

SURF'S UP KIDZ KAMP

DAY 4 FAMILY TIME

OVERCOME

Key Message:

Because Jesus has overcome, I can overcome too!

Bible Verse:

I can do all things through Christ who gives me strength. Philippians 4:13

Discuss:

Bible Story: Peter Walks on Water. Matt. 14:28-33

- 1) Can you think of an example of when you overcame something difficult?
- 2) What hard time/ challenges/ difficulties/ struggle are you going through right now?
- 3) What would be different if you overcame challenges through Jesus?

Jesus said, "Come" to Peter. Peter accepted Jesus' invitation, stepped out of the boat, and walked on water. He was not afraid.

Peter was only afraid when he saw the wind (v. 30). The wind represents our storms, our trials, our difficulties. When he cried out, "Lord, save me!" Jesus did. He reached out His hand and caught Peter.

When we are faced with challenges, Jesus is there to catch us. When our eyes look to Jesus, we do not have to be afraid - just like Peter wasn't - looking at Jesus while He was walking on water. But once Peter looked away at the wind and did not focus on Jesus, he got scared. When we look to Jesus, He drives away our fear, and will help us overcome our challenges.

Pray:

Jesus, help me to keep my eyes on you in the storms of life. Help me to make you the centre of my life so that I do not have to be afraid when storms come. Thank you that I can overcome and do all things through You who gives me strength. In Jesus' name, Amen.

Bottom Line:

Jesus gives me strength to ride the waves/go through life's storms.

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DAY 4: OVERCOME

Today we are learning that we can do ALL things through Christ!

Have you ever felt scared to do something? What did you do?

Jesus gives us strength and with His strength we can do ANYTHING. Does that not sound amazing? We can do ALL things through HIM.

CRAFT: SEA COLLAGE

For today's craft, we will be creating a sea collage. Imagine swimming in the sea with all the strong waves. Is it easy? Or is it hard?

You will need:

- 2 sheets of blue paper* and 2 sheets of plain white paper
- Paint*
- Glue*

You may use the blue paper with your Take Home Kit or paint your white paper.

1. Take your first sheet of white paper and paint it like the sky.
2. Leave your 'sky paper' to the side to dry, you will need it later.
3. Take your second sheet of white paper and paint it blue like the sea, if you do not want to paint, skip ahead to number 5.
4. Leave your 'sea paper' to the side to dry.



Created on YouVersion

Picture for reference



Source: <http://artipelagoteacher.blogspot.com/2012/12/>

*provided by DBICC in Take Home Kit

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5. Once both your 'sky paper' and 'sea paper' are dry, take your 'sea paper' and ask a grown-up to help you tear it horizontally to create waves . If you did not paint the sea, use the blue paper provided as your 'sea paper'.
6. Get your glue and layer your 'sea paper' on your 'sky paper' so that the sky and sea can meet.
7. The sea are life's problems, they come in all shapes and forms, big and small.
8. Draw or paint a boat on the sea.
9. The boat represents Jesus. Jesus can carry us through the waves and the storms, we do not have to do it alone. Because through Him we can overcome anything!!!
10. Write today's Bible verse - Philippians 4:13 on the collage.

As we are coming to the end of Kidz Kamp, remember these 4 things:

1. God loves you no matter what
2. You can always trust in Him even when life is hard
3. Through Him you can be saved and
4. With Jesus in your life you can overcome anything!

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KITCHEN EXPERIMENT: WOW FACTOR

Today's activity is not a snack, but a kitchen experiment to demonstrate how we can overcome our fears with Jesus in our lives.

You will need:

- Baking soda
- Vinegar
- Clear container or glass
- Large dish tray or kitchen sink
- Funnel



Source: <https://elegantluxelife.com/2017/03/28/>

In this activity, we will learn that with Jesus in our life, we can overcome fear. Jesus will help us push fear out of our lives.

The container represents our body and us as created beings that are loved by God.

1. Place your container in your large dish tray or over the sink - this is to keep the mess contained.

The baking soda is fear. Fear is naturally going to come into our life. Fear exists in the world. We cannot escape fear. Can you think of a time you felt fear?

