

# Parent Guide

## ACTIVITY: WALK THE LINE

### What you Need:

Masking tape or toilet paper

### What you Do:

Tape a line on the floor or make a line using toilet paper. Challenge your child to walk on the line all around the room. Challenge them to stay on the line without falling off. Repeat several times.

Say, "Show me your strong muscles! You've got very strong muscles in your arms and in your legs, too! Let's walk on this line. Do your best to stay on the line. Try not to fall off!"

After the activity say, "Great job! You used your muscles to control your body and walk on the line. When Jesus is your friend forever, He gives you power, like big, strong muscle power, that helps you do the right thing and choose love, joy, peace, patience, kindness, goodness, faithfulness, and gentleness!"

"When Jesus is your friend forever, He can help you do everything! Who can help you do everything? Jesus can help me do everything!"

## Bible Story

When Jesus Is Your  
Friend Forever  
(John 3:16)

## Remember This

"Jesus answered, 'I am the  
way and the truth  
and the life.'"

**John 14:6, NIV**

## Say This

Who can help you do  
everything? Jesus can help  
you do everything.

## Prayer

"Dear God, thank You for helping us to have self-control. Help us to remember that when we are having trouble showing self-control that we can ask you for help. We love You. Amen."