

Family Guide

When the church and family come together to invest in kids, we believe, kids are given the greatest opportunity to build a lasting relationship with Jesus. This guide is meant to help your family further explore the concepts of this week's online kids experience. Spend some intentional time with each other and complete the activities and discussions that are best for your family.



Circle Up



Supplies Needed: Ball

SAY: In this series, we're using the Bible, to know the right way to deal with how we feel. To help us start dealing with what we're feeling today, we're going to take turns rolling this ball. When it comes to you, tell us one thing you're good at doing.

ROLL the ball to each child, allowing them to share their name and one thing they're good at doing. After everyone has shared, **SAY:** God made us all special and different. Sometimes, we may be tempted to think that we have to be perfect at everything we do. But that's not true! Jesus doesn't ever expect us to be perfect. He only wants our best! And that's what we need to know today. Say that with me: **When I Feel I Need to Be Perfect (fists closed in front of body) Jesus Only Wants My Best (palms open in front of body)**

Read the Bible



Supplies Needed: Bible or Bible App

SAY: Today, we're going to read a true story from the Bible that will help us see that when we feel we need to be perfect, Jesus only wants our best!

READ Luke 10:38-42

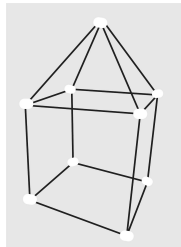
SAY: Let's answer these questions together:

- What is one thing you wish you were better at doing? How does knowing that Jesus only wants your best make you want to keep trying to improve?
- How do you respond when you don't do something as well as you want to? How can you respond differently now that you know Jesus doesn't expect you to be perfect?

Let's Practice



Supplies Needed: Marshmallows, toothpicks (or substitute), plate **OR** legos/building blocks



SAY: In order to really deal with how we feel, we're going to play a game called "Marshmallow BuildUp." I'm going to give each of you the supplies you need to build a house, then I'll show you a picture and give you a chance to build it. When everyone is done, we'll look at our buildings and see who got the closest to the original picture.

GIVE each child one plate, an equal number of toothpicks (or substitute) and two marshmallows **OR** do this activity with building blocks/Legos.

SAY: Now it's time to build! Everyone take a good look at this picture. **SHOW** the Marshmallow House Picture (above), making sure everyone has a chance to see it. Then, put it away.

After everyone has finished their houses, show the Marshmallow House Picture again and **SAY:** Everyone's marshmallow house looks a little different. None of them are exactly like the picture, and that's OK! What matters is that every single one of you built the very best house you possibly

could have! The next time you're feeling the need to be perfect, just remember that Jesus only wants your best!

Memorize It

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Supplies Needed: Phone Camera

SAY: During this series we're going to memorize a verse from the Bible. The memory verse is **"But even if we (thumbs to chest) Don't feel at ease, (cross arms) God is greater (point up) than our feelings (pat heart). And He knows everything (arms out wide). 1 John 3:20 (make a book with hands).**

DO: As a family, record a video reciting the memory verse with the motions. After videoing, if comfortable, post the video to **Mountain Families Facebook Group**. Use the hashtag **"#MTNKIDSEMOJI"**

Let's Pray

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Supplies Needed: Prayer journal (notebook or peice of paper), pen

ASK your family for any prayer requests. Then ask one of the kids to pray. Then pray for the following:

- That God would help them deal with how they feel
- That when they're feeling the need to be perfect, they will remember Jesus only wants their best

FIND a piece of paper or a notebook to record your family's prayer requests and prayers. Select a different person each week to write what you prayed about as a family. Go back and talk about how God keeps His promises by answering prayers.

Stay Together

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YOU just made a difference in your child's life by spending intentional time together in God's word! Yay! Here are some ways you can stay connected to Mountain this week:

- Reach out to your Campus Kids Pastor with any questions.
- Remember to stay connected through social media, email, and website updates. Follow our **"Mountain Families Facebook Group."**
- Remember to Subscribe to [Mountain's Youtube Channel](#) to view all of Mountain Kids Videos.

KEEP kids engaged by doing the following activities:

- **SPIN** a fidget spinner or coin and do the following activities until it stops spinning:
 - Make a statue pose and see if they can hold it
 - Hop on one foot
 - Push ups
 - Dance
- **PLAY** "Four Corners":
 - Write the numbers 1-4 on seperate sheets of paper and tape them to different corners of the room. Next, write the numbers on scrap paper and put them in a bowl.
 - Play some music and mingle around the corners until the music stops.
 - Stop the music and have each person pick a corner. Draw a number out of the bowl and whoever is in that numbered corner must sit out.
 - The last person standing is the winner.