

# Watch What You Say



**Best Use** As a family night activity

## Ingredients Needed

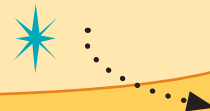
- \* Several toothpaste tubes
- \* Several paper plates, spoons, and straws
- \* Protective plastic or paper to cover your table
- \* A watch with a second hand or a timer
- \* A \$1 bill and a \$20 bill
- \* A camera with film or digital media (optional)
- \* A Bible




**Nutritional Value** Teaches the dangerous power of words

**Serve It Up** Follow these steps for a great experience:

1. Ask the kids to describe the most powerful weapons they can think of. Then tell them they might be surprised by a powerful weapon described in the Bible. But first, you want to conduct a little contest.
2. Invite the kids to stand in front of a plate, toothpaste tube, spoon, and straw.
3. Tell the kids you will pay \$1 to the first one to completely empty his or her toothpaste tube onto the plate. (If there is only one child participating, promise the dollar if they can empty the tube in less than two minutes.)



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4. After celebrating the winner of round one, slap a \$20 bill onto the table and promise to give it to the first person to get *all* of the paste back into the tube.
  5. Shout “Go” and allow their little hands to begin shoving the peppermint pile back into rolled up tubes using only their hands and the utensils provided.
  6. Let the kids make a mess for as long as they are enjoying the process. (Be sure to snap pictures at the messiest moments.)
  7. Once it becomes clear that it is impossible to get all the paste back into the tube, announce that time is up.
  8. Explain that the toothpaste on the plate is just like your words. Once damaging words come out of your mouth, it’s impossible to get them back in. So be careful what you say because you may wish you could take it back.
  9. Help the kids clean up the mess before reading James 3:4-6, which describes the tongue as dangerous like fire—able to cause great damage to others!
  10. End by praying together and memorizing the jingle “Do it God’s way; watch what you say!”



## Memory Pantry

*Attach a picture and jot down what happened to remember later or to share a taste with others.*



A series of horizontal dotted lines for writing, with a decorative starburst graphic centered within the section.

# The Big Ten



**Best Use** As a family night activity

## Ingredients Needed

- \* Ten small tossing objects such as mini bean bags, rolled up socks, or tennis balls
- \* A good-sized cardboard box or piece of cardboard
- \* Markers or crayons
- \* Scissors or a blade knife
- \* Masking tape
- \* A pencil and pad for scorekeeping
- \* A Bible



**Nutritional Value** Teaches the purpose of the Ten Commandments

**Serve It Up** Follow these steps for a great experience:

1. Read Exodus 20:3-17 and explain that God gave Moses the Ten Commandments to show His people the mark (or target) for our lives.
2. Invite the children to create a target of holes for their tossing objects. Have them draw ten circles of various sizes (not concentric or overlapping) on the side of the cardboard box. Be sure the circles are larger in diameter than the tossing objects. Mom or Dad should cut out the holes and number them 1–10 from largest to smallest to indicate the number of points for each. Then allow the children to decorate the box.
3. Set the box in an area of the house that is safe for flying objects.



4. Tape a “toss line” about five-to-ten feet from the box. Make sure the line is close enough for some tossing and scoring success, yet far enough to prevent perfection.
5. Give each child a chance to toss each object, aiming for the holes in order from one through ten. Award the child the appropriate number of points for each successful toss.
6. Celebrate each child’s score with a high-five and then ask why he or she failed to get a perfect score. Point out that no one in the family performed perfectly.
7. Read Romans 3, verses 20 and 23, and tell the children that everyone sins (or misses the mark) and that the Commandments were not given to make us sinless, but to show us that we can’t be perfect.



## *Memory Pantry*

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A large, rounded rectangular area with a blue border and orange dotted lines for writing. A faint starburst graphic is visible in the background.



# We Are His Gloves



**Best Use** As a family night activity

## Ingredients Needed

- \* About 50-60 coins (quarters, nickels, dimes, pennies)
- \* A pair of thick winter gloves or work gloves
- \* A bowl, piece of paper, and pencil for each person
- \* A timer or watch with a second hand
- \* A Bible



**Nutritional Value** Teaches that God uses us to show His love to others

**Serve It Up** Follow these steps for a great experience:

1. Put all of the coins on a table so that each coin lies flat against the surface.
2. Give each child a bowl for holding change.
3. Set the timer, giving each child a turn with 60 seconds to pick up as many coins with their hands as possible in the time given.
4. Allow the children to count their coins before placing them back on the table for the next child. Once everyone has had a turn, celebrate their speed and move on.
5. Put the change back on the table and invite the children to do it again. Tell them that this time they will get to keep every coin they manage to place in the bowl with their fingers.



