

Bible Trek

BIBLE TREK STUDY 1

BIBLE POINT: God made the world.

KEY VERSE: "In the beginning God created the heavens and the earth"—Genesis 1:1.

Think It Over

Think about the most creative thing you've ever done. Maybe it was a project in art class. Maybe it was a song you wrote, a joke you made up, or a story you told. Creating is fun and very personal. When you create something, you show everyone an inside portrait of who you are. Just think about God creating the world! In Genesis, we read about it. Have you ever stopped to think about what we can know about God when we take a look at his amazing creation?

• What's the coolest natural thing you've seen this week? What makes it so cool?

• What natural thing have you used the most this week? Why do you need it?

• List five things you are extremely happy God created. Why did you choose those things?

"Father, we thank you, especially for letting me fly this flight...for the privilege of being able to be in this position, to be in this wondrous place, seeing all these many startling, wonderful things that you have created."
—L. Gordon Cooper Jr., U.S. astronaut (prayer while orbiting the earth in a space capsule)

Just for Fun

How would you feel about having surgery—performed by a robot? In a historical and medical milestone, surgeons in New York operated on a patient in Strasbourg, France. That's right, *France*. They completed the entire operation by remote control, which directed a three-armed robot—named Zeus—as it removed the 68-year-old woman's gallbladder. The surgeons controlling the operation were 3,870 miles away from the patient. You may be wondering: What if something went wrong? Well, you'll be glad to know other surgeons stood by in Strasbourg to make sure everything went okay. The entire procedure took only 54 minutes, and the patient went home two days later, totally fine!

(NationalGeographic.com)



ADVENTURE

1

Greetings, Earthlings!

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. YOU'RE THE JOURNALIST!

You're going to write an article as if you're from another galaxy and you're visiting earth for the first time! Pretend you're a first-time guest on earth, and you've never seen any of the creation we have here. Use your Bible as a reference to think

of what God created, but be as creative as you can. You hear the ocean for the first time. What animal do you see first? How do the birds sound? What would you smell and taste? Have some fun!

3. TALK TO GOD.

Talk to God and ask questions about his creation as you write. You could start with "Why is everything you made so beautiful?" or "How much do you love Adam and Eve? Since you made me, too, how much do you love me?" Include the questions in your article.

4. ASK SOME QUESTIONS.

Get in pairs and share your articles with each other. Compare what you wrote, and talk about what it was like to imagine seeing creation for the first time.

Ask each other these questions:

- What does God's creation tell us about God?
- How can God's creation affect our lives?

Get ready to share your awesome articles and thoughts with everyone!

Notes



Bringing It Home

Read this quote with your family, and then talk it over.

“Every production must resemble its author.” —MIGUEL DE CERVANTES

- What can we learn from God's creation?
- What do you think the Bible means when it says we are created in the image of God?
- What are some family traditions our family has created? What do they tell us about our family?

Daily Challenge

- Spend time outside praising God for the beauty of creation.
- Identify a tough situation, and ask God to bring light and hope, just as he created light when there was nothing.
- Pick one category of creation to focus on each day. As you see things in that category, ask God to reveal himself to you through what you can see in his creation.



Try This

Pile everyone into the family car! As you drive, have different family members point out things they're thankful God made. Point out unique animals, trees, clouds—anything that shows God's creativity.

Reading the Bible This Week

Sunday / PSALM 8:1 • WHAT CAN YOU DO TO PRAISE GOD FOR CREATING THE HEAVENS AND THE EARTH?

Monday / PSALM 8:2-3 • GO OUT AND LOOK AT THE MOON AND STARS TONIGHT. WHAT DO YOU THINK ABOUT THE WORK OF GOD'S FINGERS?

Tuesday / PSALM 8:4 • HOW DOES GOD CARE FOR YOUR EVERY NEED?

Wednesday / PSALM 8:5 • WHAT DOES IT MEAN TO CROWN THE LORD WITH GLORY AND HONOR?

Thursday / PSALM 8:6 • GOD WANTS YOU TO RULE OVER HIS CREATION. HOW CAN YOU TAKE CARE OF GOD'S CREATION?

Friday / PSALM 8:7-8 • THINK ABOUT SOME OF GOD'S MOST UNIQUE CREATIONS. WHAT DOES THAT SAY ABOUT HIM?

Saturday / PSALM 8:1, 9 • WHY ARE YOU THANKFUL FOR EVEN THE SMALLEST OF THINGS GOD MADE?

Bible Trek

BIBLE TREK STUDY 2

BIBLE POINT: God made us

KEY VERSE: "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well"—Psalm 139:14

Think It Over

Talk about having it made! Adam and Eve lived in a gorgeous garden created especially for them. They had the best food and scenery all around them. The animals were tame, and they actually got to walk and talk with God! God sure showed them they were important to him because he made them in his image.

- What helps you feel important to someone?

- How has God shown you that you're special to him?

- How can you show others that they're made by God?

Just for Fun

You may have heard someone say, "It's raining cats and dogs." There have

been actual, documented cases from all over the world of fish, frogs, dead birds, snakes, snails, beetles, worms, and jellyfish raining down from the sky in great numbers—although no reports of cats or dogs! There goes the "raining cats and dogs" idea...



HELP!

"God's love for you is not dependent on how you look, how you think, how you act, or how perfect you are. His love is absolutely non-negotiable and non-returnable. Ours is a faithful God."
—Max Lucado

A D V E N T U R E 1

What a Reflection!

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. GET READY.

You're going to share all the supplies with the other people in your group. The supplies can include all kinds of craft

materials like card stock, scissors, colored paper, markers, glue, glitter glue, paints, and brushes.

3. CREATE!

Think about the fact that you are actually created in God's image! Create and decorate a frame in a way that will help you remember you're important



A D V E N T U R E 2

I Praise You Because ...

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. CHECK IT OUT.

Read Psalm 139:14, this week's Key Verse, one more time.

3. PLAN A PRAISE SERVICE.

David said he praised God because of how God created him. As a group, plan a brief worship service to praise God for how he has created you! Keep your service between three and five minutes in length. Each person should contribute something personal and unique to the service. You may include Scripture readings, music, drama, dance, or whatever else you want! To create this praise service, you can use materials such as paper, pencils, Bibles, items from around the room, or instruments made of classroom supplies. Most importantly, use the talents God gave you!

to God. Use any of the supplies, and include Bible verses or other words if you want. You might read more from Psalm 139 or 1 John 3. When you get home, you can hang this frame on a mirror to help you remember that you're important to God.

4. TALK TOGETHER.

Get together with a partner from this group and show off your creation, explaining why you did what you did. Then listen while your partner shows off his or her mirror frame.

5. CHECK IT OUT.

Back in your group, look at the mirror frames everyone else made! Together decide on a few favorite things about your frames, and talk about how they tell you you're important to God. Prepare to share with everyone else!

"WE CAN BE LOST, DIZZIED BY OUR OWN SPIRITUAL VERTIGO, BUT GOD IS PRESENT WITH US, LURING US BACK TO HIMSELF. WE MAY TURN OUR BACKS ON GOD, BUT GOD IS ALWAYS FACING US."

**—MICHAEL YACONELLI,
DANGEROUS WONDER**

4. REFLECT.

Get with a partner and discuss how everything in the service helps you praise God for how he created you. Then tell your partner why your contribution to the service gives personal praise to God for who he made you to be.

5. PUT IT ALL TOGETHER.

Gather again as a large group. Get ready to lead everyone in

this praise service. And remember those reasons for why you are praising God!



Bringing It Home

Read this quote with your family, and then talk it over.

“Material possessions, winning scores, and great reputations are meaningless in the eyes of the Lord, because he knows what we really are and that is all that matters.”

— JOHN WOODEN, AMERICAN BASKETBALL COACH

- How does knowing that God loves you change the way you think about yourself? other people?
- What difference does God’s immense love for you make in your ordinary life?
- How can you live more like God’s beloved creation?

Daily Challenge

- If you made a mirror frame, hang it up on a mirror you use daily. Whenever you look at the frame, thank God for making you fearfully and wonderfully.
- When you feel like complaining about your appearance, thank God for how he made you instead.
- Talk to a trusted adult about any concerns you have about your appearance or personality. Ask that person to help you remember that God made you just the way you are.

Try This

Think about how much God loves you. Now think about how much God loves each member of your family. Choose a day this week, and commit to treating your family members as God’s beloved creation for that entire day. The following day, talk about how it felt to treat each other and be treated that way. Was it as easy or hard as you expected it to be? Why or why not?

Reading the Bible This Week

Sunday/JEREMIAH 31:3 • WHEN DID GOD START LOVING YOU? WHAT DOES THAT MEAN TO YOU?

Monday/1 JOHN 3:1 • WHAT IS THE ULTIMATE EVIDENCE OF GOD’S LOVE FOR YOU?

Tuesday/ISAIAH 54:10 • WHAT DOES IT MEAN TO YOU THAT GOD’S LOVE IS UNFAILING?

Wednesday/ZEPHANIAH 3:17 • WHAT STANDS OUT TO YOU ABOUT THIS DESCRIPTION OF GOD’S LOVE?

Thursday/1 JOHN 4:7-8 • HOW CAN YOU MORE EFFECTIVELY SHOW THAT YOU’VE EXPERIENCED GOD’S LOVE?

Friday/MATTHEW 7:11 • HOW HAS GOD SHOWN HIS CARE FOR YOU?

Saturday/1 JOHN 3:1 • WHAT DOES IT MEAN TO BE A CHILD OF GOD?

Bible Trek

BIBLE TREK STUDY 3

BIBLE POINT: God doesn't want us to sin.

KEY VERSE: "For all have sinned and fall short of the glory of God"—Romans 3:23.

Think It Over

Ever wonder why Adam and Eve sacrificed the entire future of humankind for a piece of fruit? How tempting is fruit, anyway? Now a doughnut tree—that might be tempting! The devil knows our weaknesses and seizes every opportunity to tempt us. Growing in a close relationship with God and studying the Bible are the best defenses against sin.

- Read Psalm 119:11. Rewrite the verse in your own words.

- What things does the devil most often tempt you with?

- How can you strengthen these areas of weakness?

Just
just for
fun

- What six-letter fruit is spelled using only three different letters?
- How many different words can you make from the word *grapefruit*? *strawberry*? (Words must be at least three letters long.)
- Unscramble these fruits: reap, pager, cheap, mile (see back for answers).

"Ever wonder why Adam and Eve sacrificed the entire FUTURE OF HUMANKIND for a piece of fruit?"

ADVENTURE

1

Line Up Troops

Here's What You Need
to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. READ.

One person in the group will read aloud Genesis 3:1-24. As you read, pay attention to how this scene is like a battle. You'll probably want to keep looking at this passage throughout the activity.

3. MAKE A MODEL!

Use the clay to make a battleground, then stand up toothpicks to create a



battle scene that portrays the temptations in this Bible passage.

4. DISCUSS.

When you've finished, talk about the scale model you made and how it shows what happened in the Bible passage. Then choose one or two people to explain the battle scene to the other group(s).

Notes



“LONG BEFORE WE FIRST HEARD OF CHRIST AND GOT OUR HOPES UP, HE HAD HIS EYE ON US, HAD DESIGNS ON US FOR GLORIOUS LIVING, PART OF THE OVERALL PURPOSE HE IS WORKING OUT IN EVERYTHING AND EVERYONE.”

—EUGENE H. PETERSON, *THE MESSAGE*

ADVENTURE

2

Lights, Camera, Action!

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. WRITE 'EM DOWN.

Think of the best action movie trailers you've seen, and talk about what made them so awesome.

3. READ.

Choose someone in the group to read Genesis 3:1-24 aloud, using a voice like a movie promo voiceover.

4. ASSIGN PARTS.

Form groups of four. Each group should assign one person to be Adam, one to be Eve, and one to be the serpent. The other person can be a narrator, reading the words spoken by God.

5. ACT UP!

Now, in your assigned roles, create a trailer for an action movie that depicts what happened in the Bible passage. When you've finished, talk about your trailers and how they show what happened in the Bible passage. Get ready to perform for the other group(s). If you have phones with video cameras, you can even record your trailers!

Notes



Bringing It Home

Work with your family to give this story an ending that symbolizes how God responds to our sins and bad choices.

