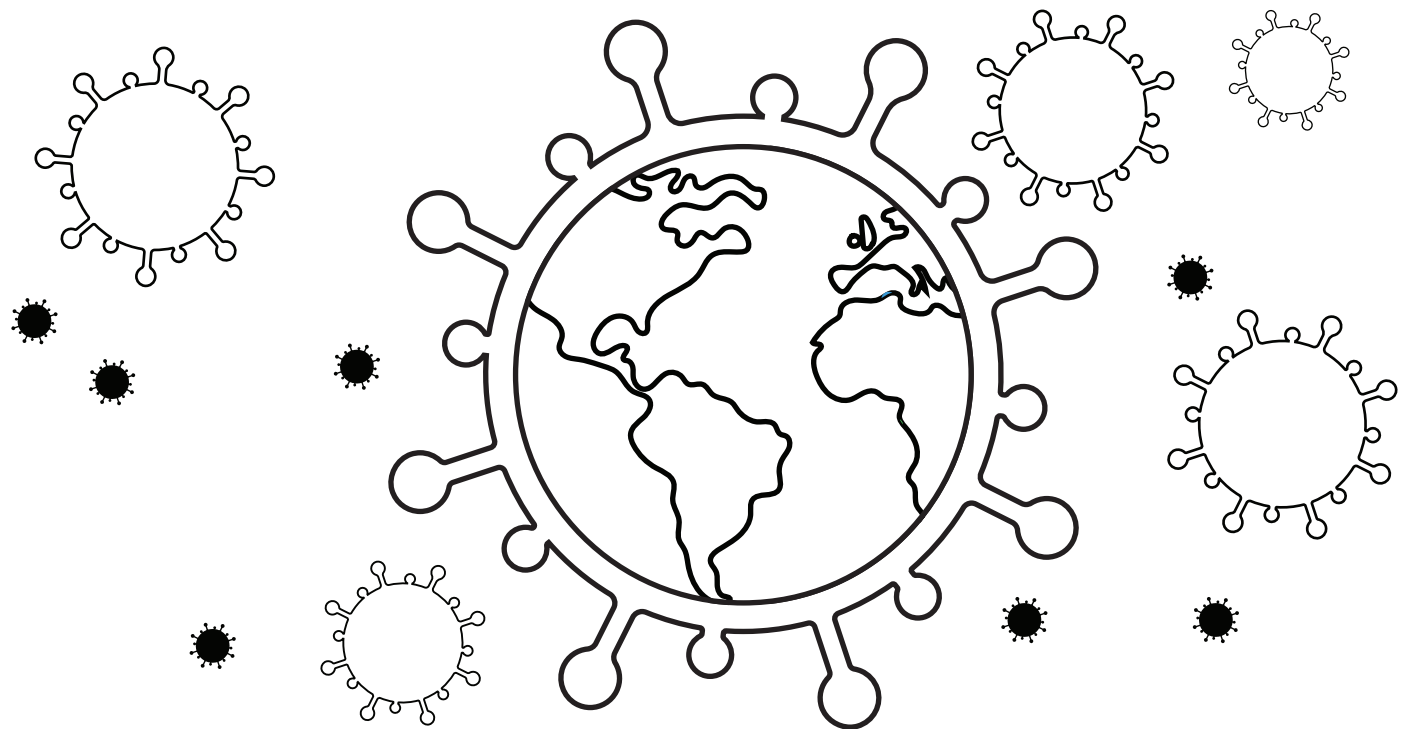


MY COVID-19 TIME CAPSULE



NAME: _____ **DATE:** _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOU TO LOOK AT IN THE FUTURE!
HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- | | |
|--|---|
| <input type="checkbox"/> SOME PHOTOS FROM THIS TIME | <input type="checkbox"/> ANY ART WORK YOU CREATED |
| <input type="checkbox"/> A JOURNAL OF YOUR DAYS | <input type="checkbox"/> FAMILY / PET PICTURES |
| <input type="checkbox"/> LOCAL NEWSPAPER PAGES OR CLIPPING | <input type="checkbox"/> SPECIAL MEMORIES |

DID JESUS SOCIAL ← 6FT → DISTANCE?

