



Bright Days

God helps us to change the atmosphere around us! How could you brighten a friend's day this week?

SUPPLIES

Empty Jar with a lid

Candle + Sprinkles

(or any fun things around your house that fit in a jar. You could even make your own confetti)

Paper

Pen

1. Collect your things
2. Open your jar
3. Pour in some sprinkles
4. Add a candle
5. Write a tiny note of encouragement
6. Twist on the lid to your jar
7. Your gift is all ready to send to your friend!



Sing a Little Louder

Remember this song?

My Lighthouse // Rend Collective

<https://www.youtube.com/watch?v=IFBZJGSgyVQ>

Send a video if you remember the actions! Kate might need some help remembering and she knows how good you guys are at this song!



Prayer Powers

'The prayer of a righteous person is powerful and effective.' James 5:16

1. Describe the atmosphere in your house.

These questions might help you:

What do you feel?

What do the adults in your house feel?

What do your siblings feel?

What mood are you in?

2. Does anything need to change?

3. Pray and ask God to help you change that.

4. Pray and ask God what you might be able to do to help
'brighten' the atmosphere in your home?



Change it Up, Just Like David

We can learn so much from stories of other people in the Bible! David chose to worship and sing songs to God even when life was hard.

1. Look up Psalm 57 in your Bible
2. Read it with an adult or older sibling in your family
3. Ask them to share what song they like to sing when life is tough