

Tabitha (Dorcas)

Choose Your Character
Lesson 5

Lesson Objectives

- The children will tell the story of Tabitha (Dorcas).
- The children will tell how Tabitha helped others.
- The children will tell one way that they can serve and give to others.

Lesson Text

Acts 9:36-42

Scripture Memory Verse

There was a disciple named Tabitha who was always doing good and helping the poor.

Acts 9:36

Lesson Plan

Greeting and Registration

Preclass Activity: See the Need

Welcome and Singing

Centers:

Bible Story: Time to Get Up

Craft: Meet the Need

Scripture Memory: How Do You Feel?

NOTE: Allow time for a snack.

T
A
B
I
T
H

D O R C A S

Tabitha (Dorcas)

See the Need

The children will preview today's lesson by preparing for their Craft Center.

Materials

For each child:

- 1 piece of poster board, 3" x 9"
- 1 piece of poster board, 3" x 7"
- crayons or markers
- 1 paper clip

For the teacher:

- scissors
- glue stick

Reproducible Pages:

- Page A, 1 copy for every 2 children

Preparation

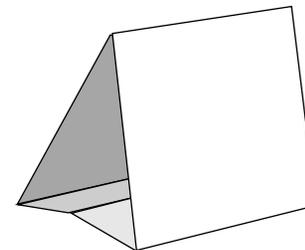
1. Cut out the poor man figures from the copies of Reproducible Page A. Each child will need only one figure.
2. Prepare two pieces of poster board for each child as follows:
 - A. Cut one 3" x 9" strip and one 3" x 7" strip of poster board.
 - B. Fold the 3" x 9" strip into thirds making a triangle.
 - C. Tape the triangle together. This will be the stand for the figure.
 - D. Glue the poor man figure to the 3" x 7" strip of poster board and trim along the lines.
3. Make a sample of the figure to show the children.

Instructions

1. Greet the children as they arrive. Explain that this week's lesson is about a disciple named Tabitha, who was also called "Dorcas," who made clothes for people and served the poor. Show the children your sample of the poor man in the tattered clothes. Explain that a poor man has many needs such as clothing, food or a place to sleep.
2. Distribute the poor man figures you prepared and the crayons. Have the children color their figures.
3. Distribute the triangle stands you prepared and have the children write their names on the triangles and the backs of their figures.
4. Attach each child's figure to the triangle with a paper clip. Collect them all and give them, including your sample, to the Craft teacher.

Teacher Tips

- Cut out some extra figures for children who arrive late.



B

S

I

T

B

O

L

R

E

Y

Tabitha (Dorcas)

Choose Your Character
Lesson 5

Time to Get Up

The children will participate in today's Bible Story about Tabitha.

Materials

For the teacher:

- 2 or 3 robes or adult dresses
- 2 or 3 items of children's clothing
- blanket
- pillow (optional)
- box of tissues
- large writing surface

Preparation

1. Neatly print on the large writing surface: Joppa; Tabitha (Dorcas); sick and died; Peter; doing good and helping the poor; crying; believed; Get up!
2. Practice leading this activity using the costume and props.

Introducing the Bible Story

Open your Bible to Acts 9. Tell the children that today's Bible Story comes from the New Testament book of Acts. Show the children the words on the large writing surface and read them all together. Explain that these are very important names and words that they will hear in today's Bible Story.

Tell the children that you are going to ask them questions, and they have to choose an answer from the large writing surface:

- *Where do you think this story takes place?* (Joppa)
- *What do you think is the name of the woman in this story?* (Tabitha—tell them that she was also called Dorcas)
- *What do you think Tabitha is always doing?* (doing good and helping the poor)
- *What do you think will happen to Tabitha?* (She gets sick and dies.)
- *What do you think is the name of the man who helped Tabitha?* (Peter)
- *What do you think the women who are standing around Tabitha's dead body are doing?* (crying)
- *What do you think Peter tells Tabitha to do?* (Get up!)
- *What do you think the people do after Peter raises Tabitha from the dead?* (believe)

Presenting the Bible Story

Tell the children to listen carefully as you read the Bible Story from Acts 9:36-42. Tell them to raise their hands each time they hear one of the words from the large writing surface (underlined below).

