

# NURTURING MIND, BODY AND SPIRIT-2020

(FROM COMMISSION ON NURTURE OF VIRLINA DISTRICT)



*Let your light so shine before men,  
that they may see your good works,  
and glorify your Father which is in  
heaven." - Matthew 5:16 KJV*

Please use any of these carefully created inserts in your church newsletter, bulletins, or Christian Education Curriculum.

- **Children's Cabinet** - Snacking through Scripture
- **Children's Disaster Services**- Offering Project
- **Children, Youth and Young Adults** - Youth Devotion and Word Search
- **DisAbilities Ministries Committee** - August through October "Self-Care" Calendar
- **Family Life Ministries** - Domestic Violence Support, An online worship & education event
- **Spiritual Development Retreat Committee** - "Summer at Home" Ministry Plan and God's Promises

**Copies have been mailed to pastors who request USPS mail, and may also be downloaded from the Virlina website at [www.virlina.org](http://www.virlina.org)**

*So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my  
righteous right hand.*

*—Isaiah 41:10*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Make a list of 3 things you want to do this month for yourself
2 Do a random act of kindness	3 Create a gratitude list	4 Go outside for 5 minutes, close your eyes, and listen to the sounds around you	5 Try out a new recipe or new food	6 Listen to your favorite worship song somewhere sunny	7 Try a different route than you usually take as you head home today	8 Organize something today that you have been meaning to
9 Have a dance party (even if just a short one in your living room)	10 List 3 (or more) beautiful things that God created that you see today	11 Practice deep breathing today	12 Make a dinner date with someone you care about	13 Drink 8 glasses of water	14 Write a "not to do" list	15 Watch a sunrise or sunset
16 Visit somewhere new	17 Contact a friend you haven't talked to in awhile	18 Spend a few minutes stretching out your whole body today	19 Read a book or article in an unusual place	20 Take a few extra moments in a warm shower or bath	21 Choose a new bible verse to memorize	22 Go outside and take a few moments to observe the clouds
23 Ask a friend to pray with you for the coming week	24 Eat a special treat and pause for minute to take in the smell	25 Make a gift for someone	26 Make a list of some of God's promises that you can look at when feeling overwhelmed	27 Revisit an old hobby (or think of a new one and take a step towards trying it)	28 Try out a new form of exercise	29 Play your favorite game
30 Drink your morning beverage out of a different cup	31 Look at a photo that brings back a happy memory	<p>God is in control, but sometimes we may still feel overwhelmed with what is going on in the world around us. Our mental health and the mental health of those around us are important, if you find yourself or someone you love in need of extra resources and help, please reach out.</p> <p>To find local resources check out  <a href="https://www.211virginia.org/consumer/index.php">https://www.211virginia.org/consumer/index.php</a>                      Or <a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a></p>				

EARLY IN THE MORNING, WHILE IT WAS STILL DARK, HE ROSE UP AND WENT OUT, AND DEPARTED INTO A DESERTED PLACE, AND PRAYED THERE.

MARK 1:35

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Think of something relaxing - then plan to make time for it this month	2 Step outside, reach to the sky, and thank God for today	3 Listen to worship music while you wash the dishes	4 During dinner name 3 or more things you are grateful for out loud	5 Plan a fun and relaxing activity for this weekend
6 Sit somewhere green, be still and quiet for few moments	7 Listen to a new worship song and meditate while listening to it	8 Make a plan to do something you have always wanted to do	9 Cuddle with an animal or pet today	10 Try to have a "no plans day"	11 Read your favorite passage from the Bible in a new and different place	12 Go on a long walk and listen to the sounds around you
13 Each hour today take a moment to notice something you're grateful for	14 Go outside and take 10 deep breaths	15 Set an intention to act lovingly today	16 Make a list of supports you have in your life	17 Make a special treat for yourself and take the time to enjoy	18 Write down 3 (or more) ways God has blessed you this week	19 Do something creative for 30 minutes today
20 Tell someone you care about some of the reasons why they are special to you	21 Write down 5 things that you appreciate about yourself	22 Do a crossword puzzle or word game	23 End your day with gentle stretches	24 Read some spiritual literature	25 Ask a friend from a different culture than you, how you can pray for them today	26 Have a media detox day (skip the news, newspaper, social media, etc.)
27 Go explore something new in your town today	28 Choose a new scripture to memorize	29 Thank God for each member of your family today	30 Make a list of ways you would like to keep challenging yourself			

