



Kids today are under stress like never before and constant anxiety has become a fact of life. Children need to practical help to overcome those feelings while looking to God in times of distress. That's why we created the "Fidgets of Faith: 6-Week Sunday School Curriculum."

Fidgets of Faith is a Sunday School curriculum designed to help children learn how to trust in God while facing anxiety. Based on popular fidget toys, this series of lessons will keep their attention, get them deep into the Bible, and help them personally connect with Jesus Christ.

The theme verse for this series is Psalm 62:1-2, "For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken."

Kids will love this fun lesson series. More importantly, they will learn to overcome anxiety by looking to Jesus Christ. That's a lesson that will serve them long after the fidget toys are forgotten.

You are viewing the combined 6-Week curriculum in one PDF document – use this link to access our source files and the material divided into weekly documents.

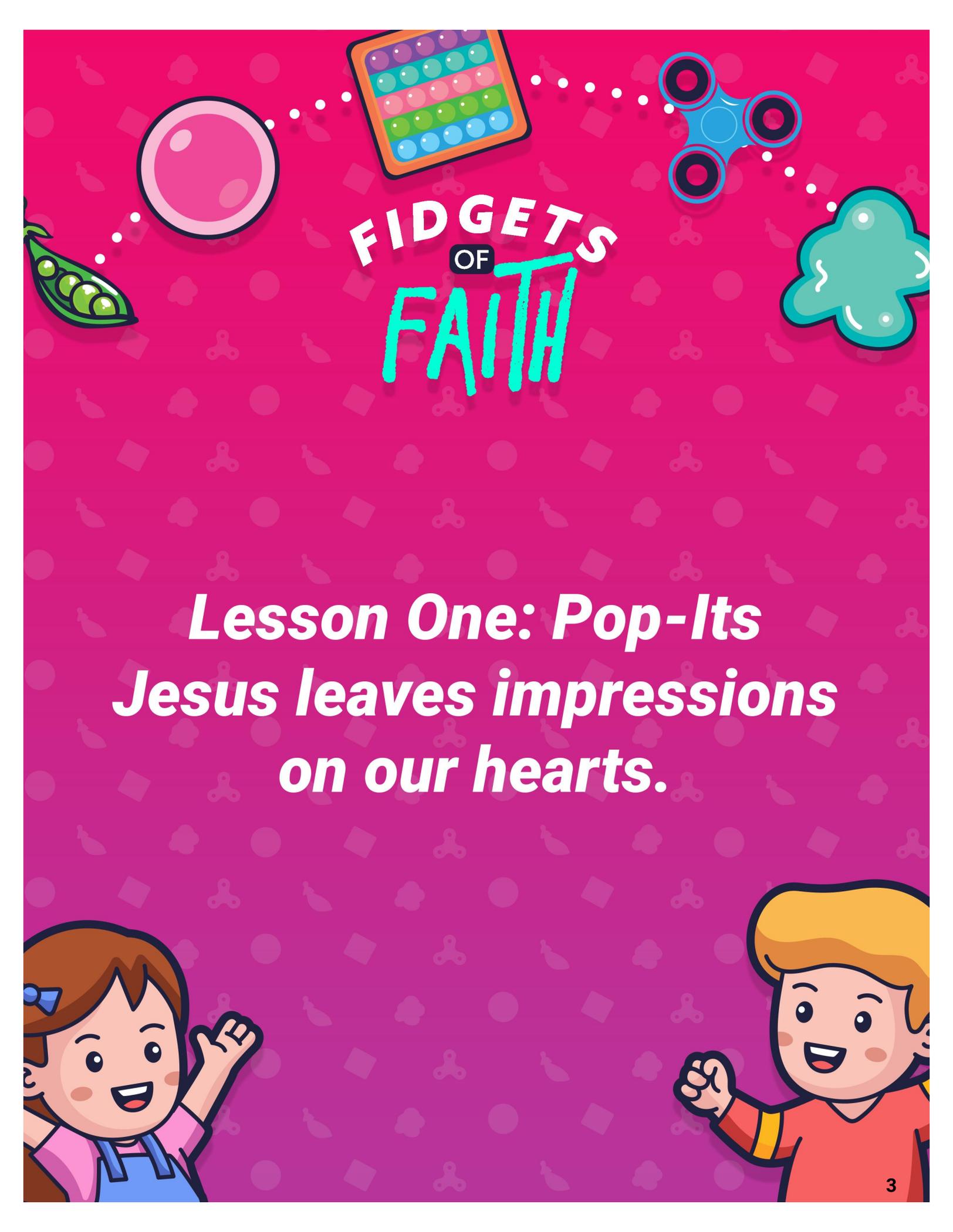
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Fidgets of Faith: 6-Week Overview of Lessons

1. Pop-Its: Jesus leaves impressions on our hearts.
Luke 8:40-48 - Woman healed when she touched Jesus clothes
2. Peas in a Pod- Believers need each other to strengthen each other.
Ruth 1:1-18 - Ruth and Naomi
3. Squeezey Putty: God molds us to be like Jesus
Jeremiah 18:1-6 Potter and Clay
4. Stress Ball: We Can Overcome Anxiety Through Faith in Jesus
Mark 14:32-42 - Jesus prays in the Garden of Gethsemane
5. Fidget Spinner: We Can Rest In Jesus' Presence
Luke 10:38-42 - Mary and Martha
6. Flipping Bike Chain Rings: The Holy Spirit Helps Us Stand Firm
Romans 7:15-20 (1 Kings 18:20-34) So Ahab and Elijah at Mount Carmel

About the Author

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FIDGETS OF FAITH

Lesson One: Pop-Its
Jesus leaves impressions
on our hearts.



Bubble Pop: Jesus Leaves Impressions On Our Hearts

Luke 8:40-48

Summary: With a bubble push pop fidget toy, a single touch can change the direction of each bubble. In the Bible story, kids will learn about the woman whose entire life was changed with a single touch of Jesus' clothing!

Gospel connection: Just as kids can leave an impression in a push pop bubble toy, Jesus can leave an impression on our hearts. His love and mercy make it possible for us to love others in a way that makes an impression on them!

Memory Verse: Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Additional passages: Romans 12:2; 1 Peter 1:13-16; Matthew 5:16



Memory Verse Activity

Hand Motions

Suggested time: 5–10 minutes.

Supplies: None

Instructions:

Help the kids memorize the verse by creating motions to go with it. Consider adapting sign language, or use the suggested movements provided below:

For God alone my soul waits in silence; *[Move your hand vertically in front of your face from forehead to chin, then hold index finger over lips.]*

from him comes my salvation. *[Use middle fingers to touch opposite palms, one then the other]*

He alone is my rock and my salvation, *[Make two fists, and knock your right hand against your left; then cross arms over chest, and uncross them, holding them up]*

my fortress; I shall not be greatly shaken. *[Move hands around as though outlining a wall, then hold both arms in front of your chest, parallel to the ground]*

LEADER: As we go through this series, we will talk about a lot of different fidget toys. Fidget toys are a great way to occupy your fingers when you feel restless, anxious, or distracted. But fidget toys aren't the real solution to feeling restless; God is! Only God can give us peace and help us through difficult times. This verse helps us remember that when we have faith in God, He gives us peace and salvation so that we can face any trials the world sends our way.



Fidget Illustration

Push Pop Bubble Toy

Suggested time: 5–10 minutes

Supplies: 5 push pop bubble fidget toys, dry erase board, dry erase marker, stop watch (optional)

Instructions:

- Display the push pop bubble fidget toys. Instruct the kids not to touch them.
- Invite the kids to observe them and tell you words that describe the toys. Write down the words the kids use.
- Allow the kids to take turns playing with the toys for 10 seconds. You may use a stopwatch to ensure the time limit is consistent.
- Ask the kids to add new words to describe the toy now that they have handled it. Write these words alongside the original words.

LEADER: Some words you used to describe this fidget toy might be *colorful, fun, soft, flexible, squishy, stretchy*. But did any of you think of the word *impression*?

What happens when we push down on the bubble? It pops to the other side, right? It also makes an *impression*. Who knows what an impression is? [*Allow kids to respond.*] An *impression* is a mark or change that you can leave. On a bubble pop toy, you leave the mark by switching which side the bubble sticks up on, but today we will hear about a time Jesus left an impression on a woman who had been sick for many years.

Transition to **Group Lesson**.



Large Group Lesson

Suggested time: 10–15 minutes

Discuss the ways we might leave an impression on other people. Guide kids to consider how having a positive or negative attitude might change the impression we leave with others. Then transition to the Bible story.

LEADER: How we treat others will always leave an impression. When we show love and kindness, it gives a little glimpse of what God’s love is like. When we are rude or uncaring, people may not want to be around us or listen to what we have to say.

Today, I want to tell you a story about a woman who had been so impressed by Jesus reputation, that she felt she had to get close to Him. When she did, something miraculous happened! Let’s get into it!

READ: Now when Jesus returned, the crowd welcomed him, for they were all waiting for him. And there came a man named Jairus, who was a ruler of the synagogue. And falling at Jesus’ feet, he implored him to come to his house, for he had an only daughter, about twelve years of age, and she was dying.

As Jesus went, the people pressed around him. And there was a woman who had had a discharge of blood for twelve years, and though she had spent all her living on physicians, she could not be healed by anyone. She came up behind him and touched the fringe of his garment, and immediately her discharge of blood ceased.

LEADER: Wow! Can you believe it? The woman was so sure of Jesus’ power, she believed that a single touch would heal her; and she was right! Though the crowds were thick, she found a way to jostle up to Jesus and touch just the edge of his clothes. What’s even more amazing is what happened next.

READ: And Jesus said, “Who was it that touched me?” When all denied it, Peter said, “Master, the crowds surround you and are pressing in on you!” But Jesus said, “Someone touched me, for I perceive that power has gone out from me.”

LEADER: How would you feel if a stranger tugged on your clothing in a crowd? It might make you afraid, uncomfortable, or upset. Do you think Jesus was feeling any of those things? *[Allow kids to respond.]* Let’s read more and find out.

READ: Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had



touched him and how she had been instantly healed. Then he said to her, "Daughter, your faith has healed you. Go in peace."

LEADER: Jesus wasn't upset with the woman at all! Jesus was glad that she had faith in Him. The impression that Jesus had on her led her to trust Jesus completely to heal her completely. And He did! In a similar way, when we trust Jesus completely with our lives, He saves us from sin and heals us from the damage sin causes in our lives.

So here's my next question: the Bible doesn't tell us for sure what happened to the woman after Jesus healed her, but do you think she kept that information secret? Do you think her friends, family, or the doctors who had not been able to help her were surprised when her problem went away completely? [Allow kids to respond.] I don't think she would have! If I had to guess, she probably told people of the wonderful things Jesus had done for her.

That means, because of the impression Jesus left on her life, she probably went out and left a positive impression on the lives of others! And that's exactly the way the Bible says things are supposed to work.

READ: "You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

Matthew 5:14-16

LEADER: We all have sin in our lives, but when Jesus saves us from sin and gives us new life, we can begin to do the good works God has for us, like worshiping Him, treating others with compassion, and sharing the gospel. Those good things help show the world how good God is.

In fact, God calls us to be holy, just as He is holy!

READ: Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, "You shall be holy, for I am holy."

1 Peter 1:13-16



LEADER: But God is perfectly holy... Can we ever be perfectly holy? [*Allow kids to respond.*] That's kind of a trick question. We cannot be perfectly holy, but someday, everyone who has faith in Jesus will be made perfect in Jesus.

In fact, let's think back to that bubble pop fidget toy. When you push your finger into it, it kind of shapes around your finger, doesn't it. The Bible teaches us that we should not be shaped around the world. That means we are not supposed to think and act the way people who do not love Jesus think and act.

Instead, as we trust in Jesus, the Holy Spirit transforms us to think and act more and more the way Jesus thinks and acts.

READ: Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:2

LEADER: So next time you play with a push pop bubble fidget toy, you can think about the way it helps us understand God! You can even tell your friends about Jesus using your fidget toys!

Transition to **Small Group Discussion & Prayer**



Small Group Discussion & Prayer (K–2nd grades)

Discussion Questions:

- What did the sick woman believe would make her well?
 - *A single touch of Jesus.*
- How did Jesus know the woman had touched his clothing?
 - *He felt power go out from him to heal her.*
- Why did the woman's touch heal her?
 - *Because of her faith.*
- What did Jesus tell her to do?
 - *Go in peace.*
- How does Jesus change us?
 - *When we have faith in Jesus, He gives us new life; the Holy Spirit transforms us to make us more like Jesus.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: God, thank you for sending Jesus to make an impression on our lives. Help us to trust you and know that Jesus' impression on our hearts makes us able to impress other people's hearts with your love. Amen.



Small Group Discussion & Prayer (3–5th grades)

Discussion Questions:

- Why did the woman's touch heal her?
 - *Because of her faith.*
- What are some ways Jesus has left an impression on your life?
 - *Answers will vary. Guide kids to be honest, respectful, and share only what they feel comfortable sharing. Help them consider whether they are saved, and what ways they have matured in their faith over time.*
- What are some ways Jesus may still be changing you?
 - *Answers will vary. Guide kids to be honest, respectful, and share only what they feel comfortable sharing. Help them consider way they still struggle to obey God.*
- Who can you have a godly impression on?
 - *Answers will vary. Guide kids to be honest, respectful, and share only what they feel comfortable sharing. Help them think about the friends and family they may see each week.*
- How can you have a godly impression on those people?
 - *Answers will vary. Guide kids to be honest, respectful, and share only what they feel comfortable sharing. Help them think of ways they can show God's love, like helping others, living generously, and teaching people about Jesus.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, thank you for sending Jesus to make an impression on our lives. Help us to trust you and know that Jesus' impression on our hearts makes us able to impress other people's hearts with your love. Amen.



Hands-on Lesson Review

Bubble Pop Review

Suggested time: 10–15 minutes

Supplies: “Bubble Pop Game” print outs; 4 red cups, 4 orange cups, 4 yellow cups, 4 green cups, 4 blue cups; Tissue paper in colors that match the cups; Rubber bands; Scissors; Glue gun (*optional*); White foam board (*optional*)

Instructions

- Before class, print out the “Bubble Pop Game” pages and cut apart the question strips.
- Arrange the cups in a grid and place one strip in each cup, then use rubber bands to secure the tissue paper over the cups, ensuring the colors coordinate.
- You may choose to glue the cups to a sheet of white foam board to prevent them from falling over during play.
- During class, form two teams of kids. Allow players from each team to take turns selecting cups, poking their fingers through the tissue paper, and reading the question within.
- If the team is able to answer the question, they receive the point value indicated on the question strip. Otherwise, the opposing team will have an opportunity to answer to win half the value.
- Play continues until all the cups are “popped.” The team with the most points wins.

Questions for Bubble Pop Game (Questions and Answers)

100 Point Questions:

- What sickness did the woman have? (a bleeding sickness)
- How long had she been sick? (12 years)
- Why did the woman approach Jesus? (to be healed)
- How did Jesus know she had touched him? (He felt power go out from him)
- Which book of the Bible is this story from? (Luke)

200 Point Questions:

- Where was Jesus headed when the woman touched his clothing? (To heal a sick girl)



- Who was Jairus? (A leader in the synagogue, whose daughter was sick)
- What did Jesus say healed the woman? (her faith)
- How quickly was the woman healed? (immediately)
- Did Jesus really not know who had touched him? (no, Jesus knows everything)

300 Point Questions:

- What did the sick woman touch? (the fringe or hem of Jesus' robe)
- How much money had the woman spent on doctors? (all her money)
- How did Peter respond to Jesus' question about being touched? (He pointed out that the crowd was pressing against Jesus, so many had touched him)
- What did the woman do at first when Jesus asked who touched him? (tried to hide)
- What did the woman do when Jesus insisted that someone had touched him? (fell at his feet to explain why she touched him)

400 Point Questions

- How does Jesus transform our lives? (he died on the cross to rescue us, and makes us more like Him by the Holy Spirit's work)
- What are four ways you can have an impression on others? (pray for them, help them, encourage them, teach them about Jesus, invite them to church, and so forth)
- What objects did Jesus compare people to? (Salt and light)
- Can we be holy like God is? (Yes, but only by God's power when we live in faith)
- What are the two main reasons we should live like Jesus? (to glorify God, to help others glorify God)



Print for Bubble Pop-It Game

100 Points	What sickness did the woman have?
100 Points	How long had she been sick?
100 Points	Why did the woman approach Jesus?
100 Points	How did Jesus know she had touched him?
100 Points	Which book of the Bible is this story from?
200 Points	Where was Jesus headed when the woman touched his clothing?
200 Points	Who was Jairus?
200 Points	What did Jesus say healed the woman?
200 Points	How quickly was the woman healed?
200 Points	Did Jesus really not know who had touched him?