In Joppa there was a disciple named Tabitha (which, when translated, is Dorcas), who was always doing good and helping the poor. About that time she became sick and died, and her body was washed and placed in an upstairs room. Lydda was near Joppa; so when the disciples heard that Peter was in Lydda, they sent two men to him and urged him, "Please come at once!"

Peter went with them, and when he arrived he was taken upstairs to the room. All the widows stood around him, crying and showing him the robes and other clothing that Dorcas had made while she was still with them.

Peter sent them all out of the room; then he got down on his knees and prayed. Turning toward the dead woman, he said, "Tabitha, get up." She opened her eyes, and seeing Peter she sat up. He took her by the hand and helped her to her feet. Then he called the believers and the widows and presented her to them alive. This became known all over Joppa, and many people believed in the Lord (Acts 9:36-42, underline added).

Read to Review

Read the story again, this time pausing before each underlined word and having the children say it for you.

Tabitha, Get Up!

Show the children the articles of clothing you brought in. Explain that they will act out this story. Choose children to play the parts of Tabitha, Peter, two disciples, crying widows, believers.

Arrange for Tabitha to lie on the blanket and pillow as if dead. Lay the clothes on the bed beside her. Give tissues to the crying widows and have them stand around Tabitha with the other believers. Tell the two disciples to go and find Peter and ask him to come to Joppa at once.



Tabitha (Dorcas)

Have Peter follow them back to Tabitha. Have the crying widows show Peter all the clothes that Tabitha had made for many people.

Have Peter send the crying widows and the believers away. Then have Peter get down on his knees and pray and say, "Tabitha, get up!"

Have Tabitha open her eyes and look at Peter. Have Peter take her hand and walk her to the place where the believers and crying widows are.

Have everyone thank God together.

Share and Tell

Ask the children if they know someone like Tabitha who is always doing good and helping the poor. Encourage the children to think of someone that they can tell today's Bible Story to this week. Close with a prayer thanking God for Tabitha and her miracle.

Teacher Tips

- For sanitary reasons, bring a clean cover for each child that uses the pillow.
- Help the children to understand that Dorcas is the name traditionally used to refer to Tabitha. Discourage any children who want to make fun of this name, asking how they would feel if someone made fun of their name.

TABITHA,

GET UP!



C



R



A



F



T



Tabitha (Dorcas)

Meet the Need

The children will make a craft to remind them of how Tabitha helped the poor.

Materials

For each child:

- poor man figure from Preclass Activity
- poster board triangle from Preclass Activity
- 1 piece of colorful wrapping paper, 3" x 6"
- brass fastener

For the teacher:

- poor man sample figure from Preclass Activity
- poster board triangle sample from Preclass Activity
- scissors
- single hole punch
- yarn, sequins, buttons

Reproducible Pages:

- Page B, 1 copy for every 2 children

Preparation

1. Cut out the outlines of the robes from the copies of Reproducible Page B. Each child will need only one robe.
2. Glue each outline to the back of the piece of wrapping paper. See Figure A. Closely cut out the robes.
3. Punch a hole through each robe where indicated. See Figure B.
4. Use the sample figure and triangle stand to prepare a completed craft sample to show the children.

Instructions

1. Introduce the craft as follows: *This week in your Bible Story you are learning about a disciple named Tabitha who was always helping people and serving the poor. Tabitha served by making clothes for many people. One day, Tabitha had become very sick and she died. Her friends were so sad because they loved her so much and they missed her terribly. The apostle Peter learned that Tabitha was dead and he came to see. God did a miracle through Peter and raised Tabitha from the dead! In your activity, you will make a craft to remind you of how Tabitha served the poor. Show the children your sample. Explain how Tabitha made*

clothes and served the poor. Demonstrate how to put the robe on the poor man figure.

2. Distribute their poor man figures, the robes you prepared and the brass fasteners. Help the children attach the robes to their figures using the brass fastener, see Figure C.
3. Distribute the poster board triangles from the Preclass Activity and the glue sticks. Have the children glue the figures to the poster board triangles as stands. See Figure D.
4. Distribute yarn, sequins or buttons for the children to glue on and decorate their robes.

Conclusion

Ask the children if they know someone who is always doing good and serving others. Encourage the children to think of ways that they can be like Tabitha. Close with a prayer thanking God for bringing Tabitha back from the dead.

