

TRUTH OR
TRASH



TABLE OF CONTENTS

4 **MOTION DEVOTIONAL:**
THE BIBLE IS SO BIG - I DON'T KNOW WHERE TO START.

6 **WEEK 1: I AM FAMOUS!**

9 **WEEK 2: I AM ACCEPTED!**

12 **WEEK 3: I AM RICH!**

15 **WEEK 4: I AM LOVED!**

18 **WEEK 5: I AM FREE!**



MOTION DEVOTIONAL

UNPLUGGED: THE BIBLE IS SO BIG - I DON'T KNOW WHERE TO START.

PLUGGED IN: WE CAN HELP! LET'S START TOGETHER.

Think of some place big ... REALLY BIG. Now think about a theme park. Theme parks are huge and there is so much to do in a theme park. At first it can be overwhelming because there are so many fun and exciting things to do and you don't know where to start. But theme parks provide a map of the park so you can find the things you are looking for.

Devotionals do the same thing for the Bible. Sure, the Bible is BIG, but that's what 's so wonderful about it! It has so many great, true stories and verses which teach us how to live a life that honors God. Devotionals point us to scripture and stories in the Bible and help explain it for us, too! This devotional will help you over the next month as you learn from the power in God's word.



Let's start the devotional now!

Find Colossians 2:6-7 in your Bible. Circle one: Is it in the OLD TESTAMENT or NEW TESTAMENT?



Read Colossians 2:6-7.

These verses in Colossians are a great reminder to stay *plugged in* to the Bible and connected to what God wants for your life. It tells us to continue to live our lives in Him!

According to these verses, how do we continue to live our lives in Christ?

We can live our lives in Christ being rooted and built up in Him. Coming to church and reading and learning from our Bibles helps us to be rooted and built up in Jesus! The Bible shows us how we are rooted in who God created us to be and the hope we have in Jesus. It's a wonderful feeling! When you know these things, you overflow with thankfulness, just like verse 7 says.

THINK ABOUT WHAT YOU HAVE, NOT WHAT YOU DON'T HAVE

Being thankful is important. Instead of thinking about what we don't have, we should focus on what we do have. I can tell you a few things you have: you have a church and eGroup leaders who care about you and want you to learn about God's promises for your life!



Plug in to the Bible by thinking about how these verses show us how to live.

In each section below write two things you are thankful to have in your life.

CHURCH

SCHOOL

HOME

•

•

•

•

•

•

WEEK 1: I AM FAMOUS!

DAY 1

SEE IT

Have you ever made a piece of stained glass in art class or brought something home from school to hang on your window? It might have looked like a masterpiece hanging in your window with the light shining through. Are there any other projects you've created that you would call a masterpiece?

READ IT

Jeremiah 1:5

Truth or Trash?

There are no celebrities in God's family.

Truth! In true stained-glass creations, every piece is perfectly placed to complement the pieces around it. Once complete, it is beautiful. If any piece was missing, it would be incomplete.

God created you and placed you exactly where He wanted you. It's easy to think celebrities are more important than you because everyone knows who they are. That is not what God thinks. He knows you, and you are famous to Him. He created each one of us with different gifts and talents. Each of us is necessary. When we love and serve Him together, He shines through us just as the sunlight shines through a stained-glass window.

DISCUSS IT

Share the special qualities you see in each of your family members. Now, what are some good things you see in yourself?

DAY 2

SEE IT

Look up *The Starry Night* by Vincent Van Gogh. It's one of his most well-known paintings. Many consider it to be a masterpiece. You are God's masterpiece! Now look in the mirror or at a photo of yourself. Say to yourself, "I am a masterpiece." It will be awkward at first, but you will get good at it.

READ IT

Ephesians 2:10

Truth or Trash?

I am a masterpiece.

Truth! That's right, you are a masterpiece. Your hair color, beautiful eyes, and kind heart; you are a perfect work of art. You are God's handiwork! God has created you for a purpose. Isn't that exciting? You have unique gifts and talents that are going to be used to share the love of Jesus. You were made to love others because God loves you!

DISCUSS IT

What does it mean to be God's masterpiece? Can you think of two things about you that make you a masterpiece that you can't see with your eyes?

DAY 3

SEE IT

Grab a potato, a toy, or even a ball of socks. Stand in a circle with your family to play HOT POTATO. Play a song while you toss the object to each other. When the music ends the person holding the potato sits down. The game is over when the last person standing is crowned the winner.

READ IT

Ephesians 1:13 and John 14:2

Truth or Trash? I am included.

Truth! God includes me in his family. Even if others exclude me, I am never left out by God. Playing HOT POTATO can be really fun until the music stops and you are the one holding the potato. God wants us to know He never leaves us out or forgets about us. The Bible tells us that He already has a mansion waiting for us in heaven! The next time you feel left out, think about your name written on the front door of your mansion in heaven.

