



Mary and Martha: June 28-July 5

FAMILY LESSON - WEEK 3

Materials: Empty Container with Lid, Small Items (dried beans/rice/beads), Strong Glue, Decorations, Board/Card Game

CIRCLE UP

Use this time to gather together and get everyone talking.

ASK What is one of your greatest talents — show or tell us about it!
Would you feel scared or nervous to perform your talent on a big stage?

SAY It may be scary to perform on a stage, or you may feel like you have to do it perfectly. But here's what we need to know today. Say it after me:

Elementary (ES)

When I Feel I Need to be Perfect,
(fists closed in front of body)
Jesus Only Wants My Best
(palms up in front of body)

Preschool (PS)

When I'm Scared, (make scared face)
God Is (point up)
With Me (thumbs to chest)

WATCH

[Click here to watch the Week 3 Video](#)

ASK your Elementary Schooler:

Is there anything you feel like you have to do perfectly?

When you feel like you need to be perfect, what truth can you remember from God's Word? (He knows you're not perfect and loves you anyway; He only wants your best)

ASK your Preschooler:

When you are feeling scared, what can you remember?
(That God is with you)

HAVE FUN TOGETHER

Build a “Shaker” to help your child shake all their fears and insecurities away as they remember that God is with them and only wants their best.

DO

1. Gather each of the following materials for each shaker you are making.
 - **Empty bottle, jar, or small container with a lid**
 - **Small items** (like dry beans, beads, rice, etc.)
 - **Strong glue** (to secure the lid)
 - **Decorations** (markers, crayons, stickers, etc.)
2. Have your child place the small items in the empty container.
3. Glue the container shut and allow your child to decorate it.

PLAY

Choose a game to play as a family (board game, card game, or outdoor game like tag).

As you play, encourage your kids to do their best and deal with their feelings along the way. Here are some ways you can help them do that:

- If they want to quit, have them STOP and name what they're really feeling, LOOK at how they still have a chance to win, and LISTEN to what God says is right, which is to not give up when times are hard.
- If they win, have them STOP for a second, LOOK around to see how the way they are celebrating is making others feel, and then LISTEN to what God says about loving others, being thankful, or not bragging.
- If they try to cheat, have them STOP and LOOK at what they're doing. Then ask them if that's what God wants them to do, and remind them to LISTEN to Him and do what's right as they give their best.

PRAY

Jesus, thank You for loving us when we're scared or worried about being perfect. We know that You are with us and ready to help. We love You! Amen.