
“God Wants to Use You”

Sunday School Lesson on Jeremiah 1:4-10



God wants to Use You! Sunday School Lesson on Jeremiah and God’s Promises

Children sometimes develop a mindset that they are in a “waiting room” of sorts. “Young people are the future of the church,” some say...but do we fail to recognize that young people *are* the church of today? The story of Jeremiah reminds us that God can use anyone at any age. Kids don’t need to sit around and hope for eventual faith. This lesson aims to help them recognize that God has a plan for them both eventually and right now. God can use them and knows them. Most importantly, God will guide their words and ways, so they can always find strength and security in Him.

Lesson focus: God knows us inside and out. He has created each one of us for a special purpose and has a plan for every life. We can get started on following His plan at any age and time, and He will help us when we aren’t sure what to do.

Passage: [Jeremiah 1:4-10](#); [Psalm 71:1-6](#)

Target Audience: Kindergarten-6th grade

Materials Needed: Paper bags, decorative materials, stickers, markers, nice paper or card stock

Bonus Ideas:

- Book of [Jeremiah Coloring Page](#) (included in printable lesson above)
- Compare [another lesson plan](#) on this same Bible passage
- [Don’t Say I’m Only a Youth cartoon & coloring page](#) on our website
- Get more [activities for this Bible story](#) from Sermons 4 Kids
- Suggested [Worship Music Video from 1 Timothy 4:12](#)



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Opening Activities / Lesson Introduction

Lesson Opening: Kick off the lesson with a couple of fun activities to get them thinking about how God knows and loves us, and how He will help us to do whatever He has called us to do.

- Do you know me? Have students come up with a unique fact about themselves, something they don't think others would know. Invite kids to write their fact down on a slip of paper (this will be best for older kids, unless you have several helpers to assist young ones with writing) and place all of the papers into a box or bag. One by one, draw out facts and see if other students can guess who wrote the special detail. Explain that there are always things we may not know about one another. But there is someone who knows more about us than even we do! That's God.
- "Don't worry, I'll help you." As a leader, set out a complicated task that students would likely not be able to complete on their own. This could be some sort of drawing, putting together an item, tying a special knot, decorating a cupcake...just make it something that will require extra tools/supplies/directions...at first, tell the kids what they have to do, and start to walk away. When students begin worrying about their abilities, let them know that you are there to guide them through every step of the activity, and you will be their helper.

Discuss with students how today they will be learning about how God is a helper and provider. He knows us all and loves us, and calls us to follow Him at any age. You don't even have to be grown up to serve God. He will give you everything you need to equip you for your role in His kingdom.



Bible Lesson (Jeremiah 1:4-10)

God Wants to Use You

Ask students if they have ever experienced not being able to do something because they were too small or too young. Invite some sharing. How does that feel?

Explain that sometimes we think we have to wait to be old enough to do things. But God wants to use us at any age. In the Bible, God came to someone named Jeremiah, and told him that he was going to be a prophet. That means God was giving Him a special job announcing to people the words that God was saying. Invite students to look at the opening verses of the prophet's book:

Now the word of the Lord came to me, saying,

*⁵ "Before I formed you in the womb I knew you,
and before you were born I consecrated you;
I appointed you a prophet to the nations." -Jeremiah 1:4-5*

"Wow, God had a job for Jeremiah before he was even born! Did you know God had a job for you picked out before you were born? He knows what your life will be like before anyone else knows!" Emphasize to children that God understands everything about them and has created them for something incredible.

Then continue the passage, talking about Jeremiah's uncertainty. Jeremiah was nervous hearing these words from God. He wondered how he would be able to do anything special or important, since he was just a kid:



Then I said, “Ah, Lord God! Behold, I do not know how to speak, for I am only a youth.”⁷ But the Lord said to me,

*“Do not say, ‘I am only a youth’;
for to all to whom I send you, you shall go,
and whatever I command you, you shall speak.*

*⁸ Do not be afraid of them,
for I am with you to deliver you,
declares the Lord.” -Jeremiah 1:6-8*

“God is pretty clear there. Have you ever been nervous or wondered how to do something? Most of us probably have!”

