being afraid just because the angel said to?

📖 What do you think Mary and Joseph thought when the shepherds came along to see their baby?

Jesus was born into a world that greatly needed and still needs peace: our world. One thing that can bring each of us peace is knowing that God is with us. Jesus coming into our world was good news of peace back when he was born, and it is good news today because it helps us know God is with us. Knowing this and having this peace is just another way God helps us to be strong.

Speaking of being strong, who can say our Banner Verse with me? ("Be strong in the Lord and in the strength of his power." Ephesians 6:10)

Jesus being born might seem like a strange way for God to show God's power, but God's power is different. God's power brings peace. God's power can be gentle, just like a baby.

Older Knights

Third through sixth graders complete the **Older Elementary Reproducible Fun Page** on page 11.

As Knights are journaling, discuss the following questions.

📖 What did God use to send God's message to Mary, Joseph, and the shepherds? (*angels*) What would you think if an angel or some angels appeared right now to give us a message from God?

📖 Besides "don't be afraid," what message might angels bring to us if they came today? Do you think they would say anything about peace?

📖 Who, in this story, do you think spread the good news of God's peace?

📖 Do you think you would spread the good news of God's peace if you were one of the shepherds?

There are lots of ways we can spread the good news of God's peace, but not many of them (if any) involve sitting still and doing nothing. The good news of God's peace is often spread by allowing God's power to set us in motion.

Speaking of God's power, who can say our Banner Verse with me? ("Be strong in the Lord and in the strength of his power." Ephesians 6:10)

When you think of this story, remember that God's power is different. God's power brings peace, and God's power can be gentle just like a baby.

Closing Prayer

Knights of North Castle, before I bid thee farewell, let us join in prayer.

Our Closing Prayer today is based on the beautiful Christmas carol “Silent Night.” I will say a part and then you respond by singing the last part of the carol, *(demonstrate)* “Sleep in heavenly peace.” Let us pray.

(Note: If you are worried about leading a sung response, you can simply have the Knights speak it. But don't worry, you've got this!)

Loving God,

Storyteller: **We pray that our families may**

All: Sleep in heavenly peace.

Storyteller: **We pray that our friends and teachers may**

All: Sleep in heavenly peace.

Storyteller: **We pray that people we have never even met may**

All: Sleep in heavenly peace.

Storyteller: **We pray that your whole world may**

All: Sleep in heavenly peace.

Storyteller: **Amen.**



Bible Story

Mary's Journey to Bethlehem

Luke 2:1-20

Castle Callout

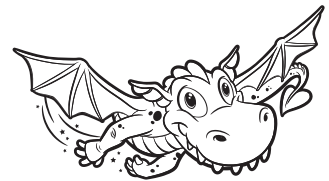
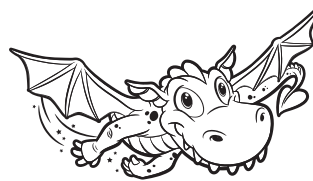
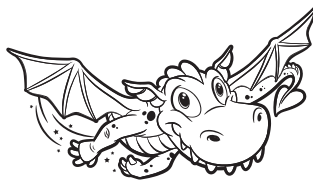
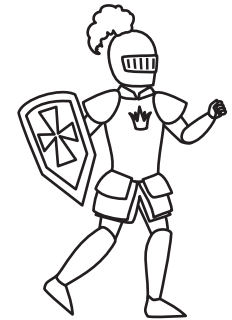
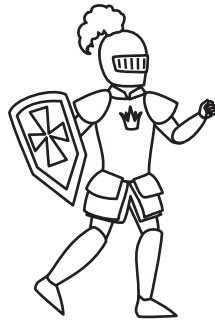
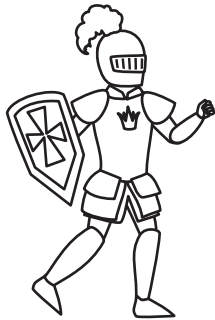
Armor Up with Peace!

Banner Verse



Be strong in the Lord and in the strength of his power. Ephesians 6:10 (NRSV)

Circle the item in each row that is different from the others. As you complete this page, think of ways you can be strong in the Lord.

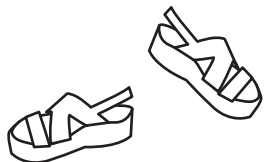


Castle
Callout



Armor Up with Peace!

Read the clues below to figure out each letter of an important word.



1. THIS LETTER IS A CONSONANT. IT BEGINS WITH A LETTER THAT RHYMES WITH T.

—



2. THIS LETTER IS A VOWEL. IT IS THE MOST-USED LETTER IN THE ALPHABET. AND NO, IT IS NOT A.

—



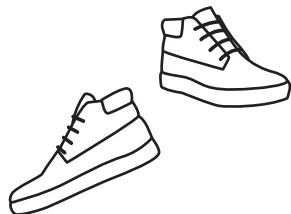
3. THIS LETTER IS A VOWEL AND IS THE LAST LETTER IN CLUE #2.

—



4. THIS LETTER IS A CONSONANT. IT IS BETWEEN THE VOWELS A AND E IN THE ALPHABET. IT IS NOT IN THE WORD 'BAD.'

—



5. THIS LETTER IS A VOWEL AND HAS ALREADY BEEN USED ONCE.

—



TAKE-HOME PAGE

CASTLE CALLOUT

Armor Up with Peace!



FAMILY FOLLOW-UP

Let's think of some ways God's strength gives us peace. How can we spread peace to others?

Session

3

BIBLE STORY

Mary's Journey to Bethlehem (Luke 2:1-20)

In this session, we transition from the Old Testament to the New Testament. This is a familiar Bible story, and one we usually tell at Christmastime. Mary was just a young woman—a teenager—when an angel told her she would have a child: “the power of the Most High will overshadow you” (Luke 1:35b). The events of Jesus’ birth happened at the same time as a census for the entire Roman Empire. Judea was under Roman rule, so Mary and Joseph had to make a trip to Joseph’s ancestral home to be counted. The way the rest of the story unfolds is familiar to us: Mary and Joseph have trouble finding lodging, are eventually given a stable to use, and then Jesus comes into the world.

BANNER VERSE

**Be strong in the Lord and in the strength of his power.
Ephesians 6:10**

I am God's Knight and I am on a quest in search of the King's Armor at VBS! I heard ways to armor up with peace. Coming next time at VBS, Jesus Walks on Water! Can't wait to see you!

**VBS
UPDATE**



**Be strong in the Lord and in
the strength of his power!**
Ephesians 6:10

