

# HOLD FIRM & ENCOURAGE OTHERS

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### FIRST AID KIT

#### FOCUS

JEREMIAH 5:21, EZEKIEL 36:26, MALACHI 2:6, MATTHEW 6:22-23, 7:25 & 11:15, JOHN 8:36 & TITUS 1:9

We need to hold firm to God's message! Then we can encourage others with God's word and help them to stand on, see, hear and speak His word and even break their chains!

#### MATERIALS

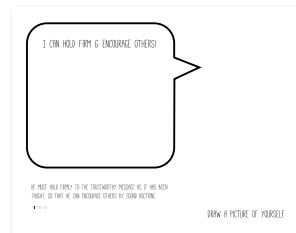
Hold Firm and Encourage Others coloring page (1 per child)  
Piece of felt or paper (1 per child)  
Glasses and washcloth (1 set per child)  
Earmuffs (1 per child)  
Crackers (a handful)  
Heart of Stone and Heart of Flesh bags set (1 per child)  
Paper chain cutting page (2 sets per child)  
Crayons, black permanent marker, black washable and non-toxic paint, scissors, and a stapler

#### ACTIVITIES

##### 1. HOLD FIRM & ENCOURAGE OTHERS

**TALK:** God calls us to hold firm to his message and encourage others with it!

**ACTIVITY:** Color the Hold Firm and Encourage Others coloring page. Then, after each activity you will be adding to the large Hold Firm and Encourage Others box by drawing items inside.



#### CORRESPONDING VERSE

HE MUST HOLD FIRMLY TO THE TRUSTWORTHY MESSAGE AS IT HAS BEEN TAUGHT, SO THAT HE CAN ENCOURAGE OTHERS BY SOUND DOCTRINE  
TITUS 1:9

##### 2. CHECK THE FEET

**TALK:** God calls us to stand steadily on Jesus as a foundation. When Jesus is our foundation we are led by His word!

**ACTIVITY:** Help your child cut out an oval or "rock" shape from the felt and write "Jesus" in the middle of it. Then have them stand firmly on the rock. Encourage them to be steady and have both feet on the shape, telling them this represents Jesus being their foundation. Then have your child help you to stand firmly on the rock, then thank them for helping you to have Jesus as your foundation. When finished draw and color two feet in the Hold Firm and Encourage Others box.



YET IT DID NOT FALL, BECAUSE IT HAD ITS FOUNDATION ON THE ROCK.  
MATTHEW 7:25

## ACTIVITIES

### 3. CHECK THE EYES

**TALK:** We need healthy eyes to see and have our body be full of light! If our eyes are unhealthy it is hard to see and our eyes are full of darkness.

**ACTIVITY:** Color both lens' of the glasses with black non-toxic washable paint, making sure that there is a thick and full layer of black so you cannot easily see. Once the paint has **fully dried** have your Tiny Arrow try them on and ask him if he can see in the darkness. Once he says no, grab the washcloth (and get it wet) and start to wipe the paint away telling him that you are helping him to see light by cleaning him with God's word. Once the glasses are cleared ask him if he can see light. After he answers yes, repeat the activity of painting the glasses, allowing them to **fully dry**, then with you wearing the glasses. When he wipes the paint off with the washcloth thank him for helping you to see the light with the cleansing of God's word. When finished draw and color two eyes in the Hold Firm and Encourage Others box.



## CORRESPONDING VERSE

THE EYE IS THE LAMP OF THE BODY. IF YOUR EYES ARE HEALTHY, YOUR WHOLE BODY WILL BE FULL OF LIGHT. BUT IF YOUR EYES ARE UNHEALTHY, YOUR WHOLE BODY WILL BE FULL OF DARKNESS.

MATTHEW 6:22-23

### 4. CHECK THE EARS

**TALK:** We have ears to hear! Even though we can hear, when we do not fear God we do not listen to what he is saying. We need to pay attention to what God is saying and listen to him with open ears!

**ACTIVITY:** Secure the round puff around the headband with a rubber band. Once the earmuffs are made place them over your child's ears then quietly say, "Who have ears but does not hear." Now take the earmuffs off him and ask him if he heard you speak God's word. When he says no then tell him "He who has ears let him hear." Encourage him to always listen for God's word and pay attention to it. Then place the earmuffs over your ears and have him speak to you. Tell him you cannot hear him and encourage him to take the earmuffs off you. Have him speak again and emphasize that you need to listen for God's word too! When finished draw and color two ears in the Hold Firm and Encourage Others box.