"Once upon a time, there lived a very good hermit who lived in a cottage on the edge of a beautiful meadow. He was wealthy and had many sheep and cattle. In fact, he had just about everything a man could want. Except he was very lonely. So lonely that he had named all of his cockroaches. And he actually looked forward to calls from phone solicitors and wrong numbers. One day he drove to the store (even hermits need soda!) and was pulled over for speeding. He added the policeman to his Christmas card list! At that point, he knew he needed people in his

life. More than anything, he wanted a family. So he went out looking everywhere for people he could share his life and wealth with. And that's when the trouble began..."

- How did this story remind you of yourself?
- Why did God create humans when he knew the consequences of our sin?
- Why didn't God just make it so we couldn't sin?
- Why do we sin?

Daily Challenge

- Stay off the Internet this week to avoid temptation.

- Read God's Word to learn how to say no to temptation.
- Identify the temptation that's the hardest for you to say no to. Find someone to help you think of ways to say no to that temptation.

Try This

Jesus fought temptation in the desert by quoting Scripture. Challenge everyone in your family to memorize several verses of Scripture during the coming week. These might include verses that help combat temptation, such as Colossians 3:2-3 and James 1:2-4. At the end of the week, each person can recite the verses to the family and share how the verses helped them fight temptation!

Reading the Bible This Week

Sunday/ROMANS 6:1-2 • WHAT STEPS ARE YOU TAKING TO STOMP SIN OUT OF YOUR LIFE?

Monday/JOHN 15:13 • HOW HAS OUR SIN REVEALED THE GOODNESS AND LOVE OF GOD FOR PEOPLE?

Tuesday/ROMANS 6:16-17 • HOW IS IT POSSIBLE TO BE A SLAVE TO SIN?

Wednesday/ROMANS 8:1-2 • DESCRIBE THE FREEDOM WE HAVE IN CHRIST.

Thursday/GALATIANS 5:13 • HOW DOES GOD WANT US TO USE THE FREEDOM HE HAS GRANTED?

Friday/PsALM 119:9-11 • WHAT IS GOD'S PLAN FOR AVOIDING SIN?

Saturday/PROVERBS 14:12 • WHAT CONSEQUENCES HAVE YOU SEEN FOR YOUR SIN?

ANSWER: 1. FEAR 2. GRAPE 3. PEACH 4. LIME

Bible Trek

BIBLE TREK STUDY 4

BIBLE POINT: God wants us to love our families.

KEY VERSE: "Be devoted to one another in brotherly love. Honor one another above yourselves"—Romans 12:10.

Think It Over

Two brothers. A secluded meeting. A crime that, in spite of all attempts, couldn't be covered up.

One thing about Cain—the boy was an overachiever. He took "sibling rivalry" to new heights when he killed his brother Abel, thus committing history's first recorded murder.

Cain didn't get away with it, though. None other than God himself was a witness, and though God gave Cain a chance to come clean, Cain chose to lie about his guilt.

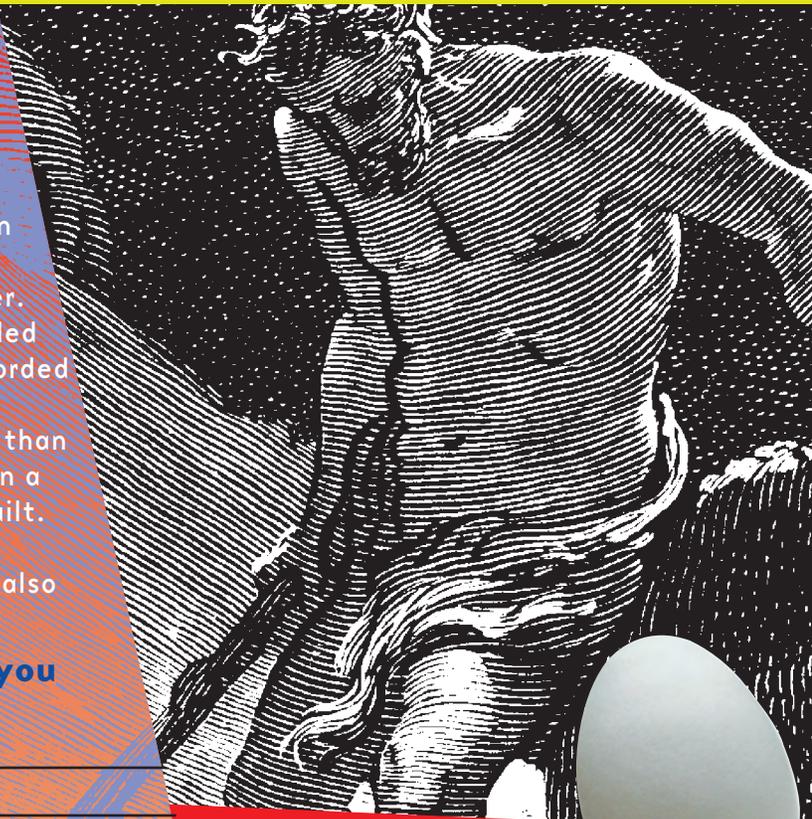
Bad move.

As punishment, Cain lost his job as a farmer. God also sent him away to live the life of a nomad.

• Describe a time you got so angry that you could have seriously hurt someone.

• What negative feelings toward your family members do you need God's help with?

• How has God helped you treat your family members with his love?



Just for Fun

Jealousy-Makers: Can You Do This?

- In 1992, Thomas Scholl yodeled 22 tones in one second.
- Robert Wadlow was 8 feet, 11¼ inches tall.
- Johnny Dell Foley threw an egg 323 feet, 2 inches to his partner, Keith Thomas...who caught it without breaking the egg.

(The Guinness Book of Records 1999)

"O, BEWARE MY LORD,
OF JEALOUSY!

IT IS THE GREEN-EYED
MONSTER WHICH DOTHTH MOCK
THE MEAT IT FEEDS ON."

—William Shakespeare, *Othello*

ADVENTURE

1

Crazy Conflict Management

Here's What You Need
to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. GET READY.

Within your group, form three sub-groups, and number yourselves 1-3. Group 1, you'll list ten different general topics that could cause conflict. Write each topic on a separate index card. Don't get too specific. For example, you could simply write, "chores" or "television."

Group 2, you'll write down 15 types of family members. Write each one on a separate index card. It's okay to repeat, and try to avoid getting too far outside an immediate family. But you can get specific with things like, "teenage brother" or "toddler sister."

Group 3, you'll write 15 different random household items. Write each item on a separate index card.

3. WHAT'S THE PROBLEM?

Each group, shuffle your cards, keeping each pile separate. Group 1, pick a card. That's the conflict. Group 2, pick two cards. That's who the conflict is between. At this point, you might choose to get more specific with what the conflict could be.

4. IN THE STUDY, WITH THE CANDLESTICK.

Group 3, now it's your turn to get involved. Pick a card. Then, with all three groups working together, come up

with ways to resolve the conflict using that household item. This is just a brainstorm, so no idea is a bad idea! Keep throwing out ideas—some may be silly—until you think of one that could really work.

5. PICK ANOTHER PROBLEM.

Repeat, picking a new conflict from Group 1, two new people from Group 2, and a new household item from Group 3. If you're really brave, pick two cards from Group 3 and see if you can come up with one solution that uses both objects!

6. DISCUSS.

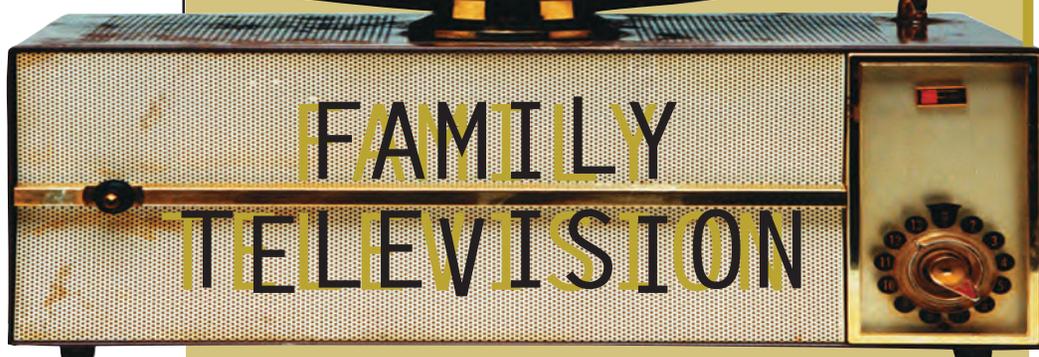
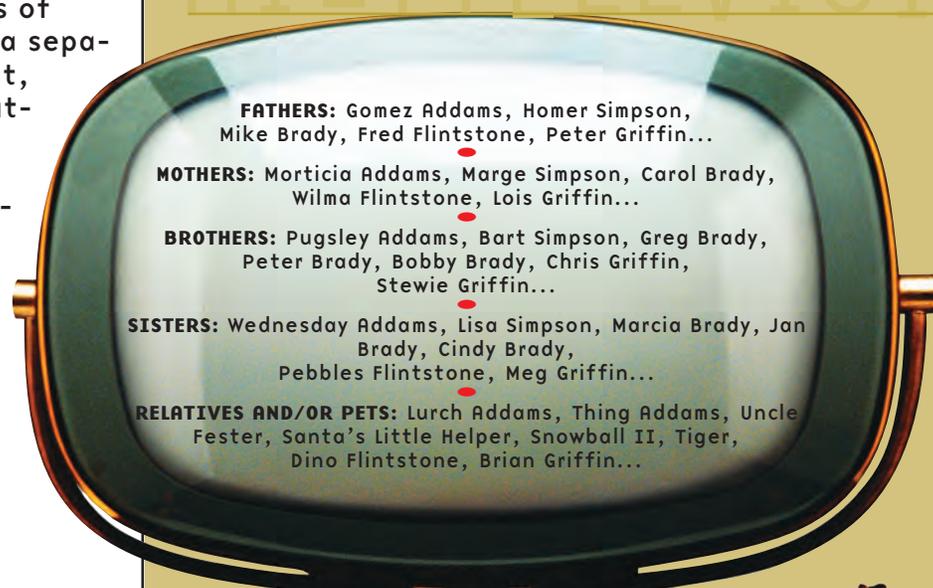
Discuss these questions with your entire adventure group:

- Have you ever tried any solutions like the ones we came up with? Talk about that.
- Why do you or don't you think any of these solutions would really help resolve a conflict in your family?
- Which of these ideas are you most interested in trying out with your family?

Pick your top two conflict solutions to present to the other group.

WHAT'S YOUR FAMILY LIKE? PICK CHARACTERS FROM THE CLASSIC TELEVISION SHOWS LISTED, OR FROM NEWER TELEVISION SHOWS, AND WRITE THE CHARACTERS BELOW.

FAMILY TELEVISION



ADVENTURE **2** Limerick Wall

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. SO HERE'S WHAT YOU'RE DOING...

Brush up on your limerick guidelines: A limerick is a poem that follows a very specific meter and format. It has five lines and this rhyme pattern: *aabba*.

An average limerick would be similar to this:

"There once was a guy from Duluth
Whose sister was extra uncouth
Her room was so dirty
A pig thought it purty
So he moved in—hey, this is the truth!"

Read this limerick aloud together several times to get familiar with the meter and line length.

3. START WRITING!

Your job is to write limericks about your family life and especially about hurtful things that may get in the way of your family relationships. To help you in creating the limericks, consider the following questions:

- What are issues or things that cause conflict in your family? How do you usually respond?
- If you were to deal with your feelings in a Christ-like way, how would that impact the issues and how your family deals with them?
- If you could banish jealousy from your family, would you? Why or why not?

If you can think of a killer first line but then fall flat in the inspiration department, move on and leave the paper out—maybe someone else will complete it. Help each other out! You're artists, but you're cooperative artists!

4. CHOOSE READERS.

Prepare for a poetry reading. As a group, decide which limericks you want to read aloud (you don't have to read them all). Pick a few readers who will perform the first public reading of these pieces of art!

5. TALK ABOUT IT.

Step back a bit and think about what your team wrote. Pair up and share your insights about which lines or situations referenced in the limericks (those finished or those just started) struck you as you read them. Which poems speak to your situation? reflect the way you wish your family was? remind you of how you used to feel about your family? Talk with your partner. Then get ready to share both the limericks and your insights with the others!

