

First, watch  
this week's  
video!

**Make Waves:**  
What you  
do today  
can change  
the world  
around you

### Memory Verse

"The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself." Galatians 5:22-23a, NIV

### Bible Story

The Apostles Are  
Treated Badly  
Acts 5:17-42

### Bottom Line

Choose joy no  
matter what's  
going on.

Use this guide to help your family learn  
how God's Spirit can help us "make waves."

## Activity

### Finding Joy

#### What You Need:

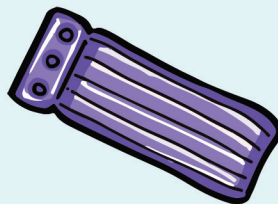
White paper, toothpick (or penny), marker, dark crayon

#### What You Do:

Write the word "JOY" in large letters on the plain white paper, using a marker. Ask your child to color over the word "JOY," completely covering it with crayon.

As your kid colors, talk about the word "JOY" (finding a way to be happy, even when things don't go your way) and what that means. Once the word "JOY" is covered with the crayon, show your child how to gently use the toothpick (or penny) to start scratching designs on the paper. Point out how the "joy" is still there, underneath the surface.

Say, "Even though the dark covered the joy, the joy was still there, wasn't it? It's the same with our hearts. We can choose to find joy even when our hearts feel heavy and sad."



## Talk About the Bible Story

In today's story, how did Peter and the other apostles choose joy? *(They told people about Jesus, even though the religious leaders tried to stop them.)*

When can it be hard for us to choose joy?

How is joy different from happiness? *(Happiness is a feeling we get when something happens that we like. Joy is something we always have that we can choose, even in the darkest and scariest moments, because of Jesus.)*

How can you show your joy to others this week?

*Parent: Share a kid-appropriate story of a time you were able to choose joy even in difficult circumstances.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You have done so much for us. We have so many reasons to be joyful, no matter what's going on. We pray that the Holy Spirit would fill us with Your joy so that everyone can see how thankful we are for all that You've done. We love you! Amen."



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### Key Question

What are things that bring you joy?

Use this guide to help your family learn how God's Spirit can help us "make waves."

## Activity

### Blow It Up

#### What You Need:

Water bottle 1/3 full of vinegar, one balloon, spoon, plate, baking soda

#### What You Do:

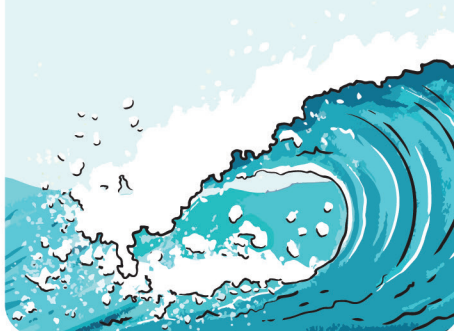
(You may want to do this activity over the sink—it could get a little messy!)

Help your child use the spoon to pour two tablespoons of baking soda into the opening of the balloon.

Then, help your child wrap the opening of the balloon around the mouth of the water bottle, being careful not to pour the baking soda into the vinegar just yet.

Once the balloon opening is wrapped tightly around the mouth of the bottle, instruct your child to lift the balloon to pour the baking soda into the vinegar.

Watch as the balloon expands. (It won't expand big enough to be a "party" balloon, but it will inflate!)



## Talk About the Bible Story

Thinking about the story we heard today, what do you think the baking soda represents? (*all of the things that the Jesus-followers experienced that gave them joy and helped them spread the story of Jesus, such as miracles, Jesus coming back from the dead, the early church community, etc.*)

What do you think the inflated balloon represents? (*It shows how we become filled with the Holy Spirit as we continue to believe and trust God, and that becomes our source of joy, no matter what happens.*)

How is joy different from happiness? (*Happiness is a feeling we get when something happens that we like. Joy is something we always have that we can choose, even in the darkest and scariest moments, because of Jesus.*)

When is it easy to have joy? When is it difficult to have joy?

What are some ways you can shift your focus to joy when you're having a hard time?

Parent: Share about how you've had joy during a difficult situation. What helped you through that situation, where it may have otherwise been difficult to have joy?

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for being the reason that we can have joy through anything that happens. Thank You for showing us that we can trust You no matter what. We are so grateful that we can talk to You anytime we want, about anything that's going on with us. Thank You for listening to us. We know that You are here with us, and that You care for each of us. We love You, God. In Your name we pray, Amen."