



LOW-ENERGY GAME

[10 min]

Help a Friend

Supplies

- blank 3x5 index card

Easy Prep

- Draw an arrow on both sides of the index card.

Find the Arrow

Say: **Today we learned that David and Jonathan were faithful friends. They were friends with God, too. God helped them be faithful friends because faithfulness is a fruit of the Spirit. Jonathan used an arrow to send a secret message to help his friend David. Let's use special signals to help our friends, too.**

- Designate one willing child as the "Finder." Ask the Finder to close his or her eyes while another child hides the arrow somewhere in the room.
- Once the arrow is hidden, kids can help by saying "hot" if the Finder is getting close to the arrow and "cold" if he or she is far from or moving away from the arrow.
- Continue playing as time allows, allowing as many kids as possible to be the Finder.

Talk About It

Say: **Faithful friends help each other. Jonathan used a special signal to help David stay safe. In our game, we used the signals "hot" and "cold" to help our friends find their arrows. Helping each other is one way we can be faithful friends. Faithfulness is a fruit of the Spirit. When we have God's love in our hearts, he can help us be faithful friends, just like David and Jonathan.**