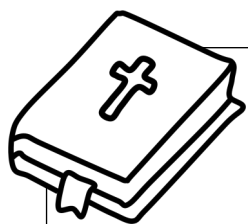


# Kids @ HOME

sml poole

Today Mark is speaking on Perseverance. Here are some activities you could do as a family. Begin with the story and then do as many or as few as you like.



## BIBLE PASSAGE

Philippians 3:12-14 & Luke 5:17-26

Read the passage together—choose a Bible translation or children's story version which best suits your Family.

You can also watch the story here:

<https://www.youtube.com/watch?v=8cmppSIQUX4&t=138s>

'Jesus Heals a Paralyzed Man (Luke 5:17-26)'

## BIG QUESTIONS

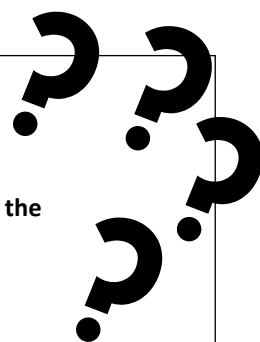
Who wrote the book of Philippians?

What does Paul mean when he talks about reaching the goal?

What are some of your goals for this week? How could you invite Jesus into them?

Paul said that his goal was to know Christ, to be like Christ and to be all Christ wanted him to be. Paul is a helpful example to us and a remind that we should not take our eyes off of Jesus. Just like when a runner is training for a race they will put all of their energy and thoughts into training. Making sure they have the right food to fuel their bodies, making sure they warm up and making sure they rest when they need to. We too need to make sure that we fuel our lives with the right things to keep us focused on Jesus.

What are some of the things we can 'fuel' our lives with?



## PRAYER

Dear God,

Thank you that you are **ALWAYS** with us and that you **LOVE** us.

Lord help us to keep on going, and help us to know that we can do all things with you

We know following You can be hard, like a really long race. Please help us to persevere even when it is hard to do what you want us to.

Amen



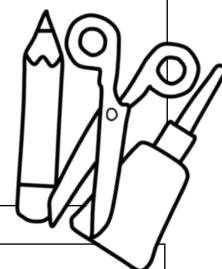
## Activity

### Big Space

In your garden/lounge/large kitchen space, set up an obstacle course with things you have in the house. Challenge each person to complete the course as fast as they can. If you have two sets of everything make it into a race.

### Small Space

Find items around the house that you could use to make mini challenges, such as Lego to build the highest tower in a certain amount of time or toilet roll tube tower...set different challenges and make it into a race



## SOCIAL MEDIA



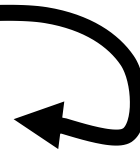
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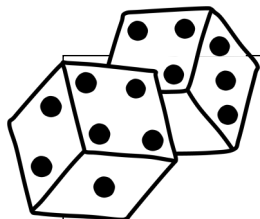


## MEMORY VERSE

Philippians 3:14

**"I press toward the goal for the prize of the upward call of God in Christ Jesus. "**

Try to learn this verse together. You could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together, and then put it up somewhere to remind you of it through the week. You could write each word on a separate piece of paper (use scrap paper or old envelopes) mix them all up then try and put them in to correct order.



## GAME

### Pop it in the cup

**For this game you will need:**

- A family split up into pairs
- 10 tiny things (buttons, coins, mini marshmallows all work well)
- A cup that has been training for this event all their life so that they can lift a cup at the end of it
- Some spacious space
- A tick-tock timer
- A sprinkle of skill, a handful of accuracy and a tonne of perseverance

#### Aim:

To get your 10 tiny things into a cup

#### To play:

In your pairs, stand some distance apart from each other (depending on age and ability, you can be the judge of that!)

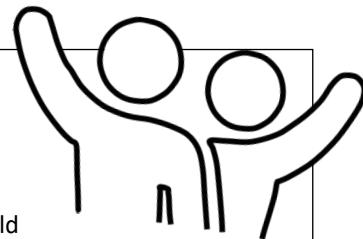
One person needs to hold the cup, and the other, the 10 tiny things

The person with the 10 tiny things, throws them one at a time to the person with the cup, who has to catch them without moving from where they are stood

If they miss and fall on the floor, at the end of the 10 throws, the thrower must go and pick them up, and try again, until all 10 have been caught.

Make sure you time this, the pair who complete this challenge the quickest, wins!

## FAMILY WORSHIP



I'll do my best—Simon Parry

Worship together as a family, this could be doing the actions together (if you don't know the ones we do you could make new ones up as a family, or ask the children to teach you our actions) or listen to the song and chat about what it means to you, dance around the room together, sing loudly, sing softly.

## LINK THE STORY

Today's passage from the Bible is all about persevering and reaching the ultimate goal of following Jesus.

Watch this Bible story together or read it in a family friendly translation of the Bible. Talk about how the Philippians passage and the story of the paralysed man link:

<https://www.youtube.com/watch?v=8cmppSIQUX4&t=138s>

Toddler friendly version:

<https://www.youtube.com/watch?v=ndncu3NXym8&t=13s>

The friends had a goal and that was to help their friend. They knew that if they could reach Jesus their friend would be healed. But it wasn't easy, they had to get creative and persevere to reach their goal.

**What are some of the things that get in the way of us and Jesus?**

**What was your favourite part of the story?**



## SNAPSHOT

Take a photo of your family's best 'running a race scene' and send it into us. Let us know if you are happy for us to share it.

children@smlpoole.org.uk or share on Facebook, Instagram or twitter

## CREATIVE PRAYER

In the week we set a paper airplane challenge on our social media. Make another paper airplane and as you throw it pray for all the things you would like to give to God. The good and happy things that you want to thank God for and the worries that you want God to take