...Share a time that you might have needed help or extra instruction in order to do something.

Explain that God is promising to be with Jeremiah. He is not going to give him a job and leave him in the dust. He will give him courage and also tell him what to say. That sounds pretty neat! In our lives, we might not always hear a big booming voice from God with specific words.

We might not have it all spelled out. But when we read our Bibles, pray, and pay attention to those around us, we can get an idea of what God wants and how He might want us to serve.

Maybe it means sitting next to the new kid at lunchtime, or sharing a special word or smile with a friend. Maybe it's putting some allowance in the offering plate or donation organization. The key to remember is that no matter what we are doing, if we are doing it for God, He is with us. We are working for Him, not for our own sake.



Then the Lord put out his hand and touched my mouth. And the Lord said to me,

“Behold, I have put my words in your mouth.

¹⁰ See, I have set you this day over nations and over kingdoms, to pluck up and to break down, to destroy and to overthrow, to build and to plant.” -Jeremiah 1:9-10

This is a beautiful promise. God is working through our lives. Whatever we do, His hand is behind it. Perhaps God has a plan for kids to be rocket scientists, or Olympians, or presidents, or housekeepers or bakers. Students do not yet know what His plans are for three decades down the road. They might not understand how He is working in their lives. But they don't have to wait and wonder. They can work every day, at any age, to serve Him.

God has given us love and grace, and promises to be with us to do His work, whatever that might be. Invite students to brainstorm some ways that their words and actions might be able to help one another and serve God. Are there things they might be anxious about?

*For you, O Lord, are my hope,
my trust, O Lord, from my youth.*

*⁶ Upon you I have leaned from before my birth;
you are he who took me from my mother's womb.
My praise is continually of you. -Psalm 71:5-6*

The Psalmist here is comforted in anxiety because he knows that God is a constant hope and strength. Have older students read surrounding verses in this Psalm, and for younger students put into simpler words. Invite them to consider what is



happening and being said here. Why is the Lord our hope? Because He made us! We know we can trust in Him because He knows us. Therefore we give God praise. And that is another thing that is great to do at any age.

Even kids who can't yet read or write can lift their voices in song and hands in praise. This is an example to everyone! Encourage students to demonstrate joy and gratitude for God's works. In this way they can be a light to others all around them. Why such joy?

We know that God loves us, made us, and has a purpose for us. He will guide us every day in every way.

Close with prayer and thank God for giving us strength and purpose all of the time and anytime. Ask for His help to know and follow His plan and to lean on Him for wisdom.



Craft Idea “Hope Booklets”

Have students create special “hope booklets” to remember that God is their strength and guide. Provide each student with several pieces of nice paper or cardstock and pens. Have them assist in coming up with a list of words or ideas that can help them when they are feeling inadequate or uncertain.

These could be things like “God has a plan for me” or “Trust means knowing I’m in God’s arms.” Or it could be more complex words like “sympathy means I hurt when someone else is hurting”; “God gives strength to work for Him;” “A friendly smile can share God’s love”; or even a Bible verse. Allow students to decorate their cards, and put them together with a stapler or string.

For younger students, create a bookmark with a verse caption printed. (Psalm 71:5)

Or invite them to make a fun Jeremiah paper bag puppet, attaching one of the verses to a man with “words put into his mouth” (Jeremiah 1:9).



We hope you enjoy this free resource.

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- allowing us to be a part of your mission.

We don't ask for money, but we do need your help.

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5. Add me (and our team) to your personal prayer list.

