

HUB TIME ITINERARY

*Life Verse: Choose for yourselves this day whom you will serve. . . .
But as for me and my household, we will serve the Lord. (Joshua 24:15, NIV)*



Can I make good choices all the time?

Welcome the kids and introduce visitors. Then proceed with the following.

ASK What good choice did Spud make today? (*To go whale watching.*) Spud finally made a good choice! That's amazing!

ASK What free-time choices has Spud made? (*Watch TV, play video games, avoid exercise, eat unhealthy snacks, chose lazy friends, etc.*)

SAY Spud's choices aren't necessarily bad if they don't become a habit. For example, eating chips or watching TV can be a good way to relax—if you don't do it every day.

SAY Let's play a game about free-time choices. Think of your favorite free-time choice. (*pause*) Now think of a way to act out that choice without saying anything. (*pause*) We will guess each other's pantomimes.

ASK Are you ready? (*Group response*) Who wants to go first? (*Allow responses.*)

- Let each kid in turn act out his favorite free time activity.

SAY Sometimes we feel that how we spend our free time doesn't really matter. But making good everyday choices includes making good free-time choices.

SAY Your free-time choices can lead to full-time things. What are some free-time activities that can be jobs when you grow up? (*Sports, music, computers, etc.*)

SAY Let's use questions to discover good free-time choices.

ASK Which free-time choices help us learn? (*Reading, computers, some TV shows, sports, etc.*) Choices that help us learn are good free-time choices.

ASK Which free-time choices make us healthy? (*Sports, riding bikes, eating healthy snacks,*

etc.) Choices that help us stay healthy are good free-time choices.

ASK Which free-time choices help us get to know our friends and families? (*Sports, conversation, walking, community service projects, etc.*) Choices that help us build relationships are good free-time choices.

ASK Which free-time choices serve God? (*Going to church, reading the Bible, praying, spending time with godly friends, doing community service, etc.*) Choices that help us serve God are good free-time choices.

SAY I want you to think of one free-time choice that's good for you, that you want to get better at. (*Allow responses.*)

ASK How can you get better at that free-time activity? (*Spend more time doing that activity, practice, get a coach, spend time with people who like the activity, read about the activity, etc.*)

SAY Choose one thing that you will do to make your free-time choices matter. (*pause*) What did you choose? (*Allow responses.*)

Prayer

ASK Are you up to the challenge of making good free-time choices? I think you are. God wants to help us make good choices. Let's pray right now and ask Him to help us.

Dear God, we know that making good choices in our free time is important. Please help us to honor You with the everyday choices we make about our free time. Amen.

- Wait for your Pilot's instructions.
- If you have time, review the Life Verse.
- Get to know your kids better by asking:
 - Would you choose to visit a farm or a city?
 - Would you rather watch whales or seals?