

**Calvary Kids & Students**

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**FAMILY GUIDE**



# Hello,

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As we navigate this unique season, we are all having to adapt to new normals at lightening fast speeds. Students are out of school, church is online, and the grocery store shelves are picked over. Sometimes what life was like before all this madness feels like distant a memory, doesn't it?

But even though we're swimming in uncertainty, there are a couple things that remain true no matter what: **God is with us & we can be here for each other.** Which is why we wanted to provide you with this family guide. Every day you'll find fun challenges, conversation starters, games, a passage of scripture to explore, and other fun things that you can do together as a family.

Now, don't stress. The goal of this isn't to add one more thing to your already zany day. This is just a guide and there is no right or wrong way to use it! You can do it every day, or can only use parts and pieces. Whatever works best for your family!

**Just know, we are here cheering you on.** We are praying for you daily. And while we miss gathering with you more than we can express, we believe wholeheartedly God is in control and will use this time for our good. So, have fun and make new memories. As you draw closer to God, He promises to draw closer to you.

And don't forget, if along this journey there is a specific need our team can meet for you and your family, please don't hesitate to call or email us anytime. Whether it's a time of prayer, a run for food and supplies or financial support, we would be delighted to serve you and your family. **We're in this together!**

You are loved,  
Calvary Kids & Students Team

# Day 1

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## DAILY CHALLENGE

### **Blindfolded Baking**

*Make one of your family's favorite treats - blindfolded!*

#### **Directions:**

Pull out a favorite recipe and blindfold your child(ren). You may help get out measuring cups and ingredients but the blindfolded children are the only ones allowed to actually put ingredients in the bowl and mix it up. It is your job to read the recipe and guide them through each step. Bonus points if you don't tell them what they are making!

## CONVERSATION STARTERS

- What's your favorite movie? What's your favorite book?
- Which movie or book character do you think best describes you? Why?

## GAME

### **The Laughing Game:**

The objective of this game is to get everyone to laugh but you cannot laugh yourself. Sit in a circle facing each other. When it is someone's turn, they have to say or act something out to get everyone to laugh. If you laugh then you are out until the next round.

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Matthew 6:25-27, 31-34:

*“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** Let’s make a list of things we are worried about as a family. Then we will pray together and ask God to help us trust He will take care of us.

**Check out the song:** *Sparrows*, by Jason Gray

[youtube.com/watch?v=wRJZQFRyZ6s](https://youtube.com/watch?v=wRJZQFRyZ6s)

# Day 2

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## DAILY CHALLENGE

### **Campfire Challenge**

Create a campfire environment, whether outside or inside, and roast marshmallows! Bonus: Set up a tent in your living room and have a camp out!

## CONVERSATION STARTERS

- What would you do in life if you knew you could not fail?
- What's one of your favorite things about the person who is on your left?

## GAME

### **20 Questions:**

Pick someone to come up with a noun (a person, place or thing) and to keep it a secret. The rest of the group has to figure it out what it is by guessing up to 20 questions.

## PRAYER

Make a list of things you are thankful for and then pray together and praise God for what's on your list.

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Hebrews 13:1-3,5-8:

*Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering.*

*Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday and today and forever.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** How can we demonstrate love to someone who may not be able to leave their home right now? Is there some thing our family could do for them?

**Check out the song:** *Do it Again*, Elevation Worship

[youtube.com/watch?v=OB\\_InQIITxU](https://youtube.com/watch?v=OB_InQIITxU)

# Day 3

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## DAILY CHALLENGE

### Karaoke Challenge

Search for karaoke songs on Youtube and grab a spoon or a spatula from your kitchen to use as a microphone. Take turns as a family singing your favorite songs! Bonus: Film it and share it on Calvary's Instagram or Facebook.

## CONVERSATION STARTERS

- If money and time were unlimited, what three things would you want to do with your family?
- What's your favorite song right now?

## GAME

### Sardines

This is basically reverse hide-and-seek! One person hides, and then it's everyone else's job to find them. When you find the person hiding, you must hide with him. The last person to find everyone is the next person to hide.

