

STEP ONE: Watch the EC video at [hillsideonline.com/kids](http://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 FOUR: Pray together as a family!

"God, You helped Paul and Silas have joy when they were in jail. Help me to be joyful, especially when I want to feel grumpy. Help me to choose joy!"

STEP THREE: Have fun with this activity, "Joy Parade."

**What you need:**

Craft sticks and washable markers

**What You Do:**

Before the Activity, lay out the craft sticks and markers.

Say, " We're going to draw happy, joyful faces on our craft sticks."

*(Complete the activity.)*

Then, hand your child a few craft sticks, and keep a few for yourself. Say, "Jesus can help us choose joy. Let's have a joy parade!"

March around your home while chanting, "Jesus can help me choose joy."

After the activity say, "That was so much fun! 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 Acts 16:16-34.



STEP FIVE: Draw a smiley face.

STEP SIX: Paul and Silas chose joy by singing to God.  
"I can do everything through Christ, who gives me strength." Philippians 4:13