



UPcycle



roll with what
you've got

WEEKLY ACTIVITIES

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 journal or SWITCH devotional cards.



Contentment



Learning to be okay
with what you have



ESCAPING HOUSE ARREST

WHAT YOU NEED...

- “Wheel and Arrow” Activity Page; “ and a house on the floor.

WHAT YOU DO...

- Cut out and make your spinner
- Make a house on the floor using tape, toys, pillows or whatever
(*You need to be able to stand in it*)
- Divide into two teams if possible.
- Take turns spinning the spinner.
- If the spinner lands on “house arrest,” stand somewhere inside the outline of the house.
- If the spinner lands on “set the prisoner free,” answer a review question.
 - » If you answer incorrectly, go under “house arrest” by standing inside the house.
 - » If you answer correctly, set your teammates free from “house arrest.”

REVIEW QUESTIONS...

- What book of the Bible are we talking about today? (Philippians)
- Where was Paul when he wrote Philippians? (under house arrest in Rome)
- Name one horrible event that happened to Paul. (He was shipwrecked, beaten, robbed, hurt with stones, put in prison, he has been hungry, thirsty, and without sleep. You can ask several kids this question!)
- Even though he was in prison, what did Paul learn? (He learned to be content no matter what happened or no matter what he had.)
- Paul didn't say contentment came easy to him. How did he learn to be content in spite of going through lots of hardships? (Jesus/God taught him and gave him strength.)
- How did Paul say we could learn to be content? (Jesus/God will help us learn to be content.)
- What is contentment? (learning to be okay with what you have)

THINK...

- “What would you have done if you were in Paul's shoes going through so many hard situations?
- Do you think it was easy for Paul to be content in the difficult situations he was in?

“Paul trusted God. Paul trusted that God was always with him. He trusted that God loved him. And Paul trusted that God was working for good, even if things were bad or hard. Because Paul trusted God, Paul learned to be content, no matter what happened to him. He learned to look at his difficult situations differently.

“Most likely, you won't face all those hard situations Paul did. But I also know that things aren't always easy or peaceful. When hard things happen, we can learn to trust God like Paul did. Because God loves us, He is always with us. He is always working toward something good - even when things are hard. It's hard to be content when things don't go the way we want them to, but God can teach us how. **God can help you be content, no matter what happens.**”

- Share or think about a time when things did not go well for you. How did God help you find contentment despite your circumstances?



1. Cut out the wheel and arrow.
2. Place the arrow on top of the wheel and align the dots.
3. Push the brad through the dots and loosely secure it to the back of the wheel.



WEEK
ONE
November 21

BIBLE STORY MEMORY MATCH

WHAT YOU NEED...

- “Paul Memory Match Cards” Activity Page

WHAT YOU DO...

- Cut out the “Paul Memory Match Cards.” and shuffle. *Colour them in if you like.*
- Place the cards face down in a grid pattern.
- Time to play a memory game.
 - » Take turns turning over two cards.
 - » If you find a match on your turn, set the match aside and take another turn. If you don't find a match, return the two cards to their original spots face down in the grid.
 - » Play moves to the next person.
 - » Repeat until all matches are found.
- After all matches are found, look at each picture and talk about what happened to Paul.
 - » A shipwreck: *Paul was shipwrecked three times.*
 - » An angry crowd: *Paul was in danger from crowds who didn't like that he was telling others about Jesus.*
 - » An empty waterskin: *Paul often went thirsty.*
 - » Paul sitting in front of an empty plate: *Paul often went hungry.*
 - » A mob of robbers: *Paul was in danger from robbers who wanted to steal what he had.*
 - » Prison bars: *Paul was thrown in prison just for telling others about Jesus*

THINK...

- Are these things that happened to Paul High points or Low points of his life?

Paul often went hungry and thirsty. He was shipwrecked THREE times. He faced crowds of angry people. And he was thrown in prison just for talking about Jesus.

But through it all, Paul learned the secret to being content or okay with what happened to him. In Philippians 4:12, Paul wrote, 'I know what it's like to not have what I need.' Just look at all these lows. Paul definitely faced hard things. He went on to write, 'I also know what it's like to have more than I need.' That's like the highs side. Then he wrote, 'I have learned the secret of being content no matter what happens . . . I can do all this by the power of Christ. He gives me strength.'

Paul learned to be content with the highs and the lows. How? Because of his relationship with God! Paul trusted that God was with Him. Paul learned that God can help you be content.

We have highs and lows in our lives just like Paul did. And whether we have a high or a low, we can ask God to help us be content, no matter what happens. God can help you be content.

- Have you had a low in this past week?
- How did you face it?
- How did knowing God was with you help you find contentment even in a not-so-awesome moment?



