

FAMILY GAME TIME

FOOTBALL BOWLING

ITEMS NEEDED:

A set of bowling pins (can be plastic, or you can use empty 2-liters)
A football

INSTRUCTIONS:

Choose two players for this game. Set up the pins 15-20 feet from the players. Each player will get two tosses to knock down as many pins as they can. If they get a strike, they get two more tosses. If they get a spare, they get one more toss, just as in bowling. Add up the scores according to bowling rules, and the winner gets a prize.

VARIATION:

If it's too risky to toss the football, have the players roll it like a bowling ball.

WHAT'S THE POINT?

Happiness can get knocked down by a bad circumstance, just like the bowling pins. Joy is everlasting and can endure difficult circumstances.

FAMILY DISCUSSION QUESTIONS

ICEBREAKER:

What is the one fruit you just can't stop eating when you start?

MEMORY VERSE ACTIVITY:

Galatians 5:22-23

Look at the verses surrounding this passage, or read the whole chapter so you can hear this verse in context. What was happening? How do the verses before and after the memory verse help you understand its meaning?

DISCUSSION QUESTIONS:

Read Luke 24:50-53

What happened when Jesus returned to heaven?

What makes joy different from happiness?

What is the second Fruit of the Spirit?

What did Jesus do in front of his disciples in this passage?

Why did the disciples have joy?

What makes joy different from happiness?

How can we have joy in our hearts?

SIMPLE PRAYER:

Dear God,

Thank you for giving us Jesus so that we can have joy.

*In Jesus' name,
Amen*

FAMILY REVIEW GAME

JOY OR HAPPINESS?

Lasts for a while but then fades away.

HAPPINESS

Is a feeling that comes and goes.

HAPPINESS

Stays with us in good times and bad.

JOY

Never lasts for long and can vanish in a moment.

HAPPINESS

Comes from knowing Jesus.

JOY

Is a Fruit of the Spirit.

JOY

FRUIT OF THE SPIRIT

CRAFT ACTIVITY

Have the kids cut out some fruit shapes from construction paper and glue them onto another paper in the shape of a cross. Let it be a reminder that the Fruit of Joy comes from knowing Jesus died for us.