



FRUIT SALAD

4

SUPPLIES: Fruit Salad or Fruit Platter; colouring sheet; crayons.

Serve fruit for dessert tonight, or as a bedtime snack. Discuss which kind of fruit is everyone's favourite.

READ Galatians 5:22-23 together:

But the fruit that the Spirit produces in a person's life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

SAY: Which kind of fruit do you think the Bible is talking about here? Strawberries? Apples? Bananas? No...these Bible verses are about a different kind of fruit -- the fruit of the Spirit. We are talking about the way we act when we put our faith in Jesus, ask him to forgive us of our sins, and promise be his followers.

The Bible tells us that when we do that, the Holy Spirit fills us with God's love and produces some good fruit in our life.

If you see an apple tree, what do you expect to find on that tree? (Apples!) What about a raspberry bush? (Raspberries!) Peach tree? (Peaches!) Well, when you see someone who follows Jesus is filled with the Holy Spirit, you should expect to see the fruit of the Spirit - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control being shown in their lives!

That's the best kind of fruit!

DO: Colour the "Fruit of the Spirit" colouring sheet together, or do the Word Search.

As you do, discuss ways your family can show each of the fruit of the Spirit qualities to others this week. That's how we can live "Out of This World" for Jesus!

FRUIT SALAD CONT.

PRAYER: Thank God for growing the fruit of the Spirit in your life. Ask him to help you show love and joy to others. Ask him to make you a peacemaker, and to give you extra patience for those who might need it most. Ask him to help you be kind to everyone, and to look for the good and right thing to do in all situations. Ask him to help you be faithful to him, and to live the way he wants you to. Ask him to make you gentle, and to keep yourself in check with your words, your actions and your reactions.

Colouring Sheet:



Wordsearch:



S'MORES AND STARS

1

SUPPLIES: Large marshmallows, chocolate bars, graham crackers, baking tray, star nightlight projector (optional).

Make "sheet pan s'mores" for dessert tonight (QR code) OR roast your own marshmallows on a fire outside if that's an option and make s'mores together!



Either way, plan to eat them outside while you check out the night sky, OR stay inside and use a night light star projector from Amazon to see the stars.
<https://shorturl.at/xnOz9> (Capital letter 'O' not zero)

READ Psalm 19:1-4 as you look at the night sky together:

The heavens tell about the glory of God.

The skies announce what his hands have made.

Each new day tells more of the story, and each night reveals more and more about God's power.

You cannot hear them say anything.

They don't make any sound we can hear.

But their message goes throughout the world.

Their teaching reaches the ends of the earth.

Talk about how big the sky, galaxies and the universe are, and how much bigger God, the Creator of it all, is. Point out your favourite things that you can see in the sky. Talk about God's creation and what you think the most interesting thing he has created is. List all the amazing characteristics of God you can think of.

COSMIC PATTERN CHALLENGER

5

SUPPLIES: Coloured shape (tangram) cut outs; Space Pattern Challenge Cards.

Ahead of time, cut out a set of coloured shapes from the next cards. You should have 7 pieces per set (there is an extra set if needed for another participant). The Pattern Challenge Cards should be printed double-sided and each page cut in four so the solution shows on the back (QR code on this card). Alternately, download and show additional Challenge Cards on the screen of a device.

Do: Flip one of the Pattern Challenge Cards to reveal a shape. Using the 7 cut out pieces (only one set per person!), work to arrange them correctly to match the picture shape on the card. (You must use all 7 cut out pieces for each!) Check your pattern against the solutions to see if you got it right! Repeat for as many cards as there is interest or time for.

Discuss how hard or easy it was to replicate the shapes correctly from just the challenge card. Was it easier once you had the solutions with the patterns?

Of course! Things generally go better when you have a pattern to follow.

READ 1 Peter 2:21

[Christ] left you an example that he expects you to follow.

And John 13:15

I have set you an example so that you should do as I have done for you.

SAY: Jesus is the perfect example for us to follow! He teaches us how to live, how to think, act and react. What are some examples or patterns that Jesus sets for us? (Love others as you love yourself, care for

S'MORES AND STARS CONT.

PRAYER: Thank God for his creation, for being a great big God who can handle anything, and for being such an amazing God who cares for us. He is out of this world!

Before you go back inside, shout into the night sky together: "GOD IS OUT OF THIS WORLD!"

COSMIC PATTERN CHALLENGER CONT.

those in need, make time for people, forgive others, show compassion, use the Bible to make decisions, be gentle and kind, put others ahead of yourself, be generous, be patient and not easily angered, speak the truth even when it's hard, value others, be self controlled, pray, make wise decisions, etc.)

Ask: How can our family better follow the example and pattern of Jesus?

PRAYER: Thank God for sending Jesus as a perfect example for us to follow. Ask for his help to imitate Jesus every day, becoming more and more like him!

Pattern Challenge Cards:



COIN IMPRESSIONS

2

SUPPLIES: Small squares of aluminum foil, coins.

