

Lesson 1 / March 8, 2026

Know Who You Follow

By RLD Editorial Team

for use as
STEP 1

**Lesson 1****Focus:**

We follow Jesus
because we know Him.

Lesson 1**Bible Basis:**

John 10:1–6, 14;
Psalm 23

Lesson 1**Memory Verse:**

The LORD is my shepherd, I lack nothing. He
makes me lie down in green pastures, he
leads me beside quiet waters.
—Psalm 23:1–2

Students will watch a video about a girl who mistook a man for Santa as they consider what they know about those they follow.

Materials:

Internet access

Sometimes, we follow people because we know and trust them—like parents, teachers, pastors, or friends. Other times, we follow people without knowing who they truly are. Let's take a look at a comical example of this.

Show the following video [1:01]:

Little girl mistakes old man for Santa Claus and he plays along 

<https://www.youtube.com/shorts/RTr1-nMmtB8>

The little girl pointed out and eventually approached the man in the restaurant because he looked like Santa—someone familiar to her.

How well do we know those we follow? Enough to be sure we will not make similar mistakes?

➤ **Who would you follow to find the way to the cafeteria in a new school, and why: Someone in a cafeteria worker's uniform or a student who you heard is known for pranks?** (We can be sure the cafeteria worker knows where to find the cafeteria and is less likely to mislead a student.)

➤ **Who would you follow when feeling pressed to join the crowd, and why: Peers whose actions are sometimes questionable or peers whose values you are familiar with and respect?** (Peers whose values we are familiar with and respect, perhaps because we know their actions align with our values.)

➤ **Have you ever followed without knowing enough about who or what you were following? What was that experience like for you?** (Answers will vary; be prepared to share your own experience.)

➤ **Who are some people that you know well enough to feel comfortable following their advice, guidance, or example?** (Answers will vary but may include parents, your pastor, specific friends, etc.)

It would be great to know who we are following well enough to never accidentally lose focus or follow another by mistake. Let's see what Jesus says about the connection between knowing and following Him.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Lesson 1 / March 8, 2026

Know Who You Follow

for use as
STEP 4 

Lesson 1**Focus:**

We follow Jesus
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Lesson 1**Bible Basis:**

John 10:1–6, 14;
Psalm 23

Lesson 1**Memory Verse:**

The LORD is my shepherd, I lack nothing. He
makes me lie down in green pastures, he
leads me beside quiet waters.
—Psalm 23:1–2

Materials:

- Internet access
- Bibles
- Index cards
- Pens/pencils
- Markers or colored pencils

If your class is meeting online, invite students to bring supplies with them to class.

Getting to know Jesus is just like getting to know any friend.

➤ **How do you get to know new friends?** (Answers will vary but should include: Spend time with them; talk with them; find out about their interests, their family, etc.)

We talked earlier about ways to get to know Jesus—can you remind me what some of those are? Allow your preteens to talk about spending time with Him, reading the Bible, being anxious to find out more about Him at church, talking to Him, etc.

To help us get to know Jesus more, we are going to make decorative cards with this week's memory verse. We will use this as a reminder to pause and pray, asking for help to know Jesus the way Psalm 23 describes Him.

Distribute supplies (or invite students to have them ready at home). Instruct students to write this week's memory verse in the middle of the index card. Then, using the markers or colored pencils, they can decorate the card with drawings or a fancy border.

When students have finished, read the memory verse as a class: "The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters" (Psalm 23:1–2).

➤ **What do those verses reveal to us about Jesus?** (He is our shepherd; He provides all we need; He keeps us safe and at peace; He leads us.)

Place the card wherever you will see it most during the week. Each time you see it, read the verse and pray for God to help you know Jesus the way a sheep knows its shepherd.

Close in prayer asking God to help us know and follow Jesus more.

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