

Meekness Games

Hunger and Thirst for Righteousness Demonstration:

Choose a leader who will read this script aloud and lead the demonstration - Items needed: two clear plastic cups (one with holes poked in the bottom), water, food coloring (optional), and a baking tray to catch the water.

Read Jeremiah 2:13 - "My people have... forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water." In this verse, God is using a metaphor. In this word picture, God is fresh, pure, cool water that flows nonstop and quenches our thirst, and we are the dry well (cistern). Let me demonstrate what it looks like when we try to dig our own cisterns and live life apart from God. *(Place a baking dish or bowl on the table, along with a pitcher of water. Consider coloring the water with food coloring to make it easier to see. Hold up a clear plastic cup that has several holes poked in the bottom.)* This cup represents what our lives look like when we try to live our lives without submitting to God. This water in the pitcher represents the blessings and good things God wants to give us. *(Hold the cup over the bowl or baking dish and slowly pour the water into the cup. It should very quickly drain out of the bottom, like a colander.)* You see, this is what Jeremiah 2:13 means by broken cisterns. Like this cup can't do its job with holes in it, we can't do our job without God in us. We may try, but we will soon find that we are empty, hungry, and thirsty.

But thank God for the promise we find in today's beatitude! "Blessed are those who hunger and thirst for righteousness, for they will be filled." When our hearts are hungry and thirsty, God fills us up! This beatitude in Matthew 5:6 says that we are filled when we hunger and thirst for righteousness. Something amazing happens when we start to hunger and thirst, to crave in our hearts, being right with God, when we start to crave righteousness. 2

Corinthians 5:17 says, "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" When we belong to Jesus and choose to follow him, he gets rid of the old, sinful, broken things in our lives, *(hold up the cup with holes in the bottom and make a show of throwing it over your shoulder or into the trash,)* and he makes us brand new! *(Hold up a new clear cup.)* When we hunger and thirst for righteousness, God fills us up. *(Fill this cup up until it overflows into the baking dish or bowl beneath it.)* God fills us up so much that all the blessings and good things he gives us overflow! We hunger and thirst for something this world can never fill. We hunger and thirst for God's righteousness, for heaven, which we get when we follow Jesus.

Food Games:

Play a food related game together - Hungry hungry hippos, pass a cheerio from person to person but it can only touch spaghetti noodles held by the players, have mystery food taste tests to see who can guess the food, etc.

Review the Lenten ideas sheet and choose one or two that your family will begin next week on Ash Wednesday. Then pray the beatitude prayer on the guide together.