WHO HAVE EARS BUT DO NOT HEAR

JEREMIAH 5:21

HE WHO HAS EARS, LET HIM HEAR

MATTHEW 11:15

### 5. CHECK THE MOUTH

**TALK:** The Word of God is like bread! Jesus is the bread of life! When we eat this cracker it is like we are putting God's word in our mouth!

**ACTIVITY:** Give your Tiny Arrow a cracker and tell him this represents putting God's word in his mouth. Then tell him you are going to check to see if there is anything false on his lips. Run your finger gently across his lips then declare you have found nothing false! Now ask your Tiny Arrow to give you bread that represents God's word and to check your lips for anything false. When he is done thank him for giving you some of God's word and checking your lips. When finished draw and color a mouth in the Hold Firm and Encourage Others box.

TRUE INSTRUCTION WAS IN HIS MOUTH AND NOTHING FALSE WAS FOUND ON HIS LIPS.

MALACHI 2:6

## ACTIVITIES

### 6. CHECK THE HEART

**TALK:** God can give us a new heart! He can remove our heart of stone and replace it with a heart of flesh. If we have a heart of flesh we can follow Jesus better!

**ACTIVITY:** Write “Heart of Stone” on the first drawstring bag then write “Heart of Flesh” on the second. Place the rock in the “Heart of Stone” bag and the soaker ball (or something similar) in the “Heart of Flesh” bag. Then place the yarn through the strings (1 string per drawstring bag) to make two necklaces. Place the “Heart of Stone” necklace around his neck, encouraging him to feel the hardness of the rock in the bag, and tell him this represents your heart being hard towards God. Take the “Heart of Stone” necklace off and tell him we do not want a hard heart but one of flesh. Next place the “Heart of Flesh” necklace around his neck and encourage him to feel how soft the bag is. Explain that now you can better follow Jesus because your heart is softer. Now place the “Heart of Stone” necklace around yourself and tell him that you have a hard heart. Ask him if there is a heart of flesh you can wear instead. Encourage him to hand you or exchange the “Heart of Stone” necklace for the “Heart of Flesh” one. Then thank him for helping you to get a heart of flesh instead of a heart of stone. When finished draw and color a heart in the Hold Firm and Encourage Others box.



## CORRESPONDING VERSE

I WILL GIVE YOU A NEW HEART AND PUT A NEW SPIRIT IN YOU; I WILL REMOVE FROM YOU YOUR HEART OF STONE AND GIVE YOU A HEART OF FLESH.

EZEKIEL 36:26

### 7. CHECK THE WRISTS

**TALK:** Jesus sets us free from the bondage of sin! Before we knew Jesus we were slaves to sin! It is like we chains on our wrists! Jesus can break those chains and set us free!

**ACTIVITY:** Cut along the lines of the paper forming 5 long strips. Then loop the first strip and secure the ends together with a staple. Loop the second strip through the first and secure with a staple. Repeat until all the paper has been looped and a chain is made. Then repeat the proces again making a second set of chains. Loop both ends of the first chain through each of your Tiny Arrow's hands. Tell him when we obey sin it is like we have chains on our wrists. Then encourage him to move his hands quickly outwards to break the chains and tell him Jesus can break our chains and set us free! Now put the second set of chains around your own wrists and ask your Tiny Arrow who can helpbreak the chains. Encourage him to say “Jesus breaks chains” then have your Tiny Arrow watch as you move your hands quickly outwards to break the chains. Once the chains have broken, thank them for telling you Jesus breaks chains! When finished draw and color two hands in the Hold Firm and Encourage Others box.



SO IF THE SON SETS YOU FREE, YOU WILL BE FREE INDEED.

JOHN 8:36

**OPTIONAL:** Hand out each child a bible verse to take home.

HE MUST HOLD FIRMLY TO THE TRUSTWORTHY MESSAGE AS IT HAS BEEN TAUGHT, SO THAT HE CAN ENCOURAGE OTHERS BY SOUND DOCTRINE

TITUS 1:9



I CAN HOLD FIRM & ENCOURAGE OTHERS!