300 Points	What did the sick woman touch?
300 Points	How much money had the woman spent on doctors?
300 Points	How did Peter respond to Jesus' question about being touched?
300 Points	What did the woman do at first when Jesus asked who touched him?
300 Points	What did the woman do when Jesus insisted that someone had touched him?
400 Points	How does Jesus transform our lives?
400 Points	What are four ways you can have an impression on others?
400 Points	What objects did Jesus compare people to?
400 Points	Can we be holy like God is?



Bonus Activity

Bubble pop game

Suggested time: 5–10 minutes

Supplies: bubble solution, bubble wands, bowl (optional)

Instructions:

- Invite the kids to stand in a row.
- Provide each kid with a bubble wand and access to bubble solution. You may pour the solution into a bowl where multiple kids can dip.
- Challenge each kid to blow a bubble, catch it on their wand, and then touch the bubble without changing it.
- Allow the kids a few minutes to see what they can accomplish.

LEADER: Bubbles are incredibly fragile and fleeting. It's hard to catch one on your wand, and nearly impossible to touch it without changing it! Most of the time, touching a bubble causes it to burst, but even when it doesn't burst, it still changes shape when it's touched.

When you think about Jesus, remember that His touch on our lives always changes us. Sometimes, it may be a small, gradual change; other times it may be a big sudden change! But no matter what, Jesus always has an effect on our lives. As He changes us, it helps us to affect other people's lives in ways that honor God.



Parent Page

Title: Pop-Its: Jesus leaves impressions on our hearts. Luke 8:40-48

- **Summary:** Today, we talked about the woman who was healed by her faith when she touched Jesus' clothing. She was so confident in His power to heal, that even the briefest encounter transformed her life. In a similar way, when Jesus touches our hearts, we are made new by grace through faith. Then, we can begin to leave godly impressions on those around us.
- **Gospel connection:** Just as kids can leave an impression in a push pop bubble toy, Jesus can leave an impression on our hearts. His love and mercy make it possible for us to love others in a way that makes an impression on them!
- **Memory Verse:** Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Reviews Questions:

- How does Jesus change our lives?
- What ways has Jesus already changed you?
- What are some ways Jesus may still be changing you?
- How can you leave a godly impression on those around you?

Family Activity: "Make an Impression" Cookies

Ingredients:

- sugar cookie dough
- Cookie sheets, Parchment paper, and oven
- frosting
- zip-top bag with a corner snipped off or piping bag (optional)
- Sprinkles (optional)

Instructions:

1. Preheat the oven according to cookie dough package instructions.
2. Help you kid roll bits of dough into balls about an inch in diameter and arrange them on a parchment-lined cookie sheet.
3. Invite your kids to use clean thumbs to make an impression in each ball, slightly flattening it.
4. Bake the cookies according to package instructions. Then set aside to cool.
5. Help your kids put a small dollop of frosting in each impression. You may use a zip-top bag with the corner snipped off or a piping bag to gain extra control.
6. Consider using sprinkles to decorate the cookies.





FIDGETS OF FAITH

***And he said to her,
“Daughter, your faith has
made you well; go in peace.”
Luke 8:48***





FIDGETS OF FAITH

***For God alone my soul waits
in silence; from him comes
my salvation. He alone is my
rock and my salvation my
fortress; I shall not be
greatly shaken.***

Psalm 62:1-2



Fidgets of Faith Hidden Text



Directions: Color the hidden text. And write down the three hidden words.

Luke 8:48 And he said to her, “Daughter, your faith has made you well; go in peace.”



1. _____

2. _____

3. _____

Fidgets of Faith Word Search



Directions: Find the words given in the word search.

Psalm 62:1-2 For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.

F O N L R S G O D A L O N E M Y S O F U
 L W U O A I I T S I N S I L E N C O E F
 R O O M I H I L M C O M E S M Y R S A L
 S V A T I T O N E H E A L O N T E I S M
 Y R O C K A A N D N M Y S A R L V A T I
 O N M Y F O R V T R C E S E E S I S H A
 L L N O T B E G L R E E S N A T L Y S H
 A K E N O K L K C A M S O E A R S B F S
 D I Z P L T N W O V S L P D P O O R J L
 Y O N V I G N O D M A I U F N W V S H N
 W R G E D M O A H Y I G D B F H C E R D
 P S M V K D O I C A U D B C Z B B H P X
 C I Q R K A M Q T Y T J A J N G J H D G
 D Q C V Q V H G A W Z E F U O W W R F Y
 Q O L D L J Y S R I B E H S B E Z J R G

Word Bank

- ALONE
- FORTRESS
- GOD
- SALVATION
- SHAKEN
- SILENCE
- SOUL

Write the remaining words with the hidden message.

Answer Key

Fidgets of Faith Hidden Text



Directions: Color the hidden text. And write down the three hidden words.

Luke 8:48 And he said to her, “Daughter, your faith has made you well; go in peace.”



1. **Daughter**

2. **Faith**

3. **Peace**

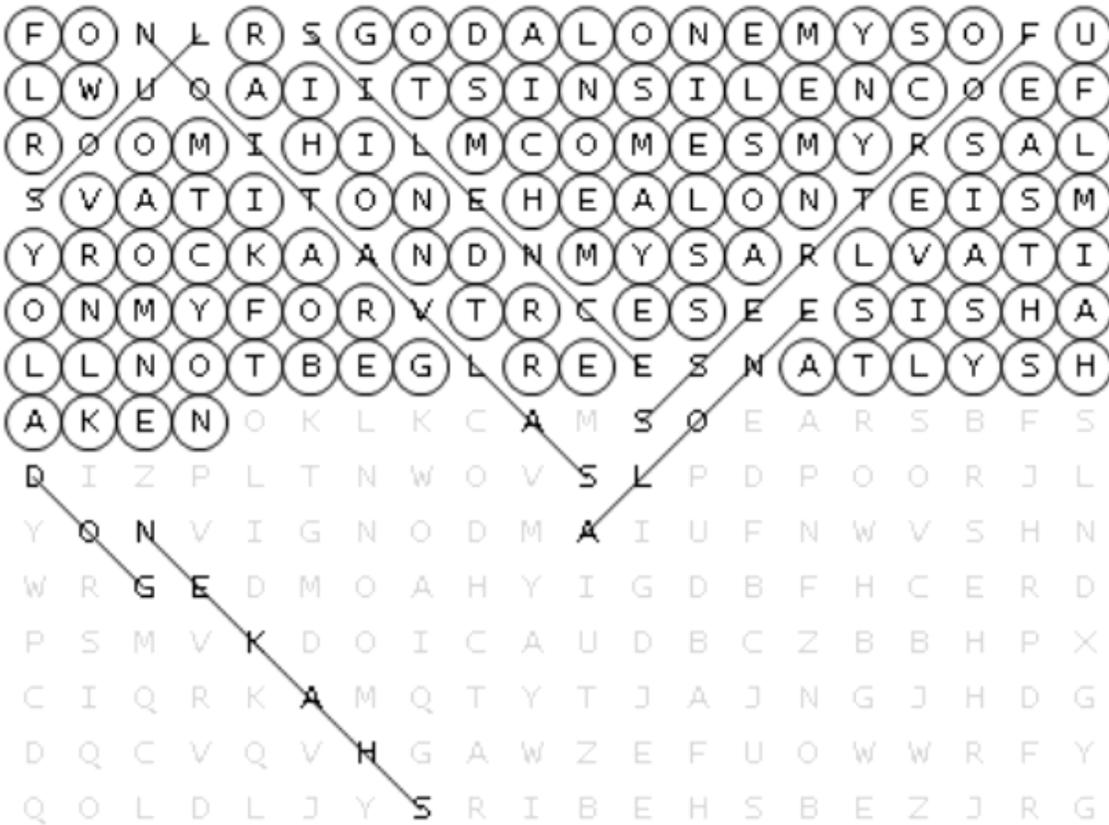
Answer Key

Fidgets of Faith Word Search



Directions: Find the words given in the word search.

Psalm 62:1-2 For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.



Word Bank

ALONE

FORTRESS

GOD

SALVATION

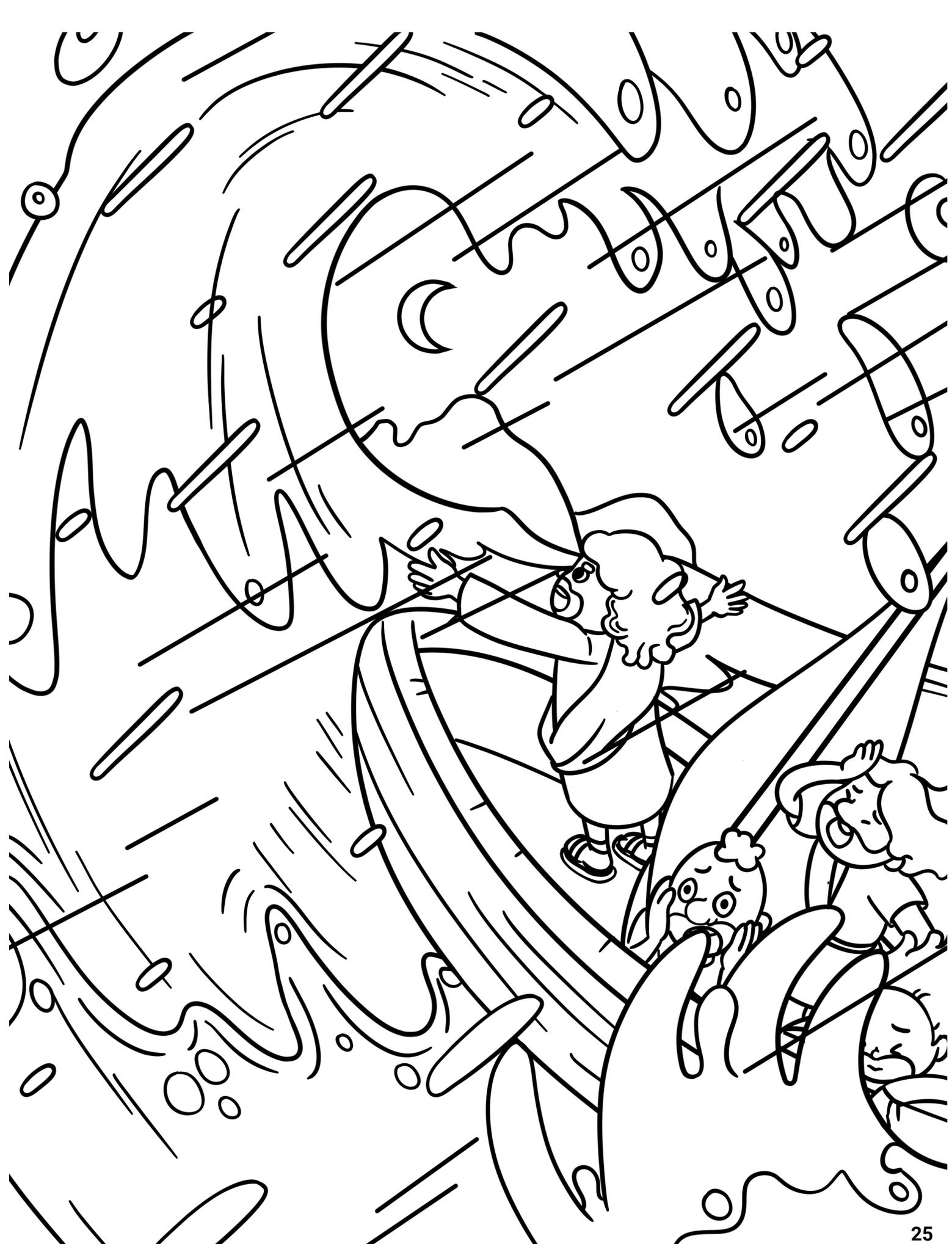
SHAKEN

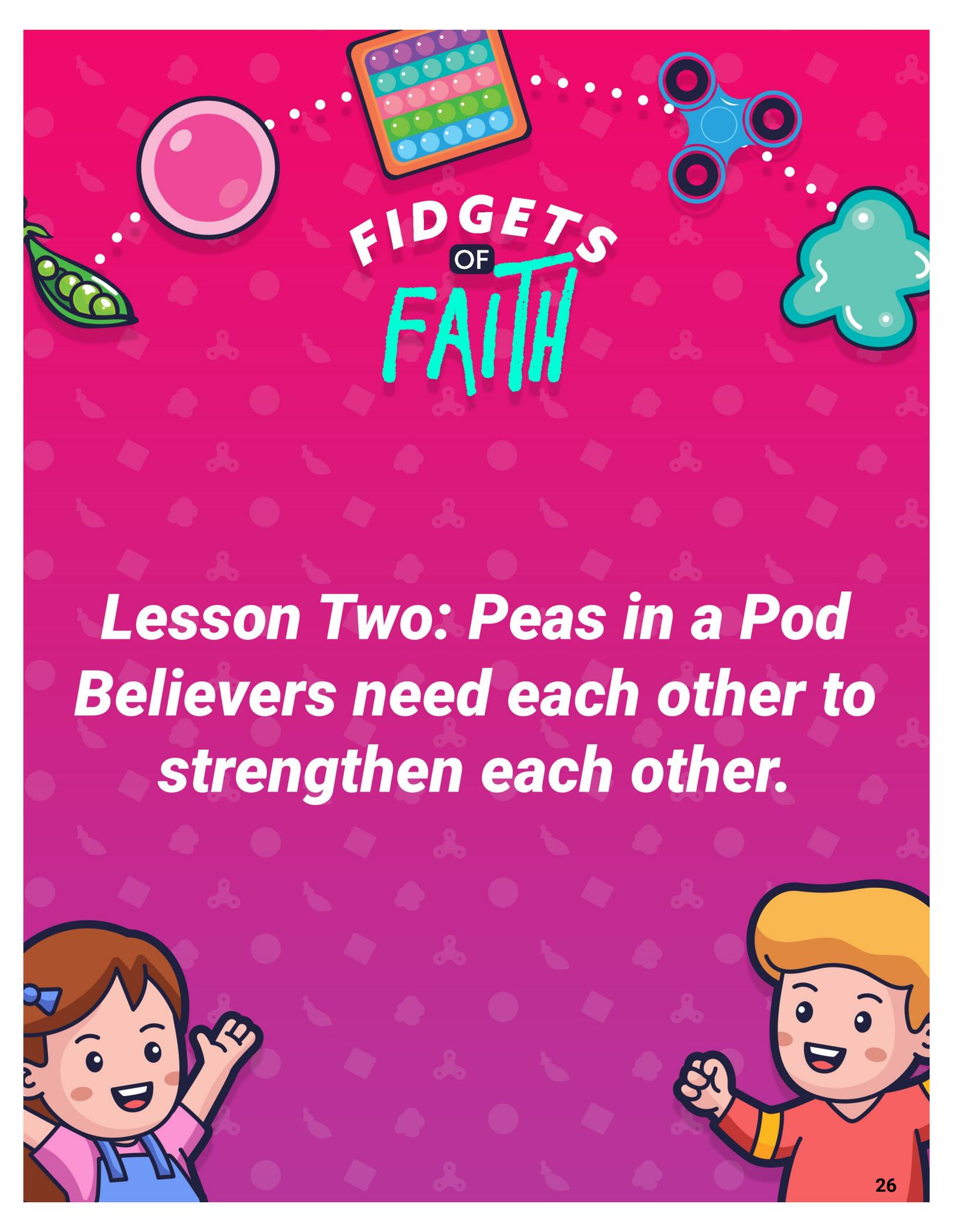
SILENCE

SOUL

Write the remaining words with the hidden message.







**FIDGETS
OF
FAITH**

***Lesson Two: Peas in a Pod
Believers need each other to
strengthen each other.***



Pea Pods: God Unites Believers In Him

Ruth 1:1-18

Summary: In a pea pod fidget toy, each pea fits alongside the others, and they stick together no matter what. In the Bible story, kids will see that Ruth stuck with Naomi even when things were hard.

Gospel Connection: Just as the peas in the fidget toy stick together, God unites us together in Jesus. Everyone who has faith in Jesus is part of God's family. We take care of one another and help one another love God and obey Him.

Memory Verse: Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Additional passages: Ecclesiastes 4:9-12; Matthew 12:46-50; Romans 8:31-39; 1 Corinthians 12:12-27; 1 John 3:16-19



Memory Verse Activity

Arrange the Cards

Suggested time: 5–10 minutes.

Supplies: index cards, pen

Instructions:

- Before the lesson, write each word or phrase of the memory verse on a separate card. You may wish to make more than one set so that kids can work individually or in groups of 2 or 3.
- Shuffle the cards and challenge the kids to work together to arrange the cards in the correct order.
- Once the kids finish arranging the cards, check their work, correct any mistakes, and then read the verse aloud together.
- If time allows, play multiple rounds, switching up any groups and re-shuffling the cards each time.

