



**DRINK AND BE REFRESHED**

## **INTERACTIVE:** LESSON ACTIVITIES

### **INSTRUCTIONS**

Use one or more of the following activities to reinforce this week's Bible Lesson.

#### **CROWDSOURCING: Lesson Based Game or Activity**

##### **COFFEE CUP RELAY**

Divide students into two teams and have them stand in a line beside each other behind the starting line. Place a large tub of water at the starting line and two smaller empty tubs on the other end of the space. Tape a "fill" line on the empty tubs. Give each team a coffee mug. On your mark, a player on each team must fill up the mug with water, pass the cup down the line to the other side to dump the water into the empty tub, then pass the cup back to the start to fill and pass again. The first team to reach the fill line on their tub wins.

If you aren't concerned about stains or spills, add food coloring to the water to give it the look of coffee or tea. (To create brown, use equal parts red, yellow and blue food coloring. Adjust the shade of brown by adding more red and yellow.) Be advised, real tea or coffee can easily stain flooring and furniture.

#### **PEER-TO-PEER: Turning Students into Disciples**

##### **PRAYER JOURNAL**

Have students create their own prayer journals. A simple way to do this: Cut blank paper into half sheet size. These will serve as the inside pages. Sandwich the inside pages between two half sheets of card stock. Staple one side to create a binding. (Alternately, the journal's binding could be sewn on using a heavy needle and thick yarn.)

Ask your students to make a commitment to spend time with Jesus in prayer on a consistent basis. On the left hand pages of the journal, they can write down the prayer requests that they give to God. On the right hand pages, they can write down anything that they think God may be saying to them during prayer.

#### **NETWORK: Serving Others with Christ's Love**

##### **NURSING HOME VISIT**

Oftentimes, it doesn't matter if we have the right words or know all the right answers; our mere presence can make a huge impact on someone's life. A great way to punctuate this truth is by arranging a visit to a nursing home to sit and spend time with the residents there. No program to put together or songs to learn, just young people sitting down and spending time with someone who needs it.

Have a debriefing session afterwards to share stories of how God used the visit to affect the residents and the youth.