

WASH YOUR HANDS



WEEK1 Ephesians 5:15-17



Our series this month is all about the ways we can protect ourselves while the pandemic is still going on. But we will not focus on those things themselves but will draw parallel lessons from them on how we should live our lives.

Game: Give each person some paper and they have to write down the answers to the following questions (or you can add your own questions). Allot only 10 SECONDS for them to write down their answers. After 10 seconds, move to the next question.

What's the first thing you do when you get out of bed in the morning?
What's the first thing you'll do when someone hands you a banana?
What's the first thing you reach for when you sit down for dinner?
What's the first app you go to when you turn on your phone or gadget?
What's the first thing you do when you hear your favorite song?
What's the first thing you do when you get to school?
What's the first thing you say when you see your friend?
What's the first thing you do when you see your pet?
What's the first thing you do when you get inside a car?
What's the first thing you say to God when you pray?

Share your answers.

Say: Very interesting! Everyone answered the questions differently. In fact, there are no right or wrong answers. The answers you gave out are actually the first things that crossed your minds after you heard the questions. Notice that you did not have to think a lot for your answer but you just wrote down the first thing that came to mind. That's because they are what you do instinctively!

Perhaps the easiest thing we can do to protect ourselves is to wash our hands regularly. Soap washes away any trace of virus from our hands and this is probably why this is the most repeated and the most practical rule given by the doctors and medical practitioners. What used to be something we take for granted has now become a new habit for many. Now, what if you don't like washing your hands? Yes, there are people who don't like washing their hands. But wouldn't that be foolish? To know that there is something you can do to protect yourself and not do it is foolish.

Nobody wants to do foolish things. But guess what? It turns out that sometimes, we all do foolish things.



Ephesians 5:15-17

15 Be very careful, then, how you live—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore do not be foolish, but understand what the Lord's will is.

Many times we know what the Bible says - obey your parents, love one another, do not cheat, do not steal, do not covet others' things and lots more. But we do not follow them and still do the things we want to do. The Bible calls this kind of behavior foolish.

We all have been guilty of doing things the Bible tells us not to do. But God does not want us to live like that. In the passage above, Paul tells us to be careful how we live, to be wise, to understand His will. In all that we do, let us do the wise thing and get into the habit of asking ourselves, "Is this what the Lord wants me to do or not?"



Parent to Kid/s:

2-6 years old

- Do you always wash your hands regularly? When do you do it?

7-12 years old

-Do you remember a time you did something that you know you were not supposed to do? Were you happy about it? Tell us about it.

Kid/s to Parent:

- What does it mean to live wisely?
- Have you ever chosen to do something you knew the Bible said not to do? What was it and why?

As we read the Bible and study it, the more we will know about how God wants us to live our lives. Let us be wise and obey what it says.



Dear God,

We ask for your help for us to have wisdom. Help us avoid being hasty or foolish in our decisions. Help us to be obedient to our parents and elders as well. In Jesus' name,

Amen!



FUN FACT about our fingers

Did you know?

The muscles which power the fingers are strong - strong enough for some people to climb vertical surfaces supporting their entire weight at times by a few fingertips. The muscles which accomplish this feat are stronger than you might imagine, for the biomechanics of the hand require that the force generated by the muscles which bend the fingertips must be at least four times the pressure which is produced at the fingertips.

Source: <http://www.eatonhand.com/hw/facts.htm>