LEADER: We often use fidget toys to occupy our fingers. Sometimes, this can help us focus our minds. Other times, it may help us relieve some stress or deal with anxiety. We can poke, squish, stretch, flip, twist, or squeeze fidget toys, but they cannot give us real rest. Regardless of why you might use a fidget toy, this verse is a great reminder that rest comes from God. He protects us and gives us something solid upon which to build our lives.



Fidget Illustration

Peas in a Pod

Suggested time: 5–10 minutes

Supplies: 5 pea pod fidget toys, dry erase board, dry erase marker, stop watch (optional)

Instructions:

- Display the pea pod fidget toys. Instruct the kids not to touch them.
- Invite the kids to observe them and tell you words that describe the toys. Write down the words the kids use.
- Allow the kids to take turns playing with the toys for 10 seconds. You may use a stopwatch to ensure the time limit is consistent.
- Ask the kids to add new words to describe the toy now that they have handled it. Write these words alongside the original words.

LEADER: Good morning, everyone. Great job using self-control to wait your turn to play with these fidget toys. What do they look like to you? [*Allow kids to respond.*] That's exactly right! Peas in a pod. Have you ever heard the saying *like two peas in a pod*? It is a way to describe two people who are similar and often spend time together doing things with each other. We might also say two people like that are *inseparable*. Today, we will learn more about how we can be united to Jesus in a way that can never be undone. Everyone who is united to Jesus is also united to one another. You could say that every believer is a pea in one giant pod. We call that giant pod the Church!

Transition to **Large Group Lesson**.



Large Group Lesson

Suggested time: 10–15 minutes

Discuss the reasons two or more people might “team up” to work together. Guide kids to consider situations in their own life where they have benefitted from having someone around who can help them. Then transition to the Bible story.

LEADER: God never intended for us to live our lives in loneliness or isolation. Ever since God created the world, His plan has been for people to live in communities all over the world. God wants us to stick together like peas in a pod!

Sticking together is exactly what Ruth and Naomi did in the book of Ruth. So, let me set up the story for you. After God’s people entered the Promised land, they had rulers called Judges before God gave them a king. During this time, a woman named Naomi and her husband Elimelech moved to Moab with their two sons Mahlon and Chilion in order to escape a famine.

READ: But Elimelech, the husband of Naomi, died, and she was left with her two sons. These took Moabite wives; the name of the one was Orpah and the name of the other Ruth. They lived there about ten years, and both Mahlon and Chilion died, so that the woman was left without her two sons and her husband.

Ruth 1:3-5

LEADER: In those days, women were often not allowed to work for money; they were expected to take care of a home while their husband worked. Without a husband, life could be very difficult. Naomi decided to travel back to Bethlehem in Israel. She urged Ruth and Orpha to return to their parents’ homes in Moab. Orpah eventually did as Naomi told her to do, but Ruth clung to Naomi.

READ: But Ruth said, “Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. Where you die I will die, and there will I be buried. May the Lord do so to me and more also if anything but death parts me from you.”

Ruth 1:16-18

LEADER: Ruth stuck with Naomi and worshiped God, even though she was not an Israelite by birth. It might have been easier for Ruth to go back to Moab and find another husband, but that’s not what she did!

In Judah, God took care of Ruth and Naomi, even providing a good husband, a man named Boaz, to marry Ruth. He stuck to Ruth like Ruth had stuck to Naomi. Ruth and



Boaz had a son named Obed, whose son was Jesse, the father of King David. King David was an ancestor of Jesus! That means that Ruth's choice to cling to Naomi was used by God to put her in Jesus' family line—how cool is that!

God's good plan for us is that we should help one another. Ruth and Naomi were in-laws, which means they were family because of a marriage. Christians are tied together by an even stronger bond!

READ: Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will
Ephesians 1:3-5

Everyone who has faith in Jesus is adopted into God's family. So when talk about the family of God, or say we are "brothers and sisters in Christ," we don't just mean that we love one another, we mean that God has actually brought us into His heavenly family!

However, there's one major way we are different from peas in a pod. Yes, we all stick together and support one another, but we aren't all the same. I don't know about you, but I can't tell one pea from another. They all just look green to me! God's church is different. We are all together, but we are all different. And that's a good thing!

READ: For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit. For the body does not consist of one member but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the members in the body, each one of them, as he chose.

1 Corinthians 12:12-18

LEADER: So, if the Bible teaches that we are all one family in Christ, and also that we are all members of one body in Christ, how should that change what we do? The short answer is, we love one another! But that can be a lot easier said than done. How do we love one another? What does that look like? In 1 John, the apostle John says that Jesus is our example of what love is.



READ: By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers. But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth.

1 John 3:16-18

LEADER: It's not enough to just say that you love other people. We have to do something about it! We love one another by helping one another. We put the needs of other people above our own wants. We support each other, show kindness and generosity to each other, and help one another love and obey Jesus.

In fact, the Bible even teaches us that living together gives us strength!

READ: Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

Ecclesiastes 4:9-12

LEADER: Do you want to know the best part about all of this? It doesn't rely on our power to make it work! We are all broken by sin in different ways. None of us is perfect. But we don't become a strong community by holding on tight or trying really hard—it happens naturally as God unites us tightly to him.

READ: in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:38-39

LEADER: So now, any time you play with a pea pod fidget toy you will know that it provides us with a cool picture of God's love that unites us to Him and makes us all into one big family through Jesus.

Transition to **Small Group Discussion & Prayer**



Small Group Discussion & Prayer (K–2nd grades)

Discussion Questions:

- What are some ways that we can help one another?
 - *Use encouraging words, help others, be kind, teach others about Jesus*
- Who stuck with Naomi even when things looked difficult?
 - *Ruth*
- What special part did Ruth play in God's plans?
 - *She was an ancestor of Jesus.*
- Who gets adopted into God's family?
 - *Everyone who has faith in Jesus.*
- How can we stay united as a family of God when things are hard?
 - *God's power holds us together, so that we can show love and humility to one another.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: God, thank you for giving us others to help us in our walk with you. Help us to remember that we are not alone in this world, and we can hold each other up when one of us needs help. Give us guidance in our lives so that we know who needs encouragement and help. Thank you for all you do. In Jesus' name we pray, Amen.



Small Group Discussion & Prayer (3–5th grades)

Discussion Questions:

- Why do you think Ruth stayed with Naomi?
 - *Guide kids to think through the love the two women shared for one another. Discuss how going through tragedies together (like the deaths of their husbands) can grow us closer. Remind kids that Ruth was also agreeing to worship God, so His power and influence surely led to Ruth's loyalty.*
- Why do you think God chose Ruth to be in Jesus' family line?
 - *Remind the kids that Ruth was not born as an Israelite. She was a Moabite. In some ways, God was showing that His family has room for all kinds of people; everyone who has faith in God's plan can be part of God's chosen people.*
- Why does Paul compare believers to a body?
 - *Discuss the ways different body parts all work together when we are healthy. Ask the kids what part of the body controls all the others (the brain or the head). Discuss Jesus' role as head of the church.*
- How do we show that we really love one another?
 - *Direct the kids to re-read 1 John 3:18. Discuss why words might not always be enough to show we care. Think of situations where encouraging words would be helpful, but insufficient. Encourage the kids to think of examples from their own lives where they could show love with their actions.*
- How can you handle situations where you feel angry at someone you are supposed to love and help?
 - *Guide the kids to understand that feeling angry is not sinful. Help them understand that what we do with our anger is what matters. Discuss situations that might make them angry, and remind them that showing patience and love requires talking through their frustrations in kindness, not exploding in a fit of rage or giving people the silent treatment.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: God, thank you for giving us others to help us in our walk with you. Help us to remember that we are not alone in this world, and we can hold each other up when one of us needs help. Give us guidance in our lives so that we know who needs encouragement and help. Thank you for all you do. In Jesus' name we pray, Amen.



Hands-on Lesson Review

Grain Gathering Relay

Suggested time: 10–15 minutes

Supplies: Shredded wheat cereal, 2 foil baking pans, 2 pairs of plastic tweezers, brown paper, pen, scissors

Instructions

- Before the lesson, crush the shredded wheat cereal. Divide the cereal between the two foil baking pans.
- Write review questions on strips of brown paper and fold them up. You may use the questions provided below, or write your own. You may choose to make two sets of the same questions to make the game as far for both teams as possible, or play two rounds where the teams swap questions between rounds. Place the question strips in the pans and cover them with the shredded wheat.
- During the lesson, form two teams of kids. Instruct the teams to form two lines at the far side of the room from where the pans are situated.
- Teams will take turns sending players to the pans. There, the players will use the plastic tweezers to withdraw a strip, return it to their teams, and work together to answer the question.
- The first team to correctly answer all questions wins.

Questions for “Grain Gathering Relay”

1. Where did Elimelech and Naomi move with their sons?
 - a. Moab
2. Why did Elimelech and Naomi leave Judah?
 - a. to escape a famine.
3. Who stuck by Naomi when Elimelech and his sons died?
 - a. Ruth
4. What bond ties Christians together?
 - a. God’s loving choice to adopt us as sons and daughters
5. Why did God give us all different gifts?
 - a. So that we would work together like the parts of a body.
6. Who is the head of the Church?
 - a. Jesus



Bonus Activity

Pea pod craft

Suggested time: 5–10 minutes

Supplies: green felt; green pipe cleaners; green pom-poms; fabric glue; green markers; scissors

Instructions:

1. Before the lesson, cut the felt into elongated hexagons that are approximately 3 inches in length and two inches in width. Prepare enough for each kid to have one.
2. Cut the green pipe cleaners into 2-inch segments.
3. During the lesson, give each child a felt hexagon, two pipe cleaner segments, and three pom-poms.
4. Help the kids use small dabs of fabric glue to secure the pom poms to the center of the felt shape.
5. Demonstrate how to fold the felt over and use the pipe cleaner segments to wrap the ends to create a pod filled with peas. See the image below.
6. If time and supplies allow, consider allowing the kids to make a second pea pod which they can give to a friend and share the story of God's love with.

LEADER: We learned that Ruth stuck by Naomi like peas in a pod, even though they were very different women from different people groups. Although we are all different and have different gifts from God, God can unite us all together as the Church through our faith in Jesus. Whenever you see your pea pod, you can remember that God wants all believers to be united together in love through Jesus.



Parent Page

Title: Peas in a Pod- Believers need each other to strengthen each other.

- **Summary:** Today, we talked about sticking together like “peas in a pod” to help our fellow brothers and sisters in Christ. We heard the story of Ruth and Naomi and how they stuck together in a difficult situation. Talk to your child about how we can help others not feel alone and the importance of having a supportive community of believers in their lives.
- **Gospel Connection:** Just as the peas in the fidget toy stick together, God unites us together in Jesus. Everyone who has faith in Jesus is part of God’s family. We take care of one another and help one another love God and obey Him.
- **Memory Verse:** Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Reviews Questions:

- Who were the two women in the story who stuck together?
- What special role did Ruth play in God’s plan to send Jesus?
- How does God unite people together?
- What are some ways that we can help “hold others up?”
- Why aren’t believers made to be identical, like peas?

Family Activity: “Grain Gathering” game

Supplies: yellow pick-up sticks

Instructions:

1. Drop or arrange a group of yellow pick up sticks so that they are gathered in a loose heap.
2. Take turns with your kids selecting sticks to lift from the heap.
3. If the stick is removed without moving any other sticks touching it, it is kept. Otherwise, it must be left alone or dropped back onto the stack.
4. Play continues until all the sticks have been picked up. The player with the most sticks wins.
5. Read Ruth 2 and discuss what Ruth did to show her love and support Naomi.





FIDGETS OF FAITH

But Ruth said, “Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. Ruth 1:16





FIDGETS OF FAITH

***For God alone my soul waits
in silence; from him comes
my salvation. He alone is my
rock and my salvation my
fortress; I shall not be
greatly shaken.***

Psalm 62:1-2





Fidgets of Faith
Trace and
Write



Directions: Trace the words, write the missing words and rewrite the complete verse.

Ruth 1:16 But Ruth said, “Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God.

Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God.

Write the verse.

Handwriting practice area with five sets of dashed lines for writing the verse.

Answer Key

Fidgets of Faith Trace and Write



Directions: Trace the words, write the missing words and rewrite the complete verse.

Ruth 1:16 But Ruth said, “Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God.

Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God.

Write the verse.

Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God.



FIDGETS OF FAITH

Lesson 3: Squeezey Putty ***God molds us to be like*** ***Jesus***



Squeezey Putty: God molds us to be like Jesus

Jeremiah 18:1-6

Summary: Just as we can squish, stretch, or pull the putty to make it into any shape we want, our Bible story will help us understand that God can shape us how He wants.

Gospel Connection: This lesson will help children realize that it is important for us to let God have control over our lives so that we can come to know Christ, be like Christ and eventually spend eternity with God in Heaven.

Memory Verse: Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Additional passages: Isaiah 64:6-8; Romans 5:1-5; Romans 8:28-30; Ephesians 4:17-24



Memory Verse Activity

Fill in the Blank

Suggested time: 5–10 minutes.

Supplies: dry erase board, dry erase marker, dry eraser

Instructions:

- Write the memory verse on a dry erase board where all the kids can see it.
- Lead the kids to read the verse aloud together.
- Erase a few words from the verse and read the passage again, pausing to allow the kids to supply the missing words.
- Continue in this way until the entire memory verse has been erased and the kids are reciting it from memory.

LEADER: For the last two weeks, and looking ahead for the next few, we have been and will be looking at ways fidget toys can help us understand God, His Word, and how He wants us to live. Fidget toys are often used as a way to keep your fingers busy while focusing on a task, or as a way to use up nervous energy. Basically, fidget toys are like a way to relax! But this Bible verse reminds us that the only true rest we can have comes from God.



Fidget Illustration

Squeezable putty

Suggested time: 5–10 minutes

Supplies: 5 squeezable putty fidget toys, dry erase board, dry erase marker, stop watch (optional)

Instructions:

- Display the squeezable putty fidget toys. Instruct the kids not to touch them.
- Invite the kids to observe them and tell you words that describe the toys. Write down the words the kids use.
- Allow the kids to take turns playing with the toys for 10 seconds. You may use a stopwatch to ensure the time limit is consistent.
- Ask the kids to add new words to describe the toy now that they have handled it. Write these words alongside the original words.

LEADER: Hey kids! I'm glad you are here! Welcome to the third week of our Fidgets of Faith series! This week, we are looking at squeezable putty toys. This kind of putty is a *non-newtonian fluid*; That means that, when you try to apply a big force to it quickly, it behaves like a solid, but when you apply a small force to it slowly, it behaves like a liquid. If I roll it into a ball and throw it at the ground, it will bounce like rubber. If I place it over a small hole, it will slowly drip through. How weird is that?!

In some ways, this is a cool way we can think about God's work in our lives. Usually, God doesn't immediately force us to think and act like Jesus as soon as we have faith. Instead, God slowly but surely forms us to be more like Jesus. We'll learn more about that in the Large Group Lesson.

See **Large Group Lesson**.



Large Group Lesson

Suggested time: 10–15 minutes

Discuss the ways God might change a person after they come to faith in Jesus. Introduce and define the word *sanctification* for the kids. Then transition to the Bible story.

LEADER: Every single human (besides Jesus) is born in sin. Our hearts are far from God and our natural desires are to go further and further from Him. Thankfully, God loves us and wants us to live for His glory, which is for our good. When we believe in Jesus, God begins the process of changing our hearts so that we think, speak, and behave more like Jesus. In fact, the Bible says that we are like clay that God forms!

READ: But now, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand.

Isaiah 64:8

LEADER: In the Old Testament, we can read about Prophets, people who received messages from God to deliver to His people. Jeremiah was a prophet, and God told Jeremiah to go down to a potter's house.

READ: The word that came to Jeremiah from the Lord: "Arise, and go down to the potter's house, and there I will let you hear my words." So I went down to the potter's house, and there he was working at his wheel.

Jeremiahs 18:1-3

LEADER: What do you think a potter's job was? [*Allow kids to respond*] Exactly! He made pottery out of clay. Clay can be used to make bowls, plates, jugs, and all kinds of things. Then it is baked in a hot oven or fire to make it hard and waterproof. But it isn't easy to work with clay. It takes patience and a steady, guiding hand. Even a very skillful potter might sometimes need to start over and re-shape clay.

READ: And the vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as it seemed good to the potter to do.

