

STEP ONE: Watch the EC video at hillsideonline.com/kids

STEP TWO: Repeat the verse twice with the motions!

"I can
(thumbs to chest)

do everything
(march)

through Christ,
(point up)

who gives me strength."
(muscle arms)

Philippians 4:13
(open hands like a book)

STEP THREE: Have fun with the activity, "Abigail brings food."

What you need:

Play or real food

What You Do:

Before you begin the activity: gather play food in a basket or on a platter.

Say, "In our Bible story today, Abigail was brave and brought David and his army food to eat! David and his army were hungry and thirsty, and God used Abigail to help them.

Let's act out this story! You pretend to be Abigail will carry all of the food to the person pretending to be David."

Select another family member, or two, to pretend to be David's army.

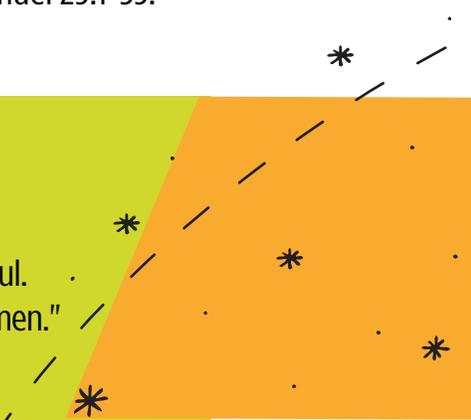
The family member pretending to be Abigail will carry all the food to the person pretending to be David. David and his army can pretend to eat the food.

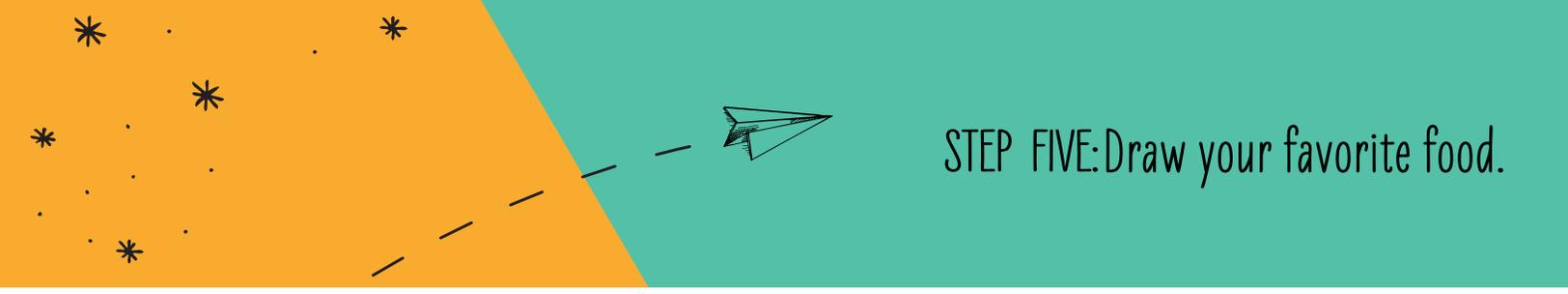
When you're finished, say, "Our memory verse tells us that Jesus can help us do everything! **Who can help you do everything? Jesus can help me do everything.**"

*The Bible reference for this week is 1 Samuel 25:1-35.

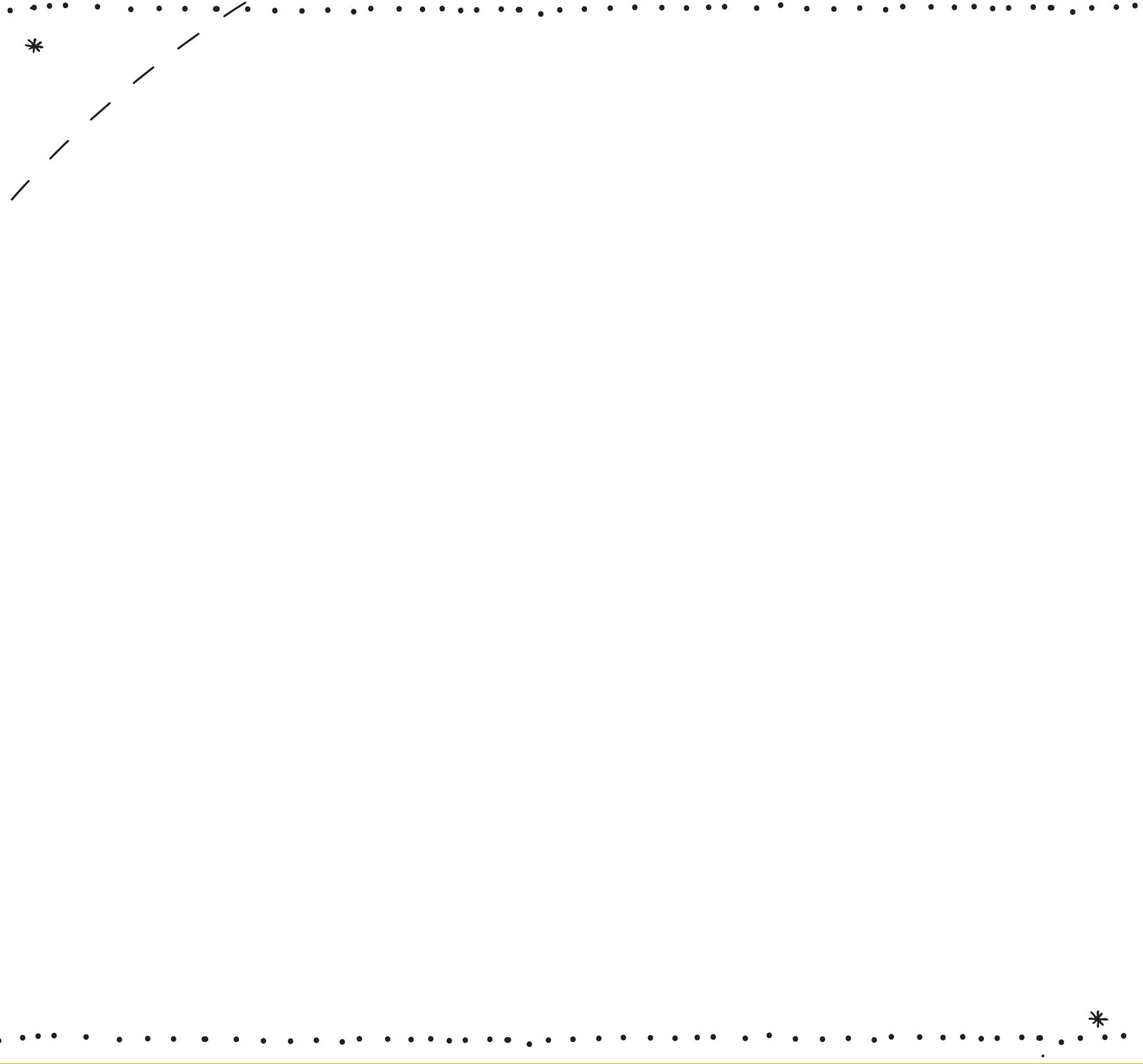
STEP FOUR: Pray together as a family!

"God, thank You for the story of Abigail, which shows us that you can help us be peaceful. Being peaceful can help a lot of people. Thank you that you can help us do anything! Amen."





STEP FIVE: Draw your favorite food.



STEP SIX: Abigail chose peace and saved a lot of people from a big fight. We learned that we can choose peace, too, because Jesus can help us do everything. "I can do everything through Christ, who gives me strength." Philippians 4:13