



The Bible's

# HOW-TO GUIDE

For Getting Through  
Tough Times



# NOAH AND THE FLOOD

## OPENING PRAYER

Dear God,

Thank you for bringing us together today to learn about Noah and how you helped him and his family survive the flood. Help us learn about your promises and how much you love all of your creation.

In your name we pray. **Amen.**

## STORY

Genesis 2:15-17, 3:1-7, 9:8-17

Or watch on YouTube here: <https://youtu.be/4yzN0fUxjkQ>

What was the tough time Noah went through? How did God help?

What does God promise at the end of the story? What are some other things that we know God has promised to us? Or what are some things we know God will always do for us?

## CREATE - YOUR OWN ARK!

In the Bible, there isn't a whole lot of description of what the Ark actually looked like. Noah is given some measurements, but that's about it. For this you have two options – draw your ark and its contents, or build a 3D model of your ark (you can use popsicle sticks, cardboard, or whatever else you can find!)

Some things to consider when making your ark:

- What are some things the animals would need to recreate their natural habitats? Sloths need something to hang on, for example.
- Would you paint the ark? What color would you make it?
- Noah and his family needed to sleep somewhere. What would their rooms look like?

## **MOVE - ANIMAL CHARADES**

To begin, write down animals, each on a slip of paper (or sticky note, or whatever you have handy). Make sure you don't get too specific – a ring tailed lemur is going to be much harder to act out than a monkey. Put all the slips into a container to pull from – a bowl, hat, or whatever they can all fit in. Each person gets 1 minute to act out as many animals as they can. It also may be helpful to allow the actor to make animal noises. As for scoring there are two different ways you can do this. First way is the traditional way with two teams. Each actor can only have the people on their team guess. The team who has guessed the most correctly/scored the most points wins. However, if you have a smaller group, you can have each actor on their own “team,” and they get points by how many times another person correctly guesses their charade. In this format, anyone can guess for any actor.

## **SONGS**

Rise and Shine (Arky Arky) <https://www.youtube.com/watch?v=wHcypSv4ltY>

Who Built the Ark? <https://www.youtube.com/watch?v=zwjzLMQPOKI>

Rescue Me <https://www.youtube.com/watch?v=aJes6qZMGBc>

## **CLOSING PRAYER - BUILD YOUR OWN PRAYER!**

When we pray to God, there are a few things we tend to pray about. We can **thank** God for the good things we see in creation. We can say **sorry** to God for the things we've done that we're not proud of, and ask for **help** to be better. We can also pray for **others** when we think there are people that need some extra help.

Some ideas for things to pray for that connect to this story:

- Anyone who has ever been affected by a flood (For example, there are still people in New Orleans that are dealing with the aftermath of Katrina even to this day)
- All the animals that God asks us to look out for
- People who work on boats, including fishermen, marine biologists, or members of the Navy.
- Help taking care of the water – not using too much water or doing what you can to keep it clean.

# JOSEPH IN EGYPT

## OPENING PRAYER

Dear God,

Thank you for bringing us together today to learn about Joseph. Teach us how to be wise with our resources like Joseph was. Help remember that we should forgive others, because you will always forgive us.

Amen.

## READ

Genesis 45:3-11, 15

Or watch on YouTube here: <https://youtu.be/NQ7wLTBnF84>

What are some tough times Joseph went through? How did he make it out?

Do you think his brothers deserved forgiveness? Would you be able to do what Joseph did if you were him?

## CREATE – VISION BOARD

Joseph was able to see the famine coming because he was so good at interpreting dreams. I think it's safe to say that is a very unique gift that we ourselves don't have. Even though we can't see what's coming in the future, doesn't mean we still can't make goals! This is one of those projects where you can use whatever materials you have with you. If you have poster board to use, awesome! But if you only have sheets of paper, that works too. Use different materials to make a vision board of all different things you would like to do with your life. Cut out pictures from magazines, raid your sticker collection, or draw pictures! Get creative with this – if you want to help solve world hunger, what kind of pictures can you use to show that?

## MOVE – RPS EVOLUTION!

This game takes Rock, Paper, Scissors to a whole new level! The goal is to play rock, paper, and evolve your way to the top. To “evolve,” you need to win a game of rock, paper scissors. Each win gets you higher on the evolution track. Any loss makes you start from the beginning. There are 4 steps of evolution: Egg, Chicken, Eagle, and Dinosaur. The winner is the first person to win a game as

the Dinosaur. Each player starts out as an egg. This means you sit on the floor, knees to your chest, wrapped up like a little egg. After winning, they turn into a chicken, bending their arms and flapping their wings. Chicken noises are also highly encouraged. If you win as a chicken, you move on to become an Eagle. As an Eagle, you must spread out your arms and soar. Again, if you can make Eagle sounds, it only helps. The last evolution is Dinosaur. Bring your arms in like a T-Rex and make big, broad steps.