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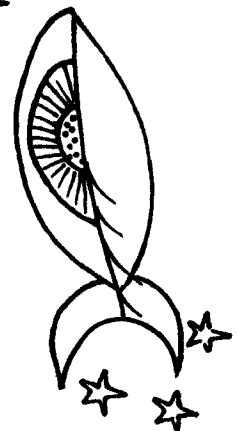
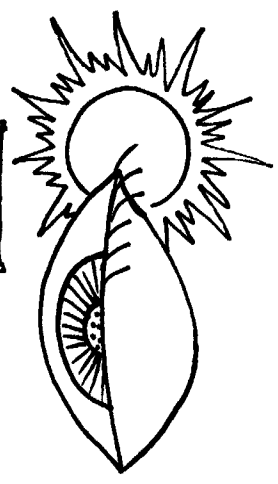
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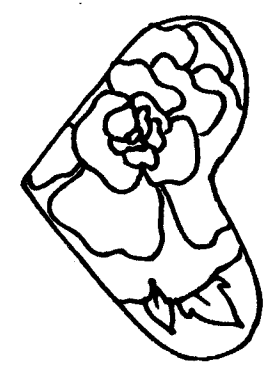
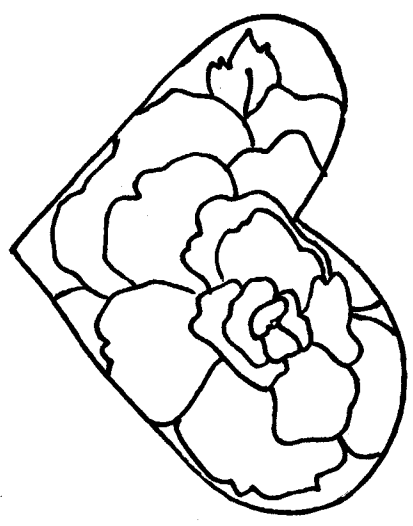
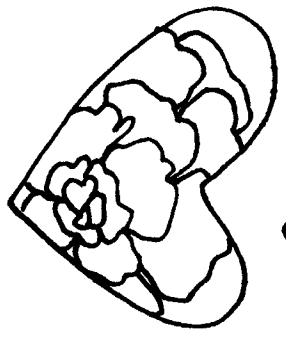
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MAY MY EYES FLOW WITH TEARS DAY AND NIGHT

v.14:17



Jeremiah



I HAVE LOVED YOU, MY PEOPLE, WITH AN EVERLASTING LOVE.

v.31:3

Mandy Grace '14

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Thus sayeth
THE LORD!



Jer 1:7

Do not say, 'I am only a youth'; for to all to whom I send you, you shall go, and whatever I command you, you shall speak.

Put Words in My Mouth ...

“Calling of Jeremiah” Bible Crafts from Jeremiah 1:4-10



When God calls us, He equips us to do His work! In the Old Testament, God called prophets like Jeremiah to share His news with people. Jeremiah was uncertain due to his youth, but God promised to provide Him with what he would need to proclaim Holy messages. These crafts remind children that God will always help us to do what is needed. A “Can-Do Can” recycles a container to be re-purposed for Godly goals. A “Godly Growth Reminder” recalls how God knows and calls us from the very beginning of our lives.

Bible Verses or Craft Captions to Consider... (Jeremiah 1:4-10)

- *“Before I formed you in the womb I knew you, and before you were born I consecrated you;*
- *I appointed you a prophet to the nations.” -Jeremiah 1:5*
- *Then the Lord put out his hand and touched my mouth. And the Lord said to me, “Behold, I have put my words in your mouth. -Jeremiah 1:9*
- *I started small...God helped me grow!*
- *He knew me before I was born...*
- *God puts words in my mouth!*
- *I “can” do all things...*
- *God gives me a job...and a way to do it!*

More Teaching Ideas

- Watch the video of this [children’s sermon lesson](#) and [Bible craft ideas](#)
- Compare the [Story of Jeremiah Sunday School Lesson](#)
- Compare our full [Jeremiah 1:4-10 Sunday School Lesson](#)
- Compare another [children’s Bible Lesson on the calling of Jeremiah](#)
- Download our [Book of Jeremiah coloring page](#) and [calling of the Prophet Jeremiah comic](#)

Craft one: "Can-Do Can"

You will need:

- Markers and crayons
- Construction paper or cardstock
- Stickers and decorations (optional)
- Scissors
- Glue or tape
- Empty can (coffee, oatmeal, etc.)



