

JAM session

everyone has
a part to play

WEEKLY ACTIVITIES - MAR 22

These activites are part of the videos explained each week on gebc.org.nz/equip.

These activities are for those in EQUIP, but SPARK may also enjoy these.

Some activities 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 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 journal to go a littel deeper.

COOPERATION

working together to do more
than you can do alone

Week 2

13 March

Work together
to help someone
succeed.



Jam Session: Everyone has a part to play

Use this guide to help your family learn about cooperation.

HELP FROM MY FRIENDS

WHAT YOU NEED...

- No supplies needed

WHAT YOU DO...

- Pair up, with someone else in your house, ideally of a similar size.
- Sit facing each other and hold hands.
- Work together to pull each other up to a standing position.
- Sit back down.
- Sit on the floor with knees to your chest and feet flat on the floor.
- Try to stand up without using your arms. This will be difficult, if not impossible.
- Work with your partner to do the same thing, but this time sit back-to-back and interlock arms.
- Stand up by pushing with your legs as you press against your friend's back as if your friend is a wall.
- Try sitting back down the same way, pressing your backs together for balance and strength.

THINK...

- Which was easier, standing up by yourself or with a friend's help?

It was much easier when you had someone helping you, wasn't it? There are lots of things that are much easier to do when you have help. In fact, some things are impossible to do alone.

- What are some things that are easier to do when you work together with someone else?

Those are reasons God wants us to cooperate with each other: so we can help each other improve, do better, and do things we could never do on our own. Let's do our best to work together to help someone succeed.



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MEMORY VERSE CHAIN

WHAT YOU NEED...

- "Memory Verse Chain" Activity Pages, Bibles, tape, pencils

WHAT YOU DO...

- Read the verse aloud.
- Fill in the missing words on each strip.
- When finished, loop the strips together to make a two-part chain. Then tape the ends of each strip to hold in place.
- Think of someone who has helped you succeed in some way: a coach, teacher, family member, church leader, or friend.
- Share about the person who helped you to a family member.
- You may want to give the chain to that special person if at all possible.

THINK...

Aren't you thankful that God put special people in your life to help you succeed?

Just like Aaron and Hur held up Moses' arms, God puts people around us to help us do well. YOU can be that person for someone else. Look for ways to work together to help someone succeed, then do what you can to help.

That is something you can do every day at school, home, or wherever you spend time this week.



WEEK OF
March 13, 2022

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Activity

Blind Turn

What You Need:

Sheets of paper, blindfold or sleep mask

What You Do:

Clear out a space in a room, or even outside in your yard. Place sheets of paper at random on the floor. Before bringing your child into the room, place a blindfold on them.

Lead your child into the room and tell them they have to cross from one side of the other. Say, “I’ve placed several traps on the floor. Don’t worry, they’re just sheets of paper! If you step on a sheet of paper, you have to come back to the start. Listen to my voice, and I’ll tell you how to safely cross from one side of the room to the other without stepping on a trap. Ready?”

Coach your child in crossing the room without stepping on a trap.

When you’re finished with the activity, say, “We worked together to get the victory!”

**Cooperation:
Working
together to do
more than you
can do alone**

Memory Verse

“Two people are better than one.
They can help each
other in everything
they do.”

Ecclesiastes 4:9, NIV

Bible Story

Joshua Wins the
Battle Over the
Amalekites
Exodus 17:8-13

Bottom Line

Work together
to help someone
succeed.

Talk About the Bible Story

Who in our Bible story showed cooperation to get the victory? (*Aaron and Hur worked together to help Moses keep his arms in the air. And the three of them worked together to help Joshua and the Israelites win the battle.*)

What does it mean to succeed?

What does it look like to help someone else succeed?

Why do you think God wants us to cooperate with others to help them succeed?

What’s an example of a time someone worked with you to help you succeed?

Parent: Share about a time someone cooperated to help you succeed. Talk about how their cooperation and help made you feel.



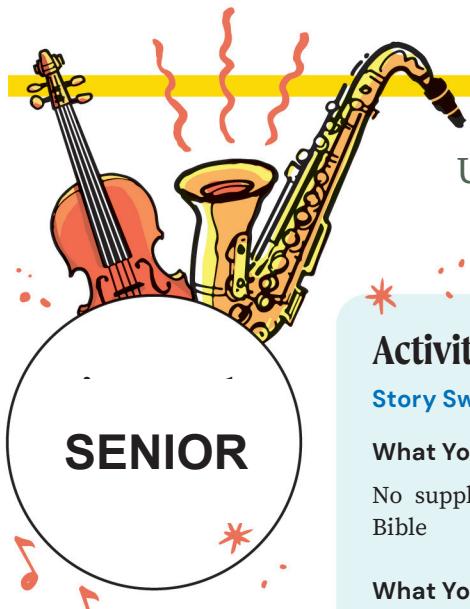
Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

“Dear God, thank You for giving us people in our lives to help us when we need it. Thank You that we don’t have to do everything by ourselves. Thank You that we can also team up with others to help someone. This week, show us how we can work together to help someone else succeed. We love You, and we pray these things in Jesus’ name. Amen.”

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Use this guide to help your family learn about cooperation.

Activity

Story Switch

What You Need:

No supplies needed—except maybe a Bible

What You Do:

Take turns telling the Bible story with your child, one sentence at a time, as described below. Go back and forth until you've told the story from beginning to end. If you get stuck, read Exodus 17:8-13 to help you get back on track.

For example:

You say: "God freed the Israelites from Egypt and led them into the desert. And then..."

Your child says: "The Amalekites attacked the Israelites. And then..."

Cooperation:
Working together to do more than you can do alone

Memory Verse

"Two people are better than one. They can help each other in everything they do."

Ecclesiastes 4:9, NIV

Bible Story

Joshua Wins the Battle Over the Amalekites
Exodus 17:8-13

Key Question

Who do you work well with?

Talk About the Bible Story

Who in our Bible story showed cooperation to succeed? (Aaron and Hur worked together to help Moses keep his arms in the air. And the three of them worked together to help Joshua and the Israelites win the battle.)

What does it look like to succeed?

When has someone helped you succeed, or when have you helped someone else succeed?

What is the benefit of working together to help someone else succeed?

What could be a disadvantage of working together to help someone succeed?

Why would you want to help someone succeed if you aren't going to get credit for your efforts?

Parents: Share about a time when you worked with a team to help someone else succeed.



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You are powerful! We know when we lift each other up to You in prayer, You hear us. God, just like Aaron and Hur helped Moses, help us to see opportunities where we can work together to help someone else succeed. Amen!"