

ROAR! (memory verse activity) good for younger & older kids

What You Need: No supplies needed

What You Do:

Review Ephesians 6:10 together as a group. Ask if child can say the verse from memory. Try repeating the verse as a together using different voices. Start out by growling the verse like a lion. See how ferocious they can sound as they roar the verse a few times. Then try to say the verse with their lips closed, just like when God shut the mouths of the lions.

What You Say:

Wow. You all sound just like a ferocious pack of lions! When Daniel was thrown into the lion's den, do you think he depended on God's mighty power? Of course! Daniel knew that he wouldn't face those lions alone. I realize you'll probably never face a pack of lions when you choose to do the right thing. But you might find yourself in a situation where it's really hard to do what's right. In those situations, you can STILL stand with conviction if you remember the promise found in this verse. The Lord will make you strong and you can depend on His mighty power. Always. Especially when you **get in the habit of standing for what is right.**

ROCK, PAPER, LION (application activity / review the Bible story) What You Need: No supplies needed

What You Do:

Ask kids to stand back-to-back. Or you and your child. Then, instruct them to each secretly choose one of three poses: Daniel's praying hands, the angry fists of the advisors and officials, or the claws of the lion. On the count of three, both players turn around and compare their poses.

- The advisors and officials beat Daniel because they were able to manipulate King Darius to throw Daniel in the lion's den.
- Daniel beats the lion because he trusted in God and God's angel shut the mouths of the lions.
- The lion beats the advisors and officials because after Daniel was saved, King Darius then threw them into the lion's den.

In the case of a tie, try again.

What You Say:

That was a fun game to play! When we heard the story, though, it wasn't quite that straightforward about who beat who. Who do you think was the ultimate winner? Why? (*Allow for answers; Daniel was the ultimate winner because he listened to God.*) When we think the answer is obvious, we need to pause and listen to God instead of anyone else. (*Share about a time you moved ahead without stopping to pray...oops*) When you want to just do the easy thing, **get in the habit of standing for what is right!"**

GET IN THE HABIT (*application activity*)

What You Need: Plastic cups; timer

What You Do:

Give kids each a plastic cup and have them set it upright on the edge of the table, hanging off the edge a bit. Then, challenge them to flip the cup from the bottom so it lands upside down. After they have practiced some, time them to see how many they can each get in a minute. Then, repeat three more times and see if their score improves.

What You Say:

When we make a habit of something and do it over and over, it gets easier. It can be hard at first to stand up for what is right, but that's why we need to get in the habit of standing for what is right! When we make it a habit, it will get easier to make wise choices for the big things and little things we encounter every day. What are some things that you encounter every day? (*Chores at home, sports, friends and family, school work, etc.*)

What kind of habits do you need to make? (*Answers will vary. Making the bed every day, picking clothes and toys up off the floor, choosing to be kind even when a sibling is repetitively annoying, doing homework before playing video games, etc.*) How do we make these things a habit?" (*Figure out ways to remind yourself, like tying a ribbon around your finger or putting a videogame or iPod Touch® in an out-of-the-way place so you remember to do homework first.*)

PICK IT OUT (*memory verse activity*)

What You Need: Construction paper; markers; scissors; bowl; chopsticks

What You Do:

Ask the kids to help you write the memory verse onto a colored piece of paper and cut out each word. Wad the pieces up. Wad several without words on them too. Put the paper wads in a bowl.

If you have more than one child, let them do the same with different colored paper and their own bowl.

Give kids chopsticks and have them pick out the pieces of paper with the verse written on them. Once kids have pulled out all the pieces of paper, they can unfurl the papers and arrange the verse in order.

What You Say:

If we are going to let the Lord make us strong, we need to keep praying and talking to Him every day. We also need to **get in the habit of standing for what is right!** This week, pray that the Lord would make you strong and help you display conviction."

PING-PONG STACK (*memory verse activity*)

What You Need: Plastic/Styrofoam cups; marker; ping pong balls; timer

What You Do:

Write a word or phrase of the verse on each cup, including the reference.

Place Ping-Pong balls in a basket or container and leave them on a table. Place the cups, stacked together in order of the verse, beside the balls. One kid will hold the stack of cups in one hand. With the other hand he'll bounce a ball on the floor (or a table) and catch it in the cup while saying the part of the memory verse on the cup. Then, he pulls the bottom cup from the stack and places it on top, covering the ball he just caught. He should then bounce another ball to land in this new cup while saying the first part of the memory verse along with the second cup's part. Continue on in this manner until all the cups have been stacked and are holding a Ping-Pong ball. Ping-Pong balls should be caught in the correct order of the verse. If you have more than one child or if you want to try, make it a race to see who finishes first.

What You Say:

Creating the tower is like learning a new habit. At first, it was hard to catch the ball in the cup but the more you did it the better you got at it. Practicing definitely improved your results in this game. Same thing happens when you try to develop a habit, practicing definitely will improve your results.

We need to practice every day to do what we know is right. To do what we know God is telling us. That will help us **get in the habit of standing for what's right all the time.** When we practice listening to God and when we make an effort to hear what God is telling us, we begin to depend on His mighty power. The next thing we know we have developed a great habit, listening to God."

5-6 Challenge:

What You Need: paper; markers

Note: The goal of these questions is to encourage kids to actively pursue the meaning behind the verses they memorize and how God's Word affects the decisions they make.

Write the following three categories on a piece of paper: "Physically Strong," "Mentally Strong," and "Spiritually Strong." Use this visual to have the following conversation with the kids.

Ask kids what it means to be physically strong. What are some examples of someone who is mentally strong and what does it look like to be spiritually strong? In the verse when it says, "Finally, let the Lord make you strong," which category or categories do you think the verse is talking about? (*Note: For these questions there isn't one right answer. This is an opportunity for kids to think about what it looks like to depend on the Lord for His mighty power.*) How does discussing God's Word help us learn about God? Isn't it enough just to read His Word? How does understanding God's Word affect the decisions you make in your life?