

June 14

## THE WISE & Foolish BUILDERS

Idea 1 Sing “The Wise Man Builds His House upon the Rock” with elaborate motions.

Song: <https://www.youtube.com/watch?v=Eu5bBDRpzPM>

Idea 2 Use water and sand in pictures:  
Mix sand and tempera and paint with it. Create a scene with a house "of sand" and one on a rock. Imagine which one is stronger. How is God's love and our church community like a rock that supports us?

Using water color, explore what water can do. Use thick paper. Paint an area with water and then load your brush with paint and watch how it spreads through the water.

Idea 3 Focused Energy Exercise

Exercise:

With a partner, practice focusing your energy as a way of grounding yourself more firmly. First, Partner 1 stands on one foot\*, then Partner 2 gently pushes their shoulder until they lose their balance and put their other foot down. (The goal is NOT to push your partner over!) Switch roles and repeat.

*Continue reading only after you have completed this part of the exercise.*

You will repeat the same actions, but this time Partner 1 should focus on either a particular object they can see or on the ball of their foot touching the ground. It should be more difficult for the Partner 2 to push them off balance.

\*This exercise can also be done with Partner 1 sitting cross-legged on the floor, and Partner 2 gently pushing from the side to see how easily they tip over.

Reflection:

The parable of the wise and foolish builders teaches us that the foundation of our lives should be Christ's teachings, similar to how it is harder to keep our balance if we don't have a point of focus for our energy.