Jeremiah 18:4

LEADER: Now, If I were Jeremiah, I would probably have thought, *why does God want me to watch a potter? What does this have to do with me?* But then Jeremiah got God's message:



READ: Then the word of the Lord came to me: "O house of Israel, can I not do with you as this potter has done? declares the Lord. Behold, like the clay in the potter's hand, so are you in my hand, O house of Israel. If at any time I declare concerning a nation or a kingdom, that I will pluck up and break down and destroy it, and if that nation, concerning which I have spoken, turns from its evil, I will relent of the disaster that I intended to do to it. And if at any time I declare concerning a nation or a kingdom that I will build and plant it, and if it does evil in my sight, not listening to my voice, then I will relent of the good that I had intended to do to it.

Jeremiah 18:5-10

LEADER: It may seem a little strange to think of it at first, but God can transform our lives however He desires. He created us and the world we live in. As our creator, He has the unique right to form our lives as He sees fit.

Just as a potter is allowed to form her clay into whatever shape she wants, God has the ultimate control over our lives. For everyone who loves Jesus, this means that God will shape us to be more like Christ every day.

READ: And we know that for those who love God all things work together for good, for those who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

Romans 8:28-30

LEADER: So, does that mean that, when we love Jesus, no hard, sad, or scary things will happen to us? *[Allow kids to respond.]* No, of course not! It means that even when we do face hard times, we can trust that God is using them to make us more like Jesus, "conformed to the Image" of Jesus. In fact, in another part of Romans, Paul says:

READ: Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 5:3-5

LEADER: So the situations we face that are hard, scary, or sad, are really just tools God uses to transform our lives. The process of becoming more like Jesus is called *sanctification*, and it doesn't happen all at once. It takes time. It also takes effort! We



cannot earn salvation, but after we are saved, we do play a role in our sanctification. The Holy Spirit gives us the power to change, and we use that power to love and obey God.

READ: Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.

Ephesians 4:17-24

LEADER: What does it mean to “put off” the old self and “put on” the new self? [Allow kids to respond.] Paul’s phrase is talking about our thoughts, words, and actions almost like a robe or a jacket! Paul tells believers to take off their old way of living in order to put on the godly way of living. Salvation is something only God can do, and there’s nothing we can do to help God save us. But obedience is something that we work on with God.

You can almost think about it like this: imagine we start out dead and wearing dirty clothes. God alone has the power to give us new life through Jesus. But after Jesus makes us alive, the Holy Spirit works in us to help us change out of the dirty clothes into clean clothes.

You see, eternal life with God isn’t about going to heaven when we die. That is part of the wonderful gift God gives us; but it’s only part! Eternal life with God starts as soon as He saves you from sin, the moment your faith is in Jesus. God created us and knows what is best for us. He created us to worship Him, and that’s the best way for us to be filled with joy. He wants to shape our lives in ways that allow us to worship Him best, and when we choose to live for Him, He molds us to do just that.



Small Group Discussion & Prayer (K–2nd grades)

Discussion Questions:

- Where did God tell Jeremiah to go?
 - *to a potter's house*
- What did the potter do when the clay wasn't shaped right?
 - *smushed it down to start over*
- Who can shape our lives however He wants?
 - *God*
- Why does God have the right to shape our lives?
 - *because God created the universe and everything in it, including us*
- How can our lives be transformed to look more like Jesus?
 - *when we have faith in Jesus, the Holy Spirit lives in us to make us more and more like Jesus.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, thank you that you are in control. Help us remember to be like clay, allowing you to mold and shape us throughout our lives, bending to your will. Help us to remain close to you so that we can think, speak, and behave like Jesus. Thank you for all you do. In Jesus' name, Amen.



Small Group Discussion & Prayer (3–5th grades)

Discussion Questions:

- Why did God want Jeremiah to see the potter?
 - *Guide kids to think about the potter's right to shape the clay, even smushing it to start over whenever he desired. Help the kids make the connection to what God was teaching Jeremiah about His right to shape the lives of His people.*
- Who or what else do we allow to shape our lives, besides God?
 - *Encourage the kids to be honest and vulnerable. point out that we often pay attention to the things that are "cool" in culture, like the newest movies and video games. Ask them if they dream of being like any celebrities or star athletes. Help them think about the ways our hearts can be affected by those things.*
- Why does Paul tell us to rejoice in suffering?
 - *Paul says that suffering gives us endurance, which gives character, then hope. Suffering is a tool God uses to make us more like Jesus.*
- What are examples of our "old selves"?
 - *Direct the kids to be honest about struggles they have. If any kids have not put their faith in Jesus, help them think about things Jesus could help them change. Be prepared to share examples from your own life to demonstrate what you were like before Jesus.*
- What are examples of our "new selves"?
 - *Guide the kids to think about ways they have already become more like Jesus. If any kids have not put their faith in Jesus, help them think about things Jesus would help them do. Be prepared to share examples from your own life to demonstrate how the Holy Spirit has changed you.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, thank you that you are in control. Help us remember to be like clay, allowing you to mold and shape us throughout our lives, bending to your will. Help us to remain close to you so that we can think, speak, and behave like Jesus. Thank you for all you do. In Jesus' name, Amen.



Hands-on Lesson Review

Towering Teacup Challenge

Suggested time: 10–15 minutes

Supplies: 20 plastic teacups, long table, permanent marker

Instructions:

- Before the lesson, write each word or phrase of Isaiah 64:8 on each of 10 teacups. Make two sets.
- During the lesson, form two teams of kids. Position each team on opposite sides of the table and provide them with a set of cups.
- When you say “go,” the children will work with their teams to stack the cups so that the Bible verse is in the correct order.
- The first team to stack the cups correctly in such a way that their stack can stand unaided, wins the game.
- If time allows, play additional rounds with new teams. Consider adding new limitations to make the game more challenging, such as only stacking with non-dominant hands.

LEADER: In Isaiah, God’s people are compared to clay in the hands of a potter, who is God. Just as a potter can choose how and when to shape clay in order to make whatever he wishes, so God has the right to shape our lives. God wants each of us to think, speak, and behave like Jesus did. God wants us to trust Him, love others, and worship Him alone. Everyone who has faith in Jesus will be shaped by God over time to conform to Jesus’ perfect way of living.



Bonus Activity

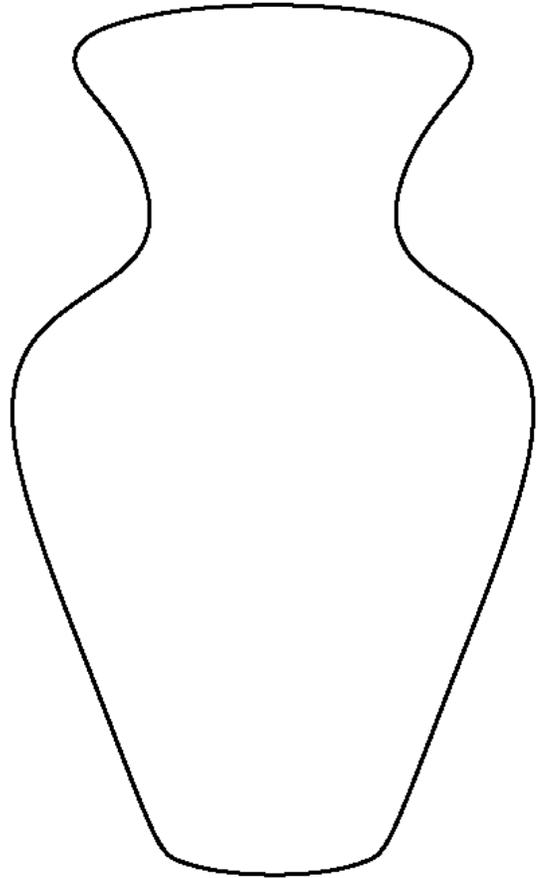
Beautifully Broken Pottery

Suggested time: 5–10 minutes

Supplies: 2 sheets of construction paper per kid; Markers; Glue Sticks

Instructions:

- Give each child two sheets of construction paper. Help the kids draw a piece of pottery, such as the vase pictured here, on one of the sheets.
- Instruct the kids to carefully cut out their shape and use it as a template to draw the same shape on their second sheet. This one will not be cut out.
- Tell the kids to take the cut out shape and tear it into about 6 or 7 pieces. Then they will use glue to put their vase back together using the second sheet of construction paper as a guide, pasting the pieces in the correct places on the second sheet.
- Then, ask the kids to write in each piece, some struggle they need God's help with to overcome. They can also choose to draw pictures to represent their struggles.



LEADER: Our lives are broken because of sin. We need Jesus to help us put the pieces back together. Jesus came to earth to die for our sins. Everyone who has faith in Jesus will be forgiven and live forever with God. As a result, the struggles in our lives are no longer burdens, they are opportunities to show how good God is, and the work He is doing in our lives.

Parent Page

Fidgets of Faith Week 3: Squeezey Putty – God molds us to be like Jesus

- **Summary:** Today, we talked about how God used the example of the potter to show Jeremiah that he was in control. He guides and shapes us every day, just like the potter shaped the clay. He wanted to show Jeremiah that he (God) was ultimately in control.
- **Gospel Connection:** This lesson will help children realize that it is important for us to let God have control over our lives so that we can come to know Christ, be like Christ and eventually spend eternity with God in Heaven.
- **Memory Verse:** Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Reviews Questions:

- What are some ways we are like clay?
- What are some ways God is like a potter?
- What did Paul say suffering leads to?
- What should we do with our “old selves”?
- How can we put on our “new selves”?

Family Activity: “In the Potter’s Hand” Craft

Supplies: 1 package of air-dry clay per kid; Markers

Instructions:

1. Provide air dry clay to your kid and invite them to roll the clay into a ball. Remind them how God shapes and guides us like they are doing with the clay.
2. When the clay has been formed into a ball, help your child push their thumb lightly in the middle of the ball to form a divot. Then they will use their forefinger and thumb to pinch the clay stretching the edges of the divot into walls of a pot.
3. Once the clay pot is formed, set it aside to dry according to package instructions.
4. Invite your kid to decorate the dried pot with markers.





FIDGETS OF FAITH

“But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him.” Jeremiah 18:4



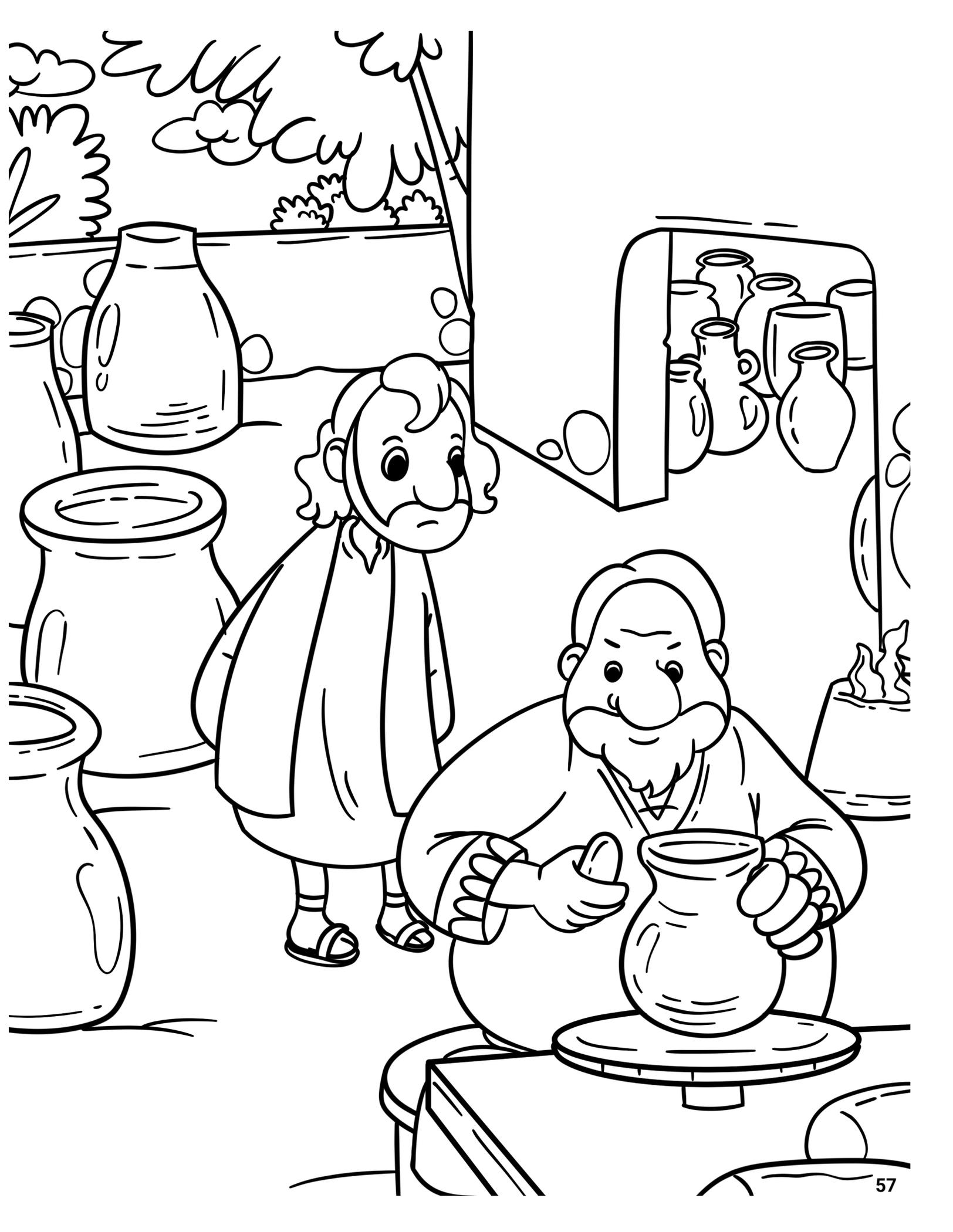


FIDGETS OF FAITH

***For God alone my soul waits
in silence; from him comes
my salvation. He alone is my
rock and my salvation my
fortress; I shall not be
greatly shaken.***

Psalm 62:1-2





**Fidgets of Faith
Word Scramble**



Directions: Unscramble and rewrite the correct words.

Jeremiah 18:4 ESV And the vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as it seemed good to the potter to do.

SELSVE

YCAL

IPLOSDE

ERPTTO

ORKREEWD

AERNHTO

MSEEDE

Answer Key

Fidgets of Faith Word Scramble



Directions: Unscramble and rewrite the correct words.

Jeremiah 18:4 ESV And the vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as it seemed good to the potter to do.

VESSEL

CLAY

SPOILED

POTTER

REWORKED

ANOTHER

SEEMED



FIDGETS OF FAITH

Lesson 4: Stress Ball ***We Can Overcome Anxiety*** ***Through Faith in Jesus***



Stress Ball: We Can Overcome Anxiety Through Faith in Jesus

Mark 14:32-42

Summary: Stress balls are great for squeezing when we're feeling a little anxious or stressed out. Today, our Bible story will teach us that Jesus was faithful despite fear, and his death and resurrection made the way for us to live without fear too.

Gospel Connection: God doesn't want us to live in fear. He wants us to trust Him and His plan, even when we are anxious and stressed. We can draw a connection between how we feel when we're fearful and how Jesus must have felt before he died on the cross. He was afraid, but he trusted God's plan and it ultimately saved humanity.

Memory Verse: Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Additional passages: 1 John 4:18; Philippians 4:6-7, 11-13; Matthew 6:25-34



Memory Verse Activity

Set to Music

Suggested time: 5–10 minutes.

Supplies: None

Instructions:

- Invite a volunteer to recite the memory verse without reading it. Congratulate the volunteer for her efforts and encourage all the kids to continue working to memorize the verse.
- Then, select a well know song, such as “Row, Row, Row Your Boat,” and use the melody to set the verse to music. Work with the kids to sing the verse, and consider using the hand motions developed in the first week.
- Sing this new song a few times, then challenge new volunteers to say or sing the verse from memory.

LEADER: Each week we’ve talked about how real peace comes from God. Even though we may use Fidget Toys to distract us, help us relax, or help us focus, only God can really give us the rest we need. This week, we will be looking at a classic fidget toy, a stress ball! God doesn’t want us to live in fear. We’ll learn more about that soon.



Fidget Illustration

Stress Ball

Suggested time: 5–10 minutes

Supplies: 5 stress ball fidget toys, dry erase board, dry erase marker, stop watch (optional)

Instructions:

- Display the stress ball fidget toys. Instruct the kids not to touch them.
- Invite the kids to observe them and tell you words that describe the toys. Write down the words the kids use.
- Allow the kids to take turns playing with the toys for 10 seconds. You may use a stopwatch to ensure the time limit is consistent.
- Ask the kids to add new words to describe the toy now that they have handled it. Write these words alongside the original words.

LEADER: Stress balls have been around for a long time. The idea is that when you are stressed or concerned, you can squeeze the ball to relieve some of the tension you feel. Today, we will take some time to learn about a time Jesus felt stress and fear. We know that He never sinned, so how do you think He handled those emotions? [*Allow kids to respond.*] Those are some great ideas. We'll learn more in our large group lesson.