**STUCK FOR LIMERICKS?
HERE ARE SOME TO GET
YOUR IMAGINATIONS
MOVING:**

*'Till my sister was
born life was fine.
I had a whole room—
it was mine.
Now we squabble
and fight
From the morning
to night,
I need a "no tres-
passing" sign.*

*I hope when
I'm old I recall
How it felt to walk
through the mall,
With a parent who
cared
One who laughed
and who shared,
I always felt 15 feet
tall.*

*My brother's out all
night but then
My curfew's a
quarter to 10.
With a snicker
and scoff
He walks out and
drives off;
It's not fair that I'm
stuck here again.*

Bringing It Home

Review this notion with your family, and then talk it over.

True or false: Nobody can make you feel jealous... it's a choice you make yourself. This notion, attributed to Napoleon Hill, sort of shoots down the Jack-was-showing-everyone-his-new-stuff-and-made-me-jealous excuses we like to use.

If it's true that we can just decide not to be jealous, then we have to take responsibility for how we feel. We can't blame anyone else.

What do you think? Discuss these questions with your family:

- **If you decided not to be jealous this week, how might it make a difference?**
- **Describe a time you felt jealous or angry about something that happened in your family.**
- **Tell about a time you saw someone who could have been jealous but wasn't. What can you learn from that person?**
- **In light of all this, how can you treat each other better?**

Daily Challenge

- Spend time with a sibling doing his or her favorite

activity—even if you don't like it.

- When a conflict arises with a parent or sibling, try to understand the other person's point of view before you even begin to explain your own side.
- Give your parents a break—take over their responsibilities for a night.

Try This

Show extra love within your family this week by creating a wall of encouragement. Set out some sticky notes and a pen. Throughout the week, write nice things about different family members, and stick the notes up on the wall. When you're tempted to feel unloving toward someone in your family, go to the wall and write an encouraging note instead!

Reading the Bible This Week

Sunday/Proverbs 27:4 • IN WHAT WAYS DOES JEALOUSY HURT YOUR FAMILY RELATIONSHIPS? WHAT DO YOU WANT TO DO ABOUT IT?

Monday/Psalm 10:2-6 • PRIDE SETS US UP FOR JEALOUSY. HOW HAS PRIDE STARTED TO CREEP INTO YOUR LIFE?

Tuesday/Galatians 5:19-21 • HOW SERIOUS IS GOD ABOUT ELIMINATING JEALOUSY AND ENVY FROM YOUR LIFE?

Wednesday/Proverbs 13:10 • WHENEVER PRIDE TAKES ROOT IN YOUR LIFE, SOMETHING ELSE COMES WITH IT. HOW HAS THIS BEEN TRUE IN YOUR FAMILY?

Thursday/Proverbs 16:18 • WHAT CAN YOU EXPECT IN YOUR FAMILY IF YOU HANG ON TO YOUR PRIDE?

Friday/Romans 12:16 • WHEN YOU SET ASIDE PRIDE AND JEALOUSY, IN WHAT WAYS CAN YOUR ATTITUDE TOWARD YOUR FAMILY CHANGE?

Saturday/Romans 12:18 • HOW CAN YOU MAKE MORE OF AN EFFORT TO LIVE AT PEACE WITH YOUR FAMILY?

Bible Trek

BIBLE TREK STUDY 5

BIBLE POINT: God wants us to obey

KEY VERSE: "Peter and the other apostles replied: 'We must obey God rather than men!'" —Acts 5:29.

NOAH had a huge job to do! God asked him to focus all his efforts on building this ark, getting food together, and taking care of all those (probably stinky) animals. And Noah made the choice to obey God, even though the task may have seemed overwhelming!



- God asks us to obey him in all areas of our lives. What's one overwhelming thing that you need help with right now?

- What are some things that make it difficult to obey God? In what ways is it easy to obey God?

Why?

- What are some of the questions you have for God about how to obey?

Plan a "child-hood games" party with your friends this week! Get together to play Hide-and-Seek, Tag, or other outdoor games. You can also play with clay, crayons and markers, or just mud! Drink lots of fruit juice, and run around outside all afternoon. Have a great time being a carefree kid again!

Just for Fun

...edience, judgment the witness... these are the signs of our life. — Stephen Bayne

ADVENTURE

1

Pictures of Obedience

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. GET READY.

You have paper and markers available at your tables. Think of a plot for a book that portrays obedience. Use the

account of Noah, a story from your own life, or a made-up example. Then draw the book cover for this book. You can include a title and tagline, or just draw cover art. No matter what you draw, make sure your book cover clearly shows what it means to obey God. Now have fun!

3. DISCUSS.

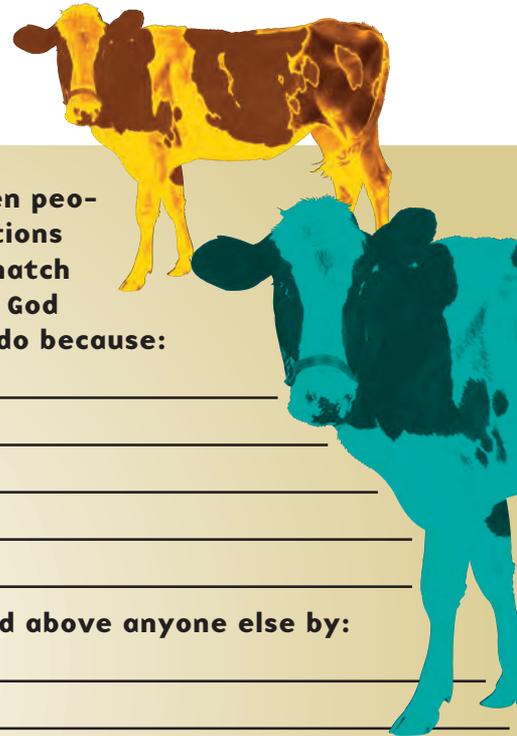
When you've finished, look at each other's work and talk about what each book cover means.

Answer some of these questions:

- What does your book cover show about obedience?
- Why did you choose to draw what you did?
- What does it have to do with obeying God?

4. GET READY TO PRESENT.

Work as a group to share insights about each book cover, because soon you'll get to share all of them with the other group!



- I can tell when people's expectations of me don't match up with what God wants me to do because:

- I can obey God above anyone else by:

God and Not Men

- In the past week, I've obeyed God by:

- In the past week, I've obeyed people by:

- The people God has put in my life for me to obey are:

because:



ADVENTURE

2

Brain- storming Obedience Thermo- meter

Here's What You Need
to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. BRAINSTORM!

Look at the areas of life listed by the thermometer (and think up more of your own!). Brainstorm ways you obey or disobey God in each one. Brainstorming means being crazy and creative, so go for it! When you're done, share your answers with your group.

3. DISCUSS.

Talk with your group about what you thought of and why. As a group, come up with a rating of 1 through 10 for each thing you brainstormed—1 being the hardest to obey God and 10 being the easiest to obey God.

AREAS OF LIFE

Home

School

Church

Extracurricular

Activities

Neighborhood

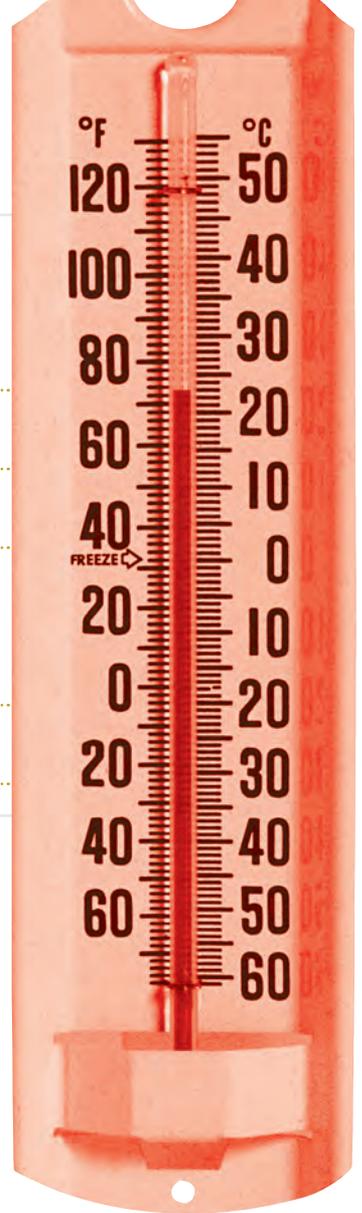
4. CREATE THERMOMETERS.

Use your paper and markers to draw a bunch of thermometers that show the ratings you just came up with. This way, you'll be able to

really see the differences in your obedience for each area. If you aren't positive what a thermometer looks like, there's an example above! Remember, you have complete freedom to make them look however you want!

5. GET READY TO PRESENT!

Work as a group to share insights about the thermometers, because soon you'll get to share them with the other group!



Bringing It Home

Read this quote with your family, and then talk it over.

“Obedience is a lifelong learning process.”—ANONYMOUS

- **Do you agree or disagree with this quote? Explain.**
- **What are some life lessons you have learned “the hard way”?**
- **In what areas would you like to keep learning obedience?**
- **How can learning obedience to God and others be a blessing to you?**

Daily Challenge

- If you were in the thermometer adventure group, pick the area in which it's the hardest for you to obey, and pray daily that God will help you obey him better in that area.
- Read your Bible daily to learn more ways to obey God.
- Talk to someone who seems to always know what God wants. Ask that person how you can better know how to obey God.

Try This

Sit down with your family and talk about family rules that have been set over the years—and about why they exist. Then read the Ten Commandments together, talk about why they exist, and discuss the ways family members struggle to obey God daily.



Reading the Bible This Week

Sunday/Joshua 22:5 • WHAT DOES IT MEAN TO SERVE GOD WITH ALL YOUR HEART AND SOUL?

Monday/1 Kings 19:9-10 • DO YOU EVER FEEL LIKE YOU'RE THE ONLY ONE WHO IS BEING OBEDIENT TO GOD? WHY?

Tuesday/John 14:21 • HOW DOES KNOWING THAT GOD LOVES YOU HELP YOU TO BE OBEDIENT TO HIM?

Wednesday/Philippians 2:1-2 • WHAT DOES IT MEAN TO BE “LIKE-MINDED” WITH CHRIST?

Thursday/Hebrews 11:7 • WHAT PART DOES YOUR FAITH PLAY IN MAKING GOOD DECISIONS?

Friday/Matthew 4:1-11 • WHEN YOU'RE TEMPTED TO DISOBEY, WHAT DO YOU DO? DO YOU TALK WITH YOUR FAMILY OR FRIENDS? DO YOU PRAY? HOW DO THOSE THINGS HELP?

Saturday/Ephesians 6:1 • WHAT MAKES IT HARD TO OBEY YOUR PARENTS? IS IT EVER OKAY TO DISOBEY? EXPLAIN.

Bible Trek

BIBLE TREK STUDY 6

BIBLE POINT: We can count on God's promises.

KEY VERSE: "The Lord is faithful to all his promises and loving toward all he has made"—Psalm 145:13.

Think It Over

Wow. God sure didn't mess around with Noah. What he promised, he did! God said it would rain enough to flood the whole earth, and it happened. God said he would save Noah and his family, and they came safely through the flood. God said he would save two of every animal, and he did. And God also promised never again to destroy the world with a flood. And he hasn't!

• In what ways do you need to experience God's faithfulness?

• What past events in your life help you trust God's promises?

• What difference does it make to know that God always keeps his promises?

"Promise is most given when the least is said."

—George Chapman

Just for Fun

Check out these facts found in the Guinness World Records! These prove that God created some really awesome things!

• World's fastest fish: The cosmopolitan sailfish has been clocked at 68 miles an hour.

• World's fastest mammal: Over short distances, the cheetah can get up to 60 miles an hour.

• Greatest river flow: Did you know the Amazon Basin contains two-thirds of all the fresh water in the world?

Flood Timeline

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. LOOK AT THE PASSAGE.

Read Genesis 7-8; 9:8-16. As you read, pay special attention to God's role in the passage. Instead of focusing on Noah as the main person, look for what God is doing.

3. DO THE MATH!

Use the notes section to do some math. Use the verses in the passage to figure out how long it rained, how long the earth was flooded after it finished raining, and so on. Pay special attention to chapter 8.

4. MAKE A TIMELINE.

Now, tape a bunch of papers together to make a really long timeline. On the timeline, mark the events of the flood that you noted, spacing the lines in such a way to indicate the time that

passed between each event. You can also write how many days each event lasted. Then add to your timeline by writing what God was doing during each of those events.