HE MUST HOLD FIRMLY TO THE TRUSTWORTHY MESSAGE AS IT HAS BEEN TAUGHT, SO THAT HE CAN ENCOURAGE OTHERS BY SOUND DOCTRINE.

TITUS 1:9

DRAW A PICTURE OF YOURSELF



# ROCK

1 PIECE OF FELT



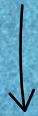


# ROCK

CUT IN "ROCK" SHAPE



WRITE "JESUS" USING PERMANENT MARKER

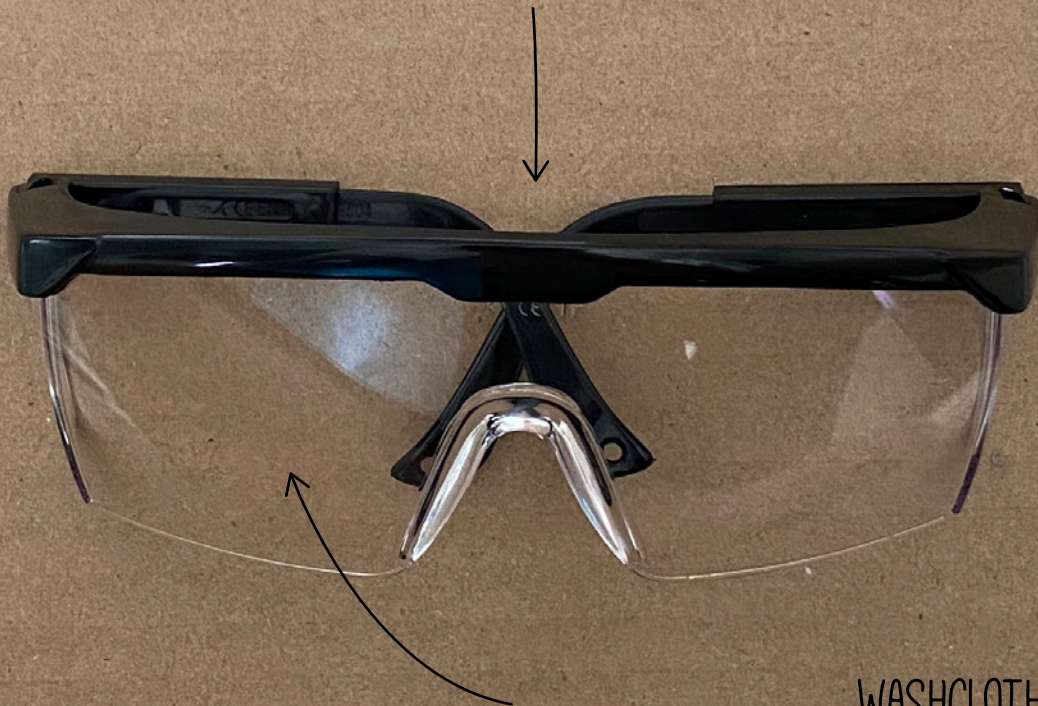


JESUS



# GLASSES

SAFETY GLASSES OR NON-PRESCRIPTION GLASSES



PAINT BLACK WASHABLE  
PAINT ON THE GLASSES LENS

WASHCLOTH TO WIPE  