Place the foil square over a coin and rub with your thumb until the foil takes on the details of the design of the coin. Show your creations to each other and point out how easy it was to make the foil take on the pattern of the coin.

READ Romans 12:2 together:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

SAY: There's a couple of big words in there - CONFORM and TRANSFORM! They are actually opposites. Here's what they mean:

Conform: to take on the same shape; to look similar; to act in the same way

Transform: to change in character; to become something different

(If there's interest, take a few minutes to look these words up in a dictionary for some more definitions)

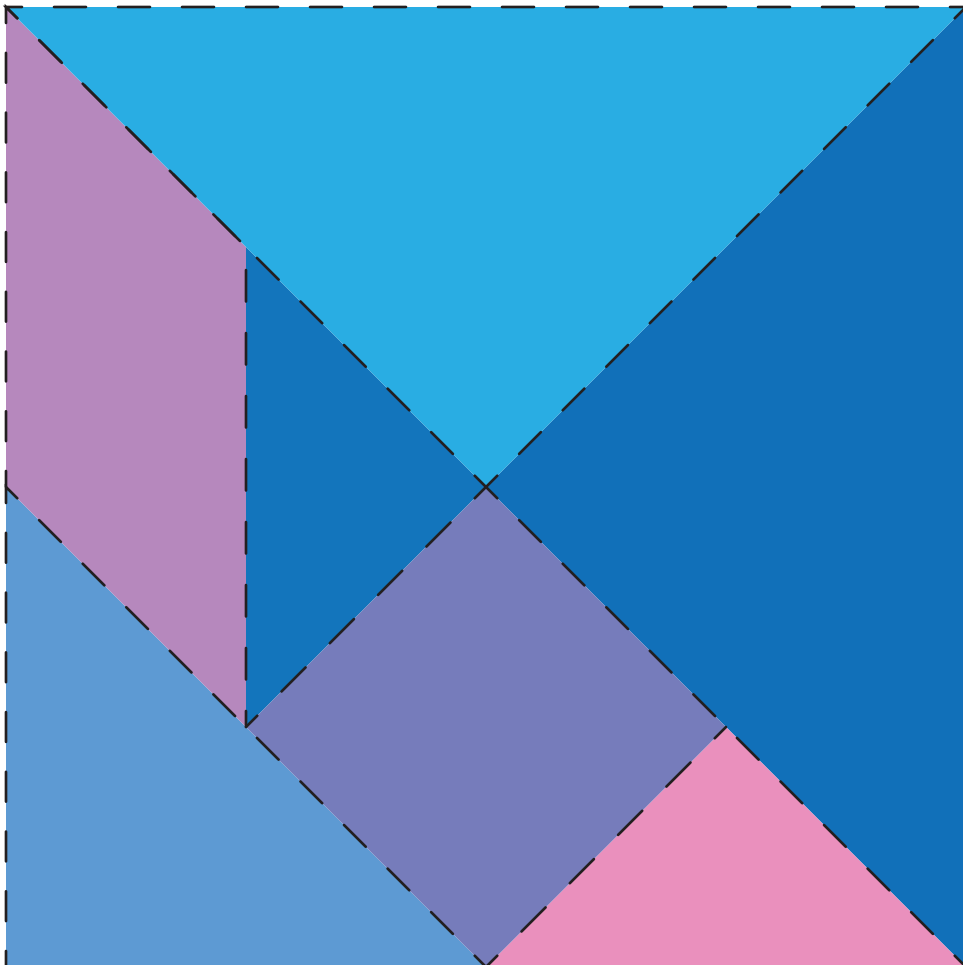
Which one do you think the foil did?

(Conform - it took on the shape and look of the coin, but it did not become something else (transform), it's still a piece of foil)

Here's another way to say Romans 12:2:

Don't copy the behaviour and customs of this world, but let God make you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

God wants us to be careful not to conform to or copy



COLOURED SHAPE CUT-OUTS

Cut out these shape pieces along the dotted lines for use with the Cosmic Pattern Challenger activity (#5).

@IN IMPRESSIONS CONT.

some of the thinking and behaviours we might see in our world that wouldn't be like him (being greedy, looking out for myself first, being selfish or impatient, excluding people, etc. - brainstorm some others together). God wants to transform or change us into the person he created us to be by changing how we think, and in turn, how we behave.

It's a way of living that is "out of this world"! How do you think this might look?

(Patient, loving, others first, including people, generous, kind, compassionate, etc.)

PRAY together, asking God to transform you into the person he created each of you to be, and for his help to not conform to the ungodly attitudes we sometimes see in our world. Pray that he'll help you live "out of this world" for him!

FROM THE INSIDE OUT

3

Suggested use during bedtime routines when kids are brushing their teeth (or the post-dinner brush works too!)

SUPPLIES: Tube of toothpaste; balloon.

As kids are getting ready to brush their teeth, point out the way that the shape of the toothpaste tube changes from the outside in (something from the outside - pressure on the tube - changes it.) While they're brushing, blow up a balloon, pointing out the way that the shape of the balloon changes from the inside out as it gets filled. Point out the difference between the two.

