



FRIDAYS

gracepoint

**GAP**

**FAMILY**

**FRIDAYS**

*Discover Family. Discover Faith.  
Discover Fun*

*Edition #2*

# DEAR GAP FAMILY

We would like to support your family by providing some activities, ideas and scriptures for you as a family to engage and do, to help you discover family, faith and fun together!

With love

GAP Gracepoint

Looking for an “evening out” as a family?

Technology has given us the incredible ability to be in many different places at once...

Check out some virtual tours or even theme park rides for the whole family to enjoy, as you spend an “evening out.”

<https://specialprojects.news24.com/coronavirus/digital-travelling/index.html>

<https://orlandoonthecheap.com/free-virtual-rides-disney/>



## GAME IDEAS:

*Option #1 - Make a family album* (Now is the time to reminisce and remember those happy times and good memories, why not make a family photo album or scrapbook?)

*Option #2 - Board Games* (Why not create your own?) Tips and tricks:  
[https://www.parent24.com/Teen\\_13-18/Fun/board-games-help-your-kids-to-create-their-own-20180723](https://www.parent24.com/Teen_13-18/Fun/board-games-help-your-kids-to-create-their-own-20180723)

*Option #3 - Trivia Night* (Use the Trivia Night GAP Family Fridays Edition #2 resource for a full trivia ([www.gracepoint.co.za](http://www.gracepoint.co.za)) which has been prepared by our GAP team for your enjoyment or search for some online options and apps on the App Store.)

## MEAL/ SNACK IDEAS:

*Option #1 - Pizza Perfection* (Make and enjoy your own pizza Friday as a family) Basic recipe idea:  
<https://www.food24.com/Recipes/mushroom-and-tomato-mini-pizzas-20160104-2>

*Option #2 - Ice Lollies* (Enjoy the last bit of summer with some classic Ice Lollies - <https://www.bbcgoodfood.com/howto/guide/5-best-ice-lollies-kids>)

*Option #3 - Family Fondue* (A great one for an interactive dinner where everyone can get involved)  
<https://www.wellplated.com/cheese-fondue-recipe/>

## FAMILY BIBLE STUDY:

In a busy time of year, families will have to learn to balance many different things: work, fun, family, chores, other stuff!

*This may cause us to wonder "How will we experience joy in all of this?"*

*Check out the object lesson on the next page and complete it as a family. Discuss the scripture, observe the object lesson, discuss how we can apply our learnings and end it all off with a family prayer.*

# FAMILY BIBLE STUDY CONTINUED...

**Scripture:** Proverbs 17:22 - A happy heart [joyful heart] is like good medicine. But a broken spirit drains your strength.

**Observation:** Use the object lesson below to see what why it is so important to have joyful hearts through Jesus.

OBJECT LESSON - Gods Joy fills us.

Set up:

- Get 5 glasses, half fill 3 with vinegar and label them: school, work, family.
- Fill the fourth glass with water and 2.5 teaspoons of bicarbonate of soda and labelled - Jesus.
- Have a slightly bigger glass (5th glass) which can be filled with all 4 of the smaller glasses and label it me or us.

**Start:** We have a large glass which represents us. See how it is empty; sometimes we can feel like this empty without any joy. So we try to find ways to fill our lives with joy. (Taking the first glass and pour it into the big glass).

We fill our lives with stuff, like toys, nice food, nice cars etc. to try to give us joy. (Taking the second glass and pour it into the big glass).

We try filling our lives with work to bring in money to fill us with joy. (Taking the third glass and pour it into big glass). We try maybe filling our lives with travel to bring us Joy.

Taking the last glass labelled Jesus and pour it into the big glass saying: Ultimately it is Jesus who can comfort us, guide us and help us and from this we overflow with joy!

\*Watch and see what reaction happens to the glass labelled me\*

**Application:** We need to constantly be filling our lives with Jesus so that we can experience joy. How do we “fill with Jesus”?

**Prayer:** End off praying together, allowing each person some time to pray aloud or quietly if they want to.