What do you think?

**"But Jesus often withdrew to lonely places and prayed."
Luke 5:16**

It may not have been exactly what's going on with us right now, but Jesus did spend time alone and away from people. Let's see what He did by Himself.

WHAT DID JESUS DO WHEN HE SOCIAL DISTANCED?

1 HE PRAYED

"One of those days Jesus went out to a mountainside to pray, and spent the night praying to God." - Luke 6:12 (See also Mark 1:35, Matthew 14:23, Mark 6:46)

2 HE TAUGHT

"Such large crowds gathered around Him [Jesus] that He got into a boat and sat in it, while all the people stood on the shore. 3 Then he told them many things in parables" - Matthew 3:2-3a

3 HE RESTED

"Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, "Come with Me by yourselves to a quiet place and get some rest." - Mark 6:31

4 TALKED WITH HIS FRIENDS

Once when Jesus was praying in private and His disciples were with Him, He asked them, "Who do the crowds say I am?" - Luke 9:18

WHO DID JESUS SOCIAL DISTANCE WITH?

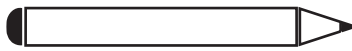
Sometimes He was alone/with God (Luke 5:16)
Sometimes with His disciples (Mark 6:32)

SOCIAL DISTANCE PAGE

THIS IS THE FIRST TIME IN HISTORY WE'VE EVER PRACTICED
"SOCIAL DISTANCING"...OR IS IT? (CHECK OUT THE OPPOSITE PAGE)

What is "social distancing"? _____

How have you seen people social distance during this time? _____



DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

ARE ANY **PETS** SOCIAL DISTANCING
WITH YOU? DRAW THEIR PICTURE HERE.

PET'S NAME: _____

MY PET IS A _____

MY FAVORITE THING ABOUT MY PET IS

I praise You [God]
because I am fearfully
and wonderfully made;
Your works are wonderful,
I know that full well.

PSALM 139:14

And Jesus grew
in wisdom and stature,
and in favor with
God and man.

LUKE 2:52

So God created
mankind in His own image, in
the image of God He created
them; male and female He
created them. God saw all
that He had made, and
it was very good.

GENESIS 1:27,31

And even the very
hairs of your head are
all numbered.
So don't be afraid; you
are worth more than many
sparrows.

MATTHEW 10:30-31

ALL ABOUT ME

I AM _____
YEARS
OLD

I STAND _____
INCHES
TALL

I WEIGH _____
POUNDS

SHOE SIZE _____

MY FAVORITES

TOY: _____

COLOR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

SONG: _____

BIBLE STORY/VERSE: _____

MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE: _____

WHEN YOU FEEL SAD

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God. Psalm 43:5

The Lord is near to the brokenhearted and saves the crushed in spirit. Psalm 34:18

You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy Psalm 30:11

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore Psalm 16:11

WHEN YOU FEEL HAPPY, JOYFUL, BLESSED

A joyful heart is good medicine, but a crushed spirit dries up the bones. Proverbs 17:22

Blessed is the people of whom this is true; blessed is the people whose God is the LORD. Psalm 144:15

WHEN YOU FEEL WORRIED

Cast all your anxiety (worries) on Him because He cares for you. 1 Peter 5:7
(Read Matthew 6:25-34)

WHEN YOU FEEL AFRAID/SCARED

When I am afraid, I will trust in You. In God, whose word I praise—in God I trust. I will not be afraid...—Psalm 56:3-4a

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand. Isaiah 41:10

The LORD is my strength and my shield; my heart trusts in Him, and I am helped. My heart leaps for joy and I will give thanks to Him in song. Psalm 28:7

The LORD Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged." Deuteronomy 31:8

Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD himself, is my strength and my defense ; he has become my salvation." Isaiah 12:2

WHEN YOU FEEL DONE WITH ALL THIS

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:16-18

I can do all things through him who strengthens me. Philippians 4:13

And we know that for those who love God all things work together for good, for those who are called according to his purpose. Romans 8:28

