

REMOTE CONTROL

the choice is yours



WEEKLY ACTIVITIES - JAN 22

These activities are part of the videos explained each week on gebc.org.nz/equip.
An alternative video of the story is on gebc.org.nz/switch that everyone may also enjoy.

These activities are for those in EQUIP and SWITCH to do.

They usually need two or more people to do them and younger kids may need assistance from someone older. But you can usually do them on your own by adapting them slightly if need be.

SO EACH WEEK...

- Watch the video on gebc.org.nz/equip or gebc.org.nz/switch to see the story and get you thinking.
- Follow the instructions in the video or read and follow along with the instructions provided. Choose the activities that suit you best.
- Finish off during the week by looking at your EQUIP or SWITCH journal.

SELF CONTROL

Choosing to do what you should



even when you don't want to



TELEPHONE TALK

WHAT YOU NEED...

- Bibles, paper cups, string, paper clips, clear tape, decorative supplies

WHAT YOU DO...

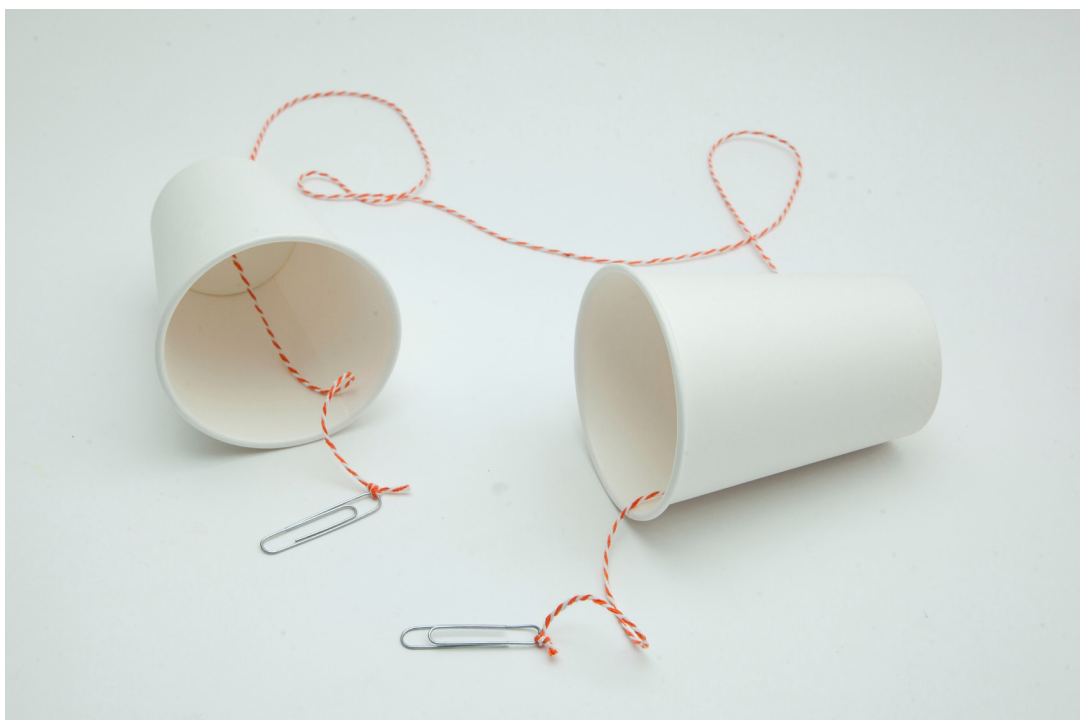
- Look up and read the memory verse aloud. (2 Peter 1:3a)
- Make a small hold in the base of each cup.
- Thread one end of the string into the first cup.
- Tie a paperclip onto the string, then pull the string through so that the paperclip sits inside the cup.
- Do the same with the other end of the string and the other cup.
- Decorate your cups.
- Use your cup telephones to say the memory verse to someone else in your household.

THINK...

