



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



SOUR GRAPES

WHAT YOU NEED...

- pom poms and a parent or someone to read the questions and give out grapes

WHAT YOU DO...

- Take turns answering a Bible story review question.
- For every correct answer, you get a grape (pom pom).
- You can ask for help to answer if needed and earn a “grape.”
- Randomly award more “grapes” to kids who are listening or helping answer questions. Try to give out extra grapes to everyone.

BIBLE STORY REVIEW QUESTIONS...

1. What was the name of the king in today’s story? I’ll give you a hint. It starts with an “A.” (*King Ahab*)
2. Was King Ahab a good king who made wise decisions or a bad king who made unwise decisions? (*He was a bad king who made unwise decisions.*)
3. What was the queen’s name? It starts with a “J” and ends with a “bel.” (*Jezebel*)
4. What did King Ahab see that he really wanted? (*a vineyard where grapes are grown*)
5. What was the name of the vineyard owner? It starts with an “N” and ends with a “both.” (*Naboth*)
6. When the king asked Naboth if he could buy his vineyard, what did Naboth say? (*He said no; the land was passed down in his family*)
7. What did King Ahab do when Naboth refused to sell him his vineyard? (*He went home and threw himself on his bed to pout. He refused to eat anything.*)
8. When Queen Jezebel asked King Ahab why he was so upset, what did he say? Please answer in your best whiny voice! (*“Naboth won’t give me his vineyard!”*)
9. When Queen Jezebel heard that Naboth wouldn’t give up his vineyard, what did she do? (*She came up with an evil plan to get rid of Naboth so King Ahab could steal his vineyard.*)
10. When King Ahab found out that Naboth was gone, what did he do? (*He took Naboth’s vineyard.*)
11. Who gave Elijah a message to give to King Ahab? (*God*)
12. Did King Ahab listen to the message from God? (*Yes! He realized what he had done was wrong.*)

THINK...

Have you ever bitten into what you thought would be a delicious, juicy grape and it was sour and not-so-delicious? Sometimes we describe people’s attitudes like sour grapes. King Ahab definitely had a case of sour grapes. Even though he had plenty - WAY more than he needed as a king - he still pitched a fit about Naboth’s vineyard.

King Ahab learned that wanting more and more doesn’t make things better. It only makes you miserable! It’s okay to want things. But it’s not okay to constantly want more and more and more. All that wanting will never make you happy! God wants you to learn to be okay with what you have. Carry these ‘grapes’ in your pocket this week as a reminder that wanting more and more can make you miserable!

Share about a time when you wanted more and more and it only made you miserable. (*like a time when you ate too much ice cream or lollies and got sick.*)



WEEK
TWO
November 21

ROLLS TO BINOCULARS

WHAT YOU NEED...

- Bible, 2 toilet paper rolls or card to make a tube, markers, and rubber bands or tape;
Optional hole punch, string, scissors, and stickers

WHAT YOU DO...

- Look up and read Luke 12:15.
- Either get your toilet paper rolls, or make rolls out of your card.
- Think of a few things, memories, experiences, and relationships you have. (*Answers might include: food, clothing, a place to stay, toys, books, ability to participate in sports, vacations, birthday parties, family, friends, cousins, etc.*)
- Draw or write those things on your rolls.
- Make a pair of binoculars by placing the toilet paper rolls next to each other and securing them together with rubber bands or tape at regular intervals.
- Option: To make the binoculars wearable around your necks:
 - » Punch holes on opposite sides of the binoculars.
 - » Thread a piece of string through the holes and tie the ends with a knot.
- Option: You can also add stickers if you wish.

THINK...

What are binoculars used for? Our verse talks about how we must be on the lookout for wanting more and more things. I have found that when I'm focused on all of the amazing things God has given me, it helps my heart be content. Instead of thinking about what my friend has that I don't have, I can choose to look at some of the things, memories, experiences, and relationships God has given me.

Place these binoculars somewhere in your room to remind you to look at what you wrote on them when you find yourself wanting more and more. **Wanting more and more can make you miserable, so instead, let's choose to be content!**