**Blow and Grow**

**Topic: Honesty**

**Bible: 2 Timothy 1:7**

Supplies:

* five gallon buckets- one per team
* Packs of regular socks
* Duct tape
* Empty water bottles
* Lots of bubble solution (Store bought or make your own)
* Aluminum foil trays
* Large roll of plastic sheeting

Directions:

1. Watch the following to see how to make Bubble Snake Blowers

<https://www.youtube.com/watch?v=j7Lnkw1wBmI>

1. Make as many Bubble Snake Blowers as you need so each player has one.
2. Lay out plastic sheeting and wet it down with water and bubble solution.
3. Divide your students into 2 or 4 teams.
4. Put enough bubble solution in aluminum trays for students to dip into.
5. Give students the bubble snake blowers.
6. One at a time they will dip their blower into the bubbles and begin blowing.
7. When they feel they are ready, they will stop blowing and take their bubbles to their team’s bucket on the other side of the plastic and place their bubbles in their bucket.
8. Play until everyone on each team has a turn.
9. The team with the largest mountain of bubbles wins.

Say: Well that was super slippery wasn’t it? I can’t believe the amount of bubbles those things make. I mean it seemed like you could just keep blowing and blowing and that thing would just keep growing.

*Grab one of the blowers and dip in bubbles and blow for a long time to see how long a snake you can make.*

I am not sure I could have made it much longer, well with more bubble and bigger lungs I probably could have. This bubble blower reminds me of when we lie about something. Or even more when we try to get out of trouble or make a mistake and we lie about it.

Ask:

* Why is this bubble snake like a lie?
* Have you ever lied about something and then had to lie again to cover that one, and then another and another?
* What happened when you did this?
* What do you think would have happened if you told the truth the first time?
* How did you feel when you were lying?
* Has anyone ever lied to you? And how did you feel?

Say: We all know that lying is wrong, so why do we do it anyway? Because of fear. We are afraid of getting in trouble, making someone mad, hurting someone, looking uncool even. Then when we get caught in a lie our fear grows and so does our lie.

Read: 2 Timothy 1:7

For God gave us a spirit not of fear but of power and love and self-control.

Say: See the fear we have should be overpowered by love and self-control. When we have self-control and we know God’s love is there, the fear goes away. We can face any situation that comes up, and we don’t have to lie about it.

Read: Proverbs 12:22

The Lord detests lying lips, but he delights in those who tell the truth.

Read: 2 Corinthians 8:21

We are careful to be honorable before the Lord, but we also want everyone else to see that we are honorable.

Say: When we are honest and don’t lie, God is pleased and smiling down on us. No matter how afraid we are when God smiles on us, He takes care of us. There is nothing to be fearful of when God smiles on us. Also when we are honest, we become honorable before the Lord and before everyone else. As followers of Jesus, if people see us as liars how can they believe us when we talk about Jesus? If there is a lie or something in your life you have not been honest about, now is the time to make it right with God.

Close: Have your students take some time alone with God. Each of them probably has something running through their minds right now they need to discuss with God. Tell them to ask for God’s grace and forgiveness and for the words and courage to talk to anyone that may be affected by their lie or dishonesty.

Make leaders available for student that might need help dealing with and figuring out how to handle some of the situations or emotions that might come up.