GLASSES CLEAN



# EARMUFFS

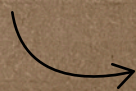
1 HEADBAND



2 LARGE POM POMS



2 RUBBER BANDS





# EARMUFFS





# HEART

2 SMALL DRAWSTRING BAGS



2 41" PIECES OF YARN



1 WATER BALL  
(OR SOMETHING SIMILAR)



1 ROCK

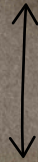




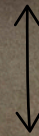
# HEART



ADD ROCK  
TO BAG



ADD WATER BALL  
TO BAG



WRITE "HEART OF STONE"  
ON ONE BAG

WRITE "HEART OF FLESH"  
ON OTHER BAG



# HEART

LOOP ONE STRING  
THROUGH THE BAG'S  
DRAWSTRING

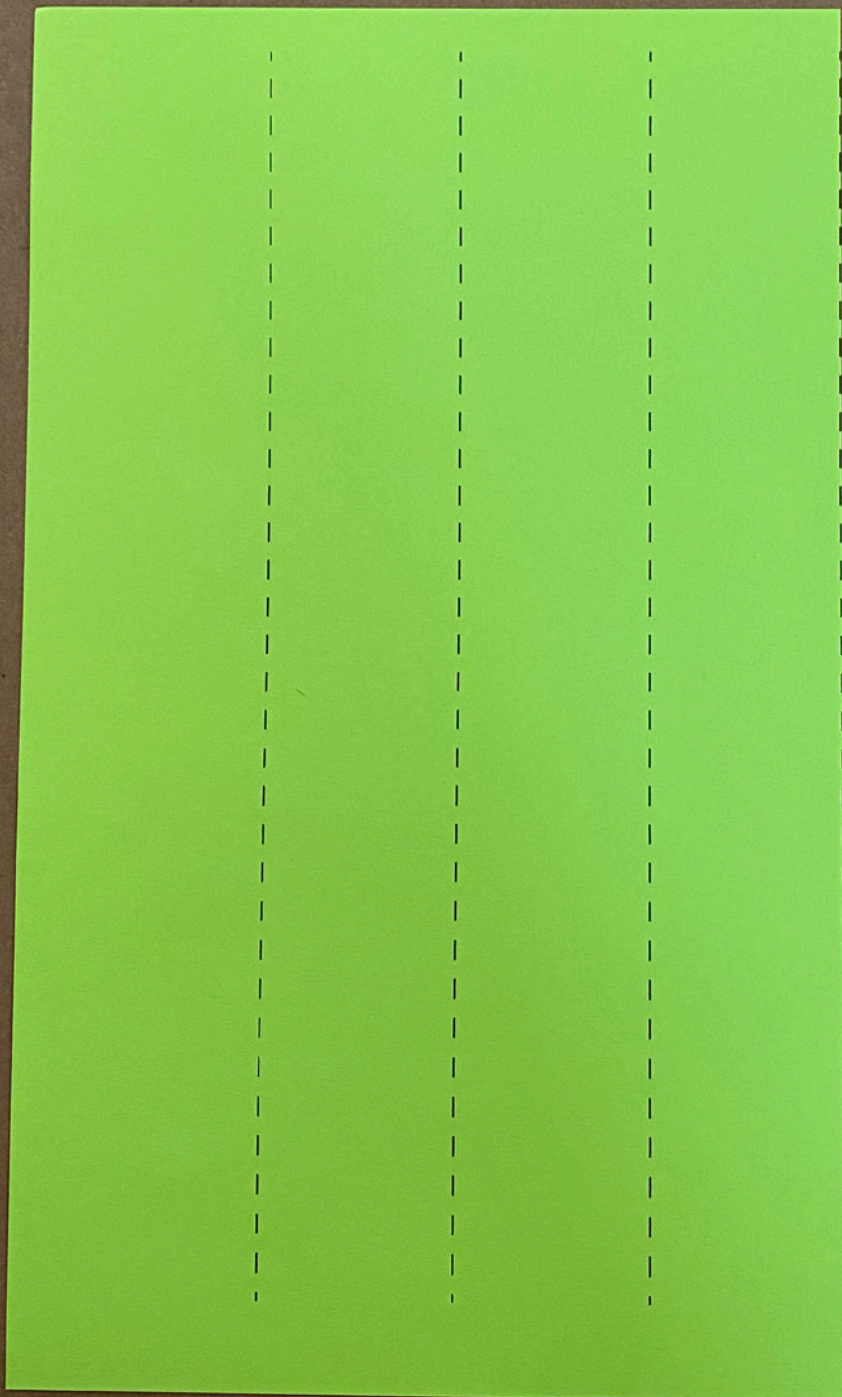


TIE TO FORM  
A NECKLACE

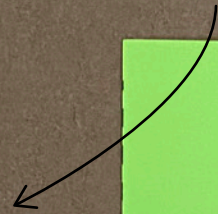


# CHAINS

PRINT ON COLORED PAPER



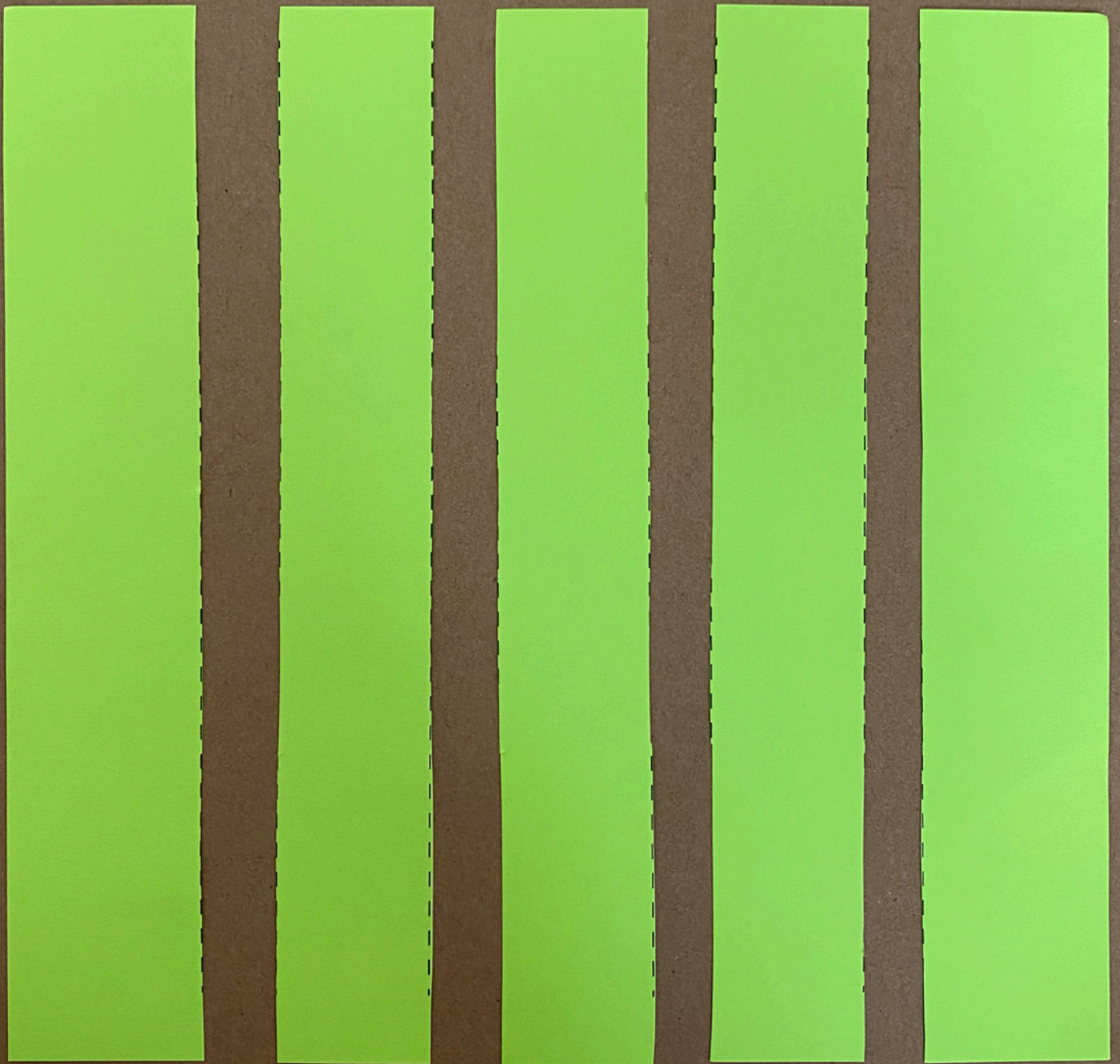
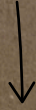
CUT ALONG DOTTED LINES TO  
MAKE 5 STRIPS





# CHAINS

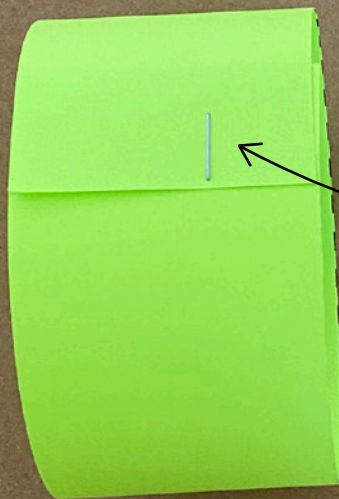
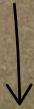
CUT ALONG DOTTED LINES TO MAKE 5 STRIPS





