



Day 4 --- Activity Sheet

Here is what your child experienced today at CATHLETICS VBS ...

ROWING

Prayer: Lord Jesus, help us to see the importance of living a life with the Fruits of the Spirit. Please show us the areas in our life where we need to practice them most, especially where we need to practice self-control. Amen.

- The **Theme was "GAME ON: Living out the Fruits of the Spirit"** We learned about the 9 Fruits of the Spirit that we need to live out to become a champion for Christ: LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS & SELF-CONTROL. We can find this Scripture in Galatians 5:22-23.
- The **Virtue of the Day was temperance.** We did a fun virtue demonstration using a balloon. We learned that when we don't practice temperance, we are like a balloon that is blown up and let go right away. We become unpredictable and uncontrollable. When we practice temperance, we are like a balloon that is blown and tied up and fun to play with. Self-control is a very important virtue. Jesus modeled it so well.
- In the **faith station**, we listened to another Bible verse song. We also discussed the Fruits of the Spirit. When we had a teaching on good fruit/ bad fruit, we all decided that we want to be good fruits! We also read about a parable Jesus taught his followers: The Good Samaritan.
- The **Saint of the Day was Saint Marguerite D'Youville.**
- Ask your child if they remember the fun games they played in the games station.

In bonus today Joe Burgess, our ICY Youth leader, spoke with the kids on the importance of Recycling. Every athlete needs to take care of his or her sports field. We are doing God's work when we are kind to the environment.

More general questions to ask your child:

- What was the best thing that happened to you today at Vacation Bible School?
- Tell me one thing you learned about temperance?
- What fruit of the spirit do you need to work on most?

The Bible Verse of the Day:

"Every athlete exercises self-control in all things..."

1 Corinthians 9:25

**repeat this scripture to your child a few times to see if they can memorize it or ask them to teach you the song they learned in the faith station.*

The VBS Challenge today is:

Do something out of the ordinary that will help you live out the fruits of the Spirit. It could be to help with extra chores around the house (kindness), read a Bible story to your younger brother or sister (faithfulness or goodness or maybe give up watching TV or movies for a few days (self-control).

• Tomorrow's theme is: "VICTORY! Becoming Champions for Christ."

- Tomorrow is the final day of VBS. Please arrive the normal 9am time. We will be celebrating the last day with a Closing Mass beginning at 11am - family and friends are invited.