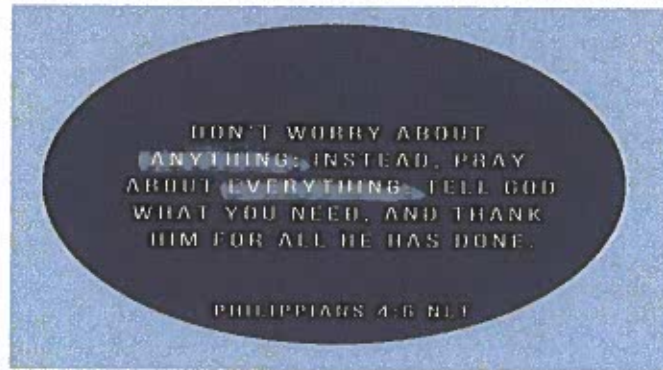
God is in control, but sometimes we may still feel overwhelmed with what is going on in the world around us. Our mental health and the mental health of those around us are important. If you find yourself or someone you love in need of extra resources and help, please reach out.

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# October

2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 After each meal today, take a few minutes to stretch	2 Say your favorite memory verse out loud before dinner	3 As you begin the weekend, write down the blessings you are thankful for
4 Spend 10 minutes today doing something creative	5 Pick a new scripture to meditate on and memorize	6 Make time today to do something you have been wanting to do	7 Have a media detox day (skip the news, newspaper, social media, etc.)	8 Go to bed a little earlier tonight	9 Reach out to a friend you haven't talked to in awhile	10 Spend the day with no complaints
11 Write down 3 (or more) things you are proud of	12 Learn something new about another culture	13 Write down the names of 3 (or more) people that inspire you	14 Give someone a compliment today	15 Step outside and take several deep breaths	16 Watch your favorite movie or read a book	17 Clean a space in your home that has been on your to-do list
18 Reflect on your favorite scripture	19 Meditate for 5 minutes	20 Get rid of 3 (or more) things you never use	21 Color or draw something	22 Have a phone free night	23 Write down a list of things you love about how God created you	24 Take a walk outside without using your phone
25 Say a prayer for someone that has not always been kind to you	26 Try a new flavor of tea (or flavor in your water)	27 Reflect on one thing that is causing you stress and pray about it	28 Write down 3 (or more) great things that happened today	29 Write a handwritten letter	30 Plan something to look forward to	31 Meditate for 5 minutes

God is in control, but sometimes we may still feel overwhelmed with what is going on in the world around us. Our mental health and the mental health of those around us are important, if you find yourself or someone you love in need of extra resources and help, please reach out.

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Thanks to Ashley Hatcher, on behalf of the DisAbilities Ministries Committee, Virginia Commission On Nurture

# **DOMESTIC VIOLENCE**

**AN ONLINE OPPORTUNITY FOR  
INCREASED AWARENESS, EDUCATION AND SUPPORT**

**HOSTED BY THE VIRGINIA DISTRICT  
COMMISSION ON NURTURE  
FAMILY LIFE MINISTRIES COMMITTEE**

**SATURDAY, AUGUST 1, 2020**

**WORSHIP WITH PASTOR PATRICK AND SUSAN STARKEY OF  
CLOVERDALE CHURCH OF THE BRETHREN**

**WORKSHOP WITH STEPHANIE BRYSON OF WOMEN'S  
RESOURCE CENTER OF THE NEW RIVER VALLEY  
"Barriers in Domestic Violence Situations and the Dangers of Staying  
and Leaving"**

**WORKSHOP WITH STACEY SHEPPARD OF TOTAL ACTION  
FOR PROGRESS, DOMESTIC VIOLENCE SERVICES  
"Dynamics of Domestic Violence and Special Considerations with  
Underserved Populations"**

