

20TH NOVEMBER 2022

## Overview of Today's Lesson

### THEME

Donut Time

### BOTTOM LINE

I can thank God for  
family and friends

### BIBLE REFERENCE

Exodus 17:8-13

### MEMORY VERSE

"Give thanks to the Lord,  
for He is good."  
Psalm 107:1 (NIV)

## Programme Breakdown

1. Introduction
2. Praise and Worship
3. Lesson Video
4. Activities

## Activity Pages you need:

1. My Family And Friends
2. Helping Family and Friends  
(Midweek Activity)
3. Memory Verse with Hand Motions

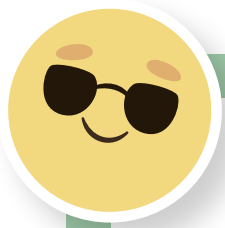
## Materials you need:

1. Pencil
2. Colour Pencils / Crayons

# My Family and Friends

November Week 3

Draw your family and friends in the photoframe below.  
Tell your VK teacher and friends about them!



I can thank God for  
family and friends



Exodus 17:8-13

# Helping Family and Friends

November Week 3

Match the helping actions to the family members and friends you can help.



Household chores



Grandparents



Feeding food



Parents



Sharing your toys



Friends



Carrying bags



Younger sibling

## MIDWEEK ACTIVITY

Help someone this week using one of the helping actions above.  
Tell your Small Group Leader next Sunday how you helped someone!