We play this game because while Joseph was in Egypt, he kept rising in the ranks, or his position was constantly evolving. It's important to remember that even when Joseph became a powerful person in Egypt, he still used his position to help others. Remember that through this game – everyone should be a good sport whether they win or lose.

## **SONGS**

Leaning on the Everlasting Arms [https://www.youtube.com/watch?v=1CYNHTo8\\_mo&list=PL\\_k-IsPh7WyNHnmdiVyFky2H76tYL6Bjz&index=4&t=0s](https://www.youtube.com/watch?v=1CYNHTo8_mo&list=PL_k-IsPh7WyNHnmdiVyFky2H76tYL6Bjz&index=4&t=0s)

The Butterfly Song <https://www.youtube.com/watch?v=h23spxwoVt8>

Through it All <https://www.youtube.com/watch?v=IPdDB2jIMjc>

## **CLOSING PRAYER – BUILD YOUR OWN PRAYER!**

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Some ideas for things to pray for that connect to this story:

- People who are living with limited amounts of food, whatever the reason. They could be facing a famine, poverty, empty store shelves, or anything else that stops them from having access to the food they need
- Siblings. Some siblings get along, some siblings don't. Sometimes our siblings can be our favorite people in the world, but they can also be the people who hurt us the most. We hope that everyone can have a healthy relationship with their family
- People who are living in new lands.
- Government officials who make decisions about our resources that are used.
- All the people involved with giving us the food we eat, from the farmers who harvest, truck driver who deliver the food, grocery clerks who stock the shelves, and those who cook the food for us.

# ISRAELITES ESCAPE EGYPT

## OPENING PRAYER

Dear God,

Thank you for bringing us together to learn about Moses and how he led the Israelites out of Egypt. Teach us how to listen to you like he did at the burning bush. Help us to remember you always want what is best for us.

Amen.

## READ

Exodus 14:1-30

Or watch on youtube here: <https://www.youtube.com/watch?v=3udK2j-U08Y>

What's the toughest time that the Israelites go through? How did they make it out?

How did God show up in the story to lead the Israelites?

## EXPERIMENT - RISING WATER

Materials Needed:

- Plate
- Tall Glass
- Water
- Matches
- Cork (or some sort of device to hold the matches)

Directions:

- Put a small amount of water on a plate – enough to cover the plate
- Take the matches and put them on the device – you'll only want a few matches – about 1-3
- Light the matches
- Put the glass over the matches, the water should move into the cup

This experiment shows how water can move in all sorts of unexpected ways. Some scientists believe that there was a typhoon or some sort of extreme weather pattern that happened when the

Israelites were crossing the Red Sea. This doesn't mean that God still wasn't there and active, it just means that God shows up and uses things we already have here on Earth.

## **MOVE - ROLLER COASTER**

Take an adventure around the house. Get everyone in a line, and the people behind should put their hands on the shoulders in front of them. The person in the front of the "rollercoaster" will lead everyone. If they duck down, everyone ducks down behind them. Go up the stairs and "click" your way up.

The Israelites really had to trust Moses and follow his lead. There were a lot of scary situations, and they could've been in a lot of trouble if they didn't go with Moses, but they trusted him and because of that, they were able to get out of Egypt and begin the journey to the Promised Land.

## **SONGS**

Pharaoh Pharaoh <https://www.youtube.com/watch?v=5PkMC7O1lqo>

I Will Sing Unto The Lord [https://www.youtube.com/watch?v=sW7PH8CsgoU&list=PL\\_k-IsPh7WyPitaztC1\\_m2eWb-3eYoGN\\_&index=9&t=0s](https://www.youtube.com/watch?v=sW7PH8CsgoU&list=PL_k-IsPh7WyPitaztC1_m2eWb-3eYoGN_&index=9&t=0s)

Promised Land <https://www.youtube.com/watch?v=YEpLxGla5Ro>

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Some ideas for things to pray for that connect to this story:

- People who travel to new places, whether they just move to another city, state, or even another country
- The laborers who do a lot of the work most people don't want to do.
- Those who are trying to figure out what their next steps are – whether it's high school students deciding which college to go to, adults looking for jobs, or anyone else trying to make a decision.
- Everyone who still needs to be in big groups – working together can be hard when you have a lot of people, but sometimes we need a lot of people helping to get stuff done. This can include hospital workers, grocery store staffs, or anyone else still working to help our communities function during these times.

# RUTH AND NAOMI

## OPENING PRAYER

Dear God,

Thank you for bringing us together today to learn about Ruth and Naomi. Teach us that in hard times it's good to stick together. Help us to watch out for all of our friends and family, just like you watch out for us.

Amen.

## READ

Ruth 1

Or watch on YouTube here: <https://www.youtube.com/watch?v=irThVpdeSXk>

What are some of the tough things that happen to Ruth and Naomi at the beginning of the story?