**RESOURCE PAGES FOR LOCALITIES IN THE VIRGINIA DISTRICT**

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**VIDEOS WILL BE AVAILABLE ONLINE ON THE VIRGINIA DISTRICT WEBSITE  
AT [WWW.VIRGINIA.ORG](http://WWW.VIRGINIA.ORG) STARTING AUGUST 1, 2020**

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**W**e pray that you have found time to focus on the Word of God and to soak in the promises that God has shown to us during this time of separation. Even though we are beginning to explore ways to be together again -in person - we invite you to memorize scripture in your free time. Each day, as you first wake up, we encourage you to read the promises of God and the Bible verse. Repeat the promises of God all through the day! Try to memorize the scriptures so that they will be able to bring peace and comfort to your heart and spirit. May you find hope and courage in His Word and be blessed with these Bible verses!

**SUNDAY** PROMISE: GOD GOES BEFORE ME.  
**S**CRIPTURE: *Keep yourselves in the love of God; look forward to the mercy of our Lord Jesus Christ that leads to eternal life.* Jude 1:21

**MONDAY** PROMISE: GOD KNOWS MY NAME.  
**M**SCRIPTURE: *O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away.* Psalm 139:1

**TUESDAY** PROMISE: GOD PROVIDES.  
**T**SCRIPTURE: *Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.* John 6:27

**WEDNESDAY** PROMISE: GOD IS IN CONTROL.  
**W**SCRIPTURE: *God is the One who made all things, and all things are for His glory.* Hebrews 2:10a

**THURSDAY** PROMISE: GOD BRINGS LIGHT OUT OF DARKNESS.  
**T**SCRIPTURE: *God once said, "Let the light shine out of the darkness!" This is the same God who made his light shine in our hearts by letting us know the glory of God that is in the face of Christ.* 2 Corinthians 4:6

**FRIDAY** PROMISE: GOD IS OUR REFUGE AND SHELTER.  
**F**SCRIPTURE: *Those who go to God Most High for safety will be protected by the Almighty. I will say to the Lord, "You are my place of safety and protection. You are my God and I trust you."* Psalm 91:1-2

**SATURDAY** PROMISE: GOD SENDS OUT GOOD NEWS.  
**S**SCRIPTURE: *Shout out loud the good news. Shout it out and don't be afraid. Say to the towns of Judah, "Here is your God."* Isaiah 40:9b

## "SUMMER AT HOME" MINISTRY PLAN

We pray that you will make use of this time of separation from our congregations and each other to grow closer to God and explore new ways to stay connected. Here is a summer at home Ministry Plan!! It is a list of 30 activities, one for each day of a month! We hope they will encourage you, help you feel that you are not alone and inspire you to reach out to one another. The challenge is to complete all 30 items in one month over the summer, even if you have started getting out more as the Coronavirus restrictions lessen. Stay safe and continue to lift each other up.

If you have anything fun to share with the Commission on Nurture after completing your list, please let us know by contacting  
Mary St. John, Director of District Conference, Nurture, and Witness at  
[virlina2@aol.com](mailto:virlina2@aol.com) or 1-540-362-1816 (or 540-362 – VIRLINA).

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- As you go through this day, whenever you perceive a blessing from God sing - Father we just want to thank You, Father, we just want to thank You, Father, we just want to thank You, thank you for being so good! (Or, sing the Doxology..." Praise God from Whom All Blessings Flow")
- Find a comfortable, cozy, quiet place and just "sit with Jesus" ...let your mind rest on His presence for 15 minutes... Let Him refresh your spirit!!
- Make a list of the personality traits you inherited from your parents... (the good ones!!!) and thank God for you and your parents!!!
- Pray for another family before you go to sleep tonight.
- Pray for healing for someone who is sick.
- Do something specific today to help another person...leave a tip...say a word of kindness...share a smile! (Keep in mind social distancing!)
- Sing your favorite hymn in praise to God. (In your house, in your shower, outside in your yard!)
- Call someone and pray with them over the phone.
- If it's a pretty day, spend 30 minutes outside giving thanks to God for His creation. Sing the Chorus of "How Great Thou Art!  
("Then sings my soul, my Savior God to Thee, How great Thou art, How great Thou Art, Then sings my soul, my Savior God to Thee, How great Thou Art, How great Thou Art!")
- Take a nap! Try humming an old lullaby from your childhood as you drift off!
- Find a photograph of someone who has been like a family to you, and tape it to your mirror. Give thanks to God for this person and how he/she has shaped your life.
- Pray for the first responders – doctors, nurses, respiratory therapists, clerical staff, custodians – all who are caring for the sick, here and around the world.
- Each time you see a child today, sing "Jesus Loves the Little Children"!
- Write a thank you note to your Pastor. Tell of the blessings your pastor's leadership has been in your life.

