

# Parent Guide

## ACTIVITY: PEACEFUL PAINTING

### What you Need:

Cardstock (or white paper), several different colors of watercolor paints, paintbrushes, music player, and classical or hymnal music; optional smocks and hand wipes

### What you Do:

Before you begin the activity, write down the memory verse on two sheets of paper/cardstock.

Say, "Let's paint together! We can listen to some peaceful music while we paint. (Give each child the art supplies and turn on music.) This page has our memory verse written on it. Our memory verse tells us that we can do everything through Jesus. I am so excited that we get to peacefully paint together!" (Do activity.)

Play the music while encouraging your child to use the watercolors to paint the page. Encourage your child to listen to the music and calmly paint.

When you are finished say, "Our memory verse tells us that Jesus can help us do everything! Who can help you do everything? Jesus can help me do everything!"

## Bible Story

Abigail Intervenes  
(1 Samuel 25:1-35)

## Remember This

"I can do everything through Christ, who gives me strength."

**Philippians 4:13, NLT**

## Say This

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

## Prayer

"God, thank you for the story of Abigail, which shows us that you can help us be peaceful. Being peaceful can help a lot of people. Thank you that you can help us do anything! Amen."