

EXODUS

A GRACESPRING BIBLE CHURCH SERMON SERIES



OCTOBER 28, 2018 | **FAMILY** GROWTH GUIDE

Royal Fugitive

Exodus 2:1-22

FAMILY ACTIVITY - God is our IDEA FILTER

Supplies:

- 3 clear bowls
- Pitcher of clean water
- Some sand or garden soil (dirt)
- Some trash pieces that can fit inside the bowl
- Strainer/colander
- Coffee filter (or paper towel)

Activity:

- Pour the clean water into one of the largest clear bowls
 - Explain: This bowl symbolizes our mind and the water is all the thoughts in our mind that are from God. Good, Godly thoughts.
- Add the trash pieces to this bowl of water.
 - Explain: The pieces of trash are the BIG thoughts we have that we THINK we should do (or say).
- Add the sand/garden soil/dirt.
 - Explain: This soil represents the SMALL thoughts we have that we THINK we should do (or say).
- Let the kids use their hands and MIX UP the bowl until it becomes dirty.
 - Explain: When we make our own choices, do what we want, act on the ideas that we have without asking God for help, our minds get dirty/messy and we can't really understand God's Good Thoughts anymore.
- God wants us to use His Word (The Bible) as a filter for OUR THOUGHTS.

- Pour the dirty bowl of water through the strainer/solander to filter out the BIG thoughts.
 - Ask: Did the strainer work? Did we get all of our SELFISH thoughts filtered through God?
- Pour the strained dirty bowl through the coffee filter/paper towel.
 - Ask: Did the coffee filter work?

Critical Thinking Discussion

1. What would the strainer symbolize in our activity?
2. What would the coffee filter symbolize in our activity?
3. What can we do to FILTER our thoughts through God? What does this look like?
4. Why is filtering our thoughts through God's word important?
5. The dirty water is like regret. Do you know what 'regret' means?
6. How does regret make you feel?
7. What can you do to not feel regret?