Teacher Tips

- Try other materials if desired, such as wallpaper samples, felt, fabric or textured paper.



Tabitha (Dorcas)

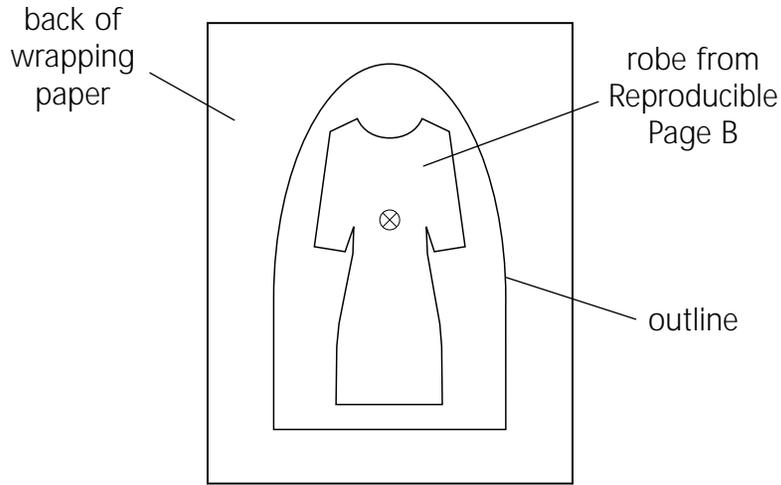


Figure A

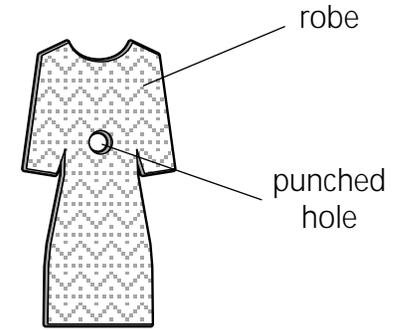


Figure B

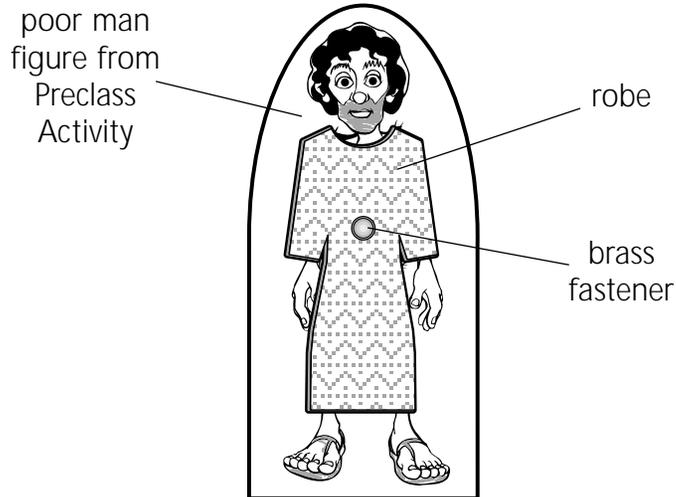


Figure C

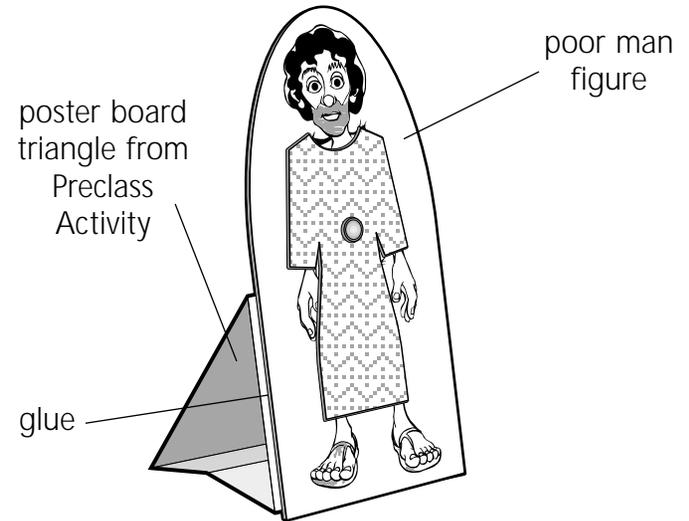


Figure D

SCR
IPT
URE
MEM
ORY

Tabitha (Dorcas)

How Do You Feel?