WHEN YOU FEEL BORED

Whatever you do, work at it with all your heart, as for the Lord and not for men, Colossians 3:23

Laziness casts into a deep sleep, and an idle man will suffer hunger. Proverbs 19:15

Take a lesson from the ants, you lazybones. Learn from their ways and become wise! Proverbs 6:6

WHEN YOU FEEL LONELY

The LORD Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged. Deuteronomy 31:8

But you, LORD, are a shield around me, my glory, the One who lifts my head high. Psalm 3:3

WHEN YOU FEEL ANGRY

In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:26-27

Hatred stirs up conflict, but love covers over all wrongs. Proverbs 10:12

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. James 1:19

A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1

WHEN YOU FEEL LIKE NO ONE CARES

I waited patiently for the Lord; He turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; He set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Psalm 40:1-3a

Cast all your anxiety (worries) on Him because He cares for you. 1 Peter 5:7

The steadfast love of the Lord never ceases; His mercies never come to an end; They are new every morning; great is Your faithfulness. Lamentations 3:22

But God demonstrates His own love for us in this: While we were still sinners, Christ died for us. Romans 5:8

(Read Matthew 6:25-34)

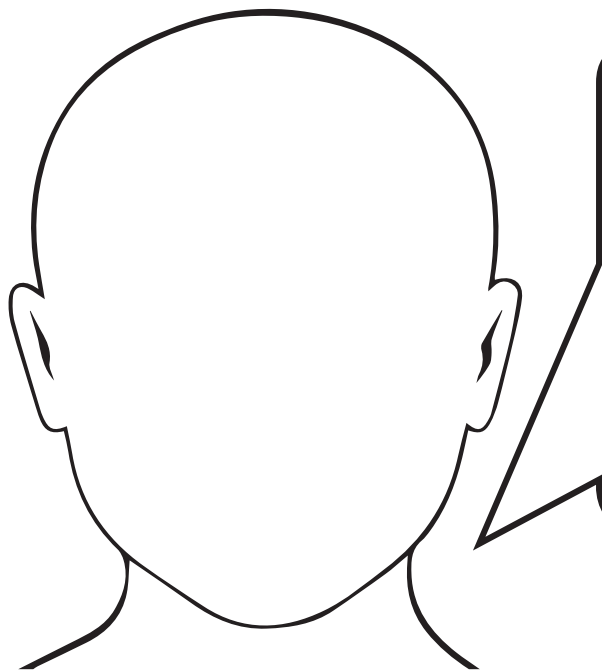
WHEN YOU FEEL STRESSED OUT

Come to Me [God], all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29

Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." John 16:33

HOW I'M FEELING



HOW MY FACE LOOKS



WORDS TO DESCRIBE HOW I FEEL:

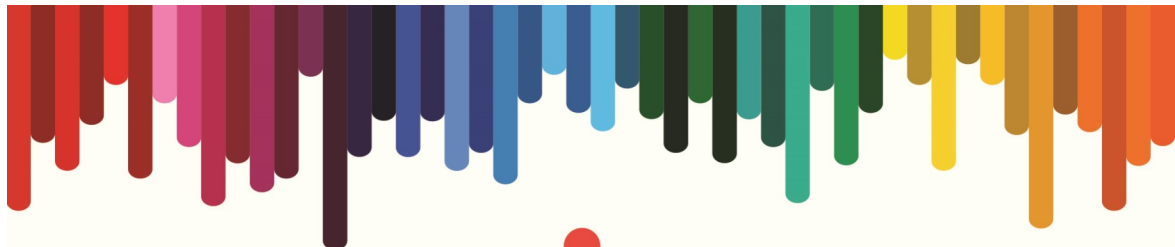
WHAT I HAVE LEARNED MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

<p>1</p>	<p>2</p>	<p>3</p>
----------	----------	----------

JOIN OUR ONLINE COMMUNITY!



