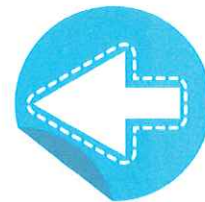
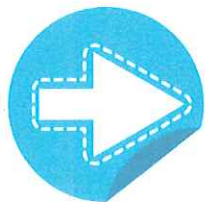
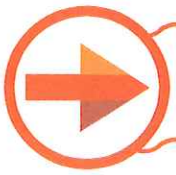




Here are three fun ways to teach Helping Hands about the power of God in their lives. Adapt the activities to meet the needs of your Helping Hands or create your own activities.





The following activities fulfill the requirements for My God III: God's Power in My Life.

## ACTIVITY

# 1

## Prayer Journal

# 10

MINUTES

### WHAT YOU DO

#### MATERIALS NEEDED

- Metal paper fasteners (mini brads, three per project)
- Hole punch
- Large piece of scrap paper, 6 × 4.5 in (15 × 11.5 cm), one per project
- Small piece of scrap paper, 4.5 × 1 in (11.5 × 2 cm), one per project
- Pieces of white paper just under 3 × 4.5 in (8 × 11.5 cm), 15 per project

Begin by reading the Helping Hands a Bible text about God's promise to help them in their daily activities, such as Proverbs 3:5-6 (CEB): "Trust in the Lord with all your heart; don't rely on your own intelligence. Know him in all your paths, and he will keep you straight." Discuss what this means with the children. Also, talk about spending daily time with Jesus and explain how they will make a prayer journal to help them do so. Show the children a completed journal and give them ideas about how to use it, such as writing questions to God, praises, or ways God answers their prayers. Encourage the children to write in their journals once a day for at least one week.

Give the children the paper and brads. First, have them fold the pieces of scrap paper in half (the large one widthwise, like a hamburger, and the small one lengthwise). Second, have the children place the white paper inside the large folded paper. Third, place the small piece of scrap paper over the folded edge of the large piece of scrap paper (this is the spine of the journal). Fourth, punch three holes along the folded edge of the journal. The holes should go through all the layers (small scrap paper, large scrap paper, and white paper). Finally, place a brad in each hole to hold the journal together.



# God's Promises Wall Hanging

15  
MINUTES

## WHAT YOU DO

On a dry erase board, write the following sentences followed by Bible texts. (You can select other verses.)

- God will help you! Psalm 121:2
- God will never leave you! Hebrews 13:5
- God will keep you safe! Jeremiah 31:10
- God keeps His promises! Deuteronomy 7:9
- God is faithful! Psalm 33:4
- God will comfort you! Isaiah 49:13
- God will love you forever! Psalm 136:1

Have the Helping Hands look up and read each verse aloud. Discuss the meaning of the verses and how the verses apply to the children's lives. Now explain that to help them remember God's promises they are going to make a "God's Promises" wall hanging. Show the children a completed wall hanging.

Give each child five CDs. On the blank side of three of the CDs, have the children use a permanent marker to copy three of the Bible verses that you wrote on the dry erase board. Next, have the children decorate the blank sides of the remaining two CDs. Let them decorate the CDs however they would like using the permanent markers. Once the CDs are finished, tie them together by laying them down side by side with about an inch of space between. Thread a piece of yarn through the hole of the first CD and then through the second. Tie a knot in the yarn. Repeat until all of the CDs are tied together to form a vertical column. Once the CDs are tied together, tie a loop of string through the top CD so it can be hung on a hook or pushpin.

## 2 ACTIVITY

### MATERIALS NEEDED

- Old CDs, five per project
- Permanent markers
- Yarn
- Scissors
- Dry erase board or large sheet of paper
- Markers
- Bibles



