

Who is My Friend* (filmed exercise for *It Starts at Home* Session 3)

- ▶ **Main Point:** Explores how to choose friends who will help us grow in faith. They'll learn that it's what is on the "inside" that counts when choosing friends—God looks at the heart (1 Samuel 16:7 and Galatians 2:6).
- ▶ **Preparation:** You'll need 4 cans of soda (2 diet, 2 regular), 1 large tub to put these in (a five-gallon bucket will do), duct tape, water, and a Bible.
- ▶ **Suggested Age:** Pre-School to Pre-Teen
- ▶ **Estimated Time:** 15 minutes

Step One:

Take the soft drink cans and wrap them with duct tape so you can't see what kind of soft drink they are. Fill the large bucket with water. Then, have the children examine the cans. Ask the kids, "What do you think will happen when I place the cans in the water? Will they sink, or will they float?" Put the cans in the water and watch as some float (the diet sodas) and some sink (the regular sodas).

Step Two:

Ask the following questions:

- How are the soft drinks like our friends? (They look the same on the outside, but they are different on the inside; some people seem nice, but aren't.)
- What do you think makes some of the cans float? (More bubbles; more air in the can. Note: the scientific reason is that the artificial sweetener used in the diet soda is lighter in weight than the sugar used in the regular soda.)
- What do you think makes some people good friends and others not-so-good friends? (What they believe; how they act; what they think is important.)

Step Three:

Remove the duct tape and look at the soft drinks together. Then read aloud 1 Samuel 16:7 and Galatians 2:6. Ask:

- What does this passage tell us about people? (It's what's on the inside that counts; our hearts are important to God.)
- How can we make sure we "float" with God's love? (Read the Bible; trust Jesus; go to church; pray).

Now open and enjoy the soft drinks together and share, "God tells us in the Bible that what's on the inside is what's important to Him. When we look for friends, we need to look beyond their clothes and appearance to see what's inside. Ask family members to share ways they can discover what's inside someone. Then pray, asking God to help them make good choices when making friends.

*From "Simple Science Family Night Tool Chest" at www.HeritageBuilders.com.