DISCUSS IT

Have you ever seen someone left out of a group? How did you feel? Share some different ways you could care for someone who might feel left out.

DAY 1

SEE IT

Imagine that you are a prince or princess. What would your royal family own? Would you have different things than you do now?

READ IT

John 1:12

Truth or Trash?

I am God's child.

Truth! Did you know that when you accept Jesus as your Savior, you receive forgiveness and also become a child of God? It's true! You are child of the LORD God Almighty! All who trust in Jesus have become God's children. God always takes care of His children.

DISCUSS IT

Now that you know you are God's child, what is different? How does this change your view of your life? Think hard.

DAY 2

SEE IT

Fill two cups with water. Add pepper to one cup. Compare the two cups. Notice that the cup without pepper still looks clean and pure. But, the cup with pepper looks dirty and unclean.

READ IT

Isaiah 43:25

Truth or Trash? I am worth nothing.

Trash! God values you so much that He gave His Son, Jesus to die for you! Your faith in Jesus alone makes you worthy. God sees you as the clean and pure cup. He doesn't look at your dirt and problems. No, He is not mad at you. He wants you to come to Him in prayer and know Him more. He loves you so much!

DISCUSS IT

What makes you feel worth nothing?

How does God see you today?

DAY 3

SEE IT

Play “Would You Rather.” In this game, give a person a choice between two things such as, “Would you rather eat vanilla or chocolate ice cream?” Or, “Would you rather visit Colorado alone or stay at home with family?” Make up your own “would you rather” questions.

READ IT

John 15:16

Truth or Trash? I'm chosen and special!

Truth! Have you ever played a game where you had two captains who picked teams and you had to wait to be chosen? Doesn't it feel great to be chosen first? You know you are wanted. What about how it feels to be chosen last — it doesn't feel so great. Did you know that God chose you?

DISCUSS IT

What do you think you are chosen for?

WEEK 3: I AM RICH!

DAY 1

SEE IT

What things do you love? They could be things like video games, pets, music, family and friends, etc. Find small objects to represent those things. You can use marbles, blocks, rocks, and sticks. Fill an empty jar with the items. Name each thing as you fill up the jar. Does the jar look full? Now, pour water into the jar. Even though the jar looked full, it wasn't. The water filled the empty places your things couldn't fill.

READ IT

Psalm 107:9 and Psalm 37:4

Truth or Trash?

God satisfies my heart.

Truth! God meets all our needs! It's normal for people and things to make us happy. It's okay to want things, but if you believe they will satisfy your heart then you are being fooled.

When you filled the jar as full as you could possibly get it with all those things it looked full, yet it wasn't. The water revealed the empty space. The same thing happens in our hearts when we try to find happiness in anything other than God. Like the water, only God satisfies your heart fully.

DISCUSS IT

What has satisfied your heart besides God? Now, fill another jar full with water. This is how God fills you and satisfies your heart!

DAY 2

SEE IT

Everyone gather 10 items of clothing per person. In one minute, race to put on as many items of clothing as you can. The person with the most clothing on when the timer ends is the winner. How comfortable does it feel to wear so much clothing?

READ IT

Matthew 6:25-29

Truth or Trash? I'm not rich enough.

Trash! Things we want and what God wants for us are usually different. More is not always better. Have you ever wished you had more than you have? Like, "If only I had a pool, or a new bike, or more video games." Have you compared your things to the cool things your friends own? In Matthew, Jesus talks about how much God takes care of you. Because God owns everything, He is able to provide everything you need. More importantly, He gives you His love, which is worth more than all the money in the world.

DISCUSS IT

What makes you rich?

DAY 3

SEE IT

You need three cups. Fill one cup to the top. Fill another cup half full. Leave the third cup empty.

READ IT

Colossians 2:10 and Philippians 4:19

Truth or Trash?

I have everything I need.

Truth! Although at times we may lack in physical needs, we never lack hope, help, and love in Jesus! To lack means to not have enough. The half full and empty cups lacked enough water to be full. But the cup that was gilled to the top was not lacking. You are like the full cup. God has already filled you completely. You are complete in Him. When you are in Christ, you will never lack anything.

DISCUSS IT

What will you never again lack in Jesus?

WEEK 4: I AM LOVED!

DAY 1

SEE IT

Choose one of your favorite things. It can be a toy, stuffed animal, family picture, Bible, etc. Why do you value your item?

READ IT

1 Samuel 16:7 and Ephesians 1:4-8

Truth or Trash?

God loves me, and that is all that matters.

Truth! If one of your family members didn't value your item, does that make your item less special? No! The only opinion that should matter to you is God's. He knows you best. He knows your thoughts, your feelings, even what makes you happy or mad. He knows EVERYTHING about you because He created you. And guess what? He still loves you! You are His most valuable creation!

