

Embracing a Vision for Change

Family Activity

Supplies Needed

- 1 Aluminum Foil
- 2 Pennies
- 3 Tub of Water

Discussion

What happens to you when you're under pressure? Do you get angry? Withdraw? In this experiment we're going to each create a boat out of foil and see which boat can handle the most pressure? Then you'll have a second chance to improve your boat's design.

Activity – The Penny Boat

Give each member of the family a six-inch square piece of aluminum foil. Each person should form their piece of foil into some kind of boat knowing that the boat will be placed in a tub of water and expected to hold pennies. The pennies will be added one at a time until the boat sinks or tips over.

Place the boats into the water and each person add one penny at a time to their own boat, how many that boat can hold. Once your boat sinks, you get to try again. See if you can beat your own score. Avoid the temptation to compete with each other. Rather compete with yourself and see how many more pennies you can add to your second boat.

Application

Integrity is the ability to withstand pressure in life. Sometimes it's the pressure to lie. Or it might be the pressure to react in anger, or to have a bad attitude, or to do a partial job. A person with integrity can stand up against the pressures of life. The reason you did the activity twice is because you can learn from experience. Once you try one idea you'll often come up with a better one. The same is true in life. We can learn from past mistakes. and do better.

Lack of integrity often comes from negative thinking. Which word in the following verse stands out to you as one you'd like to think more about? Philippians 4:8, "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."