

# Blinky's Family Challenge



## Exercise Your Spirit!

Exercise makes your body stronger and healthier. Obeying God's Holy Spirit is like exercising your spirit.

### Directions

1. Act out the exercises from the **Exercise List** as a family.
2. Talk about which exercises are for your body and which ones are for your spirit.

### Exercise List

Body	Spirit
• Push-ups	• Pray
• Jumping Jacks	• Listen to God
• Sit-ups	• Read the Bible
• Toe Touches	• Obey

## Review Time!

### Say With Me *Ages 2-3*

1. *Say Together:* **God's Holy Spirit is a gift!**
2. *Say Together:* **Exercise your spirit!**

### Q&A *Ages 4-Kindergarten*

1. **What does the Gift Picture Pass remind you about God's Holy Spirit?** *God's Holy Spirit is a gift from God.*
2. **Who lives in your spirit heart when you choose to follow Jesus?** *God's Holy Spirit*



Lead your family through the Bible Plan *God's Wonderful Gift* on the YouVersion Bible App.

[www.bible.com](http://www.bible.com)

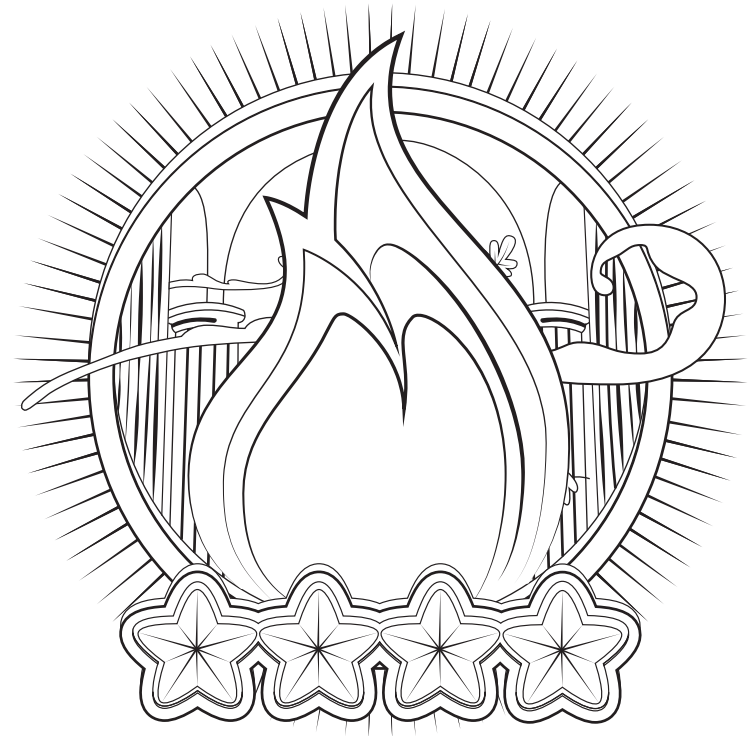


[www.life.church/kids](http://www.life.church/kids)

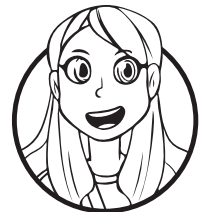
# God's Wonderful Gift

## *The Holy Spirit comes*

### Week Four



*Tell your family what's in my Adventure Bag!*



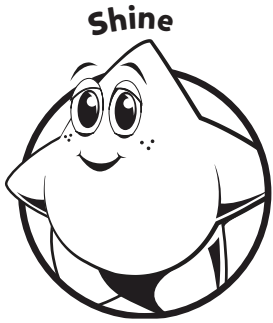
**Emily**



Interact with God's Word through the Bible App for Kids, activities, videos, coloring sheets, parent resources, and more!  
[www.BibleAppForKids.com](http://www.BibleAppForKids.com)



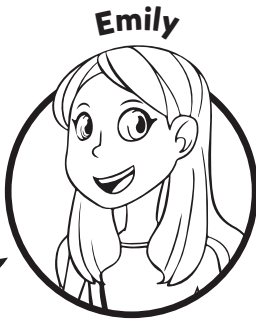
Follow LifeKids to sing along with this month's song, *God's Spirit*. [www.life.church/kidsmusic](http://www.life.church/kidsmusic)



Shine

**Question:** Hey friends! **Why does God's Holy Spirit live in you?**

**Answer:** Say it with me! **God's Holy Spirit gives me power!**



Emily

Say the Bible verse with me!



Guy the Bible Guy



# God's Holy Spirit is a wonderful gift.

Put a sticker on the gift!