**Check out the song:** *Psalm 46*, Shane & Shane

[youtube.com/watch?v=2emeIR7IGmw](https://youtube.com/watch?v=2emeIR7IGmw)



# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Psalm 46

*God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. There is a river whose streams make glad the city of God, the holy place where the Most High dwells. God is within her, she will not fall; God will help her at break of day. Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. The Lord Almighty is with us; the God of Jacob is our fortress. Come and see what the Lord has done, the desolations he has brought on the earth. He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The Lord Almighty is with us; the God of Jacob is our fortress.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** How can we practice God's invitation to "Be still & know that I am God" today as a family?

# Day 4

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## DAILY CHALLENGE

### Encouragement Challenge

Identify a person or family (neighbors, elderly relatives, friends) and brainstorm a way you could encourage them today! Ideas: Drive to their house and perform a dance in their yard, deliver them cookies, send them a card, or mail them a video.

## CONVERSATION STARTERS

- If you were sent to live in space for three months and were only allowed to bring three personal items with you, what would they be?
- What's your favorite planet or space object? Why?

## GAME

### Ultimate Ninja

Stand in a circle and nominate someone to be the master ninja. The master ninja calls out, *3-2-1, ULTIMATE NINJA!* When that happens, everyone must strike a ninja pose & freeze. Then going clockwise from the starting person, each person must make a single move to try and hit someone's else hand in the circle. Be careful, you have to freeze still in the position you end up in! Once both of your hands have been hit, you are out. You are not allowed to move unless someone is trying to hit you or it is your turn. Keep going until one person is left standing & then they become the master ninja.

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Romans 8:28, 31

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

*What, then, shall we say in response to these things? If God is for us, who can be against us?*

2. **Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
3. **Apply:** How might God be using this time for our good or the good of others? Make a list of things that you feel like you are up against. Then cross them out as you read verse 31, replacing “these things,” with whatever it is. Example: What, then, shall we say in response to being afraid of getting sick? If God is for us, who can be against us?

**Check out the song:** *Sovereign Over Us*, Michael W. Smith  
[youtube.com/watch?v=Lay-r2g52SQ](https://www.youtube.com/watch?v=Lay-r2g52SQ)

# Day 5

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## DAILY CHALLENGE

### Minute to Win it Challenge

Host a game show! Split your family up into two teams and do a series of minute to win it challenges. You can find a list of challenges online. Take lots of pictures & share them with Calvary on Instagram or Facebook.

## CONVERSATION STARTERS

- If you were given one million dollars, what would you do with it?
- What was your high today? And what was your low?

## GAME

### Spoons

1. Put one less spoon on the table than number of players
2. Deal everyone 4 cards
3. Then give one person the rest of the unused deck and have them flip through and pass them to the left face down
4. If they'd like to keep the card they flipped or if another player is passed one they'd like to keep, they can do if they discard one of their current cards (Only 4 cards at time).
5. Once someone at the table gets 4 of the same card, they must grab a spoon and everyone else must notice and also grab a spoon.
6. The person who does not get a spoon loses!

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Romans 8:35-39

*Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** Have you ever felt separated from God's love? What can we do as a family when we feel separated from God's love? Create hearts and write your ideas in the center of them!

**Check out the song:** *God with Us*, Jesus Culture

[youtube.com/watch?v=si8noz6l970](https://youtube.com/watch?v=si8noz6l970)

# Day 6

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## DAILY CHALLENGE

### Restaurant Challenge

Since restaurants are closed, make one in your home! Set up the dining room like a fancy restaurant and let your kids make dinner & act as the wait staff (and dishwashers!).

## CONVERSATION STARTERS

- What's your favorite meal?
- If you never had to eat one food the rest of your life, what would it be and why?

## GAME

### One Minute Please

The aim of the game is to talk for one minute on a given subject. You'll need paper, pens, and a time. First have every player write down a few topics and put them in bowl. Then take turns drawing topics and trying to talk for a full minute. Example topics: Why beans are good for you, 10 things you can do with potatoes, alligator wrestling, etc. Bonus: Add rules to each round such as talk for one minute and don't laugh. talk for one minute while balancing a book on your head, etc.

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Joshua 1:9

*Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** Do you know anyone who might be feeling afraid or discouraged? Take time to pray for them as a family. Then reach out to them to let them know you were praying for them!

**Check out the song:** *Take Heart*, Hillsong

[youtube.com/watch?v=8MfBQ30Ta9w](https://youtube.com/watch?v=8MfBQ30Ta9w)

# Day 7

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## DAILY CHALLENGE

### **Picnic Challenge**

Set up a picnic outside or in your living room (depending on weather). Lay out a blanket, make sandwiches, put food in a basket and enjoy!