6. Just before saying “Go” for them to start—interrupt yourself to say “Oh, one more little thing I forgot to mention. You must wear these!” holding up the gloves.
7. Once the children are wearing the gloves, start the timer for another 60 seconds.
8. After each child has fun struggling to pick up their few coins, read John 13:34-35 and ask the children how Jesus said people will know we are His disciples.
9. Once they’ve answered “By showing love to one another,” explain that it seems like it would be easier for God to show His love on His own, just like it was easier picking up the coins the first round without the gloves. But He has chosen to use us, as though He puts His hand in a glove.
10. Conclude by asking each child to create a “Love List” filled with ways he or she can show God’s love at home and with others.



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Handwriting practice area with ten horizontal dotted lines. A decorative starburst graphic is centered in the background.



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# Label Switching



**Best Use** As a family night activity


## Ingredients Needed

- \* Several cans or boxes containing your kids' favorite foods (e.g., soup, cereal, macaroni 'n' cheese, whipped topping, or canned pineapple)
- \* Cans or boxes of similar size containing foods your kids do *not* like (e.g., canned sauerkraut, spinach, beets, prunes, baking soda, cornstarch, or dry soup mix)
- \* You will need to switch labels or contents between some of the tasty and terrible foods in advance of your activity.
- \* A Bible

**Nutritional Value** Helps children understand the risk in trusting appearances

**Serve It Up** Follow these steps for a great experience:


1. Tell the children you want to explore one of Satan's main strategies for destroying our lives.
2. Pull out the "tasty" foods and ask the kids to describe each product. (Remember, the labels have already been switched, which you know, but they don't.)
3. Ask each child to select which food they would like to enjoy.

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4. Once they have chosen, pull out the “terrible” foods and explain that you have switched *some* of the labels. Ask if they still would like to eat whatever is in the can or box chosen, or if they would like to check it out first.
  5. Read Proverbs 16:25 together and discuss why we cannot trust appearances because Satan is a “label switcher” who makes sin look delicious when it actually leaves a bitter taste, or may even harm you.
  6. Enjoy a bowl of cereal or some other delicious snack while reading James 1:13-15. Then discuss the kinds of labels Satan switches in our lives—causing us to desire something that can ruin our lives.



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A large, light yellow, rounded rectangular area with a blue border, containing horizontal dotted lines for writing. A decorative starburst graphic is centered within this area.



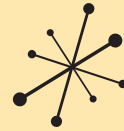
# Satan's Commercials



**Best Use** As a family night activity

## Ingredients Needed


- \* Several magazines containing advertisements
- \* A recording of several television commercials (either recorded during a show or downloaded from the internet)
- \* Paper and markers or crayons
- \* A Bible



**Nutritional Value** Teaches how to respond to temptations

**Serve It Up** Follow these steps for a great experience:

1. Pull out the magazines and ask the children to find several advertisements for products—especially ads for something they would like themselves.
2. Take each print advertisement and tell the children to answer the following questions about what they see.
  - \* First, what do the advertisers want you to do (e.g., drink their brand of soda)?
  - \* Second, what do they suggest or *promise* will happen if you do (e.g., beautiful girls will be dancing with you on the beach)?
  - \* Third, is that promise true?
3. Next, go through the same process using television commercials.

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4. Tell the children that Satan created “commercials” to tempt Jesus—then read Luke 4:1-13 together.
  5. Ask the children to use paper and crayons to turn each of Satan’s three temptations into an advertisement including what he wanted Jesus to do and what he promised would happen if Jesus did it.
  6. Apply the final question, “Is it true?” to each of Satan’s “commercials.”
  7. Now have the children show the kind of temptations we face by creating advertisements for various situations.
  8. Walk through the three questions together for their ads.
  9. Pray together: “God, help us to recognize the lies of temptation to avoid falling prey to Satan’s trickery.”
  10. Memorize the jingle “No matter what they say to you, ask yourself, ‘Is it true?’”



## *Memory Pantry*

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A large, light yellow rectangular area with rounded corners and a blue border. It contains ten horizontal dotted lines for writing. A decorative starburst graphic is positioned in the center of the area.

