



## Banana Sundaes on Sunday!

*Bananas help ripen other fruit near them. They are like an encouraging friend. So be a banana friend this week!*

*P.S. The best way to be a banana is to eat a banana.*

### SUPPLIES

Banana

Ice Cream

Topping

Sprinkles

1. Peel your banana and place it in a bowl.
2. Place a scoop of ice cream on top
3. Drizzle on some topping
4. Shake some sprinkles on top
5. Share with someone in your family.
6. As you share, why don't you also share about your friends and what kind of friend you want to be to them.

You can also SHARE it with us: [kids@discoverychurch.com.au](mailto:kids@discoverychurch.com.au)



## Bless Your Friends

*Prayer is powerful because we are talking to our powerful God!*

1. Write down the names of your friends on separate pieces of paper
2. Place these all around your house in spots that you will find  
Eg. Next to your school shoes or near your toothbrush
3. When you find their names, pray for that friend.



## Watch this Clip!

Watch this and think about what you will do!

**Fruits of the Spirit //Mookidcity**

<https://www.youtube.com/watch?v=JdkUb2YVWj8>



## Read It!

*Reading is powerful because words are powerful! Let's find out what encouragement is and how you can use it in your life.*

### SUPPLIES

Bible

Dictionary

Paper

Pencils

1. Using your Bible, look up and **read** 1 Thessalonians 5:11
2. Using a Dictionary Bible, look up and **read** the definition of 'Encouragement'
3. Using your paper, write a note or draw a picture to encourage a friend.  
Pass this onto them when you see them next so they can **read** it too!