- Pray for the leaders and police and justice system of our country and around the world that they will govern with compassion and empathy over all else.
- Leave a note of appreciation for your mail carrier or UPS driver. Acknowledge the extra load they have carried during the shutdown period of the Coronavirus.
- Think of three words to describe your Grandparents. Spend 15 minutes reflecting on how those three words have molded you in the image of your Grandparents.
- Jog or walk in place while singing "This is my Father's World".
- Each time you wash your hands today, sing "Jesus Loves the Little Children".
- Take a day off from watching the news! Each time you're tempted to see what's going on, say a "breath prayer" (breathe in on the count of five saying, "Dear God I am Yours" and breathe out on the count of five saying "My trust is in You").
- Pray for healing and intervention in matters of Racial Prejudices and Injustices. As God to show you how to be an instrument of peace.
- As you shop at the grocery store, buy extra to donate to your local food pantry! Share your bounty!
- Take a nature hike (or just a walk around the neighborhood). Make a mental list of all the blessings you see and give thanks!
- Exercise! Raise your arms up straight overhead and each time you raise them, shout "Jesus is Mine!" Repeat 9 more times! Good for the body and the soul!!
- Light a candle to burn all day, or place an electric Christmas candle in your window, as a visual reminder of the presence of Christ, the Light of the World! (Just as God never leaves your side, never leave a lighted candle unattended.)
- Think about your favorite dessert! Then, go and find it or make, and eat it, savoring the smell and flavors.
- Pick a handful of flowers from your yard, a neighbor's yard -with permission of course! or purchase a bouquet at the supermarket. Reflect on the uniqueness of each flower and celebrate God's creative diversity.
- Print your family members' names on a piece of paper. By each first letter, write down a word of affirmation that describes that person! ("S" – strong, "H" – handy...you get the picture....) Give thanks to God for your family!
- As you wear a mask in public to help keep others and yourself as safe as possible, give thanks to God for the breath of life!
- Think about how your parents or caretakers made a living - how they provided for your family. Were they builders, farmers, office managers, railroad workers, teachers, factory workers? Think of God in heaven and how God has provided for you. *Read Psalm 23!*

**Congratulations! You've completed a month of challenges.**

(Thank you, Stephanie Connelly and New Covenant CoB for this modified list of challenges.)



# Virlina District Young

*By Joy Murray (Coordinator of Children, Youth and Young Adult Ministries, Virlina District)*

## **1 Thessalonians 5:1-11 "...let us be alert and self-controlled."**

1 Thessalonians was written to encourage a rather new congregation (possible around 2 years old). The "day of the Lord" that Paul talks about is Jesus' second coming that He told them about in John 14:3. Since Jesus ascended into Heaven, people have been anxiously (in a good way), expecting His return and trying to predict when He will come again. Paul is reminding them that this coming will happen unexpectedly. All too well, we understand how our plans for what will happen in the days ahead, may change! God's ways and timing are not the same as ours (see Isaiah 55:8-9, Psalm 90:4, 2 Peter 3:8). Paul did not want them (or us) to be caught off guard. When all seems to be going well, it will happen somewhat unexpectedly - as unexpectedly as coming home one night to find a thief at your house (you know it could happen, but you don't really expect it). Paul warns us to be alert. Be aware of your surroundings and ready to quickly respond. Again, this is something we are becoming accustomed to doing anyway, these days. He urges us to have self-control. Don't do what you want to do, just because you want to. Have control over your impulses, desires and emotions. We are reminded to trust God and seek His will, and He will lead us. (Proverbs 3:5-6). Choosing to do God's will instead of your own is self-control. Oftentimes, when someone is going to do something they know is wrong, or shady, they will choose the darkness of night to try to do it, thinking they have less chance of being caught. That is the opposite of how we, as Christians should be acting. We are protected by God's armor of faith and love and we have as our hope, the helmet of salvation. Jesus died so we can spend eternity with Him. Let's share this Good News with everyone! Let's have a strong relationship with God! Let's encourage and build one another up!

