**Day 4 Take Home Parent/Child Activity Sheet**

*Get a taste of what your child experienced today at our Cat.Chat CATHLETICS*

*Vacation Bible School.*

Prayer: Lord Jesus, help us to see the importance of living a life with the Fruits of the Spirit. Please show us the areas in our life where we need to practice them most, especially where we need to practice self-control. Amen.

• The Theme was “GAME ON: Living out the Fruits of the Spirit” We learned about the 9 Fruits of the Spirit that we need to live out to become a champion for Christ: LOVE, JOY, PEACE, PATIENCE, KINDNESS, GOODNESS, FAITHFULNESS, GENTLENESS & SELF-CONTROL. We can find this Scripture in Galatians 5:22-23.

• The Virtue of the Day was temperance. We did a fun virtue demonstration using a balloon. We learned that when we don’t practice temperance, we are like a balloon that is blown up and let go right away. We become unpredictable and uncontrollable. When we practice temperance, we are like a balloon that is blown and tied up and fun to play with. Self-control is a very important virtue. Jesus modeled it so well.

• In the faith station, we listened to another Bible verse song. We also discussed the Fruits of the Spirit. When we had a teaching on good fruit/ bad fruit, we all decided that we want to be good fruits! We also read about a parable Jesus taught his followers: The Good Samaritan.

• The Saint of the Day was Saint Marguerite D’Youville. We presented each child with a saint card today, so please read the story on the back of the card with your child.

• The Cat.Chat songs of the day were “Fruits of the Spirit” and “I Will Win.” Ask your child to sing and do some of the actions to these songs.

• In the craft station, your child made Fancy Fruit Baskets. You may choose to display their craft on your table to remind them of their Fruits of the Spirit lesson.

• The kids made a tasty snack to teach them what’s important for game day! Ask them to tell you about it!

• Ask your child if they remember the fun games they played in the games station.

More general questions to ask your child:

What was the best thing that happened to you today at Vacation Bible School?

Tell me one thing you learned about temperance?

What fruit of the spirit do you need to work on most?

The Bible Verse of the Day:

“Every athlete exercises self-control in all things…”

1 Corinthians 9:25  
\*repeat this scripture to your child a few times to see if they can memorize it or ask them to teach you the song they learned in the faith station.

The Cat.Chat Challenge today is:  
Do something out of the ordinary that will help you live out the fruits of the Spirit. It could be to help with extra chores around the house (kindness), read a Bible story to your younger brother or sister (faithfulness or goodness or maybe give up watching TV or movies for a few days (self-control).

• Tomorrow’s theme is: **“VICTORY! Becoming Champions for Christ.”**

• You’re more than welcome to join us for our last day of Cat.Chat Vacation Bible School.

• We will be celebrating the last day with a Closing Mass and a Cathletics Party.

You can visit Cat.Chat’s website at www.catchat.ca

