

DAYTHREE

GROWING FACING CHALLENGES

Thursday, July 30, 2020

REFLECTION

Today, we're talking about what happens as we **grow-up**. What do you think happens?

Just like plants, we start like a seed — like a little idea — and then we form our roots in the world. Growing-up comes next, but it doesn't happen over night. It takes time and it takes being patient.

Sometimes we face challenges as we grow. This is normal — even if it doesn't feel that way as it's happening. Just like us, plants face challenges as they grow. Sometimes the soil becomes too dry, or birds can eat the seeds. Sometimes challenges can be hard to face, but they can also be exciting opportunities for growing! Think about it: when something stops being a challenge, it's kind of like you're growing past it — just like the plants who grow in the harshest conditions.

I wonder what has been challenging for you as you grow?

I wonder why?

I wonder what you can do about it?

But remember, strong plants **grow** a little bit every day. Perhaps today God is asking you to grow a little bit. You might face a challenge along the way, but we have to keep the faith, knowing that God is guiding us through it all. When we're scared or uncertain, we can always pray to God for help.

I wonder what that prayer might sound like? I wonder how you would pray to God to help you as you grow?

One of the ways we're all growing is to be better caretakers of the planet — of God's creation. Maybe that means beginning to recycle plastic cups, re-using materials, or walking instead of driving. Little by little, God's Love, whose name is Jesus, is growing in you and giving you strength to take care of creation, one day at a time.

Signs of Growth-Detectives

Investigate: Are you growing? Make a Growth Chart at Home!

Today we're going to look for signs of growth — in ourselves, and out in the world. First thing's first: Do you have a place at home where you keep track of your height?

If you don't, find a spot at home where you might make one. All it takes is an adult, and a pencil. Stand against a surface, and have an adult mark it at the top of your head. Come back in a month or two, and make another entry!

Head over there! Look at that wall, or closet door. You've been growing a lot, haven't you? Believe it or not, you might get even **taller** soon. What a cool sign of growth. I wonder: what are other signs of growth you can keep track of at home? How might you create it?

Investigate: Is Creation Growing? Sketch Signs of Growth

Just like people, all of creation is growing! The question is: how can you tell when it's growing? Find your scavenger hunt tools (container, magnifying glass, tweezers), and get ready to find out!

- sunscreen
- a hat
- bug spray
- some water
- magnifying glass
- bamboo tweezers
- a container
- a notebook
- a pencil



What will kids do? Kids head outside to discover many signs of growth, some in unexpected places.



Why is this activity important? We often miss the growing beauty of God's world. We nurture our body, mind, and spirit when we take intentional time to see and remember the growing wonder of God's creation.

In an urban environment kids might look for grass or plants growing through sidewalk cracks; gardens planted in small spaces; things growing around trees and plants; varieties of leaves, flowers, or grass; and plants growing up buildings. In suburban or rural areas kids may also see birds and bird feeders, streams or other water, and gardens in rows.

Facing Challenges

Eco Bowling



What will kids do?

Kids play a bowling game using recyclable materials.



Why is this activity important?

Plants and people face challenges every day. We care for creation when we are up to the challenge of finding new ways to use our resources.

Get Ready

- ❑ 10 bowling pins (aluminum cans, milk jugs, plastic bottles, wadded-up used aluminum foil)
- ❑ a recycled ball (wad of newspaper or magazine pages, a bottle filled with tap water)
- ❑ long, narrow, flat surface suitable as the bowling lane (outside, hallway, or use an aisle in the worship space with permission)
- ❑ score sheets and pencils

Get Set (Up)

Collect materials to create the pins (all the same or a combination of pins), ball, and alley. Construct the game in advance or invite kids to help you. Leaders assert the role of safety manager and make sure pins are clean and safe for handling before playing the game. If possible, set up several alleys so kids stay active.

We **did** say that growing up sometimes means facing challenges.

But we didn't say all of life's challenges are hard. Some of them are fun!

We'd love to see your bowling games. **Send us a picture!**

This is a simple bowling game created from reusable materials. Tell kids:

1. Create a bowling ball(s) from wadded paper or bottles filled with tap water. If other suggestions for making a ball seem fun, are eco-friendly, and safe, give it a try!
2. Set up pins in a designated lane space.
3. Bowl! Form teams in the spirit of friendly competition.
4. After several rounds, change the pin set-up (stack pyramid-style, in a circle, or straight line).
5. Encourage kids to create their own pin configurations or rules for more fun!

Afterwards: Join us at 12:30 for lunch or a short snack on Zoom!