5. GET READY.

Look at your timeline with your group, and talk about what you can learn about God's promises and about his faithfulness as you consider all the events of the flood. Then get ready to share your timeline—and your brilliant insights—with the other group.

Notes



Bringing It Home

Read this quote with your family, and then talk it over.

Daily Challenge

- Look online for more Bible verses that tell about God's promises. Thank God for keeping each promise you find.
- Pick one promise you learned about today. Look for how God keeps that promise in your life this week.
- Model after God: follow through on any promises you make.

"There are all sorts of things in this world that offer to give it [heaven] to you, but they never quite keep their promise."

—C.S. LEWIS, *MERE CHRISTIANITY*

- **How reliable are God's promises?**
- **What do you think about God when you see one of his promises being kept?**
- **How do God's promises bring you closer to him?**
- **Which of God's promises are you most looking forward to seeing fulfilled?**



Try This

Get together as a family, and have each family member think of one promise to make and keep this week. These promises may provide a service, or just encouragement for other family members! At the end of the week, talk about what it was like to keep your promises and how it felt to see others keeping their promises.

Reading the Bible This Week

Sunday / NUMBERS 23:19 • HOW ARE GOD'S PROMISES DIFFERENT FROM PEOPLE'S PROMISES?

Monday / PSALM 119:50 • WHAT COMFORT DO YOU TAKE IN GOD'S PROMISES?

Tuesday / HEBREWS 6:13-15 • WHAT'S THE BEST PROMISE YOU EVER WAITED FOR? WHY WAS IT WORTH THE WAIT?

Wednesday / 2 PETER 3:8-9 • WHAT PROMISE ARE YOU WAITING FOR GOD TO FULFILL?

Thursday / ACTS 1:4-5 • HOW HAS GOD FULFILLED THIS PROMISE IN YOUR LIFE?

Friday / HEBREWS 10:35-36 • HOW DO YOU NEED TO PERSEVERE IN DOING GOD'S WILL?

Saturday / 2 PETER 1:3-4 • HOW DO GOD'S PROMISES HELP YOU RESIST THE EVIL THINGS IN THE WORLD?

Bible Trek

BIBLE POINT: We put God first.

BIBLE TREK STUDY 7

KEY VERSE: "Love the Lord your God with all your heart and with all your soul and with all your strength"—Deuteronomy 6:5.

Think It Over

It's okay to love our favorite desserts, cheer on our sports teams, spend time with our best friends, buy new clothes for ourselves...but how do we feel about God? We may laugh at the dumb idea of building a tower as a monument to ourselves. But we sometimes build our own towers—only today they may be constructed of selfish attitudes and desires. Whether you invest most in your reputation, your looks, your grades, your relationships, or some other "tower," you run the risk of something else taking God's place in your heart.

• **What do you often place first in your life?**

• **What makes it most challenging to put God before those things?**

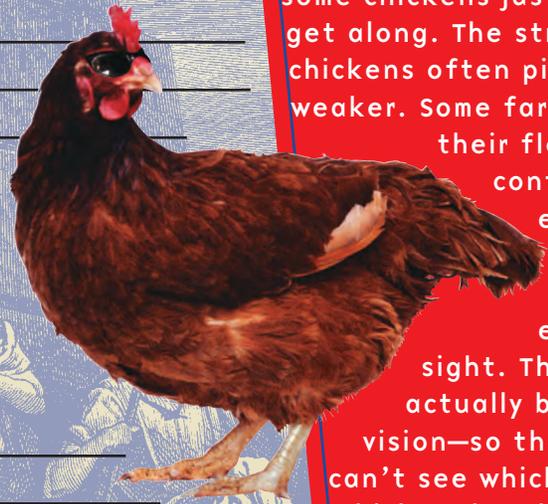
• **When those other things seem more important than God, does it impact your day-to-day living? Why or why not? How about those days when you do place God first?**

Just for Fun

• Did you know that farmers often force calves to swallow magnets because of their strong appetite for metal such as wire, staples, and nails? The magnet enters one of the four stomach chambers and protects the calf's digestive system. Bon appétit!

• Interestingly, the handy and popular Velcro was discovered after annoying burrs stuck to a man's socks during a hike. Georges de Mistra examined the bothersome burrs under a microscope, and from their design, he created Velcro.

• It's clear to see that some chickens just don't get along. The stronger chickens often pick on the weaker. Some farmers have their flock wear contact lenses, but not to correct the chickens' eyesight. The lenses actually blur their vision—so the chickens can't see which bird is which and no longer peck at one another! (Nancy S. Hill, *Actual Facts for Kids #1 and #2*)



ADVENTURE

1

Priority pyramid

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. MAKE THE LIST.

Take a sheet of paper, and write down a priority in your life. Some examples are friends, sports, money, family, or food. It can be anything—hey, if sleeping's your first priority, put it down! Take turns sharing what you wrote, trying not to have too many duplicates.

3. DISCUSS.

Figure out why you picked these priorities. Then, as a group, decide on an order of importance for this list by putting a number next to each item. The most important priority should be number one, the next level of important should be number two, and so on...you get the idea, right?

4. PLAN THE PYRAMID.

Next, you're going to build a people pyramid. Decide where each person will go in the pyramid and how each level will look. Now, talk about why different people will be at different places in the pyramid. If you have a really big group, build

BUILDING COMMITTEE

1. can only speak in "meep meeps"
2. can only say discouraging things
3. does the exact opposite of what others say to do
4. can't use thumbs or pinkies
5. can only respond to people with, "No hablo Ingles"
6. takes all directions too literally

more than one pyramid. Then ask:

- Can you relate positions in a pyramid to priorities in life? How?

As a group, try to match each of the priorities—the ones you numbered a few minutes ago—to someone's spot in the pyramid. For example, the most "stable" priorities (numbers one, two, three, and so on) may go with the bottom row. Use tape to put numbers on everyone. Remember, for those of you on the top pyramid rows: Even if you're not what holds up the pyramid, you're still really important! Keep in mind that this is only a visual example of the things we build our lives on.

5. PILE UP!

Go for it! Hold your pyramid in place for as long as possible.

6. POST-PYRAMID QUESTIONS...

After everyone's safely back on the ground, talk about these questions:

- Why was it important to organize beforehand how the pyramid would be built?
- What would happen if you switched positions and moved the top-level people to the bottom? the bottom-level people to the top?
- How does this physical pyramid relate to real-life priorities and choices?

Choose your top five insights from your experience, and write them below. Get ready to share with the whole group!

MONUMENT MOTTOS

The tower at Babel was created as a monument to the people who built it. But it turned into a lesson about putting God first in their lives. Think of a monument that could be built about your life. Ask yourself: How would it show what's important to me? What would it look like?

Draw a sketch of this monument in the space provided on the right corner of the opposing page.

ADVENTURE

2

Treasure Hunt

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. HUNT.

As one big group, go on a treasure hunt together for the items below. You only have five minutes to hunt, so you'll have to prioritize which items you think are going to be worth the most. (Hint: the point values range from 1 to 100.) Only your leader knows what point value each item gets. Your goal is to get the most points you can in five minutes of hunting. And you have to stick together! Here are the items you can look for:

- postage stamp
- church bulletin
- picture of a map
- penny from the 1990s

- New Testament-only Bible
- leaf
- church brochure
- one current volunteer need your church has, written here _____
- blade of grass
- green paper
- paper clip
- rubber band
- coffee stirrer shaped into a heart
- fictional book
- blank name tag
- coffee cup with no bottom
- snack
- small rock
- bell
- unlit candle

3. ADD IT UP.

After five minutes, bring your items back to your leader and find out how many points you got. If you found every item, you'd have 456 points! Also find out which three items were worth the most, and see if you got those.

4. DISCUSS.

As a group, talk about these questions:

- How did you prioritize which items might be worth the most?
- How pleased were you with your priorities after you found out your score?
- How do you decide what to prioritize in your life?
- What do your priorities demonstrate about what you value?

5. PREPARE TO SHARE.

Get ready to show off your items to the other group, and to share what you learned about how to prioritize!

Some monuments have mottos that capture what or who they represent. What do you think your monument's motto would be? Be honest! If you're struggling with what your motto might be, think about how your best friend or someone in your family would sum up your life in one sentence.

What does your motto say about where God is placed in your life right now? How would you like to change, adjust, or improve what importance you place on knowing God? Take a moment right now to talk to God about what you've learned from this activity.



Bringing It Home

Read this quote with your family, and then talk it over.

“I would rather walk with God in the dark than go alone in the light.”

—MARY GARDINER BRAINARD

- **Do you agree with this quote? Why or why not?**
- **What's the benefit of putting God first by including him in every aspect of your life?**
- **What are some areas of your life where you need to make God a higher priority?**

“Some people consider me a success because I'm a good football player and make lots of money. But if my heart isn't right, if I'm not living in a way that pleases the Lord, I'm a failure.”

—Reggie White, Super Bowl champion



- Just for the week, give up something that's been taking too high a priority in your life. Use the time you would've spent to pray, serve someone, or read your Bible.
- Carry your Bible to class with you, no matter what others say.

- Ask God how he wants you to live your life. Then arrange your priorities based on God's answer.

Try This

Play the game Jenga, and watch how shaky the tower becomes as the foundation gets weaker. Talk about ways all of you can strengthen your relationships with God for a secure foundation!

Reading the Bible This Week

Sunday/Matthew 6:25-34 • WHAT'S THE BENEFIT OF PUTTING GOD FIRST?

Monday/Ecclesiastes 5:10-15 • WHAT IS FLEETING ABOUT PLACING MONEY FIRST IN LIFE?

Tuesday/1 Corinthians 15:58 • WHY IS DOING GOD'S WORK NEVER A WASTE OF TIME?

Wednesday/1 Corinthians 3:10-15 • WHAT DO YOU THINK ARE SOME OF THE SPECIFIC INVESTMENTS THAT SURVIVE THIS TEST?

Thursday/Romans 12:1-2 • ARE YOU CONFORMING MORE TO THIS WORLD OR TO CHRIST? EXPLAIN.

Friday/Deuteronomy 6:5 • WHAT DO YOU THINK IS THE DISTINCTION BETWEEN HEART, SOUL, AND STRENGTH? EXPLAIN.

Saturday/Ezekiel 36:26-27 • DO YOU WANT OR NEED A NEW HEART? WHY OR WHY NOT?

Bible Trek

BIBLE POINT: We can always trust God.

KEY VERSE: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight"

—Proverbs 3:5-6.

BIBLE TREK STUDY 8



Just
sets
up
a
fun

Talk about a moving experience. God tells Abram to pack up everything and move—without telling him exactly where to go! Then God promises to shower him with blessings. Abram learns his descendants will be made into a great nation, his name will be great, and God will bless those who bless Abram. And even though God's directions seem a bit obscure, Abram follows those directions.

• Did you know that there was once a 3' 7" (yup, that's three feet, seven inches!) major league baseball player named Eddie Gaedel? In 1951 he had his only major league at-bat, and he got on base by a walk. He wore number 1/8. Can you imagine the pitcher who had to pitch to such a small strike zone?



• List some directions given to you by your parents, teachers, or coaches that you found difficult to follow.

• Has God given you directions that were hard to follow? How did you respond?

• What can you learn about following God's directions from Abram's example?

Trust Track

Here's What You Need
to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. MAKE A LIST

Write three worries or fears for each of the following categories—your lists will be things you need to trust God with. You'll be sharing this list with a partner.

School

Friends

Money

Family

Hobbies

3. COUNT YOUR WORRIES.

Find a partner. Partners will take turns picking a random number from 5 to 10. Take turns counting through the things on your list (excluding the category headings) until you get to the number you picked. For example, if you picked 5, you'll end on the second thing listed under friends.