In the meantime, I want you to think about what things you feel afraid of. We all feel afraid or anxious sometimes. You might fear some things that can't really hurt you, like the dark, or things that could only hurt you if you actually encountered one, like a shark; but in life, we also face situations that can make us feel afraid, especially when we aren't sure how the situation will turn out, like when you choose to do something you know you shouldn't, or when someone you care about is angry with you. Today, we are talking about all kinds of situations where we might be afraid, and what God does to help us handle our fear.

Transition to **Large Group Lesson.**



Large Group Lesson

Suggested time: 10–15 minutes

Discuss situations in which the kids feel anxious or afraid. Be prepared to share appropriate examples from your own life.

LEADER: Did you know that the command “do not be afraid” appears over 70 times in the Bible? Why do you think God would want us to hear that over and over again? [Allow kids to respond.] I think part of the reason is that we tend to be pretty fearful. We fear all kinds of things. When we are young, we might be afraid of the dark, or of loud noises. As we get older, we might have experiences that make us afraid of certain kinds of animals, like big dogs, snakes, or spiders. We often worry about the money we do or don't have, what our boss thinks about us at work, or how we will make it through hard situations like sickness or loved ones dying. Even adults feel afraid sometimes. When you are afraid, you may experience the following:

- Feeling overwhelmed
- Feeling angry or on edge
- Feeling hot or sick to your stomach
- Heart beating fast
- Thinking that things are too much
- Thinking that you need to escape a situation
- Feeling fearful that something bad is going to happen

LEADER: Even Jesus felt afraid. When Jesus was hours away from being arrested, beaten, and killed on the cross, what do you think He did to manage His fear? [Allow responses.] That's right! He prayed.

READ: And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” And he took with him Peter and James and John, and began to be greatly distressed and troubled. And he said to them, “My soul is very sorrowful, even to death. Remain here and watch.” And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. 36 And he said, “Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.”

Mark 14:32-42

LEADER: Wow! What a story. When Jesus was filled with fear, He didn't worry, He prayed. He told God what he wanted: “Remove this cup from me.” Then He told God that He was



going to obey no matter what: “Yet not what I will, but what you will.” I sometimes focus so much on Jesus’ identity as God the Son, that I forget He was also fully human. As humans we deal with stress on a regular basis, but we are never alone in our fear. Through Jesus, we can have God living inside us, helping us! Let’s read what Paul said about anxiety and fear.

READ: do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

LEADER: Paul knew that believers would face hardships and feel anxious or afraid at times. So if he knew we’d be afraid and anxious, why does he command us not to be? [Allow responses.] And Paul didn’t just say, don’t be anxious about little things. He said not to be anxious about anything. That seems impossible sometimes, but it’s what God wants us to do. He doesn’t want us to be stressed and worried about the future because we are his children, and he is taking care of us. Paul’s instructions sound a lot like what Jesus did, don’t they? *Supplication* is a word that means *asking for something you want*.

So, just as Jesus did, we are supposed to tell God what we want Him to do when we are afraid! But remember, God’s plan is always best. We are told to tell God our requests with thanksgiving. That means we tell God what we want while being thankful for what He has done and will do, even if it’s not what we think He should.

READ: I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

Philippians 4:12-13

LEADER: Sometimes, God’s plan for Paul included having more than enough at times, and going hungry at other times. We may not always understand exactly why God allows us to face the circumstances we face, but we can always trust Him. He may not give us what we want, or even what we think we need; but He always gives us what is best for us.

READ: “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a



single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Matthew 6:25-34

LEADER: That passage is from Matthew, and it's words from Jesus himself. He wanted people to know that the things that we worry about and fear are not nearly as important as following God and living for Him. When we worry and fear, it's a little like saying "God, I don't trust you. I don't think you can take care of me, so I have to figure it out for myself!" In Fact, the Bible teaches that loving God is the way to overcome fear.

READ: So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him. By this is love perfected with us, so that we may have confidence for the day of judgment, because as he is so also are we in this world. There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. We love because he first loved us.

1 John 4:16-19

LEADER: When we understand God's love for us, it allows us to love God in return. When we realize the incredible sacrifice of Jesus, we can see the lengths God went to in order to make the way for us to live with Him. If God loves us that much, why wouldn't He always do what is best for us? We have nothing to fear in life, because Jesus has already overcome the biggest enemies we faced. We have no reason to be anxious about the future, because the most important part of the future has already been taken care of by Jesus through His life, death, and resurrection. When the Bible says "Do not be afraid," it's a command that we really can obey!



Small Group Discussion & Prayer (K–2nd grades)

Discussion Questions:

- Why was Jesus so upset in the garden when He prayed?
 - *Jesus was feeling fear about His upcoming death.*
- What did Jesus ask of God?
 - *“Remove this cup from me,” that he wouldn’t have to die*
- What did Jesus say to God about His request?
 - *“Not what I will, but what you will,” agreeing that God’s plan was best*
- What does God promise to provide for us?
 - *what we need, what is best for us*
- What do we need most?
 - *new life in Jesus*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, thank you that you made the way for us to live without fear. Help us trust you in hard times. Give us courage to follow you each day. Help us turn to you when we feel anxious. Thank you for hearing us when we pray. In Jesus’ name, Amen.



Small Group Discussion & Prayer (3–5th grades)

Discussion Questions:

- Why was Jesus afraid to die?
 - *Guide kids to think about Jesus identity as fully God and fully human. Help them see that, as a human, Jesus did not want to experience pain. Remind them that His relationship with God the Father had always been perfect. For him to take on sin, Jesus would also have to feel the pain of a broken relationship with God.*
- What gave Jesus the courage to obey God and go to the cross?
 - *Encourage the kids to consider that Jesus' understanding of God's goodness and love. Jesus knew God completely. God the Son understood that God the Father always does what is best. Jesus's trust in God gave him the courage to obey a plan that was scary.*
- Why is it OK to ask God for what we want?
 - *God loves us and wants to give us good things. Sometimes, we think we know what is good, but are wrong. God wants us to be honest with Him, and He wants us to trust Him no matter what he does or does not give us.*
- Why does perfect love cast out fear?
 - *Direct the kids to consider the ways loving God helps us trust Him in hard times. Remind them that, just as getting a filling, resetting a broken bone, or taking yucky medicine may seem bad in the short term but be good in the long term, so too can trials seem scary even though God is using them for His glory and our good.*
- What fears do you still struggle with?
 - *Guide the kids to think about the things they worry about or are afraid of. Be prepared to share examples of your life. Then discuss ways we can deal with those fears and anxieties, such as prayer, talking to friends, asking for help, and reading the truth of God's Word.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, thank you that you made the way for us to live without fear. Help us trust you in hard times. Give us courage to follow you each day. Help us turn to you when we feel anxious. Thank you for hearing us when we pray. In Jesus' name, Amen.



Hands-on Lesson Review

Express yourself

Suggested time: 10–15 minutes

Supplies: index cards; pen

Instructions:

- Before the lesson, write 10 emotions on 10 index cards, 1 per card. Use emotions such as joyful, sad, angry, excited, afraid, confused, determined, bored, surprised, disgusted, or any emotions you choose.
- Instruct the kids to sit in a circle. Select a kid to start the game by drawing a card. He will keep the card hidden, but make a face that shows the emotion from the card. The other kids must mimic the face he is making. Then, the kid to the right will guess what the emotion is.
- Play will pass to the left. Continue in this way until all kids have had a turn. If you have more kids than cards, you may form smaller groups of kids and make more than one set of cards or reshuffle the cards to keep playing.

LEADER: God doesn't want us to hold our feelings inside or try to hide them. When we feel afraid, we can tell Him about it. He loves us; He proved His love by sending Jesus to die on the cross for our sin. When we love Him, we learn to trust Him even in hard times. He may not always do what we think He should do, but He will always take care of us and give us what we need. We don't need to be afraid or anxious because God is always there for us.



Bonus Activity

Thankful Hands Craft

Suggested time: 5–10 minutes

Supplies: construction paper, Scissors, Glue sticks; Markers

Instructions:

- Give each child a piece of cardstock. Help them fold their papers in half along the longer edge (sometimes referred to as folding “hamburger style”).
- Instruct the kids to trace their non-dominant hand on the folded paper and then cut it out. When they unfold their papers, they should have two identical hands.
- Invite each kid to write prayer requests on one hand and praises on the other.
- Encourage kids to swap their prayer request hands with other kids.
- Help the kids glue the two hands (their own praise hand, and someone else’s prayer request hand) together so the writing faces out.
- Encourage the kids to take their hand craft home and spend their week praying for their friend’s hand and praising God for His goodness.

LEADER: No matter what we feel, we can pray. Prayer is especially important when we feel afraid. We can tell God how we feel and what we are afraid of, trusting that He will answer our prayers in the way that is best for us. God may not do what we hope He will do, but He will always work things out for His glory and our good. When we have faith in Jesus, we don’t need to feel afraid, because God is in control of all things, and He is always taking care of us.



Parent Page

Fidgets of Faith Week 4: Stress ball—We Can Overcome Anxiety Through Faith in Jesus

- **Summary:** Today, we learned that even Jesus felt fear. Before He was arrested, Jesus prayed and asked God for another way, but agreed to obey no matter what. We know that God is in control. He loves us and wants what is best for us. Whether or not we use a stress ball, we can overcome our fear and anxiety, by trusting Jesus.
- **Gospel Connection:** The Bible teaches that our greatest reasons to fear, sin and death, were defeated when Jesus rose from the dead. Although we face difficult circumstances, God is in control of all things, and He does everything for His glory and our good.
- **Memory Verse:** Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Review Questions:

- Why was Jesus afraid to die?
- Why did Jesus trust the Father's plan?
- What are ways we can handle fear and anxiety?
- What has God promised to provide for us?
- How has God already provided for our greatest need?

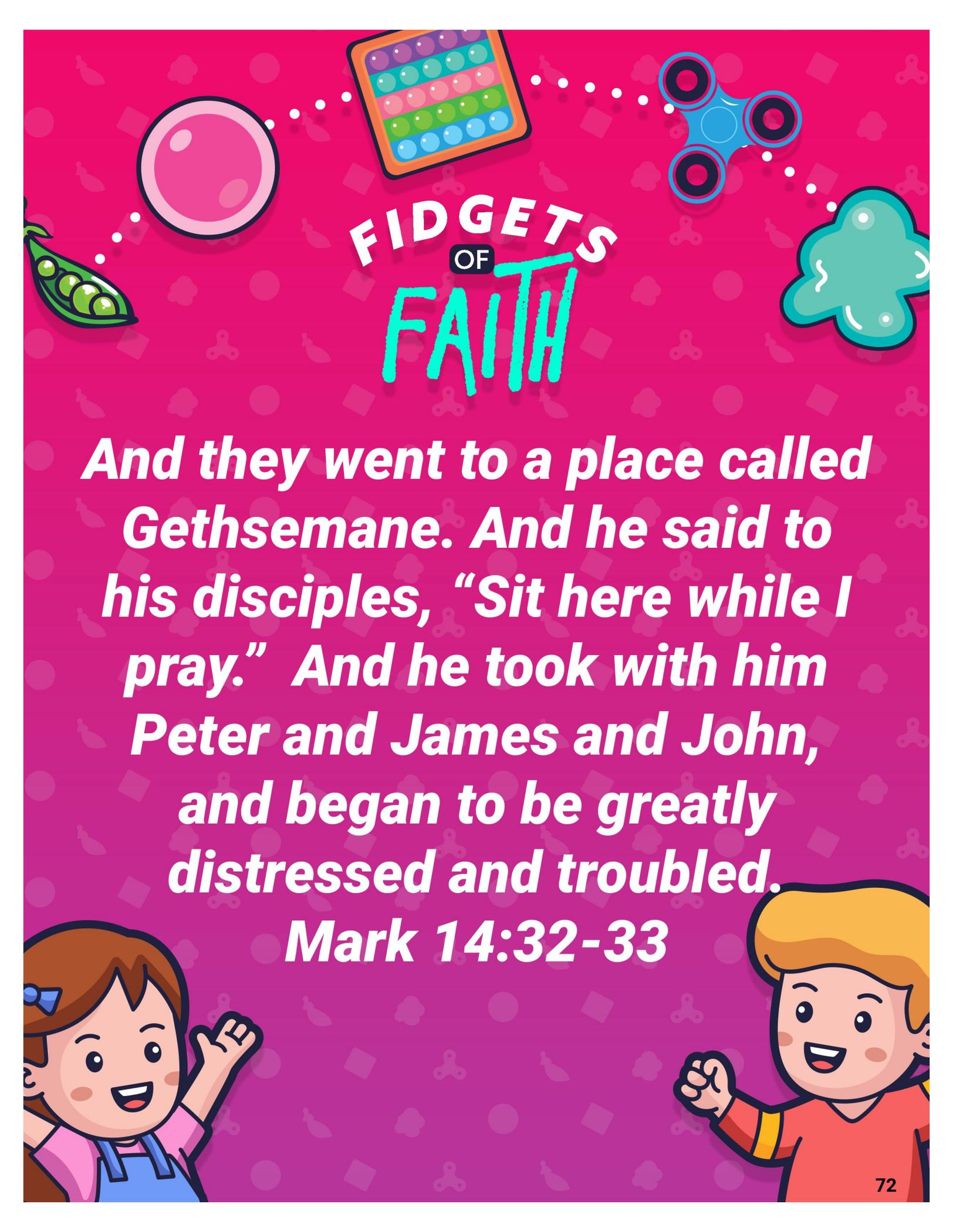
Family Activity: "Stress Ball" Craft

Supplies: Funnel; Flour; Clean, dry water bottle; Balloons

Instructions:

1. Use a funnel to nearly fill a clean, dry water bottle with flour.
2. Blow up a balloon so that it's about halfway filled with air. Twist the opening to hold the air in, then stretch the mouth of the balloon over the mouth of the water bottle.
3. Tip the water bottle upside down and let the flour fall into the balloon.
4. When about half the flour is in the balloon, carefully remove the balloon from the water bottle and very slowly release the air in the balloon. If you let the air out too quickly, it will send flour everywhere!
5. Tie off the balloon.





FIDGETS OF FAITH

And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” And he took with him Peter and James and John, and began to be greatly distressed and troubled.

Mark 14:32-33



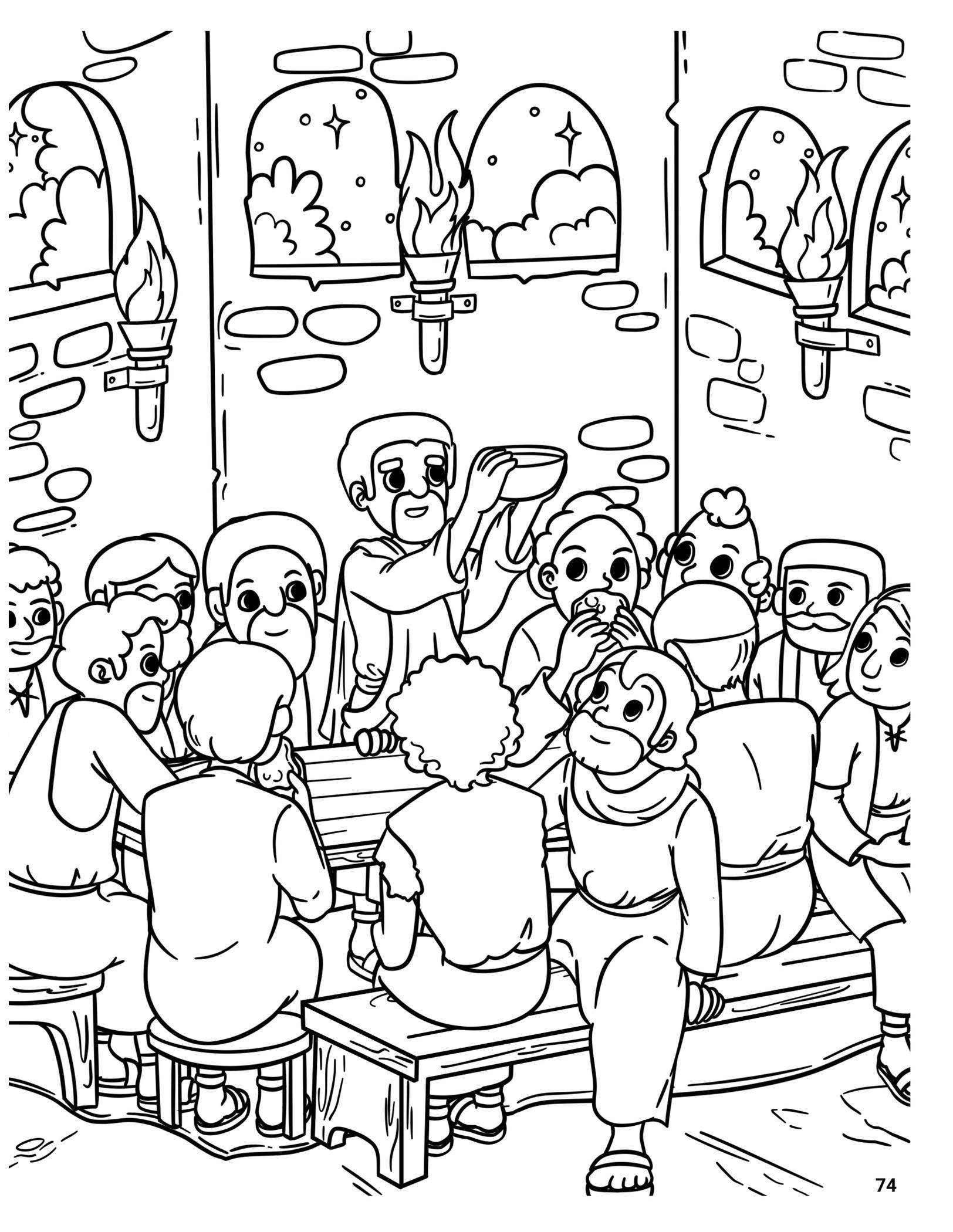


FIDGETS OF FAITH

***For God alone my soul waits
in silence; from him comes
my salvation. He alone is my
rock and my salvation my
fortress; I shall not be
greatly shaken.***

Psalm 62:1-2





Fidgets of Faith Missing Words



Directions: Write the missing characters and words.