DISCUSS IT

Just like you thought of the reasons you love your special item, think about reasons God loves you. Write them down and stick them where you can see them each morning to remind yourself of God's great love for you.

DAY 2

SEE IT

Get two different colors of clay. Make two separate balls and squish them together. Can you see where the two different colors come together and form a new color?

Now, try to pull those two different colors apart without leaving any of one color left in the other. Did it work?

READ IT

Romans 8:38-39

Truth or Trash?

Nothing can separate me from God's love.

Truth! God loves you and nothing can change that! Even your own behavior doesn't change how God feels about you. You are valuable and precious to Him! Just like the clay, once you are in Christ, NOTHING can separate you from His love. He will always be a part of you and you a part of Him.

DISCUSS IT

Have you ever felt like God didn't love you? Can you see now that that is impossible? How does it feel to know that His love for you will never end?

DAY 3

SEE IT

Grab a food that is fresh, like an apple, and something that is old or ready to be trashed. Which one would you rather eat? The good food is just like all of our positive and encouraging words. They are good and healthy for us. The rotten food is like angry or mean words. They are poison to our minds and bodies, so we need to toss them in the trash!

READ IT

Galatians 5:22-23

Truth or Trash?

When people are angry with me, they must not love me.

Trash! It does not mean they do not love you. It just means they have not chosen to live out of God's good fruit. When someone is angry with you it's easy to be angry in return. We have a choice just like you did in the activity. You can choose poisonous words or encouraging words! The Bible tells us that God's good fruit lives inside His children. That fruit is love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control. We always have the choice to respond with God's fruit.

DISCUSS IT

Think about the last time you were angry with someone or someone was angry with you. How can you respond with God's fruit next time?

WEEK 5: I AM FREE!

DAY 1

SEE IT

Have you ever made a card for someone, but made a mistake that could have ruined the card? How did you correct it? Did you draw a picture over the top of it to cover up your mistake?

READ IT

Psalm 103:12

Truth or Trash?

I am a failure.

Trash! You might feel like a failure, but that is not how God sees you!

You have made mistakes. Maybe you've made big mistakes like lying, fighting, hitting, pinching, stealing, etc. and now, you feel bad. You may feel like a failure. But, that is not true. God sees you as so much more than a mistake. God erases all the things you do wrong. He doesn't just cover up your mistakes. He starts over. He gives you a new start. He doesn't even remember those bad things. God accepts you just as you are.

DISCUSS IT

Have you made a mistake that you are sorry for, asked forgiveness, and still are feeling bad about it? God has chosen to forget it. Now you can do the same.

DAY 2

SEE IT

Challenge one person at a time to pick up something, eat a snack, and scratch their leg with their hands tied behind their back.

READ IT

John 8:32

Truth or Trash?

The Truth sets me free.

Truth. It was hard to eat, scratch, and pick up things with your hands tied behind your back. Right? But everyday, some people spend their whole day with their hands behind their back because they don't have a relationship with Jesus. Knowing Jesus is knowing the TRUTH! The more we read the Bible, the more we know Jesus. The more we know Jesus, the more we enjoy freedom!

DISCUSS IT

What was it like to have your hands tied behind your back? What does it mean to you to be set free by the Truth?

DAY 3

SEE IT

Grab a balloon. Notice it's empty. Blow it up. Now it's full. You can know air filled the balloon because it's full. Release the air. When you let it out, you can't see the air leave. Say this, "God is like air; you can't see Him, but He's always there." When you finish today's reading plan, blow up the balloon and play with it together.

READ IT

Isaiah 41:10 and Joshua 1:9

Truth or Trash?

I have nothing to fear.

Truth! The God of the universe is with you always. He is like air; you can't see Him, but He's always there. He cares for and protects you. Call on Him and He will help you. You never have to be afraid! He loves you and will never leave you. Next time you feel afraid, remember God is with you. You may not be able to see Him, but He is there!

DISCUSS IT

How often do you feel afraid? What should you do next time you are afraid?

YOU DID IT!

Congratulations on completing the *The Joshua Code For Kids* devotional! There is power to staying **plugged in** to God's Word. The Bible is our connection to God's power, the power to change our lives! His power is available to us all day, every day when we seek Him and His Word.

Continue to stay **plugged in** to God and your Bible by...

COMING TO MOTION EACH WEEKEND

Get plugged in to your Bible at church. Each weekend in Motion we learn about God and to live a life which honors Him. In Motion, you'll have an eGroup of friends as you study the Bible with a community of believers.

USING DEVOTIONALS TO READ THE BIBLE

Devotionals are a great way to stay connected to God's power in His Word. Use The YouVersion Bible App to find other great devotionals. Visit www.youversion.com/apps for more information.

