

## NBC FRIDAY - OBJECT LESSONS

### **HELPER OBSTACLE COURSE** (10 mins)

*Supplies: Blindfolds (1 for every two kids); items that can be used to set up an obstacle course: cones, hula hoops, playground balls, foam mats, and so forth*

**Prepare:** Use the items you gathered to set up an obstacle course.

Ask kids to find a partner. Explain that each blindfolded partner will complete the obstacle course by following the instructions of their partners. The seeing partner may use his voice or place his hands on his partner's shoulders and guide him through the course. Ask teams to move slowly through the course and be on the lookout for any safety concerns like untied shoes.

Guide partners to take turns being blindfolded and being the seeing partner while working their way through the course.

Ask kids if the course would be easier if they could see where they were going (of course it would be). Explain that we show our trust in God by obeying the Holy Spirit, even though we cannot see Him and do not always understand why He tells us to do something. Ask kids how they might know that the Holy Spirit is speaking to them. Explain that they won't hear an audible voice, but that they might feel a tug in their heart to do something or that tells them that what they are doing is wrong. The Holy Spirit also uses what is in the Bible to help us understand more about God.

### **INVISIBLE INK** (10 mins)

*Supplies: Poster board, baking soda, water, 2 small cups, paintbrush or cotton swab, grape juice concentrate, sponge paintbrush*

**Prepare:** Mix baking soda and water (1:1 ratio) in a cup. Use a paintbrush or cotton swab to paint *Jesus is with me* on the poster board, then set aside to dry. Pour grape juice concentrate into a cup.

Ask kids to read what is written on the poster board. (*They should say, "Nothing."*) Explain that you can reveal the invisible message. Use the grape juice and sponge brush to paint over the poster board and reveal the message.

**Debrief:** Discuss with kids that Jesus promised to send the Holy Spirit to be with those who trust Jesus as their Savior. That is why Christians can say, "Jesus is with me." We can't see Him in us, but He's always there.

**Read Joshua 1:9. Remind kids that the Holy Spirit is with all who follow Jesus and they are never alone!**

Close in prayer, thanking God for the Holy Spirit who is with believers at all times.