2. Take your baking soda and pour some inside your container.

Now imagine vinegar is a representation of Jesus. When we have Jesus, we can fill ourselves up with Jesus. The fear that lives inside us, Jesus pushes out and He helps us to overcome and get that fear out of our life.

3. Pour vinegar into your container

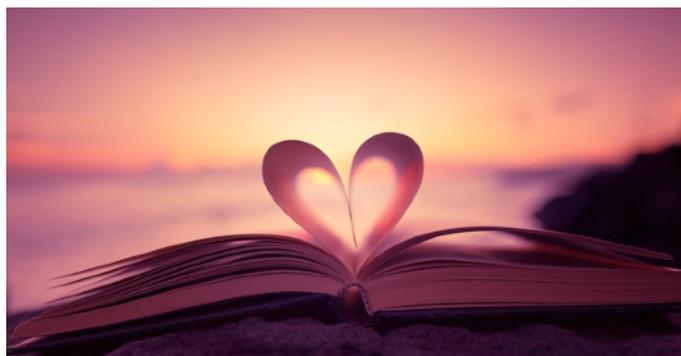
You will notice that there is still baking soda in the container. There will always be something in our life we are scared of, but with Jesus, we are able to push past fear!

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ACTIVITY: WAYS TO SHOW GOD'S LOVE

Our church motto is “Connect - Grow - Go”. As we have been Connecting and Growing with God in the last 3 days, we can also “Go”. In today’s activity we have listed ways you can show God’s love to other people. Pick one or more as you like to do from below.

1. Draw a picture and send it to a loved one to tell them that you miss them and are thankful for them
2. Help a sibling or friend learn how to read
3. Help a grown up to cook a meal
4. Help a grown up clean the house
5. Write out special prayers for people in need
6. Write thank you cards to church leaders
7. Thank the bus driver when you get off the bus
8. Thank the people working in stores for their hard work
9. Give up all electronics for one day and spend time doing things for others
10. Listen without interrupting or arguing back
11. Make a get well box for someone who is sick
12. Make bracelets and raise money for your favourite charity
13. Call a friend and ask how they are
14. Write notes of kindness and leave them in your neighbour’s post box
15. Create a “Jelly Bean Prayer Poem” to gift to a friend
16. Participate in a walk with your family to raise money for a charity
17. Hold the door open for someone
18. Start a kindness jar. Place ideas of ways to be kind and pick daily from the jar and do those acts of kindness
19. Read your Bible and share with a grown up what you have just read
20. Write out some memorable Bible verses on small cards and leave them around your home, in your grown up’s bag or as gifts to share with your friends



Picture from: <https://www.christianity.com/bible/bible-verses-about-god%27s-love-33>

*provided by DBICC in Take Home Kit

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BONUS: OCEAN IN A BOTTLE

In this extra activity, you will get to create an ocean in a bottle. When you have finished you will be able to recreate large waves.

You will need:

- Plastic bottle
- Water
- Cooking oil
- Blue food colouring
- Optional: glitter, sand, rocks, shells

1. Open and fill half of the bottle with water.
2. Put in a few drops of blue food colouring.
3. Close the bottle and shake it until the water turns blue.
4. If you have glitter, sand, rocks or shells at home add it to the coloured water.
5. Open it again and fill it with cooking oil.
6. Close the bottle again and tip it upside down, do you see the ocean?
7. Shake it even harder. The more you shake it the more bubbly the ocean will be.



This shows us that although there may be big waves in our lives, we can overcome these big waves with God in our lives and in our hearts.



Pictures from: <https://happyhooligans.ca/ocean-in-bottle/>

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FAMILY MOVIE NIGHT IDEA:



Soul Surfer is an inspiring true story about a promising young surfer who was attacked by a shark. She loses her left arm and overcomes her adversity through her faith in God.

It is based on an autobiography "Soul Surfer: A True Story of Faith, Family and Fighting to Get Back on the Board" by Bethany Hamilton.

Soul Surfer is on Netflix and on <https://www.dailymotion.com/video/x7s0vnn>.

Viewer discretion is advised as there is a shark attack scene which may be scary for some kids. Common Sense Media suggests for ages 9+.

You can read the movie reviews on Common Sense Media to see if it is appropriate for your family.

<https://www.commonsensemedia.org/movie-reviews/soul-surfer/user-reviews/adult>