

The image features a solid orange background at the top, which transitions into a teal background at the bottom. A thick, glossy orange liquid is shown dripping down from the orange section, creating a wavy, irregular border that separates the two colors. The liquid has a 3D effect with highlights and shadows, suggesting a thick, viscous substance like paint or honey.

**WHEN LIFE
GETS MESSY**



Group Time Guide

Supplies Needed: bowling pin, balls

1. Time to Talk

Look Up and Read: Proverbs 4:23. This verse is about the importance of guarding your heart.

- What are your favorite things to watch on TV or YouTube?
- What are some ways the show Beka is watching seems to be affecting her?
- Have you ever wanted to have something or do something because of something you watched? It could be after watching a movie, YouTube video, etc.
- What do you think it means to “guard your heart”?

Pray: Talk to kids about what has been going on in their week. Ask God to help us guard our hearts and make wise choices about what we watch and listen to.

2. Hands-On Option

Say This: Our heart is the place where our words, actions, and emotions come from. Guarding our hearts means that we are paying attention to the kinds of things we watch, listen to, or spend our time doing because those things can affect us.

Do This: Put the bowling pin in the middle of the circle and choose two people to stand up and guard it. The job of the rest of the kids is to try to knock down the pin by gently kicking the balls towards it. No one can touch the pin and balls need to stay on the ground or it doesn't count. Play for 3-4 minutes.

Discuss: How did you feel when you were guarding the pin? (it was hard, you had to keep moving and pay attention.)

Say this: Just like in the game, when we guard our heart we need to actively pay attention to the things we let into our heart.

Discuss: What are some ways you can guard your heart?

The Point: The things we watch and listen to affect us. It's so important to choose wisely what fills our minds, our hearts, and our lives.