## ACTIVITY

# 3

# Trust Games

# 15

MINUTES

## MATERIALS NEEDED

- Blindfolds

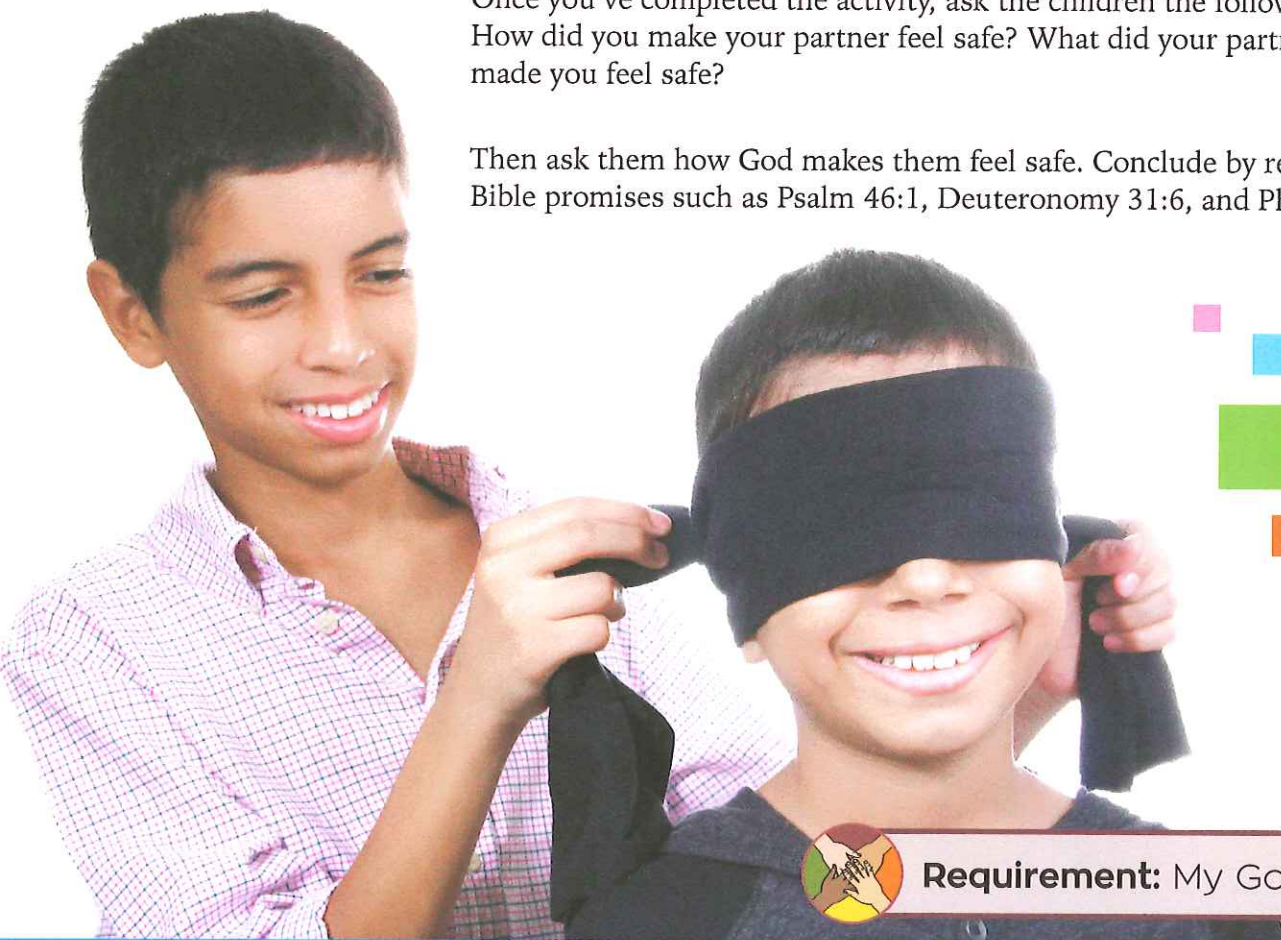
## WHAT YOU DO

Talk to the children about trust. Ask what it means to trust someone. Explain that the purpose of this activity is to build trust by leading each other blindfolded around the room or building. Emphasize that children should not try to trick their partners. They must keep their partners safe! Have plenty of adults supervising.

Divide the children into pairs. Blindfold one child in each pair. Then have the child without the blindfold lead his or her partner through the area you have designated. This is a silent activity. The child without the blindfold must make his or her partner feel safe without talking. The child leading might hold one hand or two hands, place an arm around the other child's shoulders, etc. They should walk slowly. After two or three minutes, have the children switch roles with their partners.

Once you've completed the activity, ask the children the following questions: How did you make your partner feel safe? What did your partner do that made you feel safe?

Then ask them how God makes them feel safe. Conclude by reading some Bible promises such as Psalm 46:1, Deuteronomy 31:6, and Philippians 4:13.



**Requirement:** My God III, A and B