## CONVERSATION STARTERS

- What has been your favorite birthday so far, and why?
- If you could do anything for your next birthday, what would you want to do?

## GAME

### **Alphabet Concentration**

Try having a conversation where each sentence begins with the next letter of the alphabet.

#### **Example:**

A: Anyone seen my cat?

B: Black one, with funny eyes?

A: Can't say I remember...

B: Don't tell me you've forgotten what it looks like?



# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Isaiah 26:1-4

*We have a strong city;  
God makes salvation  
its walls and ramparts.  
Open the gates  
that the righteous nation may enter,  
the nation that keeps faith.  
You will keep in perfect peace  
those whose minds are steadfast,  
because they trust in you.  
Trust in the Lord forever,  
for the Lord, the Lord himself,  
is the Rock eternal.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** What are things we need to trust God for today? How can we encourage each other to trust in God right now?

**Check out the song:** *Trust in You*, Lauren Daigle

[youtube.com/watch?v=qv-SXz\\_exKE](https://www.youtube.com/watch?v=qv-SXz_exKE)

# Day 8

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## DAILY CHALLENGE

### Scavenger Hunt Challenge

Plan a scavenger hunt for your family. This could be a list of pictures they must take or items they must collect around your neighborhood or yard. Or you could time to see who can collect items from around the house that start with every letter of the alphabet. Or if you're feeling extra creative, you could leave a series of clues hidden around the house or yard that will ultimately lead to a sweet treat or a new movie you just bought for the family to watch together!

## CONVERSATION STARTERS

- What is your biggest pet peeve?
- If any animal could be your pet, what would you choose? Why?

## GAME

### Capture the Flag

Split your family into two teams. Have each team hide a flag somewhere in the house and choose a prison area for their team. When the game begins, teams will search and try to capture the other team's flag. If someone from the other team tags you, you must go sit in their prison for 1 minute. The first team to find the other team's flag wins!

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Isaiah 41:10

*So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** How is God upholding you right us right now? Do you have any fears right now? Take time to ask God to give you strength & help you.

**Check out the song:** *God is Able*, Hillsong

[youtube.com/watch?v=-MJx3S7K6no](https://www.youtube.com/watch?v=-MJx3S7K6no)

# PRAYER

Take some time to pray for people from church who may be lonely right now.

# Day 9

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## DAILY CHALLENGE

### Encouragement Note Challenge

Gather your family together and write encouraging notes to someone who needs it. This could be a family member, neighbor, health professional, shut-in, etc. This could also be an opportunity to write notes to each other!

## CONVERSATION STARTERS

- If you became the president for a day, what is one thing you would change?
- What would your campaign slogan be?

## GAME

### Sock Wars

**There are two variations of this game:**

1. You can make sure everyone in your family is wearing socks and then make the goal to take off everyone else's socks but your own. Last person wearing a sock wins
2. Roll up a bunch of socks and use them as snowballs. Split into two teams on two sides of a room. Feel free to build defensive forts on two sides of the room. If you are hit with a sock, you are out.

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Philippians 4:4-7

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** What should we do instead of being anxious? What can we do to rejoice in the Lord this week?

**Check out the song:** *Because He Lives*, Matt Maher  
[youtube.com/watch?v=PBvU7arNhQs](https://www.youtube.com/watch?v=PBvU7arNhQs)

# Day 10

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## DAILY CHALLENGE

### Get Outside Challenge

Take some time today to get out of the house and go for a walk with the family. Maybe throw a ball or frisbee along the way? Take this time to process how kids are feeling about all the recent changes. Looking for somewhere new? Try Rosy Mound Natural Area, Peace Park, Millennium Park, or Provin Trails. Want to bring the dog? Try Grand Ravines Dog Park & Trails.

## CONVERSATION STARTERS

- Would you rather skip Christmas for a year or skip your birthday for a year?
- What's your favorite Christmas song?

## GAME

### Mini Golf

Make a mini golf course in your house. If you don't have golf clubs, make something similar using a wrapping paper roll or broom. You can use tipped over cups as the holes and a small fruit or ping pong ball as the golf ball.

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

**John 14:19-21, 26-27**

*Before long, the world will not see me anymore, but you will see me. Because I live, you also will live. On that day you will realize that I am in my Father, and you are in me, and I am in you. Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.”*

*But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** What does the Holy Spirit do? Pray and ask the Holy Spirit to give you wisdom and peace.