SAY: When we spend time with Jesus, he changes us from the inside out. He fills us up with his Holy Spirit, from the inside out! We begin to want to do things God's way instead of our own way. We start to

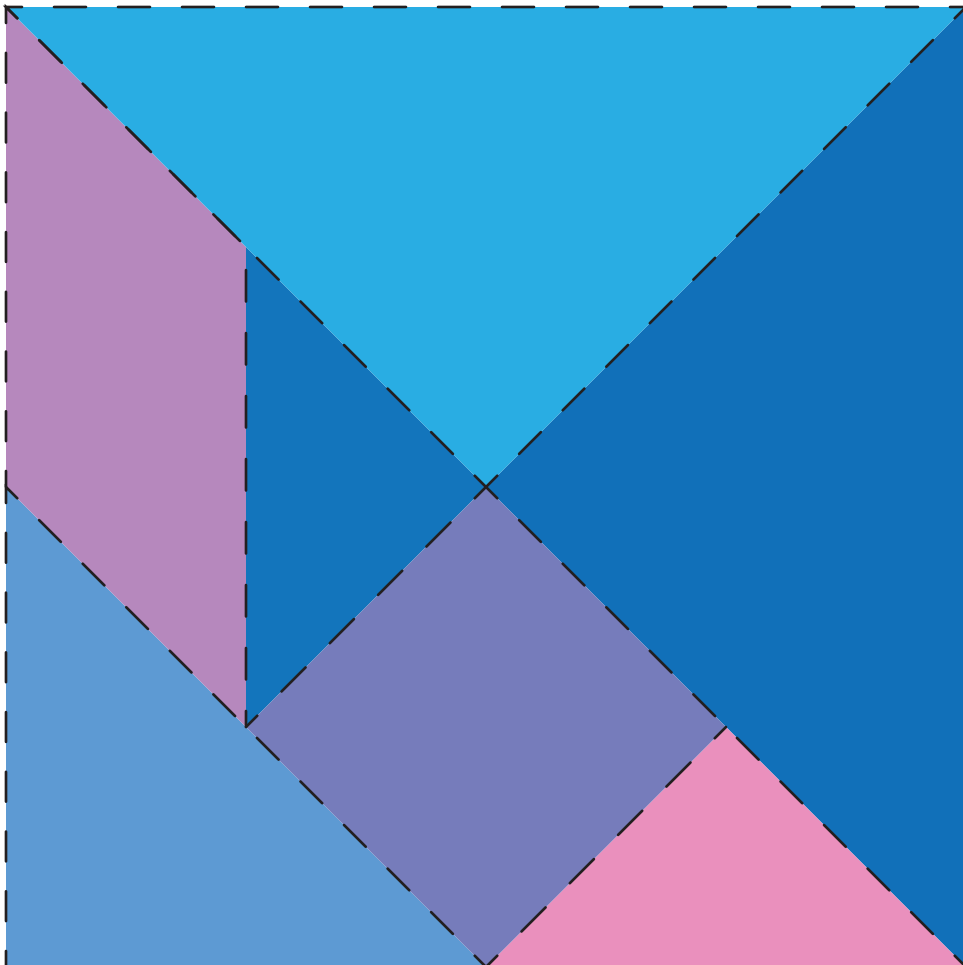
allow him and his Word, the Bible, to shape our lives rather than letting the world around us shape our lives for us. When he fills us up, people begin to see the difference he makes in our lives - they will see us living God's way!

READ Psalm 16:11

*You will teach me God's way to live.
Being with you will fill me with joy.*

(*If time allows, also read Acts 2:1-8 + 11 (ERV), pointing out how the Holy Spirit filled the disciples up and gave them what they needed to live for God and the amazing power to help others hear and understand how amazing he is, and want to follow him, too!

When the day of Pentecost came, they were all together in one place. Suddenly a noise came from heaven. It sounded like a strong wind blowing. This noise filled the



COLOURED SHAPE CUT-OUTS

(Additional set if needed.)
Cut out these shape pieces along the dotted lines for use with the Cosmic Pattern Challenger activity (#5).

FROM THE INSIDE OUT CONT.

whole house where they were sitting. They saw something that looked like flames of fire. The flames were separated and stood over each person there. They were all filled with the Holy Spirit, and they began to speak different languages. The Holy Spirit was giving them the power to do this.

There were some godly Jews in Jerusalem at this time. They were from every country in the world. A large crowd came together because they heard the noise. They were surprised because, as the apostles were speaking, everyone heard in their own language. They were all amazed at this.

They did not understand how the apostles could do this. They said, "Look! These men we hear speaking are all from Galilee. But we hear them in our own languages. How is this possible? We are from these different countries, but we can hear these men in our own languages! We can all understand the great things they are saying about God.")

Place the balloon somewhere in the house where it can remind your family of how God fills you up and gives you everything they need to follow his way to live.

PRAYER: Thank God for giving us his Holy Spirit who fills us with every good thing and all that we need to live for him and share him with others. Ask him to help your family live from the inside out so others can see the difference God makes in your lives!