4. PRAY.

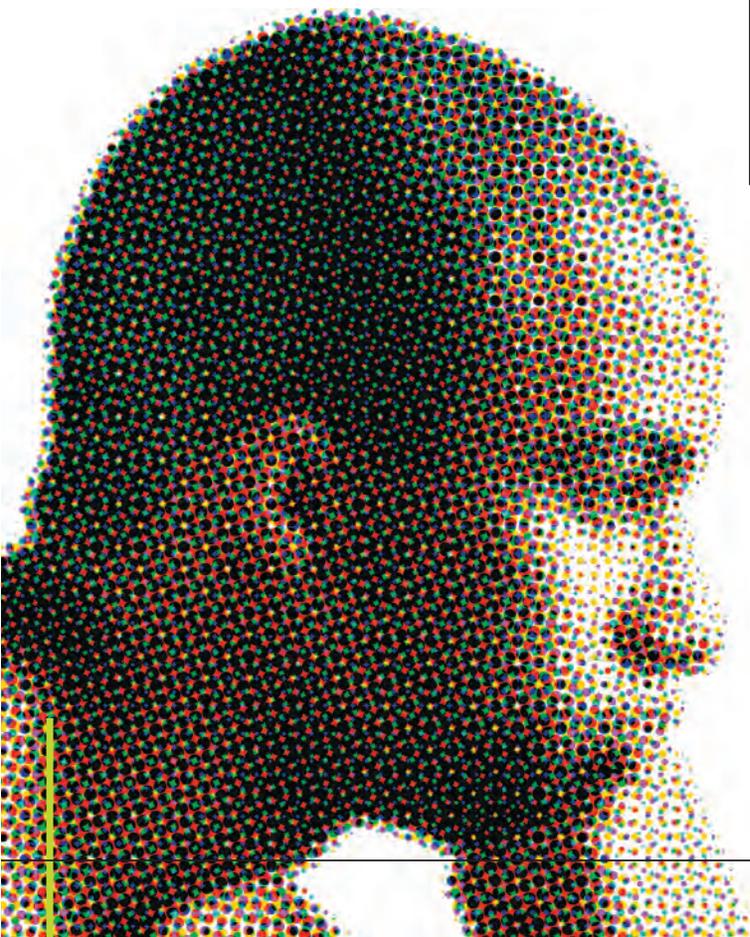
Pray for the thing your partner ended on. If you need more information about the situation, ask your partner to share as much as he or she is willing. After your partner prays for you, cross out that item on your list. Then keep taking turns counting to your number, praying for what you land on, and crossing it out. Don't count the crossed-out items when you pass them. Continue until time is up or you complete the list.

5. DISCUSS.

Talk to your partner about how he or she can continue to pray for you in those areas. Discuss why prayer is helpful in learning to trust God.

6. PREPARE TO SHARE.

Get back together with the whole Adventure 1 group, and decide how you'll present your adventure. Maybe you'll lead a prayer for the other group!



ADVENTURE

2

Molded Like Clay

Here's What You Need to Do...

1. TO START OFF...

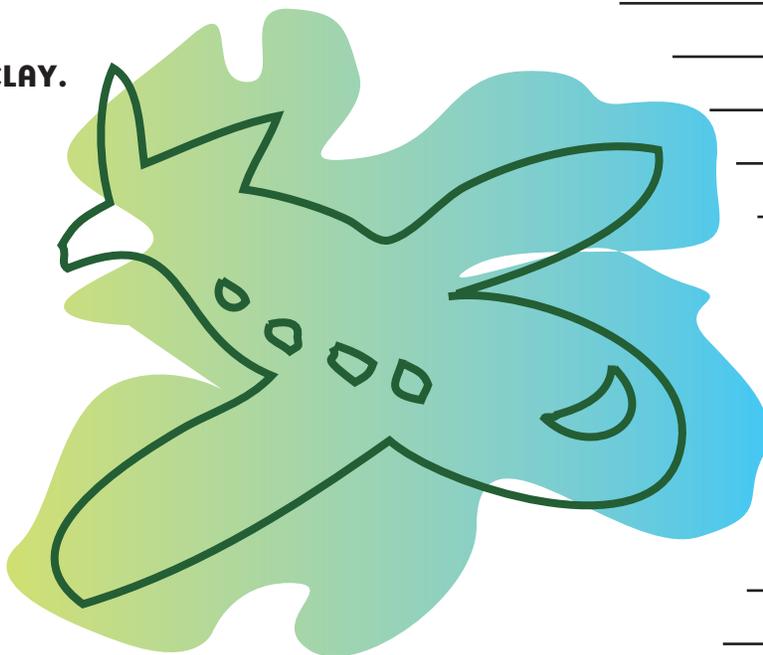
Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. FORM THE CLAY.

Get a partner. Brainstorm areas in which you're having a hard time trusting God. Create a sculpture that (at least kind of) looks like a school, a church, money, a friend, or a vacation destination—something that demonstrates your concern.

3. CRUSH THE CLAY.

Talk to each other about why you're having a hard time trusting God in that area. Then brainstorm reasons God is trustworthy in regard to that concern. Crush the clay to show you're committed to trusting God.



4. DO IT AGAIN.

As time allows, make more sculptures, and repeat step 3 for each area you think of:

5. DISCOVER THE MEANING.

With your partner, talk about what you made and answer these questions:

- How did this experience help shape your perspective on your situations?
- Following Abram's example, how can you demonstrate your trust in God?

6. PREPARE TO SHARE.

Now create another clay symbol that sums up your discoveries. Be prepared to share it with the rest of the group!

Notes



Bringing It Home

Read this quote with your family, and then talk it over.

“I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust’” —
PSALM 91:2.

- How would you put this verse into your own words to demonstrate your trust in God?
- What does the author mean by saying that God is a refuge and fortress?
- What else is trustworthy that you could compare with God? Explain.

Daily Challenge

“Abraham was born around 2166 B.C....He is mentioned some 308 times in the Bible; 234 times in the Old Testament; and 74 in the New Testament.”

—Dr. H.L.
Willmington,
Willmington’s Guide to the Bible

Try This

As a family, take a walk! Each family member should partner up with another family member. If you have an uneven number of people in your family, have a group of three. In each group choose a leader. During the walk, the leader will direct the other person, whose eyes are closed. The leader will tell that person when to step off a curb or where to turn right or left. Halfway through your walk, switch so everyone has a chance to be the leader. After the walk, discuss what it was like to have to trust someone like this and why God is easier or harder to trust.

- Draw a map that symbolizes the major events of your life so far. Pray that no matter where else God takes you on your map, you’ll be able to trust him.
- Find someone you know who trusts God. Ask that person what helps him or her trust God no matter what.
- Pray that you’ll be able to trust God each day and to understand why he is trustworthy.

Reading the Bible This Week

Sunday/Proverbs 3:5-6 • DOES TRUSTING GOD MEAN IGNORING OUR OWN COMMON SENSE? WHY OR WHY NOT?

Monday/John 14:1-4 • DO THESE VERSES GIVE YOU COMFORT? EXPLAIN.

Tuesday/Proverbs 11:28 • IN WHAT THINGS DO WE SOMETIMES PUT OUR TRUST INSTEAD OF GOD?

Wednesday/Psalm 20:7 • WHAT DO YOU THINK IT MEANS TO “TRUST IN THE NAME OF THE LORD”?

Thursday/Hebrews 11:8-10 • WHAT DO YOU THINK THE “CITY WITH FOUNDATIONS, WHOSE ARCHITECT AND BUILDER IS GOD” MEANS? WHAT DOES IT MEAN TO YOU?

Friday/Hebrews 11:1-2 • HOW ARE FAITH AND TRUST INTERRELATED?

Saturday/John 3:16-18 • WHAT DOES IT MEAN TO BELIEVE IN GOD? HOW CAN YOU DEMONSTRATE YOUR BELIEF AND TRUST?

Bible Trek

BIBLE POINT: God wants us to put others first.

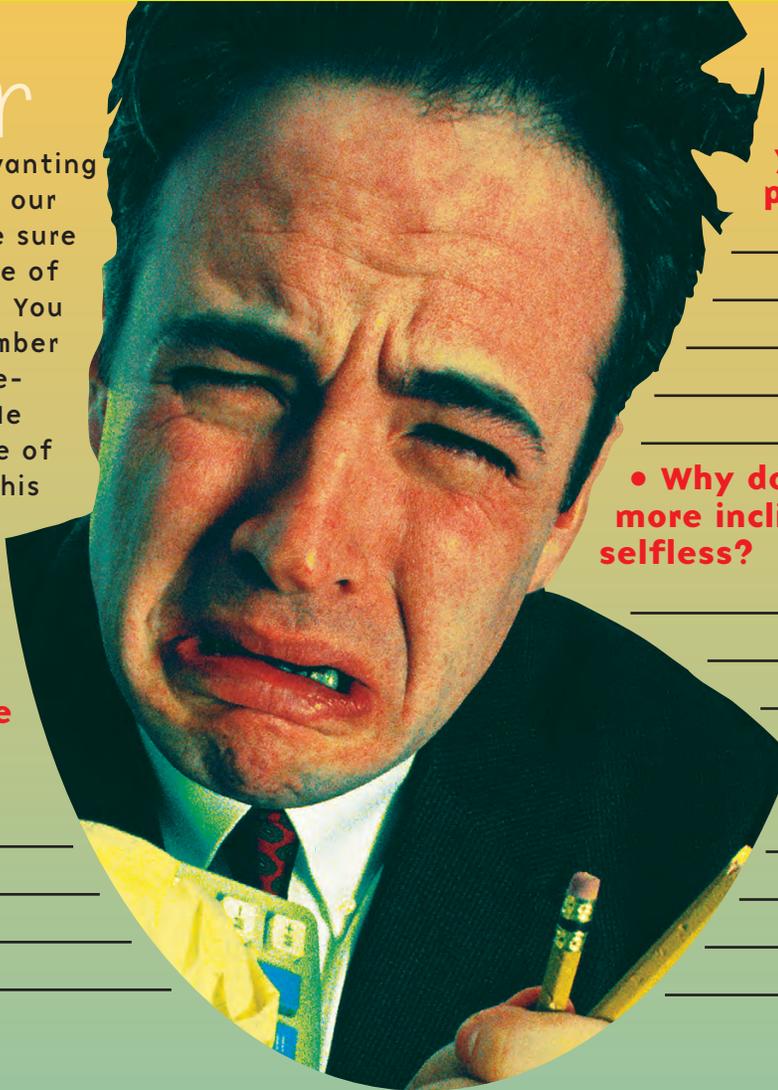
KEY VERSE: "Do to others as you would have them do to you"—Luke 6:31.

BIBLE TREK STUDY 9

Think It Over

All of us struggle with wanting more than we have, and our world pushes us to make sure our needs are taken care of before somebody else's. You know, "Look out for number one." But God didn't create us to be that way! He set the ultimate example of selflessness by sending his very own Son to die for us. He sacrificed what he valued most so we could have life.

• List some of the selfish things you've done in the past week.



• List some of the selfless things you've done in the past week.

• Why do you think you're more inclined to be selfish or selfless?

Just a Fun
from Fun

Between 1946 and 1961, an Italian dog named Dox helped the police with the power of his nose, which could follow a scent for 12 miles. This German shepherd found 136 missing persons and led police to capture 563 criminals. They should have called him Wonderdog...

www.nationalgeographic.com

"The least pain in our little finger gives us more concern and uneasiness than the destruction of millions of our fellow-beings."

—William Hazlitt, *21st Century Dictionary of Quotations*

ADVENTURE

1

The Indie

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. YOU'RE GOING TO BE FILMMAKERS!

You can choose to work as one big group or break into a couple of smaller groups. With your group, think of stories about people who have been truly selfless. They've helped other people without even thinking of what they were going to get for it. These can be stories from your life or stories you've just heard. You're going to play in an indie film about those

stories. For inspiration, think about Abram and Lot. This will give you a great idea of what selflessness is all about.

3. START FILMING!

Try to keep your indie film (that means it's independently made by you) to no more than two minutes in length. Pick the best story your group thought of. You're going to fit your story into just one scene. Plan out your film, and then begin acting. If you've got phones with video cameras, record your film. Otherwise, imagine it's a practice run. Remember, mistakes and bloopers won't ruin your indie film—they may make the entire production even better. Don't be afraid to have some fun!

4. TALK ABOUT IT.

After you've finished your film, discuss the stories you filmed. Talk about the following questions:

- **How did this film show people really putting others first?**

- **What motivates a selfless attitude?**
- **In what ways can we be like the selfless people in our films?**
- **How does God want us to treat others? Why?**

Now make sure your indie film is ready to go, because everybody's about to check out your acting skills by watching your video or your re-enactment! If you're showing videos, you'll probably each want to show your video to just a few people so they can see it on your phone!



ADVENTURE

2

Best Seller

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. YOU'RE GOING TO BE NOVELISTS!