When Naomi tells Ruth to go back home, what does she do?

## CREATE - PEN PALS!

Since everyone is stuck at home right now, it's been a lot harder for people to spend time with those they love. To show the people you love that you're thinking about them, this would be a good time to send them a letter or card in the mail! If you don't have a lot of crafting materials, writing a simple letter or card would be great. If you have the means to do so, decorate some cards or make your own!

Also because everyone is stuck at home, sometimes we need things to help entertain us. If you want to add a nice surprise to your letter, our friend Meg Loven shared her Craft Stick Puzzle Card instructions with us! You can find how to make those here: <https://lovenstamps.com/fun-cards-for-kids-puzzles-bugs-kisses/>

## **MOVE - GET OUTSIDE!**

One of the things that happens later in this story is that Boaz let's Ruth and Naomi have access to his field. This way, the women have a way to get food. Most of us don't have fields that we can share with others. We also shouldn't be sharing food with others outside of our family right now, but here are some things you can do:

- Help bring up the spirits of your neighborhood with chalk! Grab some chalk and make your sidewalks beautiful. Write encouraging messages, draw pictures, create games like hopscotch.
- Play "I Spy." Find different plants, buildings, or other things around your neighborhood you may not have noticed before. Take note of things that may help others – are there pretty flowers for others to look at? Are there trees that bring shade from the sun? Are there free little libraries in your neighborhood?

## **SONGS**

My Hope Is In the Lord <https://youtu.be/tJePCzTaQo4>

Love Your Neighbor <https://www.youtube.com/watch?v=QJlieRCMlfY>

I Can Be Your Friend <https://www.youtube.com/watch?v=v6S38PWtHJg>

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Some ideas for things to pray for that connect to this story:

- People whose loved ones have died recently
- People who were recently married or will get married soon
- People that don't have anyone to watch out for them, to help them when they get into trouble.
- Those who do step up and do hard things to help others in need

# DANIEL AND THE LIONS

## OPENING PRAYER

Dear God,

Thank you for bringing us together today to learn about Daniel. Teach us to be firm in our faith like Daniel was. Help us to remember that it's good to turn to you, especially when times are hard.

Amen

## READ

Daniel 6

Or watch on YouTube here: <https://youtu.be/GY0pARvYcyw>

What is the tough time Daniel goes through? How does he get out of it?

What does Daniel do that causes him to be sent into the pit with the lions?

## CREATE - PAPER BAG JOURNAL

Our friend from Grace, Meg Loven, was nice enough to share her instructions about how to make a paper bag journal. You can find the instructions here: <https://lovenstamps.com/paper-bag-books-thankful-journal/>

Her instructions include using this as a thankful journal. If you want to keep that, go for it! It's always good to remember what we are thankful for – just make sure you also let God know about all of those things!

You can also turn this into a prayer journal. Use the prompts from each day to write your own prayers and put them together in this journal.

## MOVE - YOGA!

Each day, our friends at Daily Bread Yoga will do a kid's yoga class at 1:30 via zoom. You can access the classes here: <https://www.dailybreadyoga.life/product/zoom-classes-all-together-now/> From her facebook page she writes, "You can support me doing this Monday thru Friday & I'm adding a Sunday night class! If right now you are not making money because of THIS - please do not pay me! -- everyone else has already paid your pass. The ZOOM links are included. I will not take attendance - who has time for that?! Please Do Not Ask My Permission To Join -- I AM INVITING YOU. Please come."

If you want an option that you can do anytime, Yoga with Adriane is a GREAT resource, and you can follow this video. <https://www.youtube.com/watch?v=dF7O6-Qablo>

Yoga actually started off as a spiritual practice. Each pose is supposed to help you focus on a new way to pray. Since Daniel got in trouble for praying publicly, it's only fair that we honor him by finding new ways to pray and to move our body when we do!

## SONGS

Lions <https://www.youtube.com/watch?v=gSTXGSp74ro>

God is Bigger Than the Boogieman [https://www.youtube.com/watch?v=LK72\\_-ZsM4](https://www.youtube.com/watch?v=LK72_-ZsM4)

Stand Up <https://www.youtube.com/watch?v=mFd4JivMs8Y>

I Will Not Be Afraid [https://www.youtube.com/watch?v=-gdBRllf\\_sw&list=PL\\_k-IsPh7WYNHnmdiVyFky2H76tYL6Bjz&index=6](https://www.youtube.com/watch?v=-gdBRllf_sw&list=PL_k-IsPh7WYNHnmdiVyFky2H76tYL6Bjz&index=6)

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Some ideas for things to pray for that connect to this story:

- Activists and politicians who are fighting for what they believe in, and looking out for those who may not have a voice
- Religious leaders who live in areas where it can be hard to express their faith
- Animals that live in homes where they aren't treated kindly