



## Trek Parent Resources

May 23 & 24, 2020

Stephen

Our Bible story this week comes from Acts 6:1 – 7:60.

### Just for Fun: Can you show determination?

Supplies needed: pool noodles

- Give everyone in your family a pool noodle. Depending on how many pool noodles you have, you may need to take turns.
- Have everyone stretch one arm straight out in front of them, palm facing the floor.
- Challenge everyone to see how long they can balance the noodle on the back of their hands with their arms outstretched.
  - o If this is too challenging, suggest they start by facing their palm to the ceiling and balancing the noodle on their palm.
  - o Remind them their hand must stay flat when balancing the noodle.
- Encourage everyone to stick with it and to show determination!
- Once everyone gets the hang of balancing the noodle, have a race while balancing their noodles.
  - o If they drop their noodle, they stop where their noodles fall.
  - o The first person to reach the finish line without dropping his or her noodle wins.
  - o If everyone drops their noodles before reaching the other side, the person who made it the farthest wins.



# Monster Bookmark

**What You Need:** Six- by six-inch paper squares, markers, glue, scissors, decorating supplies (stickers, glitter, scrap paper, etc.)

- Look up Joshua 1:9 in the Bible. (We use the NIV translation in Trek, but feel free to use whatever version you have at home. The YouVersion Bible App can let you see a verse in many translations.)
- Ask your preteen:
  - o What does this verse remind us to do?
  - o It takes determination to not be afraid, especially when things are scary. It takes determination to remember Jesus came to give us hope, hope that we can be with God now and forever. What promise in Joshua 1:9 does God give to help us show determination even when we are scared or unsure?
- Watch [this video](#) to guide your kid(s) to make a Monster Bookmark.
- Write Joshua 1:9 on the back of the bookmark. Encourage your kid(s) to use this bookmark as a reminder that God loves them and God is always with them, even when things are scary or unsure.
- When kids are finished with all the instructions, let them decorate their monster however they choose. Search “Origami Monster Bookmarks” and click on images. Consider showing these images to inspire your kid(s) to get extra creative with their bookmarks.
- As kids create their bookmark, consider talking about fears:
  - o Did you believe there were monsters in your closet or under the bed when you were little? (Parents: feel free to share here as well!)
  - o How did you keep going then? What helped you not be so scared?



# Discussion Questions



- Why do you think Stephen was determined to keep going even though people were getting very angry with him? What helped Stephen to keep going?
- How does knowing who God is and that He is always with us help us to keep going even when we are scared?
- When was a time you were scared but kept going?

## Pray as a family

Use scripture to pray this week. Have everyone pick a sentence from Joshua 1:9 to use as a prayer, especially when they are scared and need to keep going.

Lead a family prayer. Consider the following format for prayer time:

*We don't know what the week will bring, but You do. You know everything! And You know the end of the story. As we go through this week, help us to remember (Fill in the sentence with words from Joshua 1:9.)*



*Thank You, God, for always being with us and for giving us Your Spirit to help us show determination. Amen!*