

Activity Instructions

Today we are thinking all about the theme of Trusting God and using Proverbs 3: 1-9 to help us

Activity 1: Trust games

Here are some games you could try for this activity: (1) an adult stands behind a child (or another adult) with arms open ready to catch them and the child (or adult) falls back into their arms. (2) an adult or child is blindfolded and another adult or child takes them for a walk around the house making sure that they don't bump into or trip over anything. You could also do this one by setting up an obstacle course and help the blindfolded person navigate that. (3) This one might work best if you were doing Lighthouse at Home with another family as it will work better with a bigger group. Everyone stands in a circle, quite close together facing the back of the person beside you and then you all sit on the lap of the person behind you. (You will need to do it all together and then it should work!)

Talk about how it is not always easy to trust.

Trust in the Lord with all your heart., do not depend on your own understanding. Proverbs 3:5

Activity 2: Make a journal

Items you may need (what you need will depend on the option you choose): a copy, notebook, some card, paper, magazines or old cards, wrapping paper, glue stick, scissors.

There are a few different ways you might do this. (1) take a copy or notebook and cover this with coloured paper, wrapping paper or card. Cut a piece of card or paper slightly bigger than the cover already on the copy. Fold this in half. Then over one side of the copy or notebook cover with glue and carefully place this side of the cover down on the card/paper lining the folded edge of the cover to the fold in the card/paper and smooth it out then glue the other side of the copy/notebook cover and stick on the card/paper. You can then trim off any excess card/paper.

(2) Take a copy or notebook and cover it with pictures you cut from magazines. They should overlap and cover the entire cover.

(3) You can make your own notebook by taking sheets of paper and folding them in half and either stapling or stitching them together or using an elastic band to hold them together. The cover could be made from a cereal box. Then you can use any of the ideas above to cover it.

Now your journal is ready for use.

A journal can be used for lots of different things. You might write or draw prayers, or write things God says to you, or bible verses or draw pictures God gives you. You can also write or draw your worries and give them to God that way. Or you will see another idea later in activity 4.

See his will in all you do and he will direct your paths. Proverbs 3:6

Activity 3: Heart Necklace

You will need: string, wool or cord, pasta shapes like macaroni with a hole down the middle, some card (recycled card from a cereal or similar box), some pens, markers or crayons, a scissors. A peg for each person.

Draw a little heart on your card and cut it out. Write the words loyal and kind (or choose one of these words) on the heart. Then stick a pasta shape across the back of the heart. Now take your string or cord and put a peg on one end (to stop the pasta pieces falling off!) and thread some pieces of pasta onto it. When you get to the middle thread on your heart and then continue with more pasta shapes. When you have added enough shapes (and remember to leave enough space to join the two ends of the string) carefully remove the peg and knot the two ends together. Now you can wear your necklace to remind you to be a loyal and kind friend.

Never let loyalty and kindness get away from you! Wear them like a necklace, write them deep within your heart. Proverbs 3:3

Activity 4: Kindness List

Make a list of things you can do to show kindness to others. This is a list that can be added to as you think of more ways to show kindness. You could write (or draw) it in your journal so that you can look back over it to remind you of ways to be kind to people. You might also use your journal to record kind things other people do for you!

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Activity 5: Gratitude Jar

For this you will need: a jar (or some other sort of container), paper (any colour), pens, markers or crayons, stickers (optional), glue stick or PVA, magazines (optional)

Take your jar (or container) and decorate it if you wish. You might use stickers or little pictures you either draw or cut from magazines. Then think about some things that you are thankful for and write (or draw) them on strips of paper and fold them and put them into your gratitude jar. You can add to this every day. Then sometimes you can read all the things you have put into your gratitude jar and remember that there is so much to be thankful for and be reminded of how much God has provided for you.

Honour the Lord with your wealth and with the best part of everything your land produces. Proverbs 3:9

Activity 6: What's wrong!

Take a piece of paper and draw or write things that you have done or said or thought that are wrong or not nice. Then say sorry to God for all those things. God always forgives us when we say sorry. Now put the piece of paper through a shredder or tear it up into tiny pieces and throw them in the bin to remind you that God forgives you.

Don't be impressed with your own wisdom. Instead fear the Lord and turn your back on evil. Proverbs 3:7