

# ELEMENTARY ACTIVITY GUIDE

## SPIRITUAL DISCIPLINES

**SCRIPTURE:** Psalm 119:11; Joshua 1:8;  
Philippians 4:6; 2 Corinthians 9:7

## ACTIVITY 1: LESSON REVIEW

**SUPPLIES:** Journal Page (on the Elementary Kids Kit page), pencils or pens, Bible

**DIRECTIONS:** Set aside time this week to practice the spiritual discipline of Bible study. Give each person their own copy of the journal page and talk through each of the boxes together so everyone knows what they mean. Let someone choose a story or some verses in the Bible that you can all read. You can read it out loud together or let everyone read it from their own Bible. Then give everyone a certain amount of time to fill out the journal page. (If it is helpful, you can choose to only do certain boxes.) After everyone has had a chance to write something down, walk through the boxes together and let everyone share what they wrote.

**OPTION:** If you do not have the ability to print, you can create your own journal page by drawing one out on a sheet of paper or you can let each person get creative and design their own using some of the questions provided.

**WRAP UP:** Is there a spiritual discipline that seems easier for you to practice? Why? Choose one of the disciplines to focus on and practice each day this week. Be sure to pray for each other as you wrap up your time together.

## ACTIVITY 2: CHARADES

**SUPPLIES:** Pieces of paper, something to write with

**SET UP:** Make charade cards by writing or drawing pictures of ways you can give of your time, talents, or treasures to serve others. Examples: Write a letter, pick up trash, bake cookies, help a friend learn a sport, give a gift, etc.)

**DIRECTIONS:** Place the charade cards in a bowl. Have each person grab one of the cards and act it out until someone else can guess what it is. Keep going until you have acted out all of the cards.

**WRAP UP:** After you are finished playing, talk about times you have been encouraged by someone who gave of their time, talents, or treasures to love and serve you. Spend time thinking about some of the talents and treasures God has given to each of you. Brainstorm ways you could use these gifts sometime this week to love and care for others.