

Lesson 8 / July 26, 2026

Sons and Daughters

By RLD Editorial Team

for use as
STEP 1 **Lesson 8
Focus:**

Only God's Son can
make us God's children

**Lesson 8
Bible Basis:**

Colossians 2:9–10;
John 1:1–12

**Lesson 8
Memory Verse:**

For in Christ all the fullness of the Deity lives
in bodily form, and in Christ you have been
brought to fullness. He is the head over every
power and authority. —Colossians 2:9–10

Students will reflect on the joys and challenges of becoming a family as they explore being one of God's children.

Materials:

☐ Internet access

Open by playing the following video for your teens [4:11; stop at 2:35]:

Two weeks of foster care turned into a forever home for 3 brothers in Northwest Arkansas
<https://www.youtube.com/watch?v=sf1nz3r7BOA>

What a powerful story!

- **What are some of the blessings of this newly formed family?** (The siblings have a forever family; the mother has a full home with more people to love, etc.)
- **What might be hard as the mother and siblings form this new family?** (The children will still grieve their biological parents; Kayla will have to adjust to life as a parent of three; the children and Kayla will have to learn to live together, etc.)
- **What are the blessings of being part of a loving family?** (Accept all reasonable answers. Families can offer safety, security, community, commitment, and unconditional love. Shared experiences can bring humor, help, or hope to our lives.)
- **What is difficult about being part of a family?** (Accept all reasonable answers. For example, members of a family can be very different, and will not agree all the time. Being there for each other in good times and bad, with our various personalities and needs, can be hard. Additionally, all people are sinners, and fail each other in ways big and small.)

Not all families are the same. They have different members and make-ups. Friends and mentors can become family in the absence of siblings and other family members. Maybe your family is similar in some ways, and experiences particular challenges and joys.

Similarly, today we will see that, in Christ, all Christians are made sons and daughters of God. Only Christ can do this, and we are thankful this is His desire for us!

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

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Sons and Daughters

for use as
STEP 4 **Lesson 8****Focus:**

Only God's Son can
make us God's children

Lesson 8**Bible Basis:**

Colossians 2:9–10;
John 1:1–12

Lesson 8**Memory Verse:**

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in bodily form, and in Christ you have been
brought to fullness. He is the head over every
power and authority. —Colossians 2:9–10

Materials:☐ None

➤ **What important roles do parents play in the lives of their family?** (Accept all reasonable answers. For example: parents guide and protect, parents shape children's thoughts about the world, parents set the expectations for what it means to live as part of the family.)

➤ **What important roles do children play in the lives of their family?** (Accept all reasonable answers. For example: children bring life, a new perspective, and change of all kinds—children help parents adapt and grow in new ways, children move the family through new seasons and into the next generation.)

We are all included and important in the family of God—there are never too many children; there are never favorite children; and God's love is always unconditional. Still, just as we do not enter our human families on the basis of merit, there is nothing we can do to earn the right to be God's child. The Good News is that God claims us as His own out of God's grace. In response, we can live a life of gratitude as sons and daughters of God.

➤ **If you are thankful to be part of the earthly family God has given you, how do you express that thanks?** (Accept all reasonable answers. For example, one might express their thankfulness in words, physically, in acts of service or obedience, with gifts or gestures, or with quality time. This thanks might be expressed toward the parents, siblings, or outward.)

➤ **What are ways that we can express our thanks to God for making us His children?** (Accept all reasonable answers. Answers may be similar to those of the previous question. Encourage students to think in both general and specific terms.)

Love can be expressed and received in different ways—sometimes these various ways are called “love languages.” Gary Chapman categorizes five love languages as follows:

1. gift giving
2. quality time
3. words of affirmation
4. acts of service
5. physical touch

These can be applied to all sorts of relationships—including relationship with God. Encourage students to choose one way that best matches their personality and follow through on it this week; or, alternatively, you might challenge them to attempt to live out a different expression of thankfulness each day. Examples for how each might be used to express thankfulness to God for the relationship we have with Him include (but are not limited to):

1. tithing
2. quiet time with God
3. singing songs of praise
4. serving a brother or sister in need
5. extending a hand or a hug to a brother or sister in Christ

Encourage students to live lives of gratitude as sons and daughters of God this week and beyond. This thankfulness might be expressed to God, to brothers or sisters in Christ, or even beyond, sharing the love with the community as one has found the family of God.

Take time this week to check in with the teens in your class. See how they are doing showing gratitude and love for being part of the family of God.

Close in prayer.

Resources:

The Five Love Languages

https://en.wikipedia.org/wiki/The_Five_Love_Languages

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