**Check out the song:** *No Longer Slaves*, Bethel Music

[youtube.com/watch?v=f8TkUMJtK5k](https://www.youtube.com/watch?v=f8TkUMJtK5k)

# Day 12

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## DAILY CHALLENGE

### **Old Photo Challenge**

Go through old family photos together or watch old family videos! Maybe have everyone select their favorite one and present it to the family and explain why. Just take time to laugh and reminisce as a family! Bonus: Recreate an old photo together!

## CONVERSATION STARTERS

- Who is your favorite superhero?
- If you could have any superpower, what would it be?

## GAME

### **Head, Shoulders, Knees & Cups!**

Everyone should have a partner and a cup on the ground in between them. Have a third person call out a variety of the commands “Head”, “Shoulders”, “Knees”, and eventually “Cup!” The first person to grab the cup wins! You can play multiple rounds or do a tournament.



# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### 1 Peter 5:6-11

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. To him be the power for ever and ever. Amen.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** What is God's promise to us in times of suffering? Create posters of your favorite part of 1 Peter 5:6-11 and have an art show

**Check out the song:** *God I Look to You*, Bethel Music  
[youtube.com/watch?v=KP1QKueGK-o](https://youtube.com/watch?v=KP1QKueGK-o)

# Day 13

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## DAILY CHALLENGE

### No Screen Challenge

Try to spend the day, or at least a designated portion of the day, without using electronic devices. This can seem scary when trapped in a house with other humans, but try to be creative about how you spend that time in new ways!

## CONVERSATION STARTERS

- Would you rather live under water and swim with the fish, or be able to travel through space and touch stars?
- Would you rather swim in pudding or ketchup?

## GAME

### Telephone Pictionary

Sit in a circle and give each person a stack of as many scraps of paper as there are people. On the top piece of paper, have each person write something (a sentence, movie or song title, etc) - *but make sure they keep it a secret!* Then have everyone pass their stack to the left. Now have that person peek at the card, put it on the bottom of the stack, and draw what was written. Then pass the stack to the next person and have them write what they think the drawing is on the next piece of blank paper. Repeat the process until the stack returns to its creator. Then have everyone share their complete stage to see how the message was lost along the way.

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### Psalm 16:8

*I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** How can we keep our eyes on the Lord? Make a list of things ways you've seen God this week! Then spend time praising God and asking him to help you keep your eyes on Him this week.

**Check out the song:** *Build My Life*, Housefires

[youtube.com/watch?v=xLSDBG1OcGE](https://www.youtube.com/watch?v=xLSDBG1OcGE)

# PRAYER

Pray for our leaders - government, church, school. Pray for God to give them wisdom and to be with them.

# Day 14

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## DAILY CHALLENGE

### **Silly Drive Thru Challenge**

Go through a drive thru and make it your goal to make the employees smile. Prepare a brief song or tell them a joke or make something to give to them! Bonus: Consider purchasing the meal for the car behind you if you can!

## CONVERSATION STARTERS

- What makes you laugh the hardest?
- What's your favorite part of our family?

## GAME

### **Giant Tic Tac Toe**

Make a giant tic tac toe board in the middle of a room using nine pieces of paper or masking tape. Split your family into two teams. Give one team a set of three of the same type of items (Ex: 3 shoes). Give the other a set of three items (Ex: 3 socks). Have teams stand on opposite ends of the room. When you say go, one person from each team should run to the board and drop their item on a square. Once they get back, the next person can grab the next item and drop it on another square. Once all three items are down, runners can move one at a time to another spot. First team with three in a row wins!

# SCRIPTURE

## READ / NOTICE / APPLY

### 1. Read the passage

#### 2 Corinthians 12:9-10

*But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

- 2. Notice:** What did you notice about the passage? Did any words or phrases stick out to you? Can you summarize the passage in one sentence? What about in one word?
- 3. Apply:** How can we keep our eyes on the Lord? Make a list of things ways you've seen God this week! Then spend time praising God and asking him to help you keep your eyes on Him this week.

**Check out the song:** *Your Grace is Enough*, Matt Maher

[youtube.com/watch?v=LISbMRp0Y64](https://youtube.com/watch?v=LISbMRp0Y64)







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