



Activity #1 - Lets Make Butter or Ice Cream

What You'll Need: Jar and whipping cream, or ice cream recipe and ice cream maker ball

Learn

Place whipping cream in the jar (not more than half-filled) and continue to shake until it turns to butter. Take turns shaking if needed. - OR- Place ingredients in the ice cream maker ball and follow the directions.

While shaking or rolling the ball, talk about how this task will take some time, but the butter will be worth it.

Activity #2 - Build a Structure

What You'll Need: Various building materials can include wood, paperclips, paper, straws, tape, etc.

Learn

Discuss the type of structure to build along with a theme for the structure that can be built using a variety of materials. The structure should be free standing. Planning and discussing can also teach perseverance. Once a plan has been decided, work as a family to build the structure to meet the criteria. If the structure fails, take the opportunity to talk about perseverance and learning from failures.

Plan to do this activity again with new criteria for the structure. Can it be taller? Can it support weight? etc.

Activity #3 - Go on a Book Adventure

What You'll Need: A short story or a classic novel and your time

Learn

Set aside time for family reading. Older children can help.

Read or begin telling a long adventure story. Depending on the story, maybe it isn't exciting after one chapter. Remind them that the story will pick up, we will persevere. Just as your narrative reaches a very exciting part, suddenly quit telling the story. When your kids ask you to read on, tell them that your voice is tired and you want to stop talking. Because you want to persevere, you will continue.

When the story is finished, ask your kids if they are glad that you persevered and completed the story. Talk about the satisfaction that is gained by finishing a long story or job.

Follow-up

Work up to reading a classic novel by setting aside time for family reading time. Thirty minutes a week, until the novel is complete, will demonstrate perseverance and build some amazing quality time.

Activity #4 - Train as a Family for a Fun Walk or Run

What You'll Need: Your time

Learn

Pick a family-oriented event in your community, such as a family fun run and persevere in training together. After you've participated, have a celebration together on how you persevered!

Activity #5 - Go on a Perseverance Walk

What You'll Need: Your time, map of the route, Bible, a rope, a compass, bread, water, and notes for discussion.

Prepare

The purpose of your adventure is to illustrate that the Christian walk can be hard, but if we use the tools God has given us, we can get through it. The "tools" include prayer, the Holy Spirit, the Bible, fellowship with other Christians and Jesus. You'll use different aspects of your hike to show how each of these tools can help your children live a victorious Christian life.

Learn

Go on a long hike that provides a significant physical challenge for your children.

Prayer is represented by a rope because prayer connects us to God and His power. Give your children the opportunity to discover how much easier it is to climb a steep hill with the help of a rope. **Read 1 John 5:14 and 1 Thessalonians 5:16-18**

The Holy Spirit, our Counselor, is represented by a compass or Global Positioning System (GPS). The Holy Spirit is our special helper whom God sends to give us direction. Although we cannot see Him, we can feel the presence of the Holy Spirit and hear His direction when we invite Him to be a part of our lives. Show your children how a compass points north, helping hikers find the correct route. If you have one, show your children how a GPS provides direction. **Read John 16:7, Romans 8:26**

Jesus is represented by bread and water. While you are eating the snacks you have packed and drinking some of your water, explain that just as food and water sustains our physical bodies, so a relationship with God sustains our spirits. Jesus called Himself the Bread of Life and said that He provides people with "living water." Tell your children that God made us with a "hunger in our hearts" – the desire to know Him. Without a relationship with God, people's souls are hungry and thirsty. **Read John 6:35, John 6:47-48, John 4:10, and John 4:13-14**

The Bible is represented by a map. While you are hiking, show your children the route on your map and talk about how the map guides you on your hike. Link this to God giving us the Bible as a guidebook for life. **Read 2 Timothy 3:16-17**

Christian "brothers and sisters" are represented by the fact that you are hiking together, rather than alone. Encourage each other as you walk the trail. Discuss how much more fun it is to hike with other people than alone. Also bring up safety issues that would be a concern if someone were to hike by himself/herself. **Read Hebrews 10:24-25, Ecclesiastes 4:9-10**

At the end of your hike, thank God for all of the useful "tools" He gives you to help you persevere in life. Thank Him for giving you strength so that you can persevere.