# Garbage In Garbage Out



**Best Use** As a family night activity

## Ingredients Needed


- \* A box about the size of a shoebox labeled “GIGO” (Garbage In, Garbage Out—Good In, Good Out) with a hole cut into each end for placing objects in and for reaching in to pull objects out. It would be best to attach some sort of flap over one end to keep the children from seeing into their end of the box.
- \* Several pieces of “garbage” such as a banana peel, a dirty sock, a used paper towel, an apple core, etc.
- \* Several desirable objects such as a favorite candy bar, can of soda, or a pack of gum.
- \* A Bible



**Nutritional Value** Teaches us to be cautious about what we allow into our minds

**Serve It Up** Follow these steps for a great experience:

1. Show the kids your box and give them a few chances to guess at what *GIGO* means. Don't tell them the correct answer until the end of your activity.
2. Have your children take turns reaching into the flapped end of the box and feeling what is inside.
3. Have the child close his or her eyes while you place the first object inside. Start with something desirable.

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4. Let them feel the object and give them several chances to guess what it is. Require more specifics from older children—including the soda brand, specific kind of candy bar, etc.
  5. Let them retrieve the object from the box and see what they felt.
  6. Do the same for several turns, inserting garbage every few turns.
  7. After enjoying the surprise and disgust of this process for a while, up the ante by telling the child that in order to keep all of the good objects they have retrieved, they must eat whatever comes next in the box, which could be garbage or something good.
  8. If/When the child reveals reluctance to participate in this final round, comment on the wisdom of their caution and discernment.
  9. Read Matthew 15:1-11 and Philippians 4:8 and discuss how what we allow in our minds determines what comes out of our hearts—so we need to focus on what is good rather than what is evil.
  10. Reveal the meaning of *GIGO* to emphasize the importance of keeping the garbage out and allowing the good into our hearts and minds.



## *Memory Pantry*

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A series of horizontal dotted lines for writing, with a decorative starburst graphic on the right side.

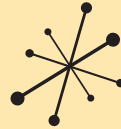
# God Is There



**Best Use** As a family night activity

## Ingredients Needed

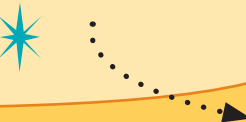
- \* A fan
- \* Several balloons
- \* A Bible



**Nutritional Value** Teaches how a God we can't see can be real

**Serve It Up** Follow these steps for a great experience:

1. Start by asking the children the following questions and discussing their answers:
  - \* Why can't we see God?
  - \* How can we believe God is real when we can't see Him?
  - \* Can we think of anything else we know is real that we can't see?
2. Hopefully, one of the children will include "air" in the list of things we can't see but know exist. (If not, suggest it yourself.) At this point, pull out the balloons.
3. Explain that air is not only real, but it has power. Ask each child to use the air in their lungs to blow up his or her balloon. Remind them to hold the end so that it doesn't fly away.





4. Once everyone has an inflated balloon ready, compete to see who can make his or her balloon fly farthest.
5. Once you've had fun repeating the balloon-flying contest, read several Scriptures that describe God as a spirit (John 4:24 and Luke 24:39) and that use the illustration of wind to illustrate the work of God in our lives (John 3:8).
6. Now tie off a few blown-up balloons and use the fan to have fun blowing the balloons wherever you want them to go.
7. End by memorizing the jingle "Just like air, God is there!"



## Memory Pantry

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A large, rounded rectangular area with a light yellow background and a blue border. It contains horizontal dotted lines for writing. A decorative starburst graphic is centered in the lower half of this area.



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# Quick Exit



**Best Use** As an on-the-go activity when you plan to go out to dinner

## Ingredients Needed

- \* A large paper bag for each child
- \* One bag packed with a Bible, a family photo album, a personal phone book, and something special your child has given you in the past, such as a drawing

**Nutritional Value** Teaches what is really important in life.

**Serve It Up** Follow these steps for a great experience:



1. Fifteen minutes before heading out for dinner, read Exodus 12:31-33 and explain that the Israelites had to pack quickly in order to leave slavery and head out for a wonderful place called the promised land.
2. Give each child about five minutes to run to their room and put whatever they consider important in the paper bag before the car leaves to head for the restaurant or picnic site.
3. On your way to the restaurant, ask each child to take turns removing one item at a time from his or her bag and describing why they chose that item.
4. At the restaurant, Mom and Dad should take their turns by removing items from their pre-packed bag—starting with the



Bible. Explain that the Bible is a symbol of your highest priority—  
faith in God.

