



VBS Day 1 - Connect with God

Today our focus is on God's connection with us. God knew us before we were born and is with us wherever we go. God will not lose God's connection with us no matter what. God will always be right by our side.

Share:

- Talk about the best and worst parts of your day.
- Celebrate the good parts and support the tough parts.

Learn:

Read Psalm 139

- What is your earliest memory? Did you know that God was with you even before that?
- What is a place that is VERY far away? Did you know that God would follow you there?

Read the Children's book - [*When God was a Little Girl*](#)

- What are some questions you have about God?
- What are some of your favorite stories about God?

Move: Get moving today by doing 10 Jumping Jacks, 10 Side Jumps and run-in place for 10 Seconds. Don't forget to hydrate and stretch first!

Engage: Today we will make a *God Is - Spinner*. Decorate the papers we supplied in your Summer Faith Kit or print the attachment. Cut out both circles. Line them up and punch a hole in the Middle of both circles. Insert a brad through the circle and tighten it on the back side. You now have a *God Is - Spinner*. Spin the back circle to find out what God is and read a verse associated with it.

Pray: *Writing to God*

On a piece of blank paper write any prayer that pops into your mind. You can even keep a Prayer Journal where you write down your prayers each day and keep a history of everything you have discussed with God.

VBS Day 2 - Connect with Creation

Today our focus is on how we connect with creation. God's creation is all around us. How do we interact with it? How do we take care of it? Trees, plants, animals, fish, reptiles, mountains, rivers, oceans, EVERYTHING is a special creation, and we can connect with God by connecting with ALL of creation.

Share:

- Talk about the best and worst parts of your day.
- Celebrate the good parts and support the tough parts.

Learn:

Read Psalm 8

- Do you know what the word *majestic* means?
- What is the most majestic thing in the world you have seen with your own eyes? The Grand Canyon? A beautiful sunset?
- Thank God for all the beautiful things God creates.

Read the Children's book - [*You are Stardust*](#)

- Have you ever thought about your body being such an awesome creation?
- What is your favorite body part? Eyes to see? Nose to smell?
- What is your favorite animal that was created by God? Why?

Move: Get moving today by doing 10 Squats, 10 High Knees 10 Kick Outs. Don't forget to hydrate and stretch first!

Engage: Today we will play with Stars! In the Summer Faith Kit, we included a [*Scratch Art Star*](#). Use the scratch stick to make a design on your star. If you don't have one of the scratch art stars draw your own star and decorate it.

Pray: *Silent Prayer*

"Be still & know that I am God." Psalm 46: 10. Sit in silence, clearing all thoughts from your mind and focus on and image of nature – or better yet – go out into nature and pray there. Breath in and out and spend time just being in the presence of God.

VBS Day 3 - Connect with Self

Today our focus is on how we connect with ourselves. We are created in God's image and God is so happy with what was created. What are you good at? Sports, Music, Math, Science, Art? Knowing yourself and what you like to do and who God created you to be is a very important thing! Praise God for the way you were created.

Share:

- Talk about the best and worst parts of your day.
- Celebrate the good parts and support the tough parts.

Learn:

Read Psalm 131.

- This Psalm speaks of being at peace and knowing that God is like your parent who will hold you tight and take care of you. What are some of the favorite things your parents do for you?
- What kind of things make you feel peaceful and happy?

Read the Children's book - [*May God Bless and Keep You*](#)

- What are some of the blessings you thank God for in your life?
- Go through your whole day and think of something every hour that God created that makes you happy.

Move: Get moving today by doing 10 Jumping Jacks, 10 Lunges and 10 Push Ups. Don't forget to hydrate and stretch first!

Engage: Today we are going to make *Affirmation Cards*. Use colored index cards or cut different colors of construction paper into index card sized rectangles. On each card write positive sayings like:

- You Can do It!
- You Deserve all good things!
- You are Braver than you think!
- Your Heart is your superpower!
- The Universe believes in you!
- Do something nice for yourself!
- God Loves You
- Or make up your own!