Break into groups of two or three people. Okay, here's your opportunity to really make today's Bible lesson come to life! You're going to write a story with the theme of selflessness. Together, think of stories of people who have been truly selfless. They've helped other people without even thinking of what they were going to get for it. These can be stories from your life or stories you've just heard. Get ready to



write them! For inspiration, think about Abram and Lot. This will give you a great idea of what selflessness is all about.

3. PUT THE PEN TO PAPER!

Have fun and be creative! As you write, really focus on what each person is feeling and thinking, and include the ways your characters are selfless.

4. TALK ABOUT IT.

After you've finished your best sellers, get together with the other Adventure 2 groups and discuss what you've written. Talk about the following questions:

- How did each of the stories show people really putting others first?
- What motivates a selfless attitude?
- In what ways can we be like the selfless people in our stories?
- How does God want us to treat others? Why?

Notes



Bringing It Home

Read this quote with your family, and then talk it over.

“When I give I give myself.”

—WALT WHITMAN, 21ST CENTURY DICTIONARY OF QUOTATIONS

- **How have you given to others with your whole heart?**
- **In what ways can our family learn to give of itself and put others first?**
- **What difference does your attitude make when you give or serve?**

Daily Challenge

- Take over a responsibility for a family member who may be too busy.
- Let someone else have first pick of a snack, dessert, prize, or anything else that comes up.
- The next time you disagree with a friend, seek to understand the other perspective, and treat the person how you'd like to be treated.

Try This

This week, whenever a decision needs to be made, such as what TV show to watch or what to eat for dinner, practice putting others first by seeking to understand what everyone wants to do, and putting others' desires and well-being first. Do the same when an argument begins to arise. Ask questions such as: What would you most like to do in this situation? Why do you feel that way? Why don't you want to do this? What benefits do you see to handling the situation your way? What concerns do you have about a different way of handling it?

Try to do this for a whole week, and then talk about how it impacted your relationships and attitudes toward each other.

Reading the Bible This Week

Sunday / Psalm 112:5 • **WHAT CAN YOU DO TO SHOW GENEROSITY AND LEND FREELY?**

Monday / Proverbs 22:9 • **IN WHAT WAYS HAVE YOU EXPERIENCED GOD'S BLESSINGS WHEN YOU'VE BEEN GENEROUS?**

Tuesday / Ecclesiastes 9:10 • **PUT THIS VERSE IN YOUR OWN WORDS. WHAT DOES IT MEAN TO YOU?**

Wednesday / Luke 6:38 • **WHAT'S YOUR USUAL MOTIVATION FOR GIVING? DO YOU THINK IT'S A GOOD MOTIVATION?**

Thursday / 2 Corinthians 9:6-8 • **HOW CAN YOU BECOME A CHEERFUL GIVER?**

Friday / 1 John 3:17-18 • **WHAT DOES IT MEAN TO HAVE THE KIND OF PITY FOR PEOPLE THAT GOD WANTS US TO HAVE?**

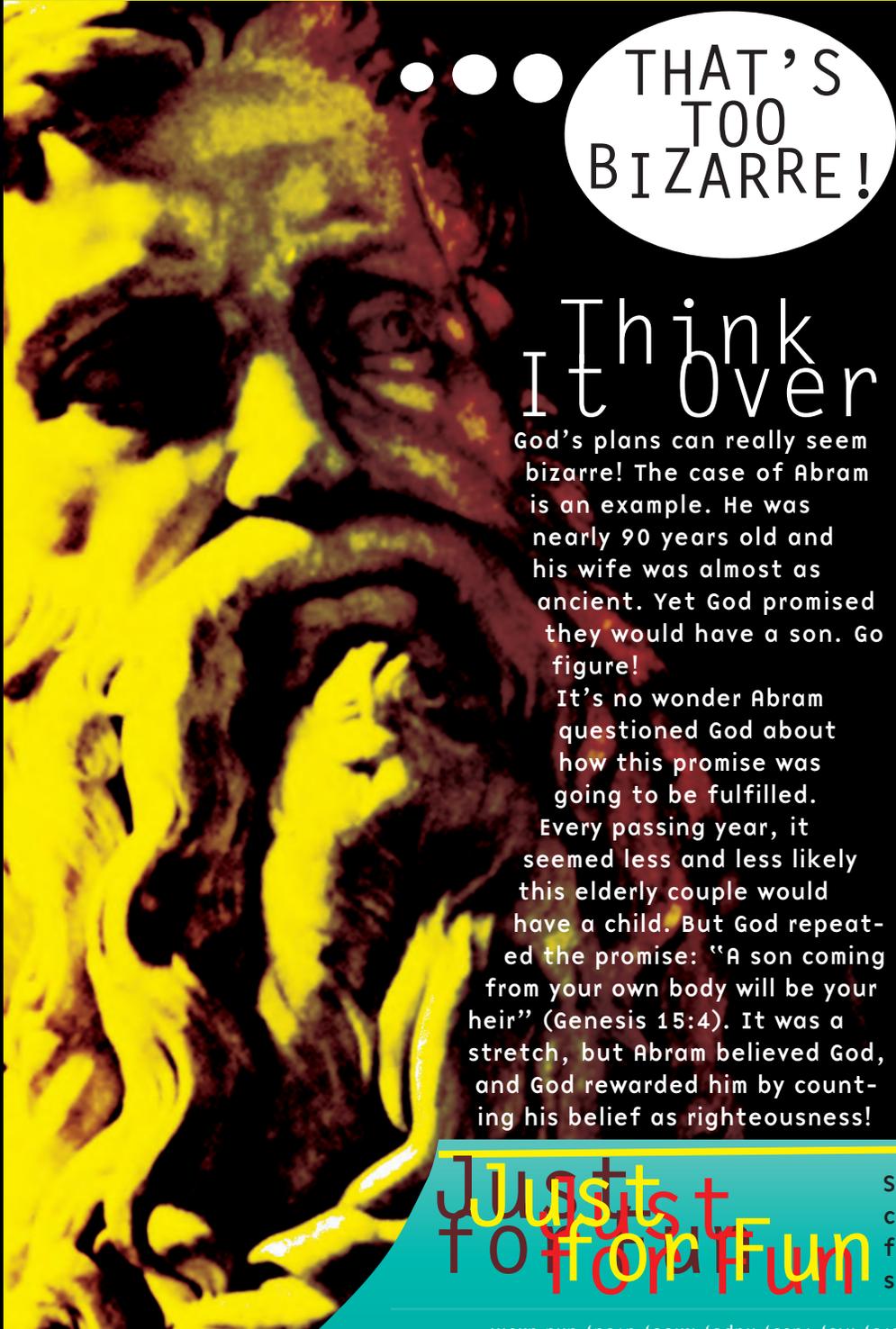
Saturday / 2 Chronicles 15:7 • **HOW CAN THIS VERSE CHANGE YOUR ATTITUDE?**

Bible Trek

BIBLE TREK STUDY 10

BIBLE POINT: God has good plans for us.

KEY VERSE: “ ‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future’ ”
—Jeremiah 29:11.



THAT'S
TOO
BIZARRE!

Think It Over

God's plans can really seem bizarre! The case of Abram is an example. He was nearly 90 years old and his wife was almost as ancient. Yet God promised they would have a son. Go figure!

It's no wonder Abram questioned God about how this promise was going to be fulfilled.

Every passing year, it seemed less and less likely this elderly couple would have a child. But God repeated the promise: "A son coming from your own body will be your heir" (Genesis 15:4). It was a stretch, but Abram believed God, and God rewarded him by counting his belief as righteousness!

• What plans in your life have gone really well? not so well?

• If God were to give you everything you pray for right away, do you think it would make your faith stronger or weaker? Explain your answer.

• Explain what makes it hard to believe God's plans for you are better than your own.

Just for Fun

See how many human body parts you can name that are spelled with only four letters. You're not allowed to use slang terms, abbreviations, or plurals!

There are 30 possible answers: nose, vein, palm, nail, drum, head, cell, anus, lobe, fist, skin, brow, bone, fowl, chin, arch, lung, back, lash, neck, heel, calf, pore, iris, face, face, knee, uvea, and axon.

A D V E N T U R E

1

Pick-a-Plan

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. FIND TWO FRIENDS!

You'll need to form trios for this experience. If your adventure group doesn't divide evenly into threes, form a couple groups of four. Then talk to your trio about what their interests are, what kinds of hopes and dreams they have, and what their favorite climate is.

3. MAKE A PLAN.

Write a life plan for the other two people in your group. (If you have a group of four, just write one for the people to your left and right.) Use what you've learned about them to make a plan you think they'd really, really like.

4. READ YOUR PLANS.

Each person should have two plans that the others wrote. Read the two plans for each person, and have that person pick the plan they'd most like to have happen.

5. DISCUSS.

Get back together with your entire adventure group, and share why you chose the plan you did. Then decide how to present your adventure to everyone else!

Star Search

Part 1:

Key point: God's plans for his children don't need to cause fear or worry.

Read: Genesis 15:1-5

Discuss these questions with your group:

- What significance does it have to you that God's first words to Abram were to not be afraid?
- Have you ever felt afraid about what God might want you to do? Explain.
- God tells Abram that he is Abram's great reward. What does that mean to you? What does it help you understand about God's plans?
- Reread verses 2-3. What do you notice about Abram's worries? In what ways can you identify with him?
- Reread verse 5. What does this verse help you understand about the kinds of plans God might have for you?

Part 2:

Key point: We can believe in God's plans.

Read: Genesis 15:6-11

Discuss these questions with your group:

- What signs do you see of Abram's belief? Any signs of questions?
- Explain what this passage reveals about asking questions about God's plans.
- What honest questions of faith do you have about God's plan for you?
- What signs has God given you that his plans are good and trustworthy?

Part 3:

Key point: God plans to work good out of bad.

Read: Genesis 15:12-18

Discuss these questions with your group:

- Look through all the things that God included in his plan for Abram's descendants. Which sound good? Which sound not so good?
- How can God's plans be good if they include things like 400 years of being enslaved and mistreated?
- How have you seen God turn a bad thing into a good thing?
- Why do you think God would even allow the bad things to be a part of the plan? What insights into that can you get from this passage?

Choose Your Own Adventure

ADVENTURE

2

Top Choice

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. LIST THE BEST THINGS.

Everyone will grab five index cards. For each category below, write what you think is the very best possible thing. You'll write your five answers on five separate cards.

- School subject
- Quality in a spouse
- Career
- Place to live (state, country, or something else)
- Type of pet

3. LIST THE WORST THINGS.

Grab five more index cards. This time, write the worst thing you can think of for each category. Again, you'll write your five answers on five separate cards.

4. COLLECT THE CARDS.

Collect the cards from everyone, keeping a separate pile for each category. You'll

combine the best and worst from school subject into one pile, and so on.

5. TAKE A VOTE.

Now it's time to vote for the best plan. Randomly pick two cards out of the school subject pile. Read the two options, and have everyone vote for what they like better. Continue this way through the whole pile. Make a pile of winners, and throw away the losers. Then go through the winner pile and repeat the process again and again until you have the winner between the final two cards.

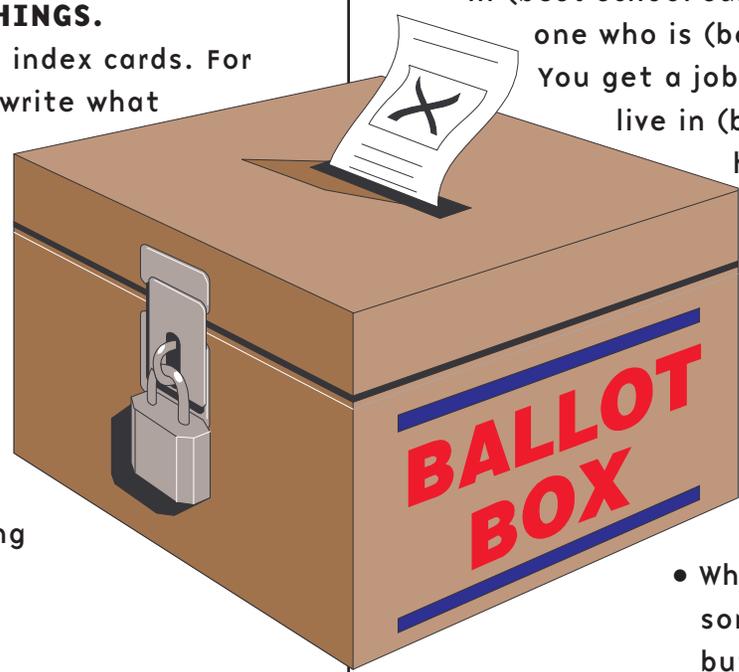
6. VOTE AGAIN.