Mark 14:32-33 And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” And he took with him Peter and James and John, and began to be greatly distressed and troubled.



**Ma_k 14:32-33 And they we_t to a
pla_e called Ge_hse_a_e. And he said
to his di_ci_le_, “Si_ here while I
_____.” And he took with him _ete_
and J_m_s and Jo_n, and be_an to be
grea_ly _istres_ed and _rou_le_.**

Answer Key

Fidgets of Faith Missing Words

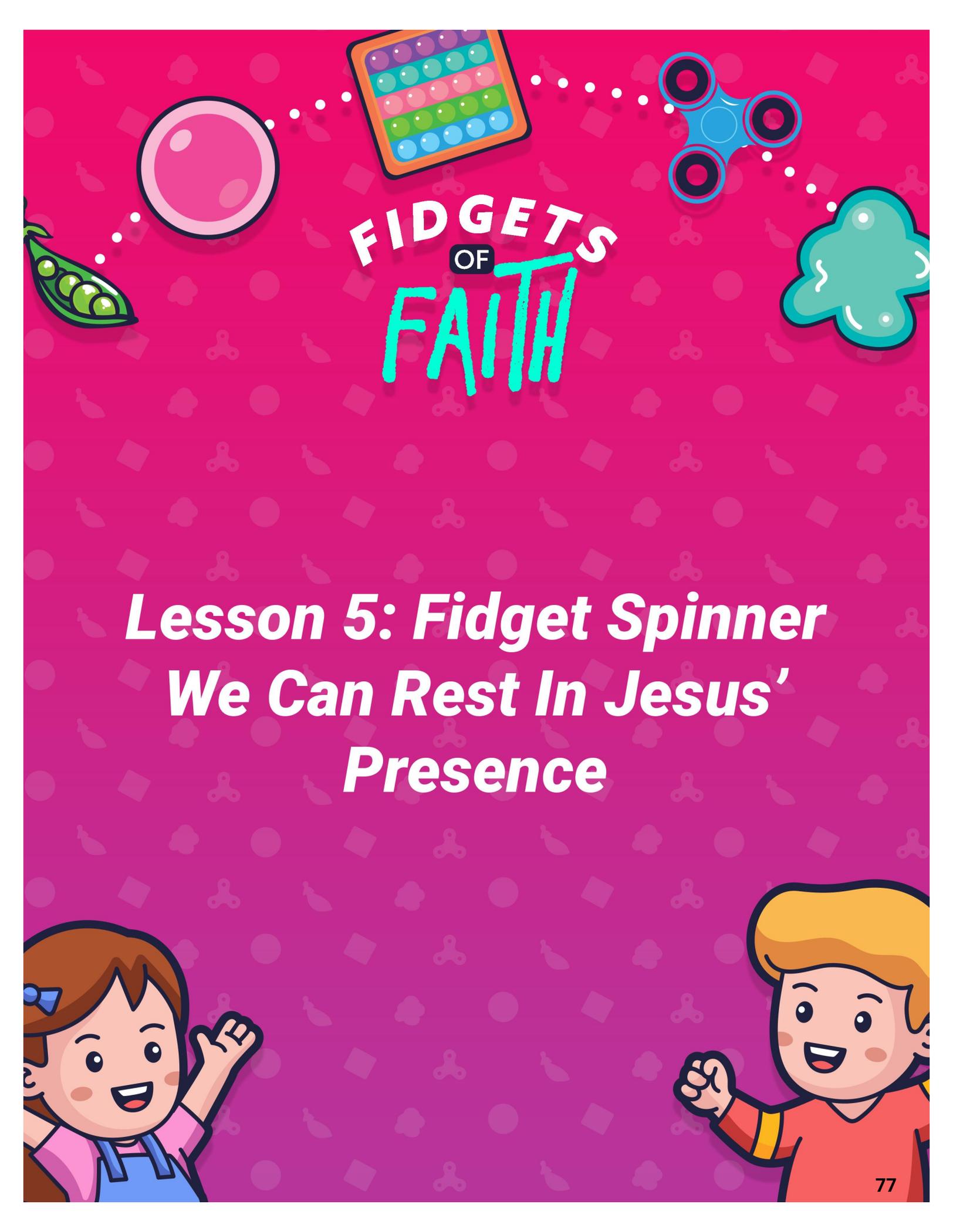


Directions: Write the missing characters and words.

Mark 14:32-33 And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” And he took with him Peter and James and John, and began to be greatly distressed and troubled.



Mark 14:32-33 And they went to a place called Gethsemane. And he said to his disciples, “Sit here while I pray.” And he took with him Peter and James and John, and began to be greatly distressed and troubled.



FIDGETS OF FAITH

Lesson 5: Fidget Spinner We Can Rest In Jesus' Presence



Fidget Spinner: We Can Rest In Jesus' Presence

Luke 10:38-42

Summary: Just as a fidget spinner zips quickly around without really going anywhere, we will learn that Martha was busy doing many things and missed the most important thing of all: time with Jesus.

Gospel Connection: God wants us to spend time with him. In life, we may busy ourselves with hobbies, sports, chores, or school, but without Jesus, we are spinning without going anywhere. When we rest in Jesus, He allows us to be productive in ways that really matter, by furthering His kingdom.

Memory Verse: Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Additional passages: Deuteronomy 5:12-14; Psalm 23; Psalm 46:10; Matthew 11:28-30; Mark 2:23-28



Fidget Illustration

Fidget Spinner

Suggested time: 5–10 minutes

Supplies: 5 fidget spinner toys, dry erase board, dry erase marker, stop watch (optional)

Instructions:

- Display the fidget spinner toys. Instruct the kids not to touch them.
- Invite the kids to observe them and tell you words that describe the toys. Write down the words the kids use.
- Allow the kids to take turns playing with the toys for 10 seconds. You may use a stopwatch to ensure the time limit is consistent.
- Ask the kids to add new words to describe the toy now that they have handled it. Write these words alongside the original words.

LEADER: What does a fidget spinner do best? [*Allow responses.*] That's right! It spins! But does it spin like a wheel? [*Allow responses.*] Not really. A wheel spins as it travels, going somewhere and helping a car, train, wagon, or other vehicle go there too. A fidget spinner doesn't really accomplish anything by spinning. Today we're going to read about a woman who was busy spinning around and keeping herself busy but missing an opportunity to accomplish something much more important.

So before we go to our large group lesson, I want you to think about the things you like to do and the ways you stay busy. For some of you, it may be playing on multiple sports teams. For some of you, it may be getting all your homework done well. Some of you may like to spend time drawing, playing music, dancing, playing video games, or writing stories. None of those things we do to keep ourselves busy and feel like we are accomplishing something important are bad things, but all of them need to come second to spending time with God and growing in our relationships with Him.

Transition to **Large Group Lesson.**



Large Group Lesson

Suggested time: 10–15 minutes

Discuss with the kids how much time they spend doing different activities throughout the week. Focus on things like how much time they spend at school, how much time they spend sleeping, how much time they spend playing, and so forth. Then ask them how much time they spend reading their Bibles, praying, or gathering with the church.

LEADER: It probably won't surprise you to hear me say that the most important things you can do with your time are study the Bible, pray, and gather with the church. What may surprise you, at least a little, is to hear me admit that I often find it challenging to make time for God. The world is filled with distractions and tasks, blinking notification lights and blooping alert sounds. Sometimes I feel like I just have too much to do to set aside time for God.

And you know what? I'm not the first person to feel that way.

READ: Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me."

Luke 10:38-40

LEADER: Are you ready for a super easy question? [Allow responses.] OK, here's the question: Is it bad to serve other people? [Allow responses.] No! Of course not. Serving others is a great way to show God's love. So, how do you think Jesus responded to Martha when she asked Him to get Mary to help her? [Allow responses.] Let's read on!

READ: But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

Luke 10:41-42

LEADER: I'm going to be blunt, the first time I read this story, I didn't see that coming. I was thinking *Wow, Mary must be lazy! What a rude sister, leaving all the work for Martha!* In fact, the first time I ever heard this story, I thought Jesus must have made a mistake! Jesus never makes mistakes. Everything He thinks, says, and does is completely perfect in every way. But we just agreed that serving others is good. Why wouldn't Jesus tell



Mary to get up and help Martha serve? [Allow responses.] Great answer. The problem wasn't that Martha chose to serve, it was that Martha did not choose to sit with Jesus and learn from His teaching!

God's plan has always been for us to set aside time to rest and refocus our hearts on His love and goodness.

READ: Observe the Sabbath day, to keep it holy, as the Lord your God commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you.

Deuteronomy 5:12-14

LEADER: Mary was happily sitting at the feet of Jesus, absorbing everything he had to say. She was spending time with him and listening to his wisdom. Martha on the other hand, was going, going, going! She was worried about all the preparations for Jesus' visit and was missing a chance to enjoy the company of God the Son in her own home!

Have you ever done that? You're working so hard at doing something that you don't notice the people around you? Maybe it happens when you are fighting the hardest boss in a video game. Or maybe you are reading the exciting climax of a book in your favorite series. Perhaps it happens when you are trying to figure out a tough homework problem, or fix an important skill to be better at your favorite sport. The Bible teaches that it's good to do our best at things. But we must do it for God's glory, not our own. Even though Martha was working hard, Jesus told her she was not putting her energy into the right thing. She wasn't working hard for God, because she was neglecting to spend time with Him!

READ: And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:15-17

LEADER: Look at the order of those verses. It ends with a command to do "whatever you do" in the name of Jesus, but it starts with some guidelines for how we can do everything for God. We do things for God by finding peace in Him, being thankful to Him,



filling our lives with the Word, teaching and encouraging one another, and praising God. If our focus is on the stuff we need or want to accomplish, and not on the God for whom we are accomplishing it, we're kind of like a fidget spinner—spinning, spinning, spinning, but never really going anywhere. God offers us a better way.

READ: The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake.

Psalm 23:1-3

LEADER: God wants to spend time with us, connect with us, and provide us with rest. He sent Jesus to earth so that we could have a close relationship with him and eventually spend eternity in Heaven with him. The time we spend focusing on that relationship will always be worthwhile. Even when you feel like you don't have time for God, making time for him is the best way to ensure you will have time for everything else.

READ: Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11:28-30

LEADER: A yoke is the wooden cross-brace that holds oxen to a cart as they pull it around. There is a yoke that corresponds to following Jesus, which means Jesus isn't saying there's no effort involved with loving Him and obeying Him. He is saying that the effort isn't a heavy, toilsome, uncomfortable burden. Adding *spend time with God* to your to-do list makes the list easier to finish, not harder. It's an amazing thing we *get* to do, not a boring chore we *have* to do.

Transition to **Small Group Discussion and Prayer**



Small Group Discussion & Prayer (K–2nd grades)

Discussion Questions:

- Who was busy serving when Jesus visited her?
 - *Martha*
- Which sister did Jesus say had made a better choice?
 - *Mary, for spending time with Jesus*
- Who gives us real peace?
 - *God, through Jesus*
- What's the most important thing we can do with our time?
 - *Get to know God (study the Bible, pray, gather with the church, and so forth)*
- How does Jesus give us true rest?
 - *He took our punishment so we could live with God, forgiven and new*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, thank you for loving us. Thank you for making the way for us to have a relationship with you. Help us never to take that for granted. Remind us daily to make time for you. Give us peace as only you can. In Jesus' name, Amen.



Small Group Discussion & Prayer (3–5th grades)

Discussion Questions:

- Why did Jesus say Mary's choice was wiser?
 - *Mary had chosen to sit in Jesus' presence, listening to His words, learning from Him, deepening her relationship with Him.*
- What is the purpose of the Sabbath?
 - *Guide kids to think about what the purpose of rest is. Help them see that God wants us to have time away from work so we can deepen our dependence on Him.*
- What is the difference between godly rest and selfish laziness?
 - *Help the kids think through the activities they think of as "restful." Talk about different ways to use those activities to glorify God or deepen our relationship with Him. Remind them that outside of our time devoted to God, when we aren't resting, we are called to work hard for God's glory.*
- What are the ways we can grow our relationship with God?
 - *Help the kids think about the things all believers should do, such as reading the Bible, praying, and gathering with the church. Discuss the specific purposes of these spiritual disciplines. Consider talking to them about lesser known disciplines, like fasting, and what purpose such disciplines have in our lives.*
- How often do you spend time with God, and what do you do in that time?
 - *Be prepared to share a little bit about your routines and how you make time for God. Encourage the kids to be honest about their lives, and challenge them to come up with a step they can take this week to improve their relationships with God.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, thank you for loving us. Thank you for making the way for us to have a relationship with you. Help us never to take that for granted. Remind us daily to make time for you. Give us peace as only you can. In Jesus' name, Amen.



Hands-on Lesson Review

Pom-pom Scramble

Suggested time: 10–15 minutes

Supplies: 1 plastic spoon per kid; assorted pom-poms in various colors; 2 bowls

Instructions:

- Form two teams of kids. Give each kid a plastic spoon.
- Instruct teams to line up at one end of the room.
- At the far end of the room, place a bowl for each team and fill them with assorted pom-poms in various colors.
- When you say “go” the first player on each team will race to her team’s bowl scoop a single pom-pom into her spoon, and return it to her team.
- Then, the next kid in line will race to the bowl to retrieve a pom-pom.
- While the kids are focused on the task, announce some facts about yourself, such as your birthday, your favorite color, the name of an author you love to read, your middle name, and so forth. Do not explain why you are doing this, or even hint that it is important.
- When one team has emptied their bowl, stop the game. Then announce that the winning team will be whoever can answer 5 questions about you correctly.
- Ask 5 questions about yourself based on the information you shared with the kids while they were playing the relay race.
- If either team is able to answer all five correctly, declare that team the winner.

LEADER: Wow, that probably felt like a trick didn’t it! After setting up the game with the pom-poms, you probably thought the most important thing was to *get those pom-poms!* When you found out at the very end that it was actually more important to listen to my words and get to know me, it was too late!

In some ways, this can help us think about our lesson today. It’s easy to be distracted by life and all the things we feel like we *have* to do; the things that feel *so important!* But at the end of our lives, when we stand before Jesus, the only thing that will matter is if we knew Him or not.



Bonus Activity

“Make Time for Jesus” Craft

Suggested time: 5–10 minutes

Supplies: 1 Paper plate per kid; Construction paper; Scissors; Markers or crayons; Brad fasteners, Stickers or other craft supplies

Instructions:

- Before class, cut the construction paper into strips of roughly even width. Ensure you have enough strips for each kid to have one
- Give each kid a paper plate. Help the kids write the numerals 1–12 around the edge of the plate like a clock.
- Give each kid a strip of construction paper. Demonstrate how to cut the strip in two so that one strip is longer than the other.
- Help the kids cut the corners of one end of each strip to make them pointed on that end; then help them attach both strips to the center of the paper plate clock face using the brad fastener.
- Allow the kids to decorate their clock faces with markers, crayons, stickers, or other craft supplies. Suggest that they write *I can make time for Jesus* on their clock faces.

LEADER: It's important to make time to spend with Jesus. What can we do with Jesus? [Allow responses.] That's right! We can read our Bible, pray, spend time with other believers, and share the gospel. When you go home today, ask your parents what time of day is best in your schedule to spend time with Jesus. Have your parents help you mark that time with the hands of the clock and hang it up in your room. It will be a good reminder to spend time with Jesus when it's that time. Mary from our story today spent time with Jesus instead of spinning around and keeping busy. Let's remember that spending time with Jesus is very important because the time we spend with him cannot be taken away.