Keep these cards near your bed so every time you wake up and right before you go to bed you can read the positive messages.

Pray: *Breath Prayer*

Center yourself for prayer in silence. Allow the Holy Spirit to guide your thoughts and words. As you inhale, silently say one phrase. As you exhale use the second half of the phrase.

Examples:

- Creator God – give me strength.
- Redeeming God – give me life.
- Guiding God - give me peace.
- Be still... and know that I am God

VBS Day 4 - Connect with Feelings

Today our focus is on how we connect with our feelings. It is good to know that God is always with you. When you are angry, sad, lonely, scared, or even happy, God is always with you. Sometimes even when you are angry with God or lonely because you think God is not around: God is still with you.

Share:

- Talk about the best and worst parts of your day.
- Celebrate the good parts and support the tough parts.

Learn:

Read Psalm 22.

- Have you ever felt like God is not there for you? Have you ever felt alone?
- Did you know that even then God was with you?
- How does it feel knowing that even when you are angry at God, God will never leave your side?

Read the Children's book - [*Stay Through the Storm*](#)

- Have you ever been scared during a storm? Why was it so scary?
- What was something that made you feel safe?
- Who is a person that keeps you calm when you get upset?

Move: Get moving today by doing 10 Jumping Jacks, 10 Sit Ups and 10 Windshield Wipers. Don't forget to hydrate and stretch first!

Engage: Today we will make a *Rain Stick*. You will need: an empty cardboard roll like a paper towel, toilet paper or wrapping paper roll; some dry beans or dry rice; a sheet of tin foil; and clear packing tape. Decorate your rain stick using markers, string, or colored duct tape. Take your sheet of tin foil and roll it to look like a snake. Insert the foil into your tube. Tape off one end of the tube. Take your beans, rice, sprinkles etc. and place about a handful of them in the tube. Now take a piece of clear packing tape and close off the other end. Turn your rain stick over and listen to the rain sounds it makes.

Pray: Song Prayer

Music is an expression of the soul. We find prayer in all forms of music – hymns, camp songs, praise band music, worship songs, and even secular music that is played on the radio. Sing a song of prayer and recognize the music and words are unifying you with every other person who has ever sung that song of prayer.

VBS Day 5 - Connect with Others

Today our focus is on how we connect with others. Sometimes how we interact with others has to do with how we feel. If we are in a good mood, we may laugh and smile with our friends. If we are in a bad mood, we may get snarky or fussy with them. If we try to always sing God's praises, that should put us in a great place to interact with others.

Share:

- Talk about the best and worst parts of your day.
- Celebrate the good parts and support the tough parts.

Learn:

Read Psalm 57.

- Did you know that sometimes our attitude affects how we interact with others?
- When we praise God and share that news with others it can lead to very good things. Can you think of a time where your attitude affected your first interaction with someone new?

Read the Children's book - [*Maybe I Can Love My Neighbor Too*](#)

- What kind of area do you live in? A neighborhood, and apartment complex etc.?
- Can you name all your neighbors?
- What makes a good neighbor?
- How can we be good neighbors?

Move: Get moving today by running in place for 10 seconds. Next do 10 Jumping Jacks and 10 Sumo Squats. Don't forget to hydrate and stretch first!

Engage: Today's craft is *Friendship Bracelets*. You will need embroidery floss, scissors, and tape. Cut 3 to five colors of string about 12 inches each. Tie a knot at one end and tape that side to a table or clipboard. Take the different pieces of string and braid them one at a time through the other strings. When you get it to the desired length tie a knot and you are done!

Pray: Praying in Color

Praying in Color is also known as doodle prayers. Sometimes we just do not have the words we want for our prayers. In these times, we can draw or doodle our prayers. We can Pray in Color. To pray in color, you just need to put a pen, colored markers, or pencils on a piece of paper and start moving. You can use common shapes or just let your pen go wherever. You can write down names of people you are thinking about that day or just let images spring forth naturally.



