

VERY GOOD!

"ChiFam Challenge"—an awesome activity for children & families

AIMED AT

CHILDREN & FAMILIES

What you will need is:

- Paper
- Pens, pencils, markers

Think about yourself and the people you know or who you share a home with.

What are you good at? What are they good at? What frustrates you about yourself? What frustrates you about those in your household? What do you like about yourself? What do you like about the people around you?

What does God think?

Right at the beginning of the Bible in the book of Genesis, there is a poem about how we came to exist. God created everything – light and dark, plants and animals, and said that all of it was "good" (see chapter 1 verses 1-25). Then God created humans, male and female, and said that they were "very good". We are VERY good!

Why don't you grab a Bible and read Genesis 1:26-31 by yourself or with the people in your home. There's also another version of the creation story in chapter 2, if you want to keep reading. (See if you can spot the differences!)

Isaiah 64:8 also says "... We are the clay, you [God] are the potter; we are all the work of your hand." (NIV) That's right – God has made each of us carefully and shaped us into people that are VERY GOOD.

Draw an outline of yourself on a piece of paper, and label it with some things that make you very good. If you are with others, you could make a paper chain of people and label & decorate it! Here are some questions to help:

- Head – what's something you're good at knowing?
- Chest – what's something you're good at helping others to feel?
- Arms – what's something you're good at doing?
- Legs – where are some places you could go to share with others the things that make you very good?

We can ask God to keep reminding us of the things that make us very good and ask Him to give us confidence to share those things with others - in our homes and beyond.