Procedure:

1. Cut out a sheet of paper that will fit around the can.
2. Add verses, captions, and stickers to the paper to decorate.
3. Wrap the paper around the can and secure with glue or tape.
4. Cut smaller pieces of paper and write goals or hopes for the future. Place these inside the can to consider prayers and thoughts.



Craft Two: "Godly Growth Reminder"

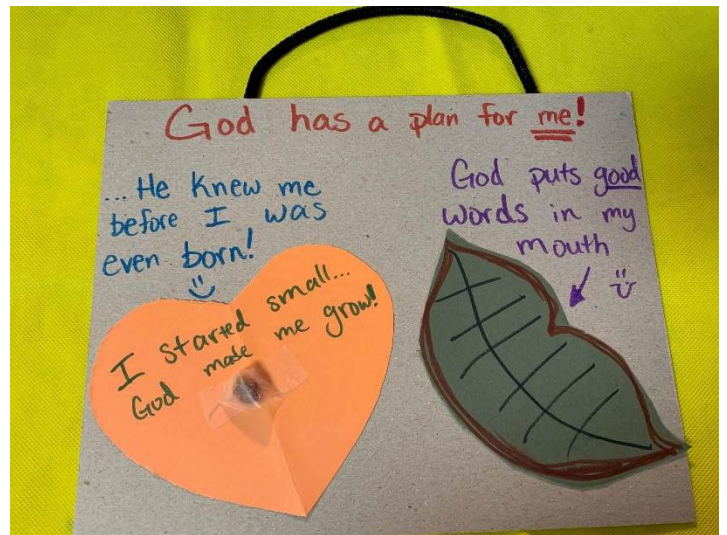
You will need:

- Markers/crayons
- Construction paper or card stock
- Decorations (stickers, etc.)
- Scissors
- Captions/verses
- Glue or tape
- Seeds or nuts
- Pipe cleaner/string (optional for hanging)



Procedure:

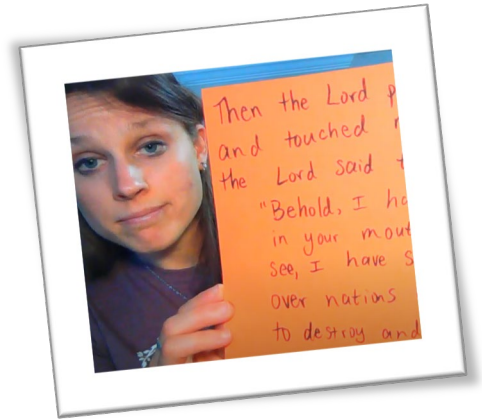
1. Decorate the paper or cardstock with cut-out papers or drawings representing things like hearts, minds, and mouths.
2. Add verses, captions, and additional decoration as desired.
3. Attach the seeds or nuts to the heart to represent something small that grows.
4. If desired, attach a magnet, string, or pipe cleaner to hang the decoration.



Put Words in My Mouth ...

“Calling of Jeremiah” Children’s Sermon

from Jeremiah 1:4-10



It is important for children to know that God provides us with the strength and ability to do all things. Just as He called Old Testament prophets, He calls all of us to share His messages with those around us. This message uses an example of how we sometimes need help saying and doing things to demonstrate God’s help in all areas of our lives. He provides the words to say and means to communicate those words. He will always be there for us when we ask!

Law/Gospel Theme: God enables and equips us to do His work. He has a special task for each and every one of His children, and has known us before we were even born! We sometimes think that our salvation or spiritual merit depend on things that we do, but the truth is that Jesus takes care of that for us. We don’t always know what to say or how to fulfill God’s plan for us, but He promises to help us and give us all we need.

Optional Materials: Piece of paper or “scroll” with Scripture passages written; (optional) some sort of simple object to pass and hold.

Bible Passage: Jeremiah 1:4-10

More Teaching Ideas

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Message: Note: As with most messages, the details of how you choose to communicate this are adaptable and should cater to timing as well as to your audience and student needs.

Children's Sermon Lesson (Jeremiah 1:4-10) The Calling of Jeremiah

Greet children and ask a few questions...

