

Hello 4<sup>TH</sup> and 5<sup>th</sup> Grade Parents!

Here is everything you need for your family HCKids at home activities. Just follow the directions on the Parent Guide (next page) for any of the things you and your child(ren) are interested in doing. Also included in this document is the link to the Bible Video and "God Time" pages to do throughout the week.

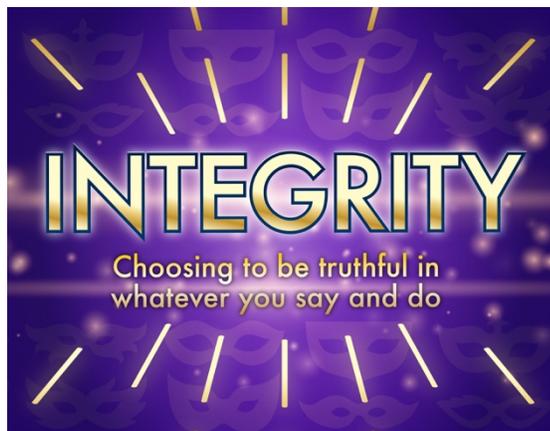
**YOUR CHILD WILL EARN 3 POINTS TO SPEND AT THE STORE FOR EACH COMPLETED ACTIVITY AND 10 POINTS FOR A COMPLETED "GOD TIME"**  
~ PLEASE EMAIL ME POINTS EARNED EACH WEEK ~

[Losborne@hillcrestcov.org](mailto:Losborne@hillcrestcov.org)

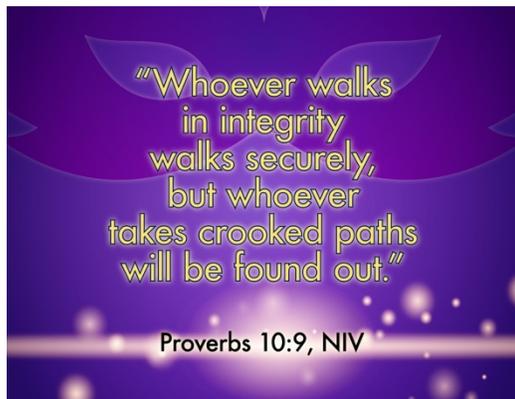
Praying you all are well, safe, growing in faith, and having fun during our time apart!  
Please reach out if you need anything at all.

Lisa Osborne  
HCKids Elementary Director

FOR THE MONTH OF OCTOBER, WE ARE STUDYING:



THIS MONTH'S MEMORY VERSE:



TODAY'S BOTTOM LINE:



Watch Bible Video Here <https://at-home.playlister.app/3e01533f-d769-41b3-9cff-91ac5761fbc5/d3c95534-c8f3-4829-8b8b-db615d834efb>

Use this guide to help your family learn about how God wants us to live with integrity.

## 1. WATCH IT!

First, watch this week's video!

Integrity: choosing to be truthful in whatever you say and do.

### Memory Verse

Anyone who lives without blame walks safely. But anyone who takes a crooked path will get caught.  
Proverbs 10:9, NIV

### Bible Story

Say Anything (No Secrets with God)  
1 John 1:9

### Key Question

What do you talk to God about?

## 2. DO IT!

### Activity

#### A Dip in Forgiveness

#### WHAT YOU NEED:

Two small scraps of napkin, washable marker, bowl, water

#### WHAT YOU DO:

Fill the bowl with water. Say, "Today's video talked about how God wants us to tell Him everything. He wants us to talk to Him like a friend. And if we mess up, we can ask God to forgive us, and He will—no matter how bad we think it is!

"Let's both sit and think about something we've done or said recently that we know we shouldn't have. You don't have to say it out loud—just think about it.

*(Pause for reflection.)*

"Now, let's both write 'FORGIVEN' on our paper." *(Write FORGIVEN on the napkin and prompt your kid to do the same.)*

Put the napkin scraps into the water and swirl the napkin around a bit. watch how "Forgiven" starts to disappear.



## 3. TALK ABOUT IT!

### Talk about the Bible Story

Look up 1 John 1:9 and read it together.

How is what happened to the ink on our napkin similar to how God forgives us? *(When we ask for forgiveness, God forgives us and makes it so that the wrong things we've done no longer separate us from Him.)*

What does it mean to sin? Why should we tell God about it? *(We sin when we do something we know we shouldn't. Everyone sins, grownups included. God wants us to tell Him when we've sinned so that He can forgive us.)*

How does confessing our sins and being truthful keep us close to God? *(When we're truthful with God, we remember that He sent Jesus to make it possible for us to have a forever relationship with Him.)*

Is there anything you need to tell God about right now? Let's pray silently for a moment and talk to God about those things.

### Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for loving us. Thank You for sending Jesus. Because of Him, nothing can separate us from You. God, sometimes we try to hide things from You. But You are interested in everything about us, and that is AMAZING to think about! We ask You to remind us to share our lives with You—because You love us. We love You, too! We pray this in Jesus' name. Amen."



## Day 2

Read 1 John 1:9 out loud.

Now, write the words from the verse that describe God.

God (who He is/what He does)

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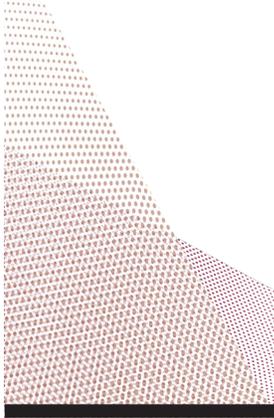
Us (what we do/how God sees us)

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How amazing is it that all it takes for us to be forgiven is to tell God the things He knows about us anyway?!



## Day 3

What kind of prayers do you usually pray?

If you're like most people, these are probably the most common times you pray:

- Meal time
- Bed time
- When you're scared
- When you need something

Those are all great times to pray! But God wants to hear from you more than just when you need something. He loves hearing about your day—whether it was the best day ever or a really bad one. And He longs for you to go to Him when you know you've messed up and need forgiveness.

Take a few minutes to talk to God now, but try to do it in a different way than you usually do. If you normally pray in your bed, try praying standing up or even brushing your teeth. If you usually pray a prayer of thankfulness, try adding on a time of confession: telling God what you're struggling with or something you've done wrong. As you "shake up" your prayertime, it will help you be more truthful with God, and being truthful with God keeps you close to Him.

## Day 4

Who do you find it easiest to talk to about everything in your life? Maybe it's your best friend, or your mom, or your Small Group Leader?

What about that person makes you feel like you can tell them anything? Most likely it's trust. You know you can trust them to understand, to not make you feel bad, and to love you no matter what.

Did you know all of those things are true about God? You can trust Him no matter what. He wants to know everything about you, and He will love you no matter what!

Close your eyes and talk to God. Tell Him about your day, how you need His help, and you can even tell Him something funny that happened. God has a great sense of humor! (After all, He made the blob fish!)

After you talk to God, follow up with the person you thought of, and thank them for being a person who points you to God!



## Day 5

Confession. It doesn't sound like much fun, does it? But confessing what we've done wrong to God is freeing.

Look around the room and see what you might have that is pretty heavy to pick up (but that you won't break your back trying to lift!). Pick it up and hold it for 30 seconds. Are you tired? If not, hold it 30 seconds longer. Now, set it down. How does that feel? Pretty awesome, right?

Holding things inside—things that God knows about anyway—that doesn't feel good. So even though it might make you feel nervous to think about admitting something you've done wrong to God, when you do, the freedom and relief you will experience will feel way better than you can imagine. This week, take time each day to intentionally "let go" of everything you're holding on to and talk to God about it all!