

# LOVE DOES: *for kids*

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## CHILDREN'S ACTIVITIES FOR A FAMILY BOOK STUDY ►

### ***SESSION FOUR:*** **Chapter 15: "Bears"**

Begin your family time by creating a sacred space. Then as a family take a moment to read "Bears." Read Mark 6:45-52 in your Bible. After some conversation with one another pray with one another. As you end your time together, bless one another, "You are blessed to be a blessing."

#### ***HEAR THE STORY***

Grab your Spark Bible and read Mark 6:45-52. As Peter kept his eyes on Jesus and trusted in Him, he was able to do something no other man on earth did, walk on water. But, as soon as Peter took his eyes off of Jesus, he began to sink.

We can do amazing things when we keep our eyes on Jesus! Talk about a time you felt Jesus helping you when you were afraid.

#### ***TALK ABOUT THE STORY***

In our bible reading today from the gospel of Mark, Jesus has just fed 5,000 people. He stays on land and has the disciples cross the Sea of Galilee by boat. The disciples boat was far on the water and the sea began to get rough. They see Jesus walking towards them. Jesus says do not be afraid, and Peter gets out of the boat and begins to walk on water towards Jesus. However he gets scared and does not trust Jesus. Jesus reaches out to him and tells him to have faith.

#### ***"BEARS"***

Use some of the following questions during your sacred family time, or at dinner to begin conversations.

- What are some of the "bears" in your life you may be afraid of?
- How have you felt God's presence when you were afraid?
- Who is someone who helps you out when you try to conquer your fears?
- What are ways you can share God's message with others who may be afraid?



## DISCUSS: MY FEAR MONSTER

What does fear look like? Might your eyes get big, goose-bumps cover your arms, your heart is racing? Draw it! What are some situations that might cause such a reaction? Discuss it! Use a fear monster to help your child share what fear looks like to them. You can use the opportunity to help them recognize when they are experiencing fear and discuss ways to help overcome those fears or to provide extra reassurance that God is there.

## PLAY: THIS IS COURAGE! ROLE PLAY

Discuss different situations that might make one fearful. Write the scenarios on an index card, then gather as a family, and role play each of the scenarios and how one might overcome the situation - encouraging courageous responses if needed.



## MAKE: INSTANT COMFORT BOX

Using a small box, such as an empty matchbox, have your child decorate the outside of the box. On the inside include a picture or write a word or phrase, such as "You are loved", "God is with you" or "You are not alone", that they can take a peek at whenever they are feeling the need for extra comfort. Providing easy access to a reassuring message when it may be needed most.

## CREATE: COURAGE COIN

Carry it in your pocket, or turn it into a charm to wear on a necklace - a Courage Coin is a small physical reminder that your child can carry with them to remind them to be brave and to know that they are never alone. [learn more >](#)



# CONTINUE THE DISCUSSION

### READ:

chapter 40: "The Puppeteer"

### DISCUSS:

Has there been a time, when you pretended to be someone you were not? Why were you fearful of showing your true self. Draw a self portrait and right all of the things you love about yourself around it.

### READ:

chapter 45: "Brave"

### DISCUSS:

What is something you were afraid to try, but you did it anyway? What is something you can try this week? Do it, and then have a party and celebrate how you tried something new.