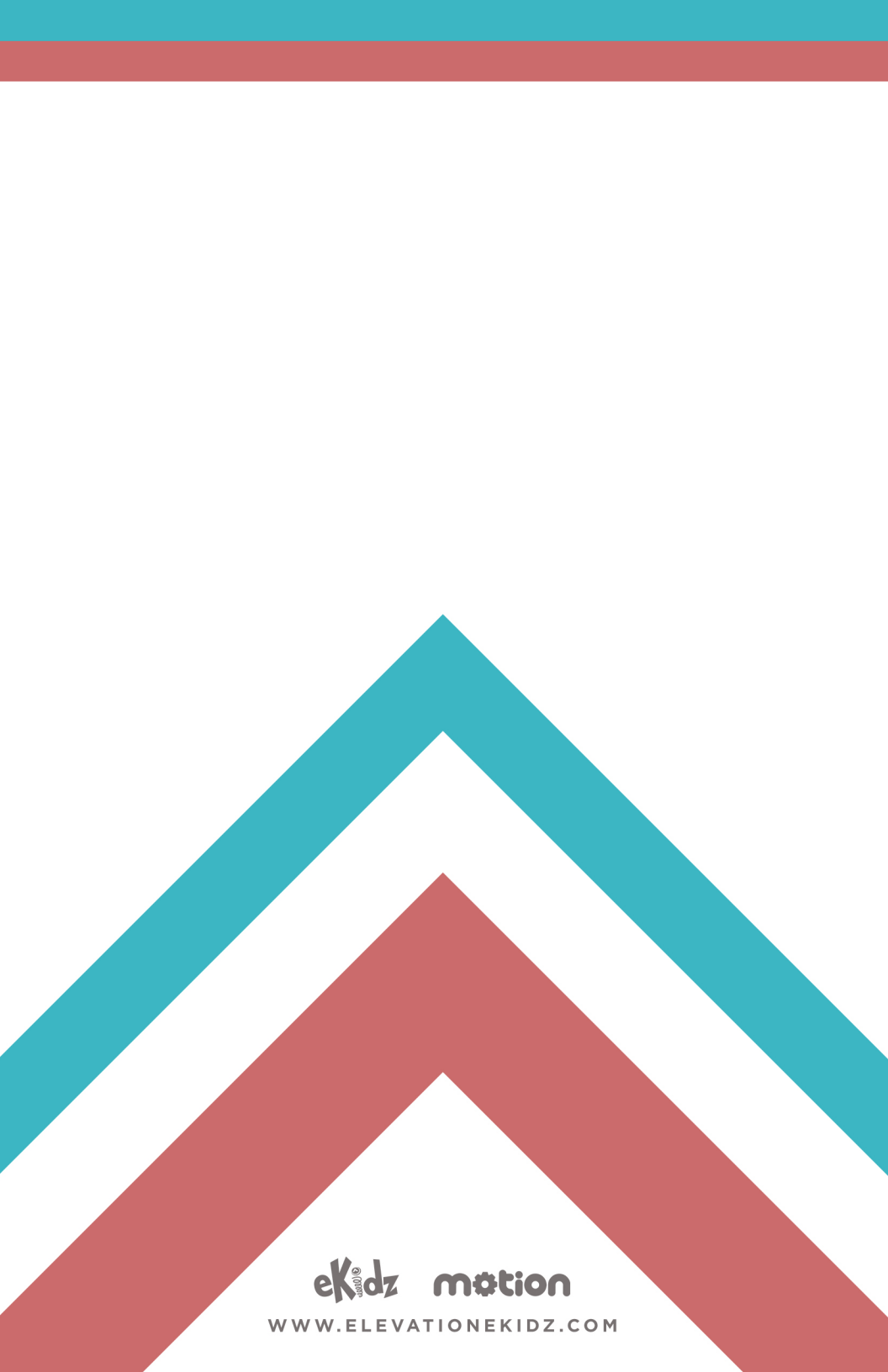
MEMORIZING SCRIPTURE

Proverbs 7:2 (NIRV) says, “Obey my commands and you will live. Guard my teachings as you would guard your own eyes.” To guard the teachings in the Bible and obey the commands in it, we need to know what the Bible says! Knowing scripture helps us make decisions, share Jesus with others, comforts us, and helps remind us of the life Jesus wants us to live.

Make learning the Motion Bible verse each series a priority. Challenge your friends and family to learn it with you, too!

Some other verses to look up in your Bible and learn:

- Psalm 107:1
- 1 John 4:19
- 1 Timothy 4:12
- Proverbs 3:5-6
- Matthew 7:12



eKIDz **motion**

WWW.ELEVATIONEKIDZ.COM