



Every child is different and in a different place in their journey! Please use these ideas as appropriate for you, your child and your family.

# GOODNESS

## FAMILY *Devotional*,

## ACTIVITY & TABLE TALK *Ideas*

### Take A Hike!

**Activity:** Get outdoors and explore!

**Ask your kids:** What do you see around you that God made? What do you smell? What do you hear? What is it about creation that you love? What do you see that you are grateful for?

**Prayer:** Thank God for His goodness that you see in His creation.

### I Spy A-Z

**Activity:** Can you name one thing God made for each letter of the alphabet?

Put your minds together and make a list A to Z to see what crazy things in nature you can name that God made.

**Prayer:** Say a prayer together thanking God for everything you put on your list.

### Play-Doh Creations

**Family Discussion:**

We are made in God's image. Humans are makers too!

We love to build and design and draw and create.

**Activity:** Get Some Play-Doh, or choose your favorite medium for art, and create something that reminds you of something good that God made.

### High and Lows

**Read Romans 8:28**

**Activity:** Share your highs and lows for the day with your family and read this verse together. Then share one thing you're thankful for, despite the low you mentioned. Remember, there's always something to be grateful for. And who knows? One day you might look back on that "low" and realize that God used it for good.





## Bright Light

*Read Matthew 5:14-16*

**Discuss:** Jesus is the light of the world! He came to show us the way to God. And when we live like Jesus, we can reflect His light to the world around us.

**Activity:** Bright Light/Blocked Light

For each child, grab a flashlight and a solid-colored bowl. Have everyone turn on their flashlight. Explain that you will give them scenarios and they are to choose if it is a wise or unwise choice. If it's an unwise choice, block the light by covering it with the bowl. If it's a wise choice, shine the light all around the room.

Give several age-appropriate scenarios such as:

*\*You copy your neighbors test when you don't know the answer*

*\*Your mom asks you how long you've been playing on your tablet. You choose to be honest and tell her your time is up.*

*\*Your friend is sad so you sit down next to her and ask what is wrong.*

**Discuss:** You can show God's goodness to others by making wise choices that honor God and the people around you. When you do, you'll be shining a light that helps others to follow Jesus.

**Pray:** Thank God for His perfect wisdom and goodness that He shows to us. Ask God to help us to be a bright light by making good choices.

## Sharing God's Goodness

*Read Acts 10:38 and Ephesians 2:10.*

**Discuss:** Just as Jesus went around doing good to others, we can share God's goodness in our communities. Brainstorm ways to share God's goodness by doing good to others.

Pick an idea or two to do and set a date to do it!

Invite another family to join you; it will double the fun and be half the work!

Some ideas to get you started:

- \* *Fill plastic bags with items unhoused people might need. Put the bags in your car*
- \* *and give them out when opportunity comes.*
- \* *Go to a food pantry and help sort the food.*
- \* *Put on rubber gloves and pick up trash at a neighborhood park.*
- \* *Make cards and give them out at a nursing home.*
- \* *Donate good, used toys to a shelter.*
- \* *Make appreciation cards and take them to the fire or police station.*
- \* *Make and serve a meal to someone sick or in need of encouragement.*