5. Read Matthew 6:21 and explain that the things we like best (our treasures) reveal our heart's desires.
6. Remove the remaining items, explaining that the family photo album is a symbol of another top priority, your family. Use the phone book to highlight relationship with friends and extended family, and use the child's gift to explain how you treasure the memories of special moments together.
7. Ask the children to describe what they think might have happened if the Israelites liked the things in Egypt so much that they didn't obey God by leaving behind their houses, furniture, toys, etc. They would never have experienced the wonderful gift of God's promised land.
8. Memorize the jingle "What we hold will tell if we're living well."



## Memory Pantry

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remember later or to share a taste with others.*

A large, light-colored, rounded rectangular area with a blue border, containing horizontal dotted lines for writing. A decorative starburst graphic is centered in the background.



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# Great Big Know-It-All



**Best Use** As a family night activity

## Ingredients Needed

- \* A pencil or pen
- \* A Bible
- \* A list containing the following questions and four index cards with one of the following questions written on one side:
  - \* Card 1: Tell me the name of one friend.
  - \* Card 2: Where would you like to go on vacation?
  - \* Card 3: If you could buy one thing no matter the cost, what would it be?
  - \* Card 4: If you could go to Disneyland or the dentist's office, which would you choose?

**Nutritional Value** Teaches that God knows everything about us

**Serve It Up** Follow these steps for a great experience:

1. Tell the kids you want to play the mind-reader game.
2. Ask the children the question on each card, one at a time, starting with question one.
3. Before the child answers, let them watch you write your guess on the back of the card.



**THE TRICK:** The key to this trick is for you to ask question one but write the answer to question four. The child thinks you are writing on the back of card one—but you are actually writing “Disneyland” on the back of card four because it is the answer you know they will give when you get to that question.

4. Once you have written “Disneyland” allow the child to give his answer to question one.
5. Now read question two, but write the answer the child gave to question one on the reverse side of card one. Again, the child thinks you are writing your guess to how they will answer question two. Continue through the remaining cards, always writing the answer your child gave to the previous question on the appropriate card.
6. After you’ve written answers on each of the four cards and asked the child his or her responses, reveal what you have written. The child, perceiving you wrote the answers before they responded to the questions, will be amazed with your 100 percent accuracy!
7. Read Psalm 139:1-6 together and explain that your little know-it-all trick is nothing compared to how God knows every thought before we think it, every action before we take it, and every choice before we make it.
8. Now, let them in on your little trick so they can play the same game with others.



## Memory Pantry

*Attach a picture and jot down what happened to remember later or to share a taste with others.*

Handwriting practice area with six horizontal dotted lines and a large starburst graphic in the background.



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# Cooperate



**Best Use** As a family night activity

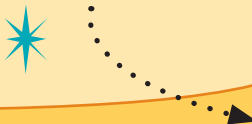
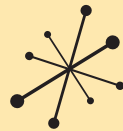
## Ingredients Needed


- \* Pieces of rope to tie legs together for a relay race
- \* A timer or watch with a second hand
- \* Two puzzles with 20 or more pieces
- \* A basket full of paper wads, rolled up socks, or soft balls
- \* A Bible

**Nutritional Value** Learning to cooperate with others

**Serve It Up** Follow these steps for a great experience:

1. Begin by telling the children they will be performing three important operations.
2. Operation #1: Conduct a three-legged relay race. If there are not enough people for at least two teams, race against the clock to beat your own time. For most people a relay race is awkward at first, so conduct enough runs to get into the groove. Time each run to see whether you get faster with better cooperation.
3. Operation #2: Invite the children to assemble a puzzle by themselves while timing them. Using a similar puzzle, create teams and time the puzzle assembly with two rather than one working on it.



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4. Operation #3: Play a game of dodge ball using rolled up socks or soft balls.
    - Once all the balls have flown and landed, time how long it takes one person to pick them all up and put them in a basket. Do it again, but this time have everyone pick up and gauge the time.
  5. Read Ecclesiastes 4:9-12 and discuss the gift of family and friends who can work together—but only if they learn to “co” when they “operate.” Share the meaning of the word *cooperate* and how God did not create us to remain isolated and alone, which is why life is best in relationship with other people.
  6. Memorize the jingle “Living together makes life better.”
  7. Now have a wild time together with a free-for-all dodge ball fest!



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