- » How many of you remembered your memory verse without even thinking?
- » How many of you had to think before you said it?

When you **think before you speak**, it's not only helpful for others. It's helpful for you, too! It gives us time to really think about what we will say to protect others' feelings and make sure we say what we mean.

Sometimes, we want to talk too quickly without thinking because we're excited, angry, or in a hurry. But our verse today reminds us that God gives us the power we need to pause and think. **Think before you speak**. Remind yourself of the power you have within you and the big and awesome way God wants to use your words in this world!





NEW YEAR'S GOALS

WHAT YOU NEED...

- “New Year’s Goals” Activity Pages and pencils

WHAT YOU DO...

- Fold the page in half and only look at the word bank.
- Choose words based on the description in the list.
- Once you have completed the list of words, fill in the blanks in the story with the corresponding words you choose. First word in the list goes in the blank labeled “1.” The second word goes in the “2” blank, etc.)
- Once the stories are complete, read your stories to someone else in your household.

THINK...

Although the words you chose helped you create some really funny stories, you had to think hard about the words you chose to write down because some of those descriptions were super-specific!

In our everyday lives our words are much more powerful. That’s right! Your words hold power, just like the remote control powers our TV. With your words, you can make someone feel better when they have a hard day, and you can speak up for someone who hurts or is treated unfairly. With your words, you can change the world for the better.

But when we lose control of our powerful words, it can lead to some bad consequences. We can hurt people with our thoughtless words. If we don’t pause and think before we speak, we end up using thoughtless, uncontrolled words. **Think before you speak.** Take time to make sure your words are helpful and kind.

- » What’s a good test to use in deciding what we should or should not say? Is your test different when you’re talking to someone who’s younger than you? How about someone who is older?
- » Just because something is true, does it mean it is okay to say it? Why or why not?
- » How do you decide if something is necessary to say or if it’s better to leave it unspoken—even if it’s true?

PRAYER...

Dear God, we are so thankful You want to use our words to make a huge impact in the world around us! God, just like the words in our stories were what made the stories so funny, remind us that the words we choose each and every day are what make our real-life stories awesome, too! Please show us how to have self-control with our words. Let Your Holy Spirit remind us of the power we have within us and that we can always choose to **think before you speak.** We love You, and we pray these things in Jesus’ name. Amen!



MY NEW YEAR'S GOALS!

1. Number of a year like 2022 _____
2. An age someone would turn _____
3. A thing _____
4. An action someone would do like jump! _____
5. A word that seems important _____
6. An action _____
7. A number _____
8. An awesome dance move _____
9. A hobby _____
10. An animal _____
11. Something you would say if you forgot something you would really miss! _____
12. A word that means the same thing as big _____
13. An action _____
14. Something you would name a pet _____
15. A place _____
16. An action _____
17. A funny phrase you would say if you were saying goodbye to someone _____



I couldn't believe it! It was finally the year (1) _____. I couldn't wait for all of my biggest and craziest dreams to come true. After all, at the age of (2) _____ I had a lot of (3) _____ I wanted to complete. But before I could (4) _____ into my New Year's goals, I had to pause, think, and really be sure that I wasn't missing any (5) _____ items off of my list of goals. Let's read through them now!

1. Learn how to (6) _____ the ukulele.
2. Read (7) _____ books before February.
3. Practice my (8) _____ so I can become a professional.
4. Discover how to (9) _____ because it's the coolest thing ever.
5. Meet a (10) _____ so I can add them to my friend group.

(11) _____ Good thing I took the time to think! I almost forgot my most (12) _____ goal for this New Year! Are you ready for it?

(13) _____ (14) _____ to his favorite (15) _____!

Shew! We saved the best one for last!

Well, it looks like we have read through all of my extremely important New Year's Goals! Taking the time to think helps us be more successful in what we say and do. I hope this inspires you to (16) _____, think, and write down some things you want to achieve in the year ahead!

(17) _____

THE END