### **Good News:**

Jesus wants us to spend eternity with Him, so be ready, alert and self-controlled!

### **Discussion Question:**

Think about how you feel when you are preparing for someone special to come and visit. What do you be sure you do or don't do? How do you prepare for them? Who do you call to let them know about your special visitor? Have you told that person about Jesus? Are you ready for Jesus?

### **Go one step further:**

\*Be sure you are spending time each day talking to the Creator of the Universe, who created you in order to have a relationship with Him.

\*Spend time reading His Word (you know, the BIBLE-Basic Instructions Before Leaving Earth)

\*Ask God who He wants you to share His Love with...by word and/or deed. You never know - you might be the only Jesus someone may ever see.

Name: \_\_\_\_\_

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And don't be intimidated by those who are older than you; simply be the example they need to see by being faithful and true in all that you do. Speak the truth and live a life of purity and authentic love as you remain strong in your faith.

1 Timothy 4:12 (The Passion Translation)



## Individual Kit of Comfort (IKOC) Project for Children Living through a Disaster

You can help by building the needed kits!



Due to the COVID-19 pandemic, CDS volunteers are not able to deploy and respond to the needs of children after a tornado, flood, hurricane, fire or other disaster damages their homes and disrupts the lives of their family. In response, the Individual Kit of Comfort was created to promote a sense of normalcy – an opportunity for the healing power of play. While CDS teams are not able to deploy to disaster sites, the IKOC will be handed out to children where they shelter after the disaster by Red Cross staff from the local area.

- **Appeal - Our goal is to build 2,500 newly designed Individual Kit of Comfort (IKOC).**
  - **Packs are designed to be given to children between the ages of 4-10.**
- **Collection Plan - Beginning immediately through September 30, 2020, CDS will be collecting IKOC packs to be distributed to children affected by disasters.**
- **Contents of each IKOC**
  - The contents of the kit are designed to have multiple uses and come with an activity guide for creative ideas to use the contents, along with resources for parents helping their children begin the healing process.
  - Please note: Each kit needs to meet these specifications so that children can all receive an equal play kit. Please do not add or substitute items. (see visual list for examples)
  - **Mesh A4 Pencil Pouch** – holds the materials in each pack – the items requested all fit nicely inside the A4 pouches, measuring 13.5 x 9.5 inches
    - 1 dough (2 oz.)
    - 1 clay cutter
    - 2 rulers (12-inch)
    - 1 mini-deck of cards

- 1 small beach ball (5-inch)
  - 12 paper plates (6-inch plain white)
  - 2 animal finger puppets
  - 2 simple small wooden cars
  - 2 small bean bags (3.5 inch)
  - 3 rolls of washi colored tape (1/2 inch (10mm) wide)
  - 1 child-sized jump rope
  - 1 watercolor paint set (8 colors with brush)
  - 1 small 3x5 notebook
  - 1 colored gel ink pen
  - 2 washable markers
  - 1 stuffed plush dog (not larger than 4 inch)
  - Activity/Trauma idea guide (supplied by CDS)
- **Funds** – The more packs we can produce in the next few months, the more children we can provide packs for – this may take a bit of creativity in funding and working together!
    - Larger quantities ordered of supplies will provide more cost savings
    - Church groups, Sunday school groups, families are encouraged to participate
    - CDS has some grant funds set aside for the IKOC project
      - Matching funds initiative in place with current funds available as needed
    - With the current material list, the price per pack is approximately \$17
  - **Packing** –
    - Follow social distancing guidelines currently in effect for your geographic area.
    - Safety is a priority for all!
    - It works best to do quantities of 12 in ordering online, some bulk items are cheaper in larger quantities (100). The Mesh Pouch on Amazon comes in quantities of 24.
    - Recommend one person do the purchasing and tracking for group
    - We have additional supporting documents to help with group packing, order tracking, and engagement of congregation if interested.
  - **Shipping Completed Packs**
    - Save some of the boxes you receive materials in for repackaging completed packs
    - Once Packs are completed and ready for shipment – contact Lisa @ CDS for information on shipping. [lcrouch@brethren.org](mailto:lcrouch@brethren.org)
  - **Monetary Donations**
    - Gifts to the Emergency Disaster Fund are an important way to support CDS disaster efforts and can be specified to sponsor IKOC's.
    - Donate online at <https://churchofthebrethren.givingfuel.com/cds> with IKOC in comments
    - or mail check to Emergency Disaster Fund, 1451 Dundee Avenue, Elgin, IL 60120 with a note indicating IKOC-CDS.
  - For More information: [cgs@brethren.org](mailto:cds@brethren.org) or call 410-635-8734.

