



## Hey Kids

Thanks for joining us this morning, we are so glad you made it. Today we are going to look at the choices we make and what those choices can lead to. And we might have time for some fun too! Let's get started,

**Sparky**

(and everyone at Arise)

### ✓ **Task 1 – Watch the 'doors' clip**

(appropriate for your age, the link for each clip will be in a separate post)

There will be a colouring page with a scripture on for you to colour during the clip if you have access to a printer. If you don't have access to a printer, why not try and draw your best 'sparky' star.

### ✓ **Task 2 – Let's talk!**

We have just heard that Samson did not make the right choice, have you made a wrong choice this morning? Maybe you didn't pick up your dirty socks off the floor or take your dirty dish into the kitchen when you were asked to.

Have you made a good choice this morning? Eating a healthy breakfast or deciding to share with your siblings?

During the clip we hear that some choices we make don't matter, like the colour socks we wear. What choices do you think matter?

Think about when you're at home/school/at the park.

Can you think of a time where you've made a wrong choice? What happened?

Why does God ask us to depend on His understanding?

Each question will take you deeper. Stay in the shallow end or venture into deeper waters.





✓ **Task 3 – Interactive**

Samson was strong, how strong are you?

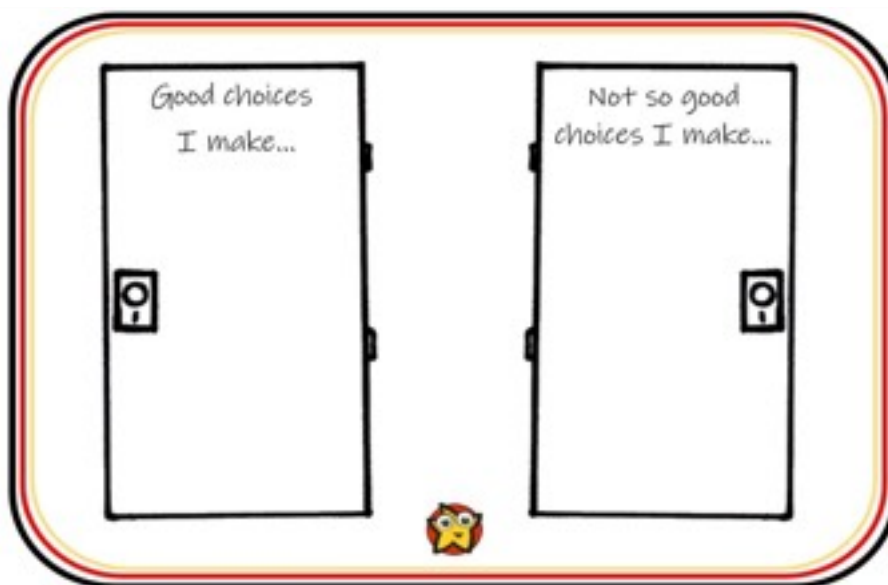
Why don't you find out by seeing how many push-ups you can do? If you are a competitive family, why not have a push-up tournament!

✓ **Task 4 – Activity (Suggested to do while we sit to watch Church Online)**

The printable version is available on [www.arisechurch.uk/kids](http://www.arisechurch.uk/kids)

If you don't have access to a printer grab some paper and some pens to create your own version.

1. Draw 2 doors
2. On door 1 write all the good choices you make
3. On door 2 write all the not so good choices you make
4. If you have time colour and create patterns for your doors



Thanks for joining us today, on behalf of myself and Arise Church we hope you've had a great morning.

God Bless you and see you next week,

**Sparky**