Hello, children of God! I have a little pop quiz for you today. That means I am going to ask you to do or explain some things, and I'd like to get some responses. Are you ready? So here's the first question: where are you going to be in fifteen years? What will you be doing? Where will you be living? (*Allow responses*). Hmm, it's tricky isn't it? You might have ideas or thoughts about where you'll be, but there isn't a way of knowing for sure, is there? Okay, here's another one. Can you show me (*select an item, such as a banana*)? What do you mean you don't have a banana? You can't show me one? Well, how about if I help you out a little...(*hand children the object in question*). There, now you have a banana! Okay, one more thing. Can you recite for me the Bible verse that we are discussing today? You're not sure what it is? Well, I'll help you out there, too. (*Hold up written verse*). Let's take a look at it now. (*Help students read verse together, reciting the words if some are unable to read.*)

So it was much easier to do these things when I gave you some help, wasn't it? If I give you what you need to answer the question or complete the task. Did you now that God does this for us in our lives? We hear a lot of great reminders of this in the Bible. For instance, in the Old Testament, God spoke through special people called prophets. Prophets were called by God to deliver messages and help people. One of these prophets was named Jeremiah. God called Jeremiah at a young age, and he was pretty nervous about the immense task he had to do. Jeremiah told God that he wasn't sure what to say or how, but God reassured him. God told Jeremiah that He had planned out his life before he was even born, and had a special plan for him. GOD would be the one telling Jeremiah what to say and making all of his life events happen. God promised to be with him and give him the right words to say.

And you know what? God does the same for us. Old or young, big or small, we don't know the future, but we can be sure that God has a plan for our lives. We might not think we are that special, and we don't always know how to do things. But God equips us. He will guide us and He promises to always be with us. God gives us the ability to do all things. He knows our past, present, and future. He gives us words to say and a way to say them! What wonderful promises.

Let's pray and thank God for calling us and helping us do all things...

Prayer:

(Have kids repeat each line)

Dear God,

Thank you for helping us to do all things

You give us words to say!

Please help us trust in you

And look to you for strength

Thank you for your love

We love you, God!

In Jesus name, Amen!

Bible Verses/story to Reference:

Now the word of the Lord came to me, saying,

5 "Before I formed you in the womb I knew you,

and before you were born I consecrated you;

I appointed you a prophet to the nations."

6 Then I said, "Ah, Lord God! Behold, I do not know how to speak, for I am only a youth." 7 But the Lord said to me,

"Do not say, 'I am only a youth';

for to all to whom I send you, you shall go,

and whatever I command you, you shall speak.

8 Do not be afraid of them,

for I am with you to deliver you,

declares the Lord."

9 Then the Lord put out his hand and touched my mouth. And the Lord said to me,

"Behold, I have put my words in your mouth.

10 See, I have set you this day over nations and over kingdoms,

to pluck up and to break down,

to destroy and to overthrow,

to build and to plant." -[Jeremiah 1:4-10](#)



Thank you for downloading these free materials. Our team is grateful for your trust and pray that God will bless your ministry.

This resource was prepared by [Kristin Schmidt](#) (pictured right). She serves at the Epiphany Lutheran Church in Castle Rock, CO. She has shared her teaching gifts through *Ministry-To-Children* since 2014 and now serves as our lead curriculum writer.



Every week she writes new [Sunday School lessons](#), [Bible crafts](#), and [children's sermons](#).

Kristin has a professional background in elementary and pre-school education. A graduate of Biola University, she holds a Master of Education and will receive the Master of Theology degree from Concordia University, Irvine, California, in May 2020. Kristin grew up in southern California and lived the past 10 years in Georgia. She is a long-distance runner and voracious reader.

My name is Tony Kummer (pictured below). I started Ministry-To-Children.com in 2007 as a free resource for anyone sharing Jesus with kids. It is my personal honor to share these resources with churches around the world.



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If you enjoy our material, be sure to [sign-up for my free email newsletter](#) called "Sunday School Works!" Every Tuesday, I send the latest new lessons, crafts, and coloring pages in print-friendly format to make your lesson planning easy.

May God continue to bless your ministry!

Tony Kummer