



Fall

FAMILY EVENTS



FALL HIKE

**SUGGESTED AGE RANGE:
10-12 YEARS OLD**



eastbrook
KIDS

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There is something special about taking a hike. Walking through God's creation can help us feel a deeper sense of His presence. Whether you are walking in a forest, a park, down the street or a desert, God will meet you there. Invite your small group to fall hike. You can find information about places to hike from this Wisconsin Department of Tourism site: travelwisconsin.com/article/trails-and-hiking/15-fall-color-hikes-in-wisconsin-from-easy-to-difficult

BIBLE THEME: Be an example to others in how you live your life in following Jesus.
SCRIPTURE: 1 Timothy 4:12-16

Explain to your group:

The Christian life is often described as a "walk" or a "journey". There are many Bible references that use the language of hiking, phrases like "walking humbly" with God (Micah 6:8) or "keeping in step with the Spirit" (Galatians 5:25). Like the apostles, we want to walk with Jesus, and follow His lead. Sometimes, though, as we follow Christ, others follow us! We are the leaders that others follow. This is what Paul is telling his young partner Timothy in this passage.

Have one or more people read the following passage from the Bible:

¹² Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. ¹³ Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching. ¹⁴ Do not neglect your gift, which was given you through prophecy when the body of elders laid their hands on you. ¹⁵ Be diligent in these matters; give yourself wholly to them, so that everyone may see your progress. ¹⁶ Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

Discussion:

- As we hiked today, were you the leader or a follower? What are the best parts of each role?
- What does it mean when others "look down on you because of your youth?"
(It means "to think less of." Just because you are young does not mean that you don't have something to say or to contribute. God had put Timothy into a position of authority. He was a leader and teacher in the Church in Ephesus. Paul is telling him, "You are young, but God has put you here. Don't be ashamed of being young and use the authority that God has given you.")
- What is the difference between imitating and being an example?
(We can always copy someone's actions or words, but if we are an example, we aren't just interested in outward actions, but living righteously, from the heart. There are many Christians that copy actions that they think would be right, but their heart motives don't match their "copied" actions. Jesus does not want us to "copy" an example. He wants us to "be" an example.)
- What does Paul tell us Timothy is to be an example of?
(Living according to God's Word in our conduct, love, spirit, faith, purity)
- Talk about how everyone in your group can be an example, regardless of age. Have each person share how they can be an example. Adults can share how they are an example now and maybe how they were one when they were the kid's age.

Our life needs to match what we say we believe. Paul is telling Timothy that leadership is a matter of Godly character. God cares about “who” you are more than “what” you say you are! Be an example through the Spirit’s power—someone that others want to follow!

Bible Memory: “Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.” (1 Timothy 4:12)

Prayer: Dear Jesus, I give You praise and honor. Your ways are true and faithful and that is what I want in my life also. Help me to walk in Your holiness. and to no longer walk in willful sin. Jesus my I want nothing else than to live for you all of my days. If there are any idols in my life, please reveal and take them out. Jesus, take my hand and lead me in your ways. I believe in You and ask for You to fill me up with Your wisdom. In Your holy Name, Jesus, I pray this. Amen.

Worship Song: “Only Jesus” (Casting Crowns) Have your group watch the lyric video and sing along.

CRAFT: *Autumn Collage*

Supplies Needed:

- Glue, glue sticks, and glue gun
- Heavy construction paper, cardstock, or cardboard
- Permanent markers or paints

Walk through your yard or a neighborhood park and look for twigs, bark, acorns, pinecones, leaves, or other natural materials. Collect them in a bag.

Note—many parks (including Wisconsin State Parks) ask that you “Leave no trace” and do not collect and remove objects that you find at the park. Be sure to check your park’s rules before taking any materials. If your hike does not allow you to collect objects, then gather objects from your yard or make a collage outside on the ground and leave it there.

Plan your collage. You could make a pattern, or arrange the objects to look like a tree, an animal, or whatever else you can imagine! Glue your materials to your paper. Add details with markers or paints, if you wish!



FIVE SENSES NATURE SCAVENGER HUNT

Tick each item off your list as you find it. Set a time limit to see who finds the most things!

SIGHT

- Find something white
- Find something patterned
- Find something tiny
- Find something heart-shaped
- Find something long
- Find five of the same thing

SOUND

- Find something that snaps
- Find an animal sound
- Find a soft sound
- Find something that crunches
- Find something loud
- Find something to make music with

TOUCH

- Find something bumpy
- Find something wet
- Find something warm
- Find something soft
- Find something prickly
- Find something smooth

SMELL

- Find a flower with a scent
- Find a smell you like

TASTE

- Find something humans can eat
- Find something an animal would eat

COOKING WITH KIDS: No-Bake Energy Balls

This is a great treat to make before your hike, and pack with you for a snack as you hike!

Ingredients:

- 1 cup of Old Fashioned Oats: Also called rolled oats — these will serve as the base ingredient for our energy bites.
- 2/3 cups of Toasted Shredded Coconut: Toast either briefly in the oven or in a sauté pan — before adding to the energy bites. (Just be sure that they have cooled before adding in the chocolate chips, or the chocolate may heat and turn a bit melty.)
- ½ cup of Creamy Peanut Butter: You can use traditional creamy peanut butter or natural creamy peanut butter in this recipe.
- ½ cup of Ground Flaxseed: To add some extra protein, fiber and omega-3s to our energy bites.
- ½ cup of Semisweet Chocolate Chips: Mini semisweet chips mix in easier.
- 1/3 cup of Honey: To add some natural sweetness and also help to bind the energy balls together.
- 1 teaspoon of Vanilla Extract: For a touch of extra flavor.
- Optional: For an even tastier recipe, you can add ½ cup of dried fruit or even some of your child's favorite cereals



Directions:

Place all ingredients in a bowl and mix well. You can use a wooden spoon or simply use your hands. A small tip: if you don't want the ingredients to stick to your fingers, wet your hands first. Place the mixture in the fridge for 1 hour so it is easy to shape into little balls. Roll into small balls and then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

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