

First, watch  
this week's  
video!

Make Waves:  
What you  
do today  
can change  
the world  
around you

### Memory Verse

"The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself." Galatians 5:22-23a, NIV

### Bible Story

Abigail Intervenes  
1 Samuel 25:1-35

### Key Question

What are some ways to make peace?

Use this guide to help your family learn how God's Spirit can help us "make waves."

## Activity

### Balloon Take-Down

What You Need:

Several balloons, several plastic/paper cups

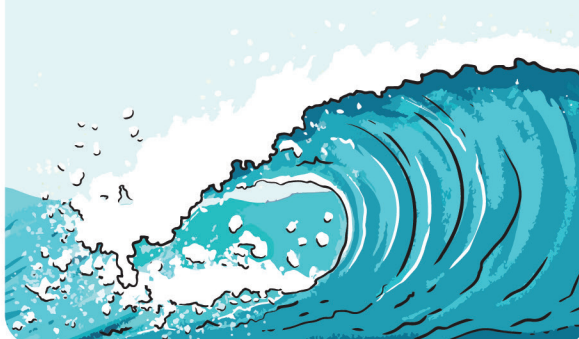
What You Do:

Line up the plastic cups upside down along the edge of a table. Place the balloons on the opposite side of the table.

Instruct your child to blow up a balloon, pinch the opening shut, then release the air, aiming it at the cups. The goal is to knock each cup off the table. As quickly as possible, your child will continue to blow up the balloons and aim them at the cups to knock them down.

If time allows, make this activity a challenge! See how many cups your child can knock off with the available number of balloons. Then, you take a turn! See who can knock over the most cups.

When you're finished, say, "Wow! You sure were fierce in your pursuit to knock down those cups! Thankfully, it was only cups you were knocking down. Today, we heard about someone who really didn't care at all about knocking other people down. We also saw how God used Abigail to keep the peace and make sure that didn't happen."



## Talk About the Bible Story

Do you find it difficult or easy to make peace with others?

Do you have an example of a conflict you were recently involved in that you would be willing to share? How did you handle the situation?

What are some ways you can take control of your reactions when the conflict is right in front of you, like Abigail did?

How can peace make change in the world around you?

Parent: Share a kid-appropriate story of a time when you helped others make peace, or when someone helped you make peace.

## Prayer

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

"Dear God, please help us to be more like Abigail in the times when we're facing conflict. Give us the courage and the strength to be peacemakers, so we can make a lasting impact on the world. We want to point others to You! We love You. In Jesus' name, Amen."