

July Activity

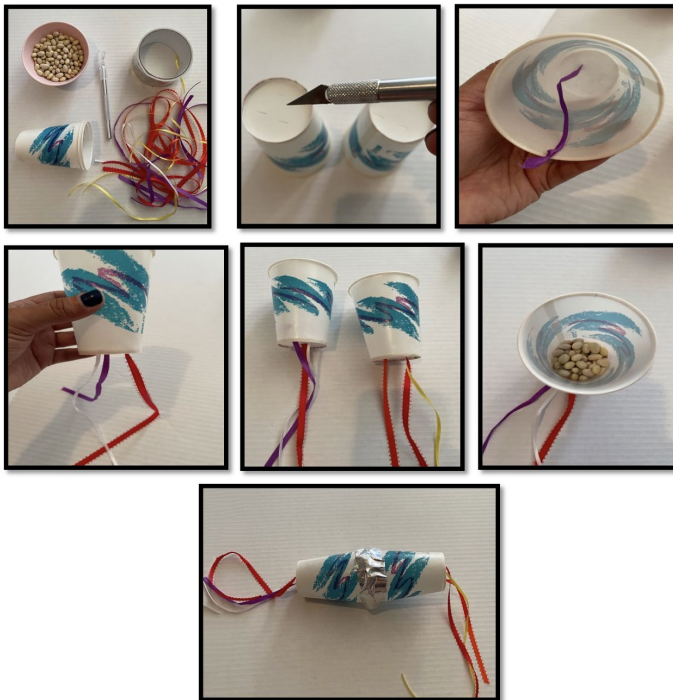
Bible Verse: Psalms 44

Theme: A Song of Distress

Materials:

- 2 Cups (paper or plastic)
- Beans
- Duct Tape
- Ribbon
- Exacto Knife - Needs to be handled by adult

Activity:



Step 1: Take your 2 cups and have an adult put 3 or 4 slices in the bottom of the cup to.

Step 2: Take long pieces of ribbon and feed it through the bottom of the cup. To make sure it goes through the cup, tie a knot on the ribbon and pull it back through to the bottom.

Step 3: Add beans to one cup and then stack the 2nd cup on top of it (top to top)

Step 4: Have someone hold the cups in place while you put strips of duct tape all the way around to hold the cups together.

Step 4: Play your shaker for your friends and family.

Lesson:

Do you know what the word distress means? It means to feel helpless and scared. In Psalms 44 we hear about all the scary times that the Jews who escaped Egypt lived through. It Mentions how God saved them and put their enemies to shame.

It is ok to be afraid and to worry, but when you feel like this, know that all you have to do is Pray and ask God to be with you and give you courage. You can celebrate your courage by using your shaker to sing praises to the Lord.