VBC **KiDS**

HAVE KIDS CHURCH ONLINE!
FIND COOL VIDEOS AND FUN FAMILY ACTIVITIES
AT VALLEYBIBLE.ORG/KIDS-SUNDAY-ONLINE



VBC DAILY3 DEVOTIONAL VIDEOS

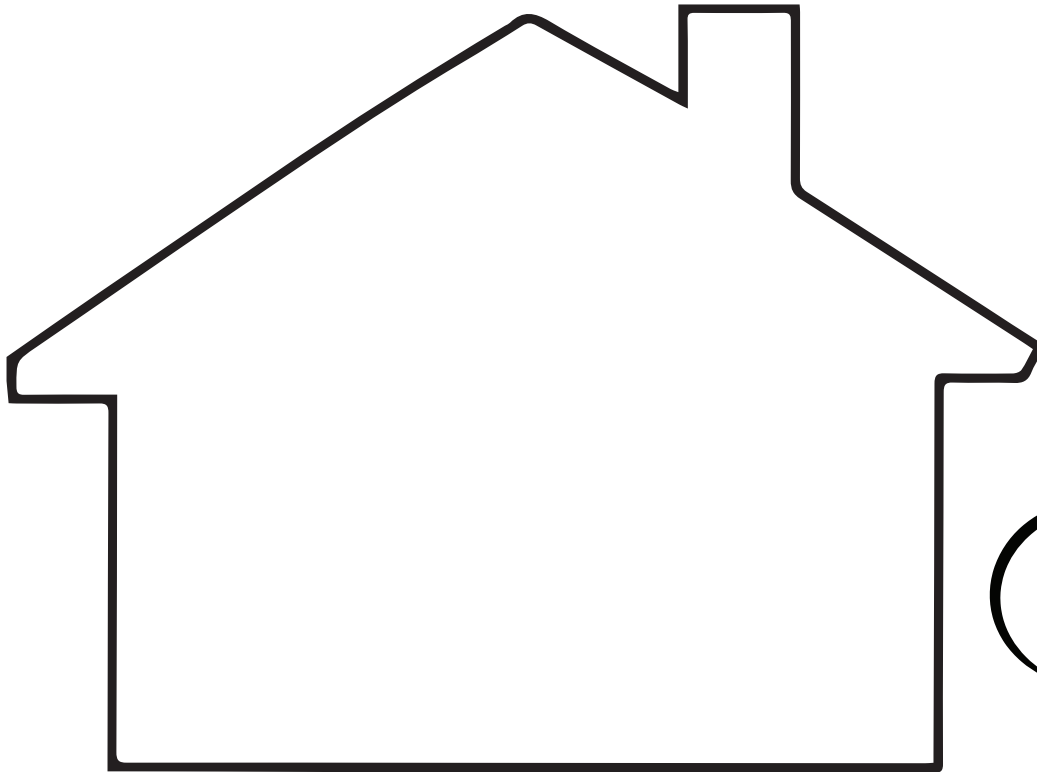


Psalm 119:105 says, "Your word is a lamp to my feet and a light to my path."

When times are hard and life is difficult it is easy to lose our sense of direction. God's Word always illuminates our path even when everything around us is dark.

These videos will unpack the passages for you and guide you in a time of prayer. Please join us on this journey as we discover to God's Word and seek Him in our prayers. **TO JOIN US, TEXT "VBCDAILY3" TO 474747**

MY COMMUNITY



COLOR THIS HOUSE TO
LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED &
HAVE FUN (hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH GOD?





PROTECT YOUR SPIRIT

Finally, **be strong in the Lord** and in His mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes...Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the **gospel of peace**. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the **sword of the Spirit, which is the word of God**. And **pray** in the Spirit on all occasions with all kinds of prayers and requests.

