



BLAST



PARENT ACTIVITY GUIDE

SEPTEMBER 27

BIG IDEA

We can serve others.

THE BIBLE

Jesus Washes His
Disciples' Feet:
John 13:1-17, 34-15;

MEMORY VERSE

Psalm 119:105

FAMILY TABLE TALK

Use [this guide](#) sometime this week as your family gathers for a meal. This is intended to be super easy to implement and the goal is simply to connect your family to one another and provide opportunities for 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 | Serving Your Friends

INSTRUCTIONS: Have one kid sit down and pretend to be hungry, while the other kid (or parent) uses play food to serve their friends a meal. Tell them that Jesus said one of the ways we can serve people is by giving them food if they are hungry.

YOUNGER & OLDER KIDS ACTIVITY | Kindness Charades

INSTRUCTIONS: Challenge each kid to think of one random act of kindness they can do to serve

a friend or family member (like doing the dishes, picking up toys, helping a friend with homework, or giving food to someone who's hungry). When they've thought of one, have them act it out in a game of charades, while the rest of the family tries to guess what it is.

OBJECT LESSON | Family Foot-Washing

INSTRUCTIONS: As the parent, use this opportunity to model for your kids what Christ modeled for us and serve them by washing their feet. Gather the family together one evening and have them sit in a circle. You'll need a small basin filled with water, a towel, and a chair. One by one, wash your kids (and spouses' feet) then ask the following questions.

- **How did it make you feel when I washed your feet?**
- **Why do you think Jesus decided to wash His friends' feet?**
 - Because His friends needed it. Foot-washing was gross, but Jesus' friends needed their feet washed!
 - Because He loved them. By washing their feet, Jesus was showing His friends that He cared about them so much that he'd even do something gross to serve them.
 - Because He wanted to set an example. He told His disciples to wash each other's feet now that He had washed their feet.
- **Do you think Jesus wants you to wash your friends' feet?**
 - Maybe washing a friend's feet could be nice! But that's not exactly what Jesus meant. Jesus knew there are all sorts of ways we can serve and take care of each other. He wanted His friends to take care of others like He had taken care of them.
- **What are some ways you can serve and take care of your siblings, friends or those around you?**

Pray to close your time together.

PARENTS - SHARE YOUR STORY | Talk about a time someone served you.

INSTRUCTIONS: Tell a story from your own life about a time when someone used their gifts to serve you. You might talk about a teacher who taught you something important, or someone who comforted you when you were afraid, or someone who said something kind to you when you were sad. Try to choose an example that a kid could imitate!

ASK: Can you think of a time when someone served you? What did they do for you?