

KIDS

Pressure in a Jar

Best Use

A family time activity.

What is it about?

Use this lesson to help kids learn how to stand strong in God.

Advance Preparation

Make sure you have the following on hand

- jar
- string
- chair
- fan
- a small weight
- Bible

What you do...

Follow these steps for a great experience...

1. Sit a jar on the flooring place a fan nearby, facing the jar. Set a chair next to the jar as well. Have a volunteer stand on the chair. Give your volunteer a long string (long enough to reach the floor) and have him or her attempt to drop the hanging end of the string into the jar without bending over. Give each family member a chance to successfully complete this simple exercise.
1. Ask: How easy or difficult was it to drop the string into the jar? (It wasn't too bad, it was easy.)

3. Now turn on the fan so it blows toward the string. Have family members repeat the activity again. Make sure the fan blows the string long enough to keep the string hanging straight. Afterward, consider these questions:
How was this activity different from the first time? (It was impossible; it was much harder to drop the string.)
4. How is the fan's power like the power of friends to sway or change your mind? (Friends try to tell you what to do; when others try to convince you to do something, it's harder to do what's right.)
5. Read: Proverbs 1:8-10 then share: When we try to live our lives by doing the right thing; it's a challenger (just like the first time we tried to drop the string.) But when others are trying to distract us or change or change our minds, it's even more difficult. God wants us to stay away from people who pressure us to do wrong things.
6. Attach a weight to the bottom of the string and repeat the activity with the fan blowing.
7. Read or explain Proverbs 12:3. Then share: When we trust God to help us, and do our best to do what's right, it's easier to do the right thing, even when others pressure us to do something wrong. The weight is like our faith in God. When we are righteous, we can withstand the winds and pressure to do what's wrong.
8. Ask: What do the Bible passages and these activities tell us about facing peer pressure? (When we trust God, we can beat the pressure; when we allow others to sway us, it's not easy to do the right thing. We need to do what's right, even when others want us to do something that is wrong.)
9. Wrap up: Gather everyone in a circle and have family members take turns answering this question: What's the one thing you have learned about God today?Next, tell kids you have a new life slogan you'd like to share with them.
10. Life Slogan: Today's Life Slogan is: When you feel the pressure don't sink; focus on God and think! Have family members repeat the slogan two or three times to help them learn it. Then encourage them to practice saying it during the week so they can talk about it at your next family night session.
11. Close in prayer: Allow time for each family member to share prayer concerns and answers to prayer. Then close your time together with prayer for each concern. Thank God for listening to and caring about us. Remember to record your prayer requests so you can refer to them in the future as you see God answering them.
12. Age Adjustments: Younger children may have difficulty dropping the string in the jar. You may need to help steady their arms to make it easier to complete the task. Or, you may want to choose something more substantial than string—such as yarn- to do this activity. Older children and teenagers might enjoy the greater challenge of attempting this from a higher starting point such as a stairway or the top of a bunk bed.