With this in mind, be alert and always keep on praying for all the Lord's people.
Ephesians 6:10-18

Submit yourselves, then, to God. Resist the devil, and he will flee from you.
James 4:7

Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.
1 Peter 5:8

But You, Lord, are a shield around me, my glory, the One who lifts my head high.
Psalm 3:3



PROTECT YOUR BODY

- **Wash your hands** for at least 20 seconds with soap and water.
- **Don't touch** your eyes, nose, or mouth, especially if you haven't washed your hands.
- Regularly clean and disinfect surfaces and objects you touch a lot.
- **Cover your mouth and nose** with a tissue if you sneeze or cough, then throw it out. If you don't have a tissue, **sneeze or cough into your elbow**, not your hands.
- Wear a **face mask** if you go out.
- **Social Distance** (stay 6ft away from other people) if you have to go out.
- **Stay safe at home!**

FOR PHYSICAL TRAINING
IS OF SOME VALUE, BUT GODLINESS
HAS VALUE FOR ALL THINGS, HOLDING PROMISE
FOR BOTH THE PRESENT LIFE AND THE LIFE TO COME.
1 TIMOTHY 4:8

YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!

BUSY

BUSY

WHAT I AM DOING TO KEEP
BUSY & SAFE:

SAFE

SAFE

BUSY

BUSY

THE GOSPEL HAND

GOD LOVES ME

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. **John 3:16**

I HAVE SINNED

For all have sinned and fall short of the glory of God. **Romans 3:23**

CHRIST DIED FOR ME

But God demonstrates His own love for us in this: While we were still sinners, Christ died for us. **Romans 5:8**

IF I BELIEVE...

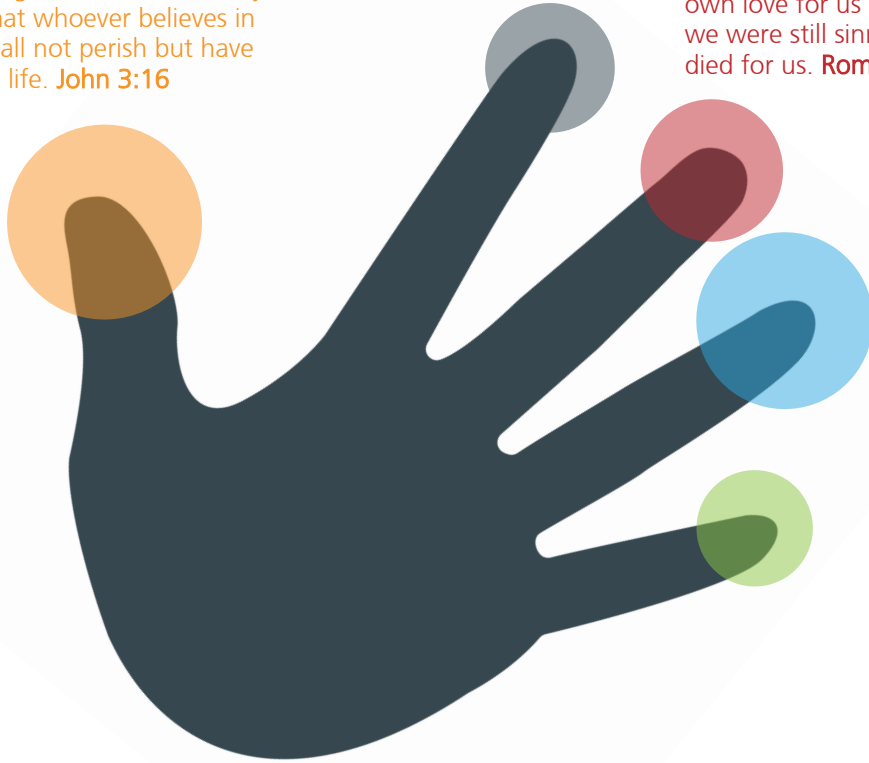
If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised Him from the dead, you will be saved. **Romans 10:9**

I WILL BE IN GOD'S FAMILY

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God-- **John 1:12**

AND I WILL GO TO HEAVEN!

I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. **1 John 5:13**



HAND-Y VERSES

YOU MAKE KNOWN TO ME THE PATH OF LIFE; YOU WILL FILL ME WITH JOY IN YOUR PRESENCE, WITH ETERNAL PLEASURES AT YOUR RIGHT HAND
PSALM 16:11