# CHAINS

ROLL THE FIRST STRIP  
INTO A CIRCLE

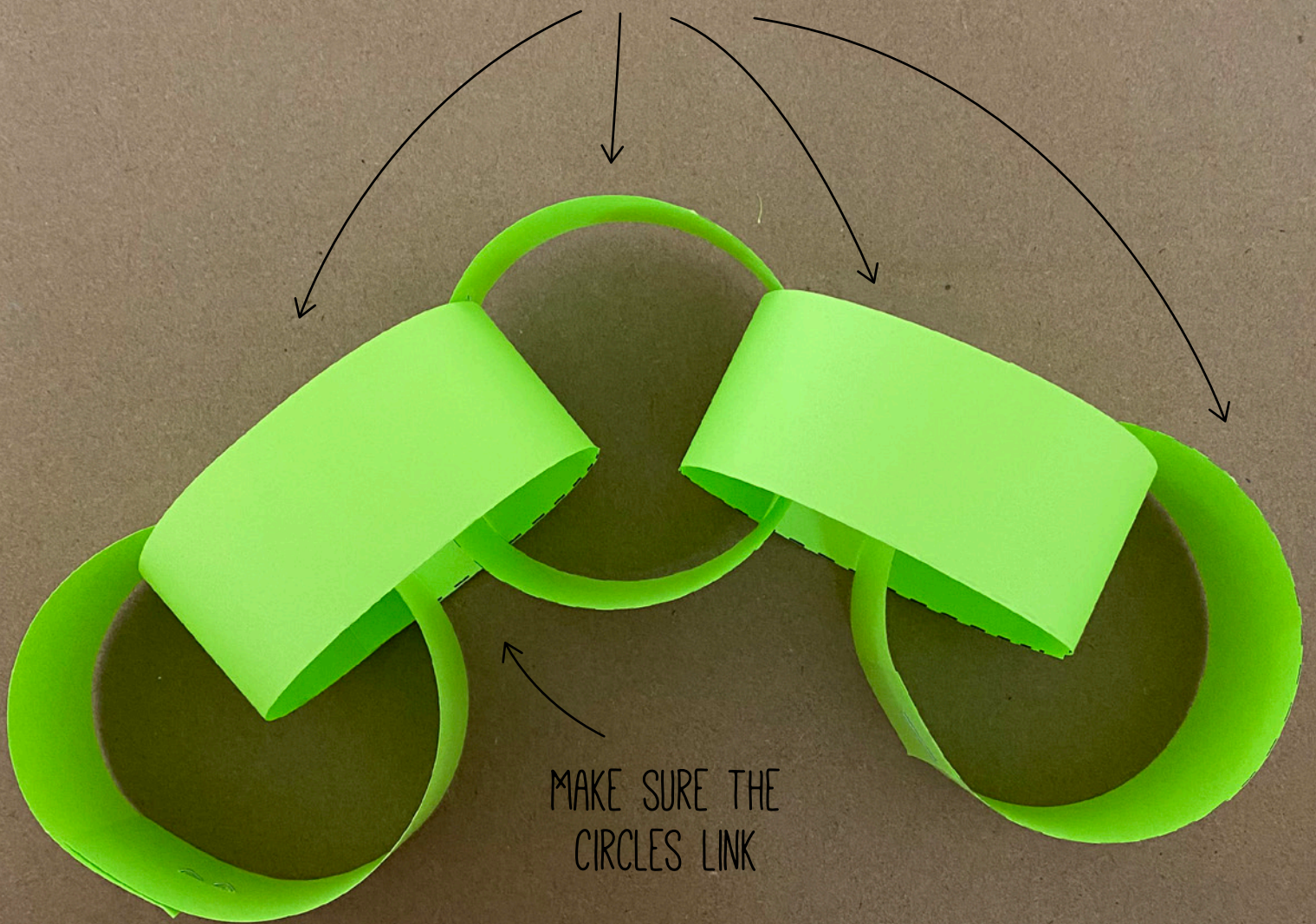


STAPLE THE TWO  
ENDS TOGETHER



# CHAINS

ROLL THE REST OF THE STRIPS INTO INTERSECTING CIRCLES  
& STAPLE THE ENDS TOGETHER



MAKE SURE THE  
CIRCLES LINK





HE MUST HOLD FIRMLY TO THE  
TRUSTWORTHY MESSAGE AS IT HAS  
BEEN TAUGHT, SO THAT HE CAN  
ENCOURAGE OTHERS BY SOUND DOCTRINE

TITUS 1:9

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