

Teach Kids “How” not just “What”

Family Activity

Supplies Needed

- 1 Styrofoam cups
- 2 Toothpicks
- 3 Golf Balls or Rocks

Discussion

Gravity pulls things down to the earth. It takes a force greater than gravity for something to rise up. In the same way, there are a lot of temptations that drag a person down and without some other kind of force at work, a person naturally is brought down into negative territory in their lives resulting in angry episodes, critical talk, bad attitudes, fighting, and resistance to others. Which do you think will land first, a small ball or a large ball, when dropped from the same height? The answer is that they both will land at the same time. In fact, the same is true for a marble and a piano. Unless wind resistance enters the picture such as with a parachute, then objects of any weight all fall at the same rate. Hmm. That's an interesting thought.

Activity – A Stronger Force

If you want to defy gravity, that is have something move up, then you have to exert a pressure that's greater than the pull to the earth. Try this experiment. Give each person in your family a Styrofoam cup, a golf ball (or rock,) and several toothpicks. Pushing multiple toothpicks through the sides of the cup, maneuver the ball up to and over the edge of the cup. It's not as easy as it sounds and requires a plan. You might want to think about your plan in order to be successful.

Application

There are tendencies in our lives toward negativity, laziness, messiness, and being self-focused. In order to overcome those tendencies each person needs a plan. For example, let each person share what their plan is to avoid an angry outburst. It's interesting to listen to the ideas each person has. In fact, often sharing those ideas with each other can provide others with ideas that they themselves can try. You can ask the same question about being organized, or thinking positively, or staying on track, or thinking about others. Read 1 Corinthians 13:4-8. Which of the things listed would you like to implement in your own life? What is one part of your plan that might help you do that?