The children will memorize today's Scripture Memory Verse through this "emotional" activity.

Scripture Memory Verse

There was a disciple named Tabitha who was always doing good and helping the poor.

Acts 9:36

Materials

For the teacher:

- box of tissue

Preparation

Practice leading this activity.

Instructions

1. Introduce today's activity: *In the Bible Story today, you are learning about a disciple named Tabitha, whose name in the Greek language was Dorcas. She was always doing good and helping the poor. Tabitha became very sick and she died. Many people cried because they loved and missed Tabitha so much. When Peter heard all that had happened, he came at once. After he saw all the people who loved her and all the many clothes she had made for others, he prayed and raised her from the dead. Your Scripture Memory Verse will help you to remember the kind of person that Tabitha was.*
2. Show the children the Scripture Memory Verse on the back of this Lesson Card. Say the verse to the children three times as they follow along silently. Ask them to say it together with you three more times. Have the girls say it together with you, then have the boys say it together with you.
3. Tell the children that you are going to say the Scripture Memory Verse in several different ways as they think about the different feelings from today's Bible Story. Ask the children what they think were some of the feelings of people in this story. (Answers may include: worried, sad, crying, hopeful, loving, excited, grateful.)
4. Lead the children in saying the Scripture Memory Verse while demonstrating the following emotions:

- *Worried*—The people were probably worried when Tabitha became sick. Let's say the verse as if we feel worried.
 - *Sad*—The people were very sad when Tabitha died. Let's say the verse as if we feel sad.
 - *Crying*—The widows were crying after Tabitha had died. Let's say the verse as if we were crying. (Pass out the tissues.)
 - *Hopeful*—When the disciples heard that Peter was coming, they probably felt hopeful that he could help Tabitha. Let's say the verse as if we are feeling hopeful.
 - *Loving*—When the disciples showed Peter all the clothes that Tabitha had made, it made them remember how much they loved her. Let's say the verse as if we are feeling loving.
 - *Excited*—The disciples were very happy after Tabitha was raised from the dead. Let's say the verse as if we are feeling excited.
 - *Grateful*—The disciples must have felt very grateful to God for giving Tabitha back to them. Let's say the verse as if we are feeling grateful.
5. Tell the children that they are going to take turns leading the group in saying the verse in any of the emotions you just reviewed. Choose a child to begin. Give him the Lesson Card and have him lead the group by building the verse one word at a time. For example: The child says "There" and the others repeat "There." The child says, "There was" and the others repeat, "There was," and so on until the verse is complete. The child who leads may choose the next child to lead the verse. Do this for as many children as time permits.

Conclusion

Ask the children to give some examples of what it means to "do good and help others." Share from your own life. Close with a prayer asking God to help you see the needs of people so that you all can help others.

Teacher Tips

- Do not force a child to lead the group. If necessary, have the children lead with a partner instead of alone.



Tabitha (Dorcas)

There was a disciple
named Tabitha who was
always doing good and
helping the poor.

Acts 9:36

SCR
IPT
URE
MEM
ORY



Lesson Objectives

- The children will tell the story of Tabitha.
- The children will tell how Tabitha helped others.
- The children will tell one way that they can serve and give to others.

Lesson Text

Acts 9:36-42

Scripture Memory Verse

There was a disciple named Tabitha who was always doing good and helping the poor.

Acts 9:36

Lesson Plan

Greeting and Registration

Preclass Activity: Tabitha's Table

Welcome and Singing

Centers:

Life Application: What Would Tabitha Do?

Game: Remember Tabitha

Bible Skills: Half-time

NOTE: Allow time for a snack.



pre
class

ACTIVITY

Tabitha's Table

The children will review this week's Bible Story as they think about ways that Tabitha served others.

Materials

For each child:

- pencil

Reproducible Pages:

- Page C, 1 copy for each child

Preparation

Complete the activity on your copy of Reproducible Page C.

Instructions

1. Greet the children as they arrive. Remind the children that they are learning about Tabitha, a disciple who was always doing good and serving others. Explain that in their activity today they will think of ways that Tabitha might have helped or served others.
2. Distribute the copies of Reproducible Page C and pencils. Help the children find a partner or small group to work with. Tell the children to look at all the items on "Tabitha's Table" and then make a list of ten ways that they imagine Tabitha helped or served others.
3. Circulate among the children to offer help and encouragement. Make sure they write their names on their pages.
4. Collect their pages and give them to the Life Application teacher.