# Simple Snacks That Illustrate Bible Stories

Hey, Mom and Dad, you probably have some of these in your cupboard right now!

Jesus often used food to illustrate spiritual truth (Luke 22:19–20), and some of the most memorable moments in his ministry happened over meals. As you unpack Scripture for kids, God can work through snacks, too.

Some of the simplest snacks can help you illustrate Bible stories. Here is a list of a few snacks you probably have in your cupboard right now, plus multiple Bible stories you could use them to illustrate.

Note: Always be aware of food allergies and or dietary restrictions.

## 1. Bible snack: Goldfish crackers or you could use Swedish Fish

This classic snack is more than just convenient: it's also a great illustration for several Bible stories. Fish appear in both the Old Testament and the New Testament, but this snack will have the most applications when you explore the gospels. Four of Jesus' disciples—Peter, Andrew, James, and John—were fishermen, and Jesus told them he would turn them into fishers of men. Jesus fed the 5,000 using five loaves of bread and two fish. And after the resurrection, Jesus used a miraculous catch of fish to reveal himself to his disciples.

### Fishers of men

Metaphors are hard for young children to wrap their brains around. "Fishers of men" is so well known that it's easy to forget what a bizarre idea it is. Passing out Goldfish or Swedish Fish gives your child a new way to ponder Jesus' words, and it's a great opportunity for you to unpack the idea with them. As you pass out the Goldfish or Swedish Fish, ask your child to tell you what they know about fishing. They'll probably come up with some interesting ideas, and you can steer the conversation to draw out the metaphor. Or, you may also want to start by asking them what they thought when they first heard Jesus' words.

"What do you think Jesus meant when he said he would make the disciples 'fishers of men'?"

You're welcome to provide your own take on the story, but here's an example of where you could take this conversation:

Tell your child to imagine they're on a boat. Instead of the water being full of fish, it's full of people. When we pull fish out of the water, they die, but when we pull people out of the water, we save them. As fishermen, the disciples knew how dangerous the water was. When Jesus said he would teach them how to be "fishers of men," he meant that he would teach them how to save people.

Fun fact: In the ancient world, the sea was a symbol for chaos. It's uncontrollable, unpredictable, and deadly. Fishers of men pull people out of the chaos of this world and into a life-giving relationship with God.

### Feeding the 5,000

Dividing two fish into thousands of pieces is pretty hard to imagine. Using Goldfish as a visual aid will never be a perfect demonstration (you aren't going to recreate the miracle, after all), but it can help your child visualize what happened in the Bible story.

As you talk through the story in Scripture (Matthew 14:13–21, Mark 6:30–44, Luke 9:10–17, John 6:1–5), take out two of the Goldfish.

Tell your child: "This is what the disciples had to work with. It was one little boy's lunch, and Jesus told them to share it with 5,000 people. If we all share these two Goldfish, how much do you think you will all get? Not very much."

The disciples probably thought Jesus was asking them to pass out tiny pieces of fish. "Here's a scale!" To help your child picture how silly the disciples thought Jesus was, you could smash the fish into crumbs. Then tell them:

"Jesus wasn't asking the disciples to pass out crumbs. He was asking them to trust God to provide what they needed."

Then pass out the rest of the Goldfish.

