

# City SG - October 7 & 8, 2017

**Bible Story:** So You Think You Can Use Your Time Wisely (Teach us to number our days) • *Psalm 90:12, NIV*

**Bottom Line:** Use your time wisely.

**Memory Verse:** "Whoever can be trusted with very little can also be trusted with much." *Luke 16:10a, NIV*

## 1. Before Time Runs Out (Just for Fun)

**What You Need:** Timer or mobile device, paper, pencils

**What You Do:**

- Give kids one minute to do the following activities. How many can they do in a minute?
  - Do push-ups, jumping jacks, or sit-ups.
  - Write their name.
  - Say, "Rubber baby buggy bumper," or, "I scream, you scream, we all scream for ice cream," while holding their tongue.
  - Take off their shoes and put them back on.

## 2. Like Sand Through an Hourglass

**What You Need:** "Hourglass" Activity Pages, dot stickers, pencils/pens/markers

**What You Do:**

- Give kids an "Hourglass" Activity Page.
- Ask kids how many hours are in a day. (They will be using 24 dot stickers—one for each hour of the day.)
- To help kids understand what can and cannot happen in one hour, ask them for examples of activities that take an hour.
  - How long is lunch at school?
  - How many TV shows can you watch in an hour?
  - Does anyone go to practice after school for a sport or for music? How long is the practice?
- Ask kids how much time they spend doing things they think are fun.
  - Examples could be: playing outside, reading, video games, watching TV, sports, crafts, etc.
  - For each hour, kids put a sticker on their hourglass. Be prepared to help kids determine how many stickers they need. If something is only a half hour, they can tear a sticker in half. For each sticker they use, kids write a letter on the sticker.
- Repeat the question, "How much time do you spend . . .?" using other categories.
- Give kids examples of what type of activities could be in each category.
- For each sticker kids add to their hourglass, remind kids to write the letter of what activity the sticker represents.
  - For example, if kids sleep for eight hours, they write 'S' for "SLEEP" on eight stickers.
  - If kids go to school for seven hours a day, they write "W" for "WORK" on seven stickers.

• **A suggested list of letters/categories with activities on next page...**

- **“F” for Fun:** playing outside, reading, video games, watching TV, sports, crafts, clubs, art classes, extracurricular activities
- **“H” for Health:** eating, bathing, brushing teeth
- **“S” for Sleep**
- **“W” for Work:** school, chores, jobs, homework
- **“G” for God:** praying, devotionals, reading the Bible, GodTime Sheets, etc.

- Discuss what kids spend time doing. Did anyone have left over stickers (or time)? What are some activities you could do if you have extra time? Did anyone run out of stickers (or time)? What happens if you run out of time?

### 3. Prayer Time

**What You Need:** Kids’ “Hourglass” Activity Pages from “Like Sands Through an Hourglass”

#### **What You Do:**

- Challenge kids to think of ways they will spend time with God this week.
  - If you did the hourglass activity, encourage kids to write their answer next to their hourglass.
- Challenge kids to think of an example of how they will use their time wisely this week.
  - Maybe they will do their homework before playing video games.
  - Maybe they will spend time reading to a younger brother or sister.
  - Maybe they will practice piano before watching TV.
  - Encourage kids to write their answer next to their hourglass.
- Kids can share their ideas with the group.
- Pray with kids, asking God to help them use their time wisely.

#### **What You Say:**

“You have some great examples of things you can do this week to **[Bottom Line] use your time wisely**. Let’s pray.”

“God, You are awesome! You gave us just the right amount of time to get done what You want to get done. God, help each of us use our time wisely by remembering that everything we have—even our time—belongs to You. Amen.”

### 4. “God Time” Take Home Sheets

**What You Need:** “God Time” Sheets (one per child), pens (one per child)

**NOTE:** The God Time sheets are intended to be a closing time activity each week in The City. Children will begin working on their sheets, as well as be encouraged to bring their sheets back the following week for a prize. **Children cannot turn in their sheets the same week for a prize.** The goal is to keep the lesson on their minds and in front of them throughout the following week.