Teacher Tips

- For the children who finish early, have them write additional ideas on the backs of their pages.
- For a more competitive activity, divide the children into two teams to see who can come up with the most ideas. Display their lists during the class.

What Would Tabitha Do?

The children will review this week's Bible Story as they think of ways they can help and serve others.

Materials

For each child:

- Tabitha's Table from Preclass Activity
- 1 plastic or metal thimble

For the teacher:

NOTE: For this activity, please provide as many of the following items as possible:

- table
- tablecloth
- picnic basket
- flowers
- sewing tools and/or sewing basket
- fabric and/or fabric patterns
- note paper
- Bible

Preparation

1. Make arrangements to set your table and display the items listed. If possible, have chairs available for the children to sit around the table.
2. Read Acts 9:36-43 to review this week's Bible Story.
3. Practice leading this activity with enthusiasm.

Reviewing the Bible Story

Open your Bible to Acts 9. Before bringing the children around the table you prepared, review this week's Bible Story. Read the following passage to the children and then read it again, pausing before each underlined word. Have the children fill in the blanks.

In Joppa there was a disciple named Tabitha (which, when translated, is Dorcas), who was always doing good and helping the poor. About that time she became sick and died, and her body was washed and placed in an upstairs room. Lydda was near Joppa; so when the disciples heard that Peter was in Lydda, they sent two men to him and urged him, "Please come at once!"

Peter went with them, and when he arrived he was taken upstairs to the room. All the widows stood around him, crying and showing him the robes and other clothing that Dorcas had made while she was still with them.

Peter sent them all out of the room; then he got down on his knees and prayed. Turning toward the dead woman, he said, "Tabitha, get up." She opened her eyes, and seeing Peter she sat up. He took her by the hand and helped her to her feet. Then he called the believers and the widows and presented her to them alive. This became known all over Joppa, and many people believed in the Lord (Acts 9:36-42).

Life Application

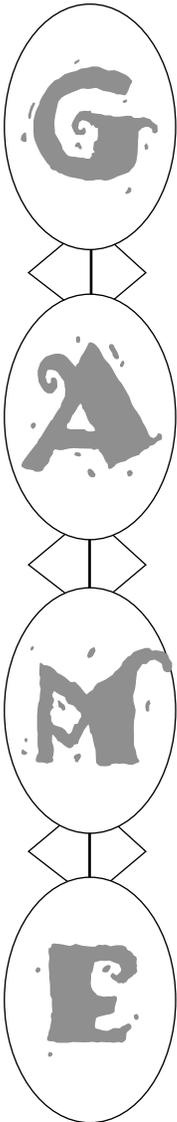
Bring the children around the table that you prepared and distribute their worksheets from their Preclass Activity. *Earlier in class, you thought about ways that Tabitha served others. Now you will think of ways that you can serve and help others.* Invite the children to each select one item and say one way they could serve or help someone this week. Encourage all the children to help each other think of ideas.

Conclusion

When the children are finished, present them with "thimbles" and encourage them that if they follow through with their ideas, they will be just like Tabitha. Close with a prayer for the children to have a great experience this week helping and serving others.

Teacher Tips

- Plastic thimbles, available in most craft stores and fabric stores, are less expensive than metal thimbles.
- If your budget permits, allow the children to keep the thimbles as reminders of today's lesson.



Remember Tabitha

The children will review key ideas from this week's Bible Story as they play this memory game.

Materials

For the teacher:

- large serving tray and the following items:
 - picnic basket
 - plastic cup
 - needle and thread
 - scissors
 - pair of socks
 - note card
 - pen
 - silk flowers
 - coins
 - bandages
- Bible
- towel
- watch or timer with a second hand
- paper and pencil

Preparation

1. Place all of the tray items listed above onto the tray.
2. Make a list of each item on the tray and then cover the tray and its contents with the towel.
3. Practice leading this activity.