### The miraculous catch

The disciples fished all night without catching anything. For this snack, empty the bag of Goldfish into another container, and ask someone to reach into the empty Goldfish bag with their hand. Have everyone try. Ask if they'd like to try again. Help them see that this is how the disciples felt after fishing all night. They knew they'd tried everything, but there just weren't any fish for them to catch.

Then Jesus stood on the shore and said, "Try casting your nets on the other side of the boat." That's like you asking your child to try reaching into the bag with their other hand. Let them think about how silly that sounds. Then put the Goldfish back in the bag. Once again, Jesus was asking the disciples to trust him to provide for them.

## 2. Bible snack: Animal crackers

Animal crackers are a sweet treat with a handful of biblical applications. Noah's ark may be the most obvious example, but you can also use them to talk about the food laws in Leviticus (and Peter's vision in Acts), and Daniel's dreams in Daniel 7. Not every brand of animal crackers will have a variety of hooved animals, or all the animals you need for Daniel's dreams—I doubt you'll find any ten-horned beasts—but that's okay. Use what you have, and encourage the kids to use their imaginations.

### Noah's Ark

Give your child a small plate or bowl, and ask them to only take two of each kind of animal cracker—there's no room for more! Technically, Noah was only told to bring two of every kind of "unclean" animal in Genesis 7 (he brought a lot more "clean" animals), but it's up to you to decide if you want to talk about clean and unclean animals.

## 3. Bible snack: Graham crackers

Graham crackers are perfect for constructing miniature buildings. With a little frosting for glue, you should have everything you need to recreate Solomon's Temple (2 Chronicles 3), the second temple (Ezra 3:8), and the Feast of Booths (Leviticus 23:42–43).

### Solomon's Temple (or the Second Temple)

It's up to you to decide how much you want to weave this snack into your lesson. You could simply have your child try to put together a graham-cracker temple while they listen to you (if you dare), or, you could provide specific instructions on what the temple should look like (based on the materials you have available.)

The pieces of Solomon's temple were assembled before they were brought to the site the temple was built. For fun, you could have your child try to assemble their temple piece-by-piece.

## 4. Bible snack: Bugles

These fun little corn chips can be edible trumpets. Your child can take down the walls of Jericho, play Psalms, or snack their way through other passages about celebration or preparing for battle.

### The Walls of Jericho

For seven days, the Israelites marched around the walls of Jericho (Joshua 6). Seven priests marched in front, each carrying a horn. On the seventh day, the Israelites marched around the city seven times, with the priests blasting their horns. The soldiers had marched silently for seven days, but in the grand finale they shouted, and the walls of Jericho came tumbling down.

If you decide to have your child march around the room with seven Bugles leading the way, you'll need a grand finale. Otherwise you're going to have an awkward transition on your hands. You could build a "fort" with paper or cardboard for them to tear down. Or play music and start a victory dance party. Whatever you do, give them lots of Bugles when it's over.

## 5. Bible snack: Hot chocolate

Hot cocoa is an easy treat to stock up on, and it makes for a handy illustration of a few Bible stories, too. Use the powder to talk about times where the Israelites needed water. Or you could use room-temperature water to illustrate the lukewarm church of Laodicea in Revelation 3.

### Jesus Heals a Blind Man with Mud

In John 9, Jesus mixes spit and dirt and rubs it in a blind man's eyes. Just put a little cocoa powder on a plate and let the mix water in it until they've made mud. Then give them actual hot cocoa.

## 6. Bible snack: Donuts

Your child may not hear a word you say after donuts, so it's up to you to decide if this snack works for you. But as you journey through the Bible together, there are a couple of lessons where donuts may be appropriate, such as the resurrection (rolling away the stone), or Gideon and the barley bread in Judges 7.

### Rolling Away the Stone

You'll probably be using this lesson on Easter anyway, so why not give your child a special snack? Get O-shaped donuts and put donut holes in them. When it's time for snack, have the kids "roll away" the donut hole.

Ryan Nelson found at website [www.disciplr.com/bible-snack-ideas](http://www.disciplr.com/bible-snack-ideas)

(Thanks to Susan Gibson, on behalf of the Virginia Children's Cabinet, for supplying these great snack-to-scripture ideas.)