Follow this same process to pick the winner for each category. Then read the winners like this: You go to college and major in (best school subject). You marry someone who is (best quality in a spouse). You get a job as (best career). You live in (best place to live) and have a pet (best pet).

7. DISCUSS.

As a group, talk about these questions:

- Why do you or don't you think the plan we came up with is the best one we could've had?
- Why do some people think something is a good plan, but others don't like it?



Get ready to present the plan you voted on to everyone else. If you've got more time, you could repeat the process, but vote for the worst plan.

Bringing It Home

Read this story with your family, and then talk it over.

A missionary couple was driving through Mexico. They were perplexed with how God didn't seem to be coming through with stuff they really needed. Janice was especially irritated because they had no toilet paper. Her husband, Sam, was scolding her for not trusting God. He said, "You know the Bible says God will supply your needs; why don't you just ask him for some?"

She prayed, not very respectfully, "God, you know we have no toilet paper. We also have no money. There is no store for us to buy it in, even if we had the money. So Lord, please give us some toilet paper—soon!"

A very short time later, a delivery truck bounced through a pothole in the road and a package of toilet paper fell off right in front of Janice and Sam's truck. By the time they had turned around and gone back to pick it up, the delivery truck was out of sight. So they thankfully, and with shame at their lack of faith, put the package into their camper. God had once again proven himself faithful—this time by answering an angry and faithless prayer for toilet paper. (BASED ON A TRUE STORY)

- **What does this story show about the way God can work his plans out?**
- **What plans does our family trust God with?**
- **Have you ever seen God at work when you stopped trying to control a problem yourself? What happened?**

Daily Challenge

- Talk to a trusted adult about what he or she hopes God might have planned for you.

- For each plan you make this week, stop and pray about it first—even if it's just a small plan.

- Start a jar of thanks for God's plans for you. Each time you see God working out a detail in your life, write it down and put it in the jar. You might start with things he's already done for you.

Try This

Take a "faith field trip" around your neighborhood. As you walk or drive, family members can point out something they see that requires faith. For instance, you exercise faith when you believe cars will stop when you walk across a street at a green light. As a passenger in a car, you show great faith in the driver's skill. Just inhaling each breath requires a faith in the air being breathable! After each of you has chosen something, talk about what faith means to your family, and why you can have faith in God's plans.

Reading the Bible This Week

Sunday / Ephesians 1:9-10 • **WHAT DO YOU THINK OF GOD'S ULTIMATE PLAN FOR ALL OF CREATION?**

Monday / Romans 8:28-29 • **WHAT DOES THIS HELP YOU UNDERSTAND ABOUT GOD'S ULTIMATE PLAN FOR YOU PERSONALLY?**

Tuesday / Genesis 12:3 • **GOD'S PLAN FOR ABRAM INCLUDED BLESSING ALL NATIONS THROUGH HIM. HOW ARE YOU PERSONALLY A FULFILLMENT OF THAT PART OF GOD'S PLAN FOR ABRAM?**

Wednesday / Hebrews 11:6 • **HOW MUCH DO YOU BELIEVE THAT GOD EXISTS AND REWARDS THOSE WHO SEEK HIM?**

Thursday / James 4:13-15 • **WHEN YOU MAKE PLANS FOR THE FUTURE, WHAT ATTITUDE CAN YOU HAVE? THINK OF A SPECIFIC EXAMPLE.**

Friday / Proverbs 19:21 • **WHAT PLANS HAVE YOU MADE THAT YOU NEED TO COMMIT TO GOD'S PURPOSE?**

Saturday / Psalm 33:10-11 • **HOW DO YOU KNOW GOD'S PLANS ARE GREATER THAN YOUR OWN OR OTHER PEOPLE'S?**

Bible Trek

BIBLE TREK STUDY 1 1

BIBLE POINT: God does amazing things.

KEY VERSE: "For nothing is impossible with God"
—Luke 1:37.



Think
It
Over

It happens all the time, right? Well, to Abraham maybe! First, he has three unexpected guests arrive in town...from heaven! Then they tell him that he and Sarah—who are 100 and 90 years old—are going to have a son. Then there's all that stuff about his nephew Lot:

The bad news—Lot's home is going to be destroyed by fire and brimstone falling from the sky.

The good news—the angels will save Lot and his daughters.

The bad news—the angels are attacked by the evil men of Sodom.

The good news—God strikes the men with blindness, and the angels aren't harmed.

The bad news—Lot's wife becomes a statue of salt.

The good news—God keeps his word, and Lot is protected.

Talk about a day of miracles!

• **What miracle has God done in your life recently?**

• **What, if anything, do you think would keep God from doing a miracle in your life?**

• **What miracle would you want to ask God for? Why?**

Just
to
for
Fun

- What do you call a cow that just had a calf?
Answer: Decaffeinated!
- If athletes get athlete's foot, what do astronauts get?
Answer: Mistletoe!

"You rush a miracle man, you get rotten miracles."
—Miracle Max, *The Princess Bride*

ADVENTURE 1

Unexpected Company

Here's What You Need to Do...

1. TO START OFF...
Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. READ AND CHART.
Find a partner, and grab a pen, piece of paper, and a highlighter. Together, read Genesis 18:1-15, considering the main points of action in this passage. Then make a graph by placing a dot for each thing that happened in the passage, and write a summary by the dot. For example, "the Lord appeared to Abraham" might be your first dot. Make the dots higher or lower to indicate how amazing each event is. Your most amazing things will be the highest dots.

3. READ AND CHART SOME MORE.
With your partner, grab another piece of paper, and get ready to make another chart. This one will be a flow chart to show how God was going to handle the people of Sodom after talking with Abraham in Genesis 18:16-33. A flow chart is a decision-making chart, with boxes that have arrows for each possible decision. Your first box might say "Do I destroy Sodom?" That might lead to a box that says, "Are there 50 righteous people?" An arrow that says "yes" would

ADVENTURE 2

Collage of Miracles

Here's What You Need to Do...

1. TO START OFF...
Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. READ THE STORY.
As a group, read sections of the Bible passage: section 1—Genesis 18:1-2, 9-15; section 2—Genesis 18:16, 20-24, 32-33; 19:1-11; and section 3—Genesis 19:15-17, 25-29.

3. CREATE A MURAL!
Using the supplies in front of you, make a collage of words and pictures to show the amazing things that happened in each of the three sections. If you have a lot of people, you can make more than one collage. Otherwise, make sure everybody contributes something important! You'll each draw or write your artwork on paper, rip it out, and glue it to the poster board. As you're creating your collage, focus on the miracles that took place. Be prepared to present your masterpiece to the other group!

4. DISCUSSION...
Discuss these questions together, and remember your answers—you're going to share them with the other group!

- **What did you contribute to the collage? Why does that stand out as amazing or miraculous?**
- **When you look at the whole collage as one piece, how would you describe God?**
- **Which things seem the hardest to believe? Explain.**
- **Why are miracles sometimes hard to believe?**



lead to a box that says "spare the city." An arrow that says no could lead to a box that says, "Are there 45 righteous people?" Highlight any boxes that you think show something amazing.

4. ONE MORE TIME.

Grab one more piece of paper, and read Genesis 19:1-29 with your partner. This time, make a cause-and-effect chart. You'll make two columns, one labeled "cause" and the other labeled "effect." As you read through the passage, look for cause-and-effect

pairs, such as "men came to the city, Lot became their host." Add each one to your chart. Highlight any effects that you think show something amazing.

5. DISCUSS.

Gather with the others in your adventure group to compare and contrast your charts. Especially pay attention to the things you plotted high on your first graph or highlighted on the last two. Why did those things stand out as amazing?

Figure out which charts you'll present to the other adventure group.

BINGO! THAT'S AMAZING!

survived a car accident	saw a beautiful sunset	know someone who beat cancer	held a newborn baby	ate something delicious
has been breathing all day	survived a major surgery	can play an instrument well	has seen an angel	has heard from God through reading the Bible
got a surprise meal when food was almost gone	can wiggle his or her ears		woke up this morning alive	has a warm house in the winter
has hit a home run	has heard God's voice	has pet an animal	has had a beating heart all day	survived a near-death experience
has survived a natural disaster	has more than seven outfits	can walk	has received an anonymous gift	has avoided an encounter with a bully

Bringing It Home

Read this quote with your family, and then talk it over.

"As God's chosen, blessed sons and daughters, we are expected to attempt something large enough that failure is guaranteed...unless God steps in."

—BRUCE WILKINSON, *THE PRAYER OF JABEZ*

- **Why would you try to do something you knew you would fail at?**
- **Why would God ask you to do something you would fail at if he didn't step in?**
- **What do you think God wants to do in you or through you that only he can do?**



Daily Challenge

• Interview a few people about God's amazing power. Ask them to share miracles they've witnessed or experienced.

- Pick three things you take for granted, such as food, clothes, or a good education. Each time you benefit from one of those things, stop and thank God for the amazing work he's done in your life.
- Create a collage of your week by drawing one amazing thing God does each day.

Try This

Pick a family meal at which to share amazing stories. Share anything God has done for you lately that could be considered a miracle. After each person shares, have everyone say in unison, "That's amazing!"

Reading the Bible This Week

Sunday/Hebrews 1:1-2 • **HOW HAS GOD USED JESUS TO SPEAK TO YOU?**

Monday/Job 36:26 • **WHEN HAVE YOU BEEN AMAZED AT THE GREATNESS OF GOD?**

Tuesday/Job 37:2-5 • **HOW DOES YOUR KNOWLEDGE OF SCIENCE ADD TO OR TAKE AWAY FROM THE WONDER OF GOD?**

Wednesday/Job 38:1-7 • **WHEN YOU SEE THE STARS OR WATCH THE LIGHTNING STRIKE, WHAT THOUGHTS OF GOD DO YOU HAVE?**

Thursday/1 Corinthians 1:20-25 • **WHAT DOES IT MEAN THAT GOD'S FOOLISHNESS IS WISER THAN MAN'S WISDOM?**

Friday/Romans 5:6-8 • **WHAT'S SO AMAZING ABOUT GOD'S LOVE FOR YOU?**

Saturday/Acts 1:8 • **HOW CAN YOU SHOW OTHERS THAT GOD IS AMAZING?**

Bible Trek

BIBLE TREK STUDY 12

BIBLE POINT: Thank God for his gifts

KEY VERSE: "Rejoice in the Lord always. I will say it again
Rejoice!"—Philippians 4:4

Think It Over

And you think *your* parents are old! Imagine being 12 and having a dad who's 112! Despite their ages, Abraham and Sarah had been given a gift from God. Through Isaac, God fulfilled his promise to them. This gift brought honor to Sarah, who had never had children. How did Abraham and Sarah respond to God's gift? Abraham proved his gratefulness by obediently naming his son Isaac and circumcising him. And Sarah laughed with joy! Their gratitude to God was genuine!

- **What kinds of gifts has God brought into your life? In what ways were they expected or unexpected?**

- **How have you expressed gratitude for those gifts?**

- **How can you be more genuine in your gratitude?**

Just for Fun

Can't think of cool ways to tell your friends "Hey, thanks"? Why not make a short thank-you video and post it on a social media platform to send to your friends?

ADVENTURE

1

The Greatest Gift

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. WRITE A LIST!

Grab a piece of paper, and write one or two gift ideas that would be great gifts for you to receive. Don't take up too much room—several people will need to write below you.

3. MAKE IT BETTER.

Sit in a circle with your adventure group. (If you have more than 10 people, form two smaller circles.) Pass your paper to the person on your right. Then read what that person wrote, and think of a way to make the gift even better. You can think outside the box! For example, if someone says they want an iPad, maybe you could suggest an iPad that doubles as a jet pack! Continue passing the papers around the circle until they get back to their original owners.

4. WHADDYA THINK?

Look at how your gift changed from your original request. Do you like it better? Think of a way to express your thanks to the people who wrote on your paper. Then thank each other!