Parent Page

Fidgets of Faith Week 5: Fidget Spinner—We Can Rest In Jesus' Presence

- **Summary:** Today, we read the story of Mary and Martha and how these two sisters reacted to a visit from Jesus in very different ways. Mary sat at the feet of Jesus and hung on his every word. While Martha made herself busy trying to make everything perfect for Jesus. But, Jesus reminds Martha that Mary has chosen wisely because it is more important to spend time with him than to try to make her home perfect. Ask your children the questions below and talk about how you can make time for Jesus in your daily schedule.
- **Gospel Connection:** God wants us to spend time with him. In life, we may busy ourselves with hobbies, sports, chores, or school, but without Jesus, we are spinning without going anywhere. When we rest in Jesus, He allows us to be productive in ways that really matter, by furthering His kingdom.
- **Memory Verse:** Psalm 62:1-2 For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.

Review Questions:

- Why was Martha's hard work less wise than Mary's rest?
- Why do we need to spend time with Jesus?
- How can we spend time with Jesus?
- Why does God want us to rest?
- What activities distract us from Jesus?

Family Activity: *Weekly Family Worship*

Supplies: Bible; family calendar (optional); smart-home speakers(optional)

Instructions:

1. Check your family's schedule and decide on a time during the school week when everyone is home at the same time. Set aside 30 minutes to read a Bible passage, sing a worship song, and pray together as a family.
2. Consider making a family calendar that your kids can decorate. Mark this family worship time on the calendar to repeat each week on the same day at the same time. If you use smart-home speakers, set up alerts to remind your family when it's time to gather.





FIDGETS OF FAITH

'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.

Luke 10:41-42





FIDGETS OF FAITH

***For God alone my soul waits
in silence; from him comes
my salvation. He alone is my
rock and my salvation my
fortress; I shall not be
greatly shaken.***

Psalm 62:1-2





Answer Key

Fidgets of Faith Word Search



Directions: Find the words given in the word search.

Luke 10:41-42 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”



Word Bank

NECESSARY

PORTION

MARY

TROUBLED

MARTHA

CHOSEN

ANXIOUS

THINGS

LORD

Fidgets of Faith Word Search



Directions: Find the words given in the word search.

Luke 10:41-42 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

Z	M	P	W	C	S	E	T	L	L	U	W	L	N	V	H	G	M	A	F	I	V	Z	K	H
T	Y	W	R	D	Y	R	M	X	N	P	T	E	I	L	C	S	E	A	D	Z	B	G	U	Z
B	R	A	O	A	E	B	A	G	N	M	U	V	Y	V	A	L	C	R	R	D	L	U	F	M
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C	U	K	Z	N	Y	I	Q	F	O	O	Y	E	W	J	U	Y	C	J	P	S	G	G	P	R
R	Z	O	U	R	A	L	S	W	H	A	B	S	D	F	W	S	I	P	X	Y	B	G	Q	D

Word Bank

NECESSARY

PORTION

MARY

TROUBLED

MARTHA

CHOSEN

ANXIOUS

THINGS

LORD



FIDGETS OF FAITH

Lesson 6: ***Flipping Bike Chain Rings*** ***The Holy Spirit Helps Us*** ***Stand Firm***



Flipping Bike Chain Rings: The Holy Spirit Helps Us Stand Firm

Romans 7:15-20

Summary: The flipping bike chain fidget is fun to flip back and forth across the rings. In our Bible story today, we will learn that believers sometimes feel tempted to “flip” back to old, sinful habits that God has called us away from.

Gospel Connection: We cannot earn salvation by good behavior, but after putting our faith in Jesus, we must fight temptation to flip back into old habits. God knows that we are still humans with sin natures, and so the Holy Spirit lives in us to help us love and obey God.

Memory Verse: Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Additional passages: 1 Kings 18:20-24; Luke 16:10-12; Galatians 1:6-10; James 1:5-8



Memory Verse Activity

Balloon Bop

Suggested time: 5–10 minutes.

Supplies: dry erase board, dry erase markers

Instructions:

- Inflate a balloon and tie it off.
- Challenge the kids to keep the balloon off the ground by bopping it into the air. Each time a kid bops the balloon, he must say a word of the memory verse, in order.
- No kid may bop the balloon more than once unless every other kid has already bopped it.
- If the balloon touches the ground, the kids must restart the memory verse at the first word.
- Play until every kid has had a turn to bop the balloon and the verses have been said at least one full time. If time allows, continue playing.

LEADER: No matter how hard you bopped that balloon, it always floated back towards the ground eventually. Sometimes, we may feel that our sin always drags us back down, away from God. Today, we will learn about the nature of sin in our lives and how we deal with sin after putting faith in Jesus. It's important to remember that, for a believer, avoiding sin isn't about trying really hard to be good; instead, Christians avoid sin by resting in God's love for us.

Our memory verse is a great reminder that only God can give us rest. He protects us from sin and prevents the enemy from shaking us. He is our fortress. We can wait for Him, knowing that He will always be there for us.



Fidget Illustration

Flipping Bike Chain Rings

Suggested time: 5–10 minutes

Supplies: 5 flipping bike chain ring toys, dry erase board, dry erase marker, stop watch (optional)

Instructions:

- Display the flipping bike chain ring toys. Instruct the kids not to touch them.
- Invite the kids to observe them and tell you words that describe the toys. Write down the words the kids use.
- Allow the kids to take turns playing with the toys for 10 seconds. You may use a stopwatch to ensure the time limit is consistent.
- Ask the kids to add new words to describe the toy now that they have handled it. Write these words alongside the original words.

LEADER: Good morning, everyone. Who remembers what we've been talking about? Fidgets of Faith! That's right! Well today, we're going to look at another fidget toy. What is this one called? [Allow responses.] That's right, it's a flipping bike chain ring. What does the bike chain fidget do? It flips back and forth, right? It's fun and satisfying to see it flip back and forth without breaking. But, did you know that God doesn't want us to be like these BIKE CHAIN fidgets? He wants us to stand firm in our beliefs and not keep flipping back to our sinful, old ways of living.

Sometimes it feels hard to obey God though, doesn't it? Did you know that even the Apostle Paul wrote about having struggles controlling his behavior? That's right, Paul—the same guy who, led by the Holy Spirit, wrote more than a quarter of the New Testament. He struggled to always do what God wanted him to do! If you are like me, you may hear that and think, *if Paul can't obey God all the time, what hope do I have of obeying Him at all?* Today, we will talk more about that. Let's get to it!

Transition to **Large Group Lesson**.



Large Group Lesson

Suggested time: 10–15 minutes

Discuss with the kids what they feel most tempted by. Do they feel tempted to eat too much junk food? Do they feel tempted to procrastinate chores and homework to play video games? Do they feel tempted to return other people's unkindness with unkindness of their own? Do they feel tempted to lie in order to avoid trouble?

LEADER: God knows that we are sinners who, on our own, cannot choose to obey Him. That is why he sent Jesus. Despite our sin, God still loves us and wants what's best for us. Everyone who believes in Jesus is forgiven of sin, given a new life, and adopted into God's family. But if we have a new life, why do we still choose to sin? *[Allow responses.]* Those are some interesting ideas. We all still have sin natures even after being saved. When we believe in Jesus, God declares that we are righteous, which means that Jesus took the punishment we deserved and God gives us the perfect record of obedience that belongs to Jesus. Because God gives us new hearts and sends the Holy Spirit to live inside us, we have the ability to choose God's way; but sometimes we may not.

READ: For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree with the law, that it is good. So now it is no longer I who do it, but sin that dwells within me. For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing. Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

Romans 7:15-20

LEADER: Christians are new creations in Christ, but we still have to deal with the old sinful nature that dwells in us. That means that sometimes we will choose sin, even though we don't *really* want sin. It means Christians will sometimes do the wrong thing, even though our new hearts know that loving and obey God is best. Have you ever done something you kind of knew was going to be a bad idea? Like eating too much candy even though you sort of know it will give you a stomach ache. Sometimes, our flesh, that is, the part of us that didn't want to love and obey God before He saved us, will still peek through and lead us away from God. Sinning even when you know better has been a problem for a long time. In the Old Testament, God's people often wandered from Him even though He warned them not to.



READ: So Ahab sent to all the people of Israel and gathered the prophets together at Mount Carmel. And Elijah came near to all the people and said, "How long will you go limping between two different opinions? If the Lord is God, follow him; but if Baal, then follow him." And the people did not answer him a word. Then Elijah said to the people, "I, even I only, am left a prophet of the Lord, but Baal's prophets are 450 men. Let two bulls be given to us, and let them choose one bull for themselves and cut it in pieces and lay it on the wood, but put no fire to it. And I will prepare the other bull and lay it on the wood and put no fire to it. And you call upon the name of your god, and I will call upon the name of the Lord, and the God who answers by fire, he is God." And all the people answered, "It is well spoken."

1 Kings 18:20-24

LEADER: Ahab was an evil king who only wanted to do things his way, never God's way. Elijah was a prophet of God who wanted all the people of Israel to listen to God and obey Him out of love. As you may imagine, Ahab hated Elijah. Elijah always told Ahab the truth—his sin was causing harm to himself and all of Israel—but Ahab did not want to listen. He blamed Elijah for all the harm. But Elijah set up a test, the one we just read about! He used the test to prove that God has power, to convince the Israelites to stop flip-flopping back and forth between the one true God and false gods. Whose altar do you think burned up with fire from heaven? [Allow responses.] That's exactly right! Elijah's altar burned up, stones and all! The prophets of Baal couldn't even get a tiny spark. We can learn from the story of the people's sinful choices.

READ: Now these things happened to them as an example, but they were written down for our instruction, on whom the end of the ages has come. Therefore let anyone who thinks that he stands take heed lest he fall.

1 Corinthians 10:11-12

LEADER: It may feel a little sad or discouraging to know that the problem of sin doesn't go away completely as soon as we put our faith in Jesus. However, Paul's words to the church in Corinth are a great reminder that, because of Jesus, we don't have to give in to temptation! We can fight back against the temptations we feel, praying to God and asking Him for a way out. The Bible teaches that He always provides one!

READ: No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. Therefore, my beloved, flee from idolatry.

1 Corinthians 10:13-14



LEADER: That means that, when we face temptation, we do not face it alone! We have the power of God on our side! All we need is faith, and God will protect us from the sin that wants to trip us up.

One way our enemy will try to make us fail is by sending false messages; these messages may sound good at first, but they are not the true gospel, and so they cannot bring us life and peace.

READ: I am astonished that you are so quickly deserting him who called you in the grace of Christ and are turning to a different gospel—not that there is another one, but there are some who trouble you and want to distort the gospel of Christ. But even if we or an angel from heaven should preach to you a gospel contrary to the one we preached to you, let him be accursed. As we have said before, so now I say again: If anyone is preaching to you a gospel contrary to the one you received, let him be accursed.

Galatians 1:6-10

LEADER: Paul wasn't messing around! He didn't want anyone to twist the truth. Today, you may hear a lot of messages that sound almost true.

Maybe someone will say "do what makes you happy." That sounds OK, doesn't it? But that's not the gospel. The gospel says God wants you to find *true joy* by loving and obeying Jesus. That's the only way to really be happy!

Another message you might hear is: "Be true to yourself." But the gospel says that apart from Jesus, our true self is dead in sin, so we need to be true to Jesus! Only He can raise us to new life and give us the power to live well.

The world is filled with messages that sound good, but aren't true. We need wisdom to avoid sin and stand firm with God. Thankfully, God provides us with all the wisdom we need.

READ: If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways.

James 1:5-8

LEADER: We can stand firm knowing that God gives us salvation, the power to fight temptation, the wisdom to know the truth, and the ability to obey it!



Small Group Discussion & Prayer (K–2nd grades)

Discussion Questions:

- What did Paul say he did?
 - *the very things he hated*
- Why do Christians still choose sin sometimes?
 - *because we still have sin natures*
- How can we fight temptation?
 - *by praying for a way out, and by remembering Scripture*
- How can we tell the true gospel from the world's lies?
 - *studying the Bible, learning from other believers, using wisdom*
- Where does wisdom come from?
 - *God gives wisdom.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, we know that we are sinners. We know that we cannot love you perfectly. Help us grow closer to you. Give us wisdom. Lead us away from temptation. Make us more like Jesus today than we were yesterday. In Jesus' name, Amen.



Small Group Discussion & Prayer (3–5th grades)

Discussion Questions:

- Have you ever felt like what Paul described in Romans 7?
 - *Guide the kids to speak honestly about their struggles to obey. Ask them when they feel most tempted to disobey. Be prepared to share appropriate examples from your own life.*
- Do you find it encouraging to think that your temptations aren't new? Why or why not?
 - *Discuss how you feel when you know that someone else has been through the same thing you have. Ask the kids if they ever feel like they need to hide their sin, or as if they are alone in their sin. Remind them that this verse proves that we all experience sin in similar ways, and we need one another to help us resist sin.*
- What do you think God's way out of temptation might look like?
 - *Guide kids to see that God's way out might not be something miraculous. Often, the way out is just as simple as walking away from tempting circumstances, calling a friend to help you, or opening your Bible to read.*
- What messages do you hear in the world that confuse you? Do any sound good to you?
 - *Give the kids an opportunity to speak openly about things the Bible says that they may feel unsure about. Be frank and provide a judgment free place where they can talk about the messages they hear at school, on TV, or in movies that don't align with the truth.*
- In what circumstances do you need wisdom?
 - *Encourage the kids to share their stories of situations they felt they needed wisdom. Pray with them, asking God to provide it.*

Prayer: You may take some time to allow kids to share prayer requests. Then, lead the kids in a short prayer or read the prayer below.

LEADER: Dear God, we know that we are sinners. We know that we cannot love you perfectly. Help us grow closer to you. Give us wisdom. Lead us away from temptation. Make us more like Jesus today than we were yesterday. In Jesus' name, Amen.



Hands-on Lesson Review

Coin Flip Chaos!

Suggested time: 10–15 minutes

Supplies: 1 quarter (or other coin) per 2 kids; paper (optional); pencils (optional)

Instructions:

- Help the kids pair off. Give each pair a quarter or other coin.
- Instruct the kids to begin flipping their coins, keeping track of the number results. You may wish to provide paper and pencil so the kids can write down the results as *H* or *T*.
- Challenge the kids to keep flipping until they get 3 heads in a row.
- After a few minutes, ask the kids if any of them have gotten 3 in a row. Then challenge them to keep flipping until they get 4 in a row.
- Continue upping the challenge by one additional head until no kids are able to achieve the result.

LEADER: That challenge got harder and harder until it basically became impossible. Sometimes, we may think about temptation like this: the longer we resist, the more tempted we will feel, until it just feels impossible to withstand. This may be true if we try to resist temptation all on our own, but that's not what the Bible teaches us to do!

God wants us to rely on His power to fight temptation. In fact, the longer we resist temptation by God's power, the easier it becomes to rely on God's power to hold us up!



Bonus Activity

Unflippable Eggs

Suggested time: 5–10 minutes

Supplies: 1 plastic egg per kid; low temperature hot glue gun; coins, marbles, small stones, or other weights; adhesive googly eyes, stickers, yarn, and other craft supplies

Instructions:

- Distribute a plastic egg to each kid.
- Encourage the kids to decorate their eggs with adhesive googly eyes, stickers, yarn, or other craft supplies.
- Help the kids use a generous amount of low-temperature hot glue to stick 3–5 coins, marbles, small stones, or other weights into the bottoms of their eggs.
- Instruct the kids to close their eggs. They should now stand on end, wobbling slightly when pushed or tipped, and automatically righting themselves.

LEADER: Those eggs seem pretty miraculous! They cannot be knocked down, and they always stand back up when you try to push them over!

In a way, this is like our fight against sin when we have Jesus. Although we still have a sin nature that wants to rebel against God, we also have the Holy Spirit, who is much stronger than our sin natures. He will always lead us back to God and help us stand firm despite temptation. Even in the moments we do choose sin and feel like we've been pushed over by the enemy, the Holy Spirit helps set us back up to stand up to sin next time. In Jesus, we can always get back up and trust Him more in the next trial.



