



BLAST



PARENT ACTIVITY GUIDE

SEPTEMBER 13

BIG IDEA

We can spend time with God.

THE BIBLE

Jesus Visits Mary and Martha: Luke 10:38-42

MEMORY VERSE

Psalm 119:105

FAMILY TABLE TALK

Use [this guide](#) sometime this week as you family gathers or a meal. It is intended to be super easy to do and aimed to connect your family to one another and provide opportunities or meaningful conversations.

ADDITIONAL ACTIVITIES

Visit www.loopkids.org/blast-off to find this week's videos, coloring pages and additional activity pages.

There are additional activities below that you're welcome to do at home

YOUNGER KIDS ACTIVITY | Busy Like Martha

INSTRUCTIONS: Let your preschoolers play with play food and dishes, a play broom, and other play cleaning supplies. You might want to give them specific chores to complete. As they play, remind them that Martha was too busy and distracted, while Mary chose to do the best thing and sit with Jesus.

YOUNGER KIDS ACTIVITY | Time with God Matching Game

Let's play a game to help us remember all the places where we can spend time with God.

INSTRUCTIONS: Print two sets of the [Matching Game printable](#) and cut them out to make cards. Lay all of the cards upside down, with the pairs mixed up. Let kids take turns flipping

them over two at a time to try and find the matching pairs. When they find a match, have them say one way they can spend time with God in that place.

SAY: It's very important that we make time for God wherever we go. Spending time with God makes God happy, and us, too!

YOUNGER/OLDER ACTIVITY | Act it Out

INSTRUCTIONS: Choose kids to dress up and reenact the Bible story. You'll need a Martha, a Mary, and a Jesus, as well as a table with plates and play food. You might want to give Martha specific chores to do while Mary sits at Jesus feet.

SAY:

- Mary did the best thing by choosing to spend time with Jesus.
 - We can spend time with Him too, any time and any place. We can talk to God or sing worship songs to Him anytime we want.
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OLDER KIDS ACTIVITY | My Time with God

INSTRUCTIONS: Give every kid a copy of the [My Time with God printable](#). Every day that they remember to spend time with God this week, they should color in one rocket ship.

SAY: You might forget to spend time with God sometimes. That's okay! Just like Martha learned, Jesus isn't angry at us when we get distracted, but He's always excited when we decide to spend time with Him!

This week, I hope you remember how exciting it is that we can spend time with God! When we spend time with God, we get to see God "launch" our faith to even greater heights!

PARENTS - SHARE YOUR STORY | Share something that distracts you from spending time with God.

INSTRUCTIONS: Tell a story from your own life (or ask a volunteer to share a story) about some of the things that distract you from spending time with God.

ASK: What's one thing that distracts you from spending time with God?