Instructions

1. Introduce today's activity: *In your Bible Story this week, you learned about a disciple named Tabitha, whose name in the Greek language is Dorcas. She was always doing good and helping the poor. Tabitha became very sick and she died. Many people cried because they loved and missed Tabitha so much. When Peter heard all that had happened, he came at once. After he saw all the people who loved her and all the many clothes she had made for people, he prayed and raised her from the dead. In your game today, you will try and remember as many things about Tabitha as you can.*

2. Divide the children into two teams, being careful to mix the children who did not hear this week's Bible Story with those who did. Show them the covered tray you prepared. Explain that on the tray are items that will remind them of ways that Tabitha served and helped people. Tell the children that the object of the game is to try and be the team to remember the most number of items on the tray.
3. On your word, remove the towel and begin timing. Tell the children that they have one minute to study the tray and then you will cover it again. After one minute, cover the tray.
4. Give each team paper and pencils to write their lists of what they remember. When both teams are finished, go over their lists to check them. Make sure that the items they wrote were actually on the tray.
5. For the second round, remove one item without the children seeing you. Tell the children that they have ten seconds to try and guess what item you removed.
6. Do this again, removing two items from the tray without the children seeing you. Give the children twenty seconds to guess which items you removed. Continue until all the items have been removed from the tray, increasing their guessing time by ten seconds with each round.

Conclusion

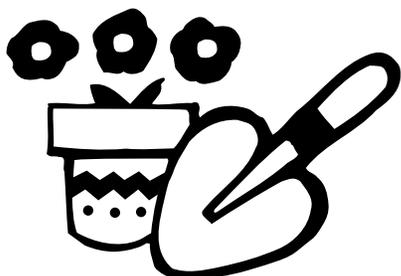
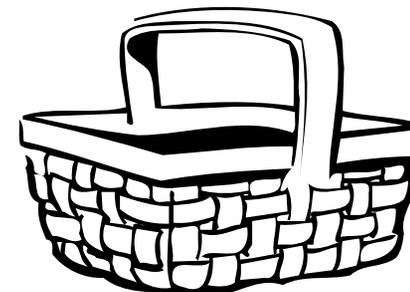
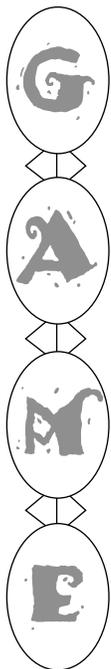
Ask the children how they think Tabitha must have felt after Peter brought her back from the dead. Close with a prayer thanking God for Tabitha's example of service to others.

Teacher Tips

- Feel free to add or substitute items with others that relate to this week's story.



Tabitha (Dorcas)





Half-time

The children will play a game to review some of their Scripture Memory Verses.

Materials

For the teacher:

- scissors

Reproducible Pages:

- Page D, 2 copies for the teacher
- Page E, 1 copy for the teacher

Preparation

1. Cut out each of the divided verses from your copy of Reproducible Page E. You should have ten pieces of paper. Separate the first halves from the second halves.
2. Practice leading this activity.

Instructions

1. Introduce today's activity: *In your Bible Story this week, you learned about a disciple named Tabitha, whose name in the Greek language is Dorcas. She was always doing good and helping the poor. Throughout this lesson, you have been thinking of different ways to do good and help others just like Tabitha did. One way that you can always help someone is to encourage them with a verse from the Bible. In our activity today, we will have fun reviewing some of the verses we have been learning.*
2. Show the children the back of this Lesson Card and read each of the verses out loud. Explain that these are five of the Scripture Memory Verses that they have learned this year. Tell them that the verses are divided and they are going to work together to put them back together.
3. Divide the children into two groups, being careful to balance confident readers with younger ones. Give each team a copy of Reproducible Page D.
4. Show the children the two sets of verses that you prepared. Explain that one group will get the first half of the verses and the other team will get the second half. Take the first halves and mix them up and then give them to the first group. Do the same with the second halves and give them to the second group.

5. Have the children each take one of the verse "halves." Choose the first group to pick one child to stand and say his first half. Tell the other group to try and find the matching half as quickly as possible. Once they have found the matching half, have all the children say the verse together.
6. Continue until all the children in the first group have had a chance to read their first halves and match them with the other group.
7. Have the first group give their halves to the second group and vice versa. Repeat the activity with the groups playing with different halves.

Conclusion

Ask the children why they think sharing a verse can help someone. Share from your own life. Ask them if they can think of someone who would be encouraged to hear one of these verses this week. Encourage them to help someone this week by sharing a scripture. Close with a prayer for the children to help someone else this week.