Parent Page

Flipping Bike Chain Rings: The Holy Spirit Helps Us Stand Firm

- **Summary:** The BIKE CHAIN fidget is soothing because it allows you to flip the chains back and forth across the rings. But, unlike the bike chain fidget, we should strive not to “flip back” to our old ways. God knows that we will still feel tempted, so He has provided us with many ways to stand firm. The Holy Spirit lives in us, God gives us wisdom when we ask, and He always provides a way out from temptation.
- **Gospel Connection:** We cannot earn salvation by good behavior, but after putting our faith in Jesus, we must fight temptation so we do not flip back into old habits. God knows that we are still humans with sin natures, but the Holy Spirit lives in all believers to help us love and obey God.
- **Memory Verse:** Psalm 62:1-2 *For God alone my soul waits in silence; from him comes my salvation. He alone is my rock and my salvation my fortress; I shall not be greatly shaken.*

Review Questions:

- Why can't we obey God perfectly?
- Who lives in us to help us obey?
- How might God provide ways out of temptation?
- What does it mean to have wisdom?
- Why does God want us to obey?

Family Activity: *Water Bottle Flip Challenge*

Supplies: recyclable water bottle with a cap; water

Instructions:

1. Fill the water bottle with about ½-cup of water. Secure the cap on the bottle.
2. Challenge your kids to flip the water bottle by the cap so that it lands upright after completing at least one full rotation.
3. As members of your family successfully flip the water bottle, increase the difficulty by flipping the bottle multiple times or landing it on platforms of different heights or smaller sizes.
4. Discuss the nature of sin and the temptation we sometimes feel to “flip back” to old habits even after trusting Christ.
5. Pray together, asking God to help you and your family resist temptation and hold one another accountable to love and obey Jesus.



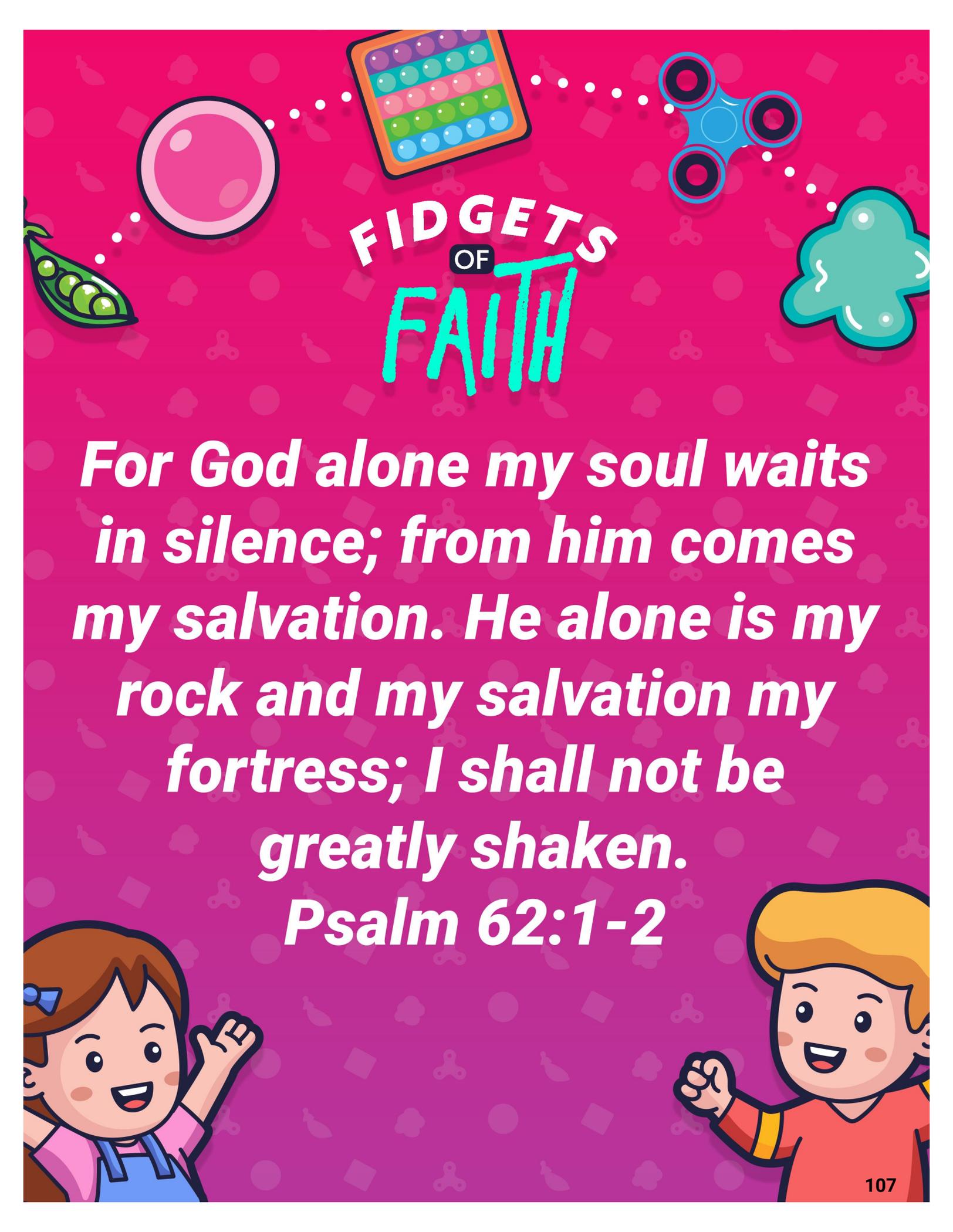


FIDGETS OF FAITH

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Philippians 4:6



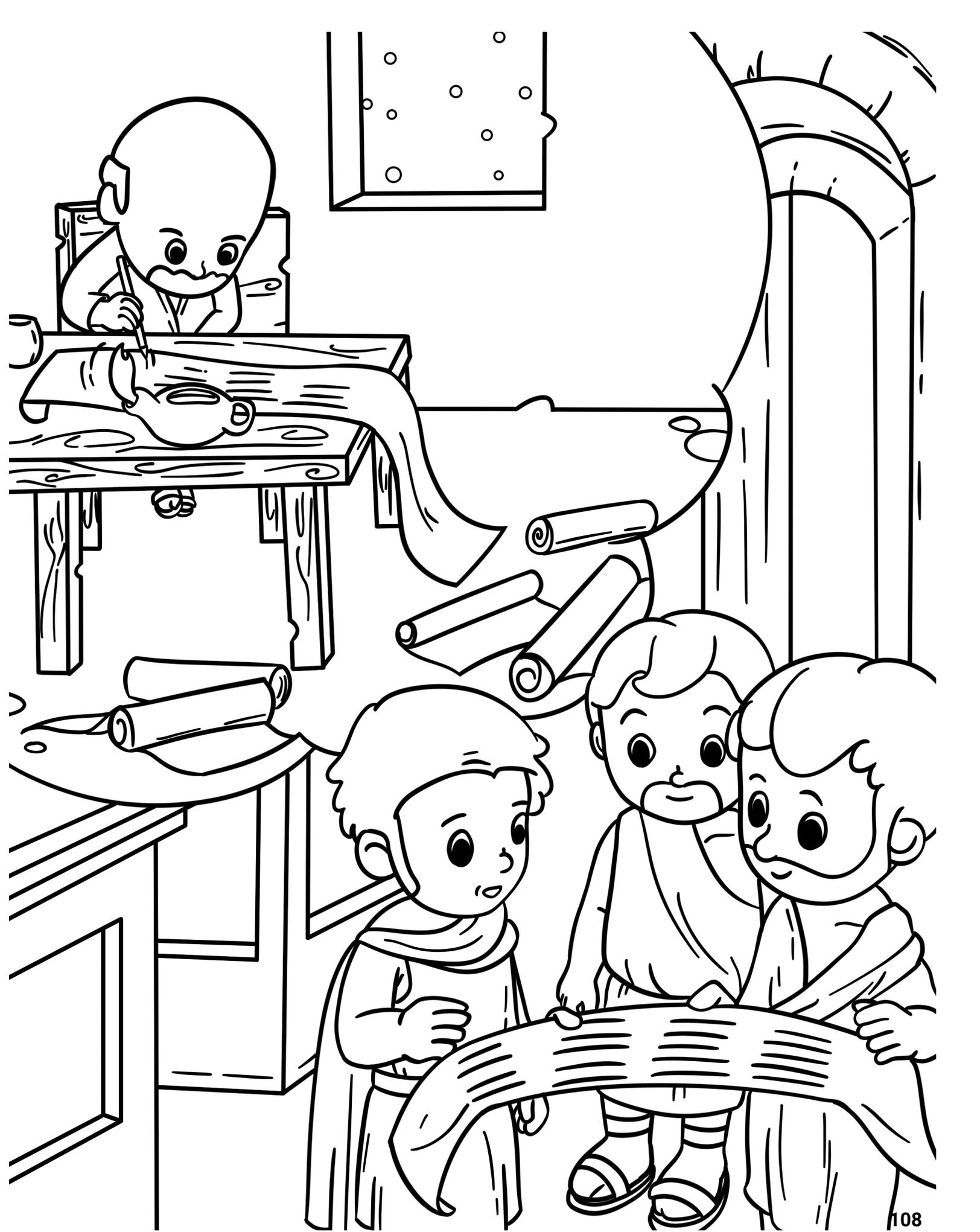


FIDGETS OF FAITH

***For God alone my soul waits
in silence; from him comes
my salvation. He alone is my
rock and my salvation my
fortress; I shall not be
greatly shaken.***

Psalm 62:1-2





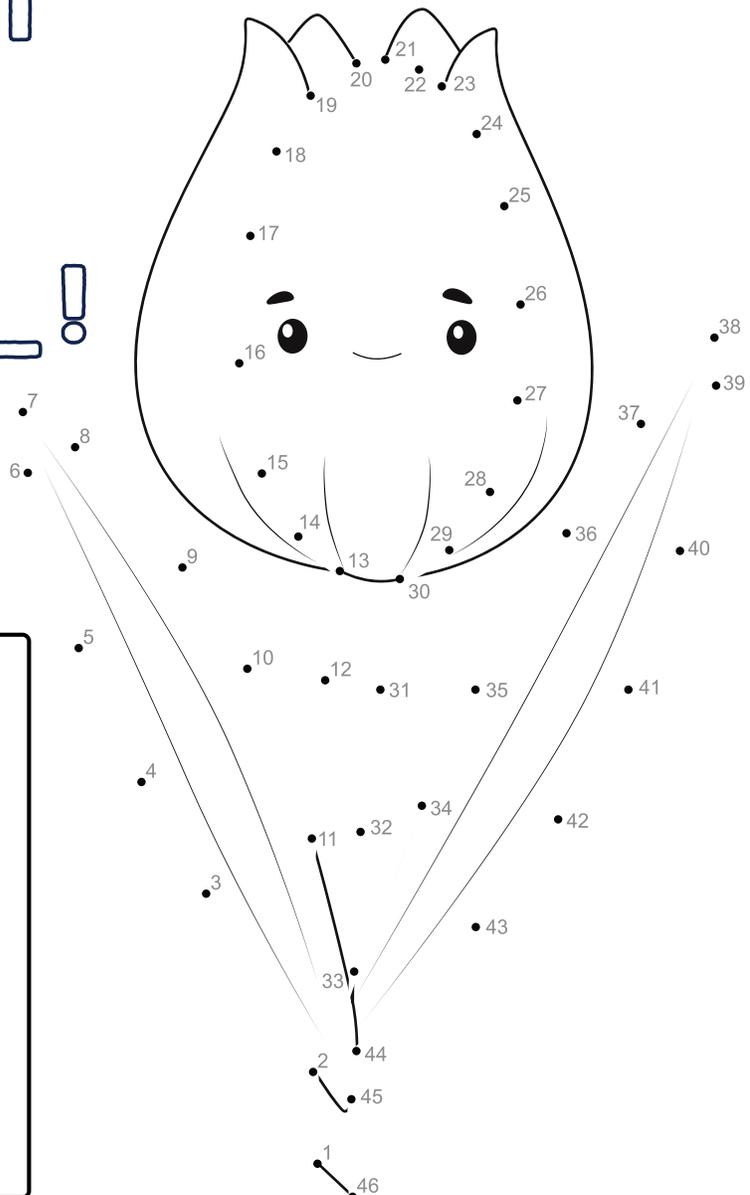
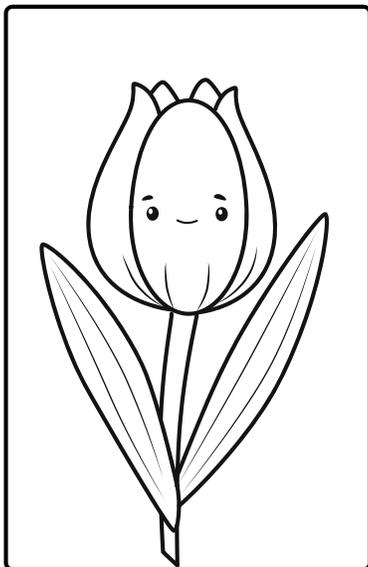
Fidgets of Faith Dot to Dot



Directions: Connect the dots to complete the picture and write the missing word in the given space.

Philippians 4:6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

DO NOT
BE



Fidgets of Faith
Dot to Dot

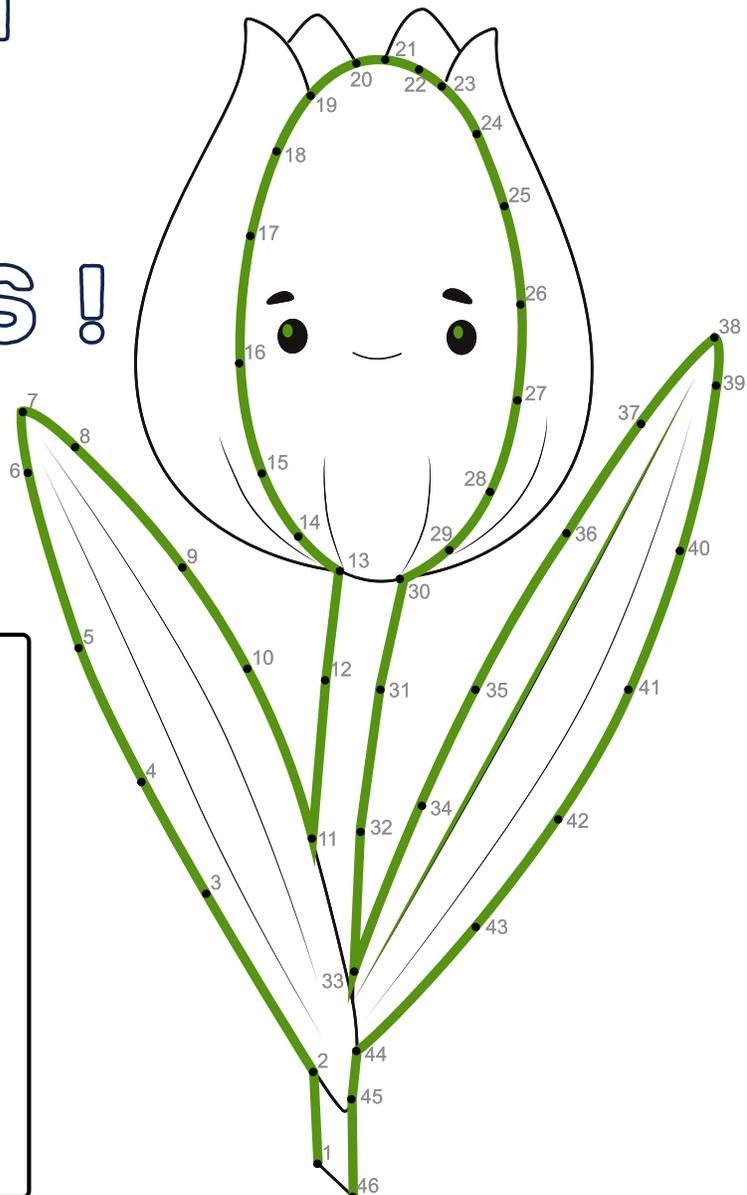
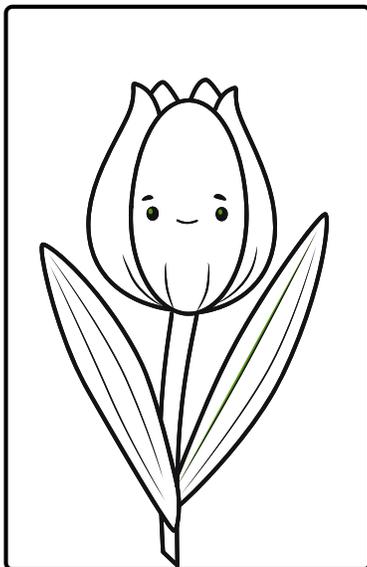


Answer Key

Directions: Connect the dots to complete the picture and write the missing word in the given space.

Philippians 4:6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

DO NOT
BE
ANXIOUS !





FIDGETS OF FAITH

***Truly my soul waiteth upon
God: from him cometh my
salvation. He only is my
rock and my salvation; he is
my defence; I shall not be
greatly moved.***

Psalm 62:1-2 KJV