5. TALK TOGETHER.

Talk about these questions with your group:

- How thankful are you really for the way your gift changed? Explain whether you'd rather have the original or what you ended up with.
- Talk about a time you had something in mind, and someone gave you an even better gift.
- In what ways are God's gifts better than we could think of—even if they don't feel like it?

Pick a few of your gift ideas to present to the other adventure group.



Thank-You Notes

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. WRITE A LETTER.

Your parents have probably made you sit down and write thank-you notes after your birthday or Christmas. Write a thank-you note to God now! Include as many things as you can think of that you're thankful for.

3. SHARE YOUR LETTER.

If you feel comfortable, read your letter (or parts of your letter) to the others in your adventure group.



4. TALK TOGETHER.

Talk about these questions with your group:

- What things do you typically remember to be thankful for?
- What things do you sometimes take for granted?
- Of all the things in your letter, what are you most thankful for? Why?

5. SEAL THE DEAL.

Put your letter in an envelope, and seal it. Write today's date over the seal. You'll bring it home and hide it in your room—somewhere where you won't find it for a while. When you do find it, you can open it and see what you were thankful for today!

6. GET READY TO SHARE.

Have each person in your group think of one thing they wrote in their letter so you can tell the other adventure group about your letters. Stand in a line and have the first person say, "Dear God, thank you for..." and name one thing. Then go down the line and share your thanks. The last person will say, "In Jesus' name, amen."

Bringing It Home

Read this quote with your family, and then talk it over.

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name”—PSALM 100:4.

- **What do you think it means to “enter his gates with thanksgiving”?**
- **How could giving thanks to God more often change your perspective on life?**
- **How can we, as family members, encourage each other to be more grateful?**

Daily Challenge

- Pray before your meals, before you get dressed, before you walk into your home, and before you do your homework, thanking God for food, clothes, a home, and an education.
- Change your prayers to focus more on thanks rather than begging God for things you need or want.
- Plan a way for your family to make sure to focus on thanking God this Thanksgiving.

“A thankful heart is a happy heart.”

—many sources

Try This

Help each other develop a more thankful attitude this week. Whenever someone starts to complain, ask that person how their challenging experience might actually point to a gift from God. For example, a lot of homework could point to the gift of a good education, preparing that person for a great job that they’ll love. Yet another load of laundry could be a reminder that your family has many clothes to keep them warm. Thank God together for his gifts—even the things that are hard at the time.

Reading the Bible This Week

Sunday/Psalm 35:28 • **How can we express gratitude to God with our words?**

Monday/Colossians 2:6-7 • **What part does thankfulness have in your growing with Christ?**

Tuesday/1 Thessalonians 5:18 • **Was there ever a time in your life when it was hard to be thankful? Explain.**

Wednesday/Psalm 106:1; 107:1 • **How can we respond to God’s unfailing love?**

Thursday/Philippians 4:6 • **What part does being thankful have in seeing our prayers answered?**

Friday/2 Samuel 7:18-24 • **What can you learn from David’s example of a thankful prayer?**

Saturday/Luke 12:15 • **Is there any greed in your heart you need to confess to God today? If so, what?**

Bible Trek

BIBLE TREK STUDY 13

BIBLE POINT: God always hears us when we pray.

KEY VERSE: "So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you"—Luke 11:9.

Think It Over

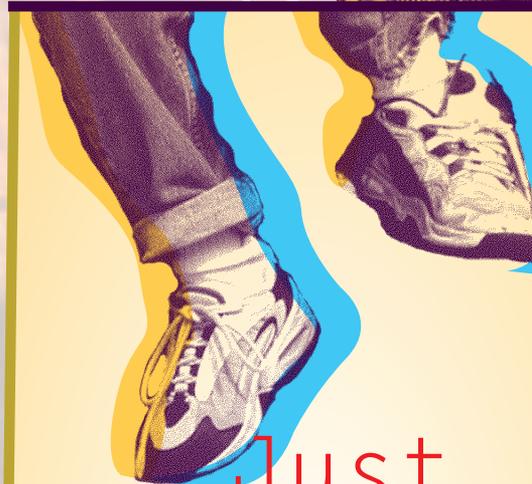
True, Ishmael was just as much Abraham's son as Isaac was. But Isaac was the child God had promised to Abraham, which made Ishmael a threat. Ishmael had to go.

Abraham hated to send away his son, and Hagar felt sure Ishmael would die in the wilderness. God heard their unspoken fears and showed up to reassure them both. God had a plan bigger than they could imagine, and it included a good future for Ishmael.

• **What areas of your life have you prayed about recently?**

• **What evidence have you seen that God hears our prayers?**

• **When have you had a hard time believing that God could hear your prayers?**



Just for Fun
Just for Fun
Just for Fun

• **QUESTION:** A man and a dog were going down the street. The man rode, yet walked. What was the dog's name?

ANSWER: YET.

• **QUESTION:** Why does history keep repeating itself?

ANSWER: BECAUSE WE WEREN'T LISTENING THE FIRST TIME!

• **QUESTION:** What do computer operators eat for lunch?

ANSWER: CHIPS!

God shapes the world by prayer. The more praying there is in the world, the better the world will be, the mightier the forces against evil. — E.M. Bounds

ADVENTURE

1

Sculpted Psalms

might sculpt some mountains as you talk to God about how he can help you face the mountains of trouble you're experiencing right now.

5. REPEAT.

If you have more time, go back and pick another psalm from the list above, and make another sculpted prayer.

6. PREPARE TO SHARE.

Think of a way to share your sculpture in five words or less—that way everyone can present!

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. READ.

Pick one of these psalms to start with:

- Psalm 42
- Psalm 63
- Psalm 121

3. DISCUSS.

These psalms were prayers written by people from the Bible. Talk with your adventure group about how the psalm you read connects to the experiences Hagar went through. Then talk about how the psalm connects to your own life.

4. SCULPT.

Pick part of the psalm that sticks out to you as a prayer that's relevant to you right now. Then make a sculpture as your prayer to God to represent that line. For example, if you picked Psalm 121:1-2, you



ADVENTURE

2

Songs of Prayer

Here's What You Need to Do...

1. TO START OFF...

Say hi to the other people in your group. Then, with your group, follow the rest of the instructions for your adventure!

2. READ.

Pick one of these psalms to start with:

- Psalm 42
- Psalm 63
- Psalm 121

3. DISCUSS.

These psalms were prayers written by people from the Bible. Talk with your adventure group about how the psalm you read connects to the experiences Hagar went through. Then talk about how the psalm connects to your own life.

4. MAKE A TUNE.

The psalms are actually prayer songs, but we don't know the original tunes. Work together to come up with a new tune for a few verses of your psalm. If you have a lot of people in your adventure group, you may want to break into groups of five or fewer people to write your songs. It's okay to alter the words a little bit to fit your tune, as long as you retain the meaning. You can use the pens and space provided to write out

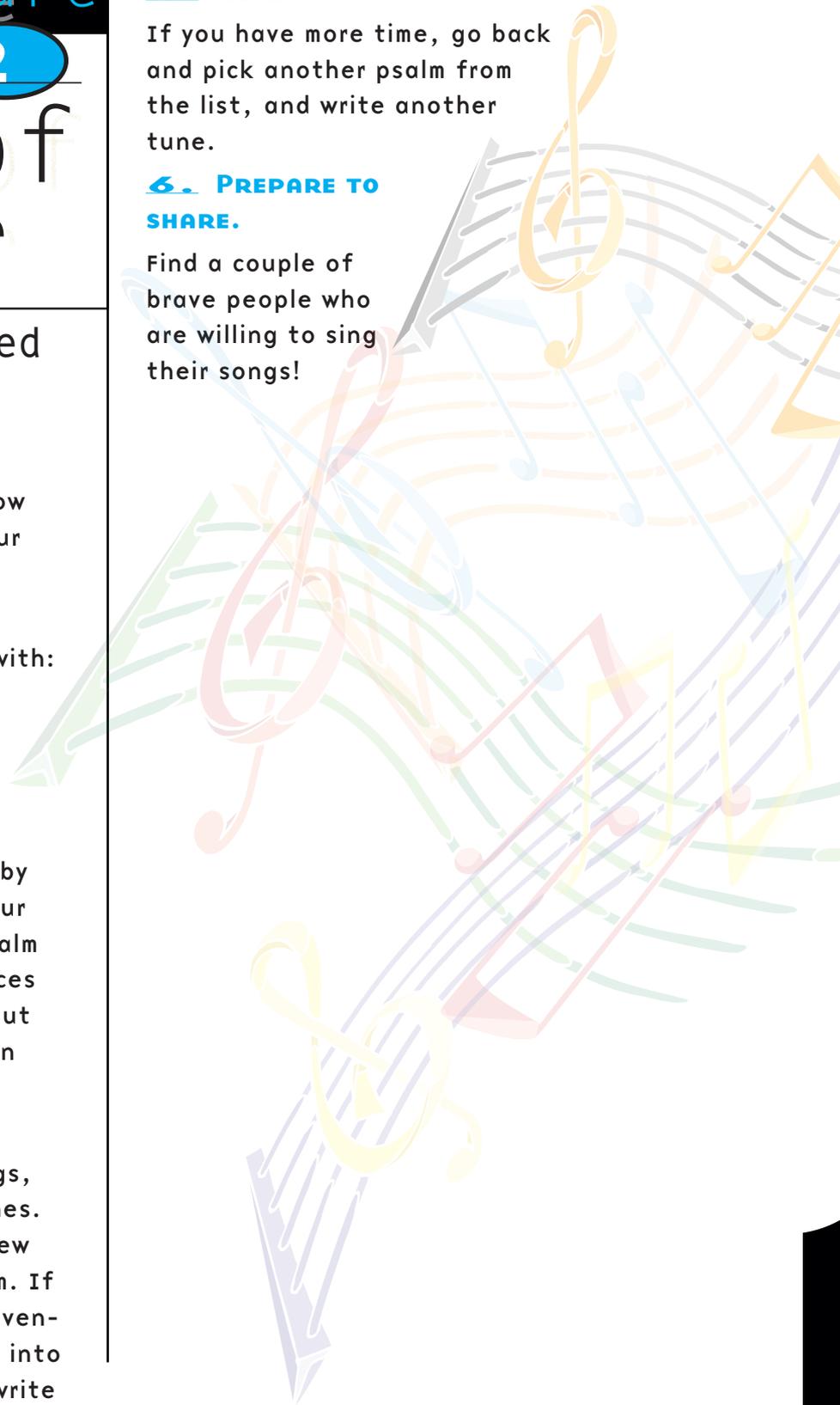
any lyric changes, as well as guitar chords or piano sheet music.

5. REPEAT.

If you have more time, go back and pick another psalm from the list, and write another tune.

6. PREPARE TO SHARE.

Find a couple of brave people who are willing to sing their songs!



Bringing It Home

Read this quote with your family, and then talk it over.

“If we think of prayer as the breath in our lungs and the blood from our hearts, we think rightly. The blood flows ceaselessly, and breathing continues ceaselessly; we are not conscious of it, but it is always going on.”—OSWALD CHAMBERS, *MY UTMOST FOR HIS HIGHEST*

- **How often do you think about praying?**
- **Why do you pray?**
- **What difference does it make to you to know that God hears every prayer?**



Daily Challenge

- Write down the things that make you want to cry throughout this week. Give those cries to God.
- Spend time listening for God to tell you how much he loves you.
- Pray while drinking a nice, cool glass of water. Ask God to refresh you and meet your needs as he did for Hagar and Ishmael.

Try This

Practice listening and praying with your family. Share personal prayer requests, and listen closely to what others share, asking questions to be sure you understand. Then pray for each other and wait to see how God answers.

Reading the Bible This Week

Sunday / **EXODUS 3:7** • Do you believe that God is concerned about your suffering? Why or why not?

Monday / **2 CHRONICLES 7:14** • What does being humble have to do with prayer?

Tuesday / **PSALM 139:1-2** • What does it mean to you that God loves you so much that he knows everything about you? How can that impact your prayers?

Wednesday / **MATTHEW 26:36** • Since Jesus was God, why do you think he needed to pray?

Thursday / **ROMANS 8:26-27** • When have you felt like you didn't have the words to pray and needed God's Spirit to pray for you?

Friday / **PHILIPPIANS 4:6-7** • How would thanking God each time you presented him with a request change your prayers?

Saturday / **1 THESSALONIANS 5:16-18** • What can you do to remind yourself to pray more often—even while you do other things?