Teacher Tips

- For a more challenging version, keep track and compare the times of each group while they find the matches.
- Adapt and modify this activity to best suit the needs of the children in your group.





All scripture is God-breathed.

2 Timothy 3:16



Everyone who hears these words of mine and puts them into practice is like a wise man.

Matthew 7:24



All men will know that you are my disciples, if you love one another.

John 13:35



Therefore go and make disciples of all nations.

Matthew 28:19



If your tongue tells lies, you will get into trouble.

Proverbs 17:20 (NIRV)



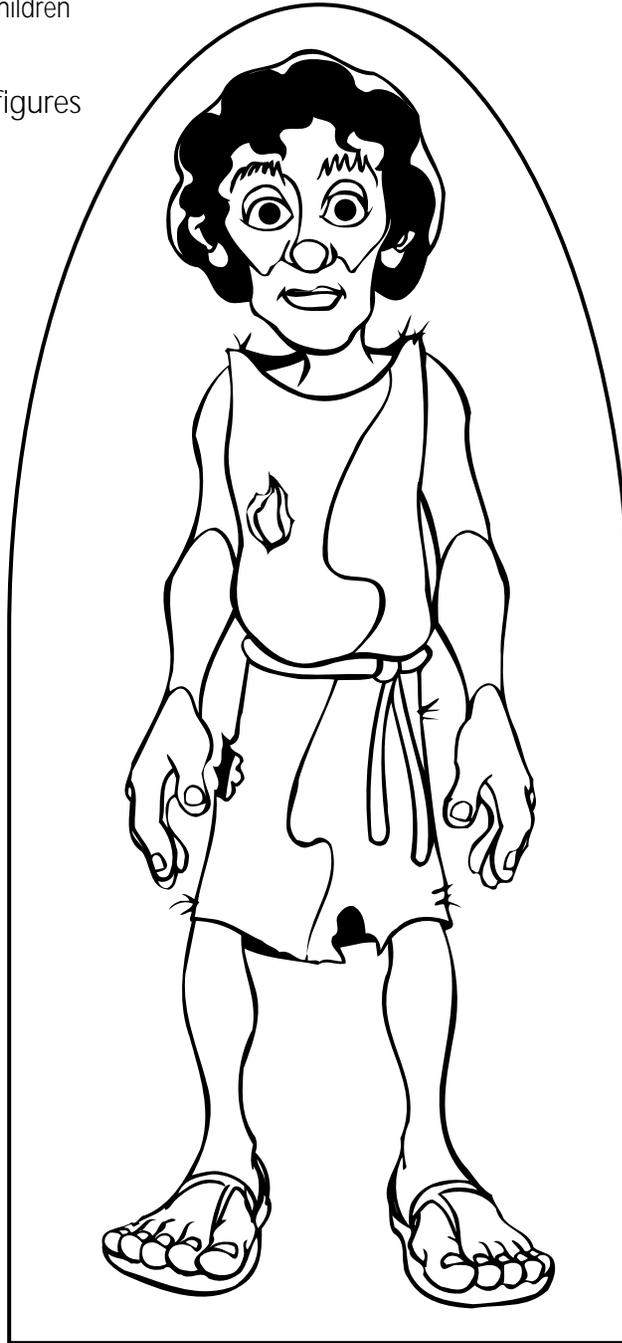
R
E
P
R
O
D
U
C
I
B
L
E
P
A
G
E
A

Core/Preclass

1 copy for every 2 children

Choose Your Character
Lesson 5

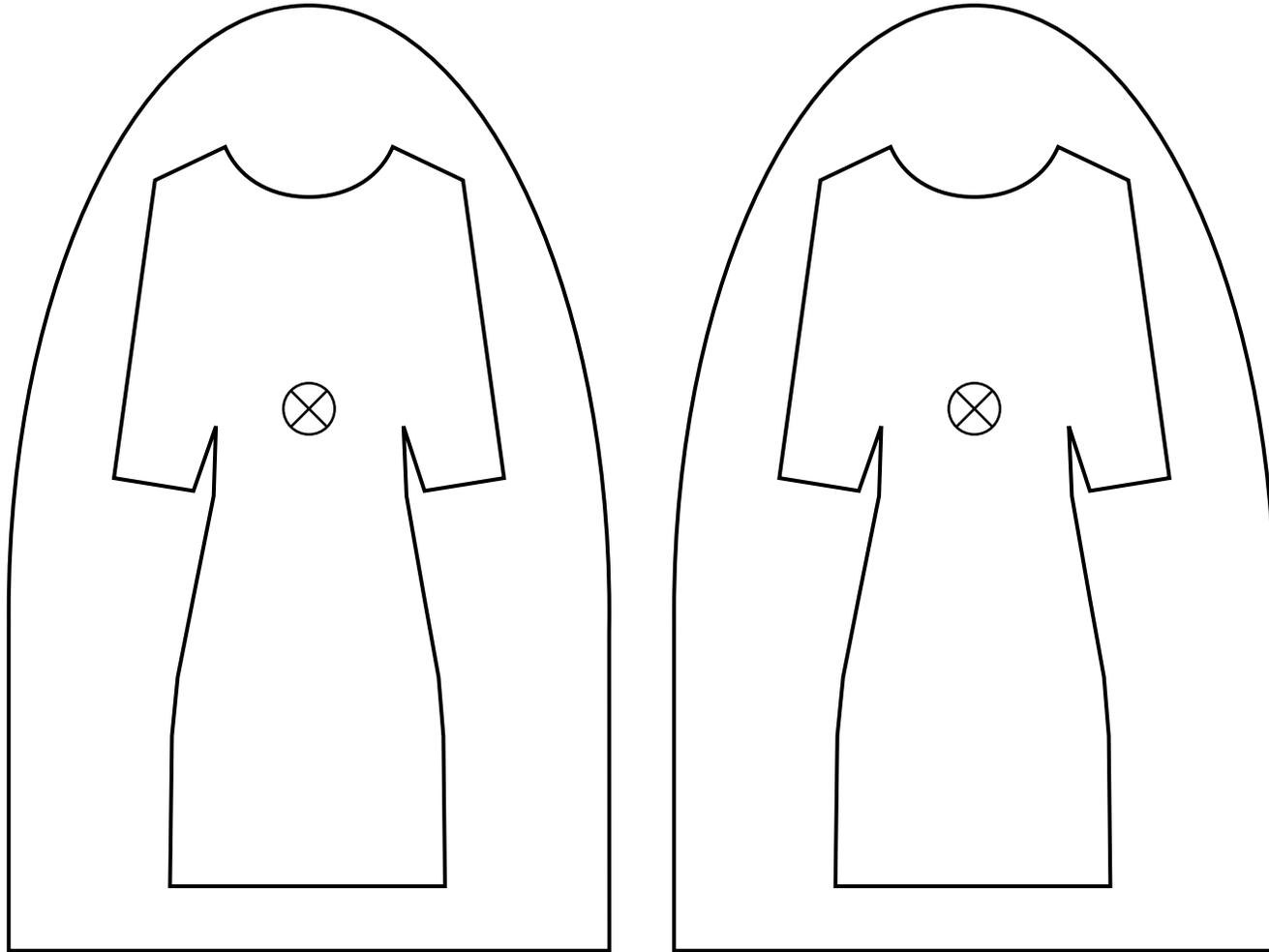
poor man figures



Core/Craft
1 copy for every 2 children

Choose Your Character
Lesson 5

robes



Tabitha's Table

Name _____



There was a disciple named Tabitha who was always doing good and helping the poor.

Acts 9:36

Make a list of ten ways that Tabitha could have helped and served people:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

All scripture is God-breathed.

2 Timothy 3:16



Everyone who hears these words of mine and puts them into practice is like a wise man.

Matthew 7:24



All men will know that you are my disciples, if you love one another.

John 13:35



Therefore go and make disciples of all nations.

Matthew 28:19



If your tongue tells lies, you will get into trouble.

Proverbs 17:20 (NIRV)



All scripture is God-breathed.

2 Timothy 3:16

Everyone who hears these words of mine and puts them into practice is like a wise man.
Matthew 7:24

All men will know that you are my disciples, if you love one another.

John 13:35

Therefore go and make disciples of all nations.

Matthew 28:19

If your tongue tells lies, you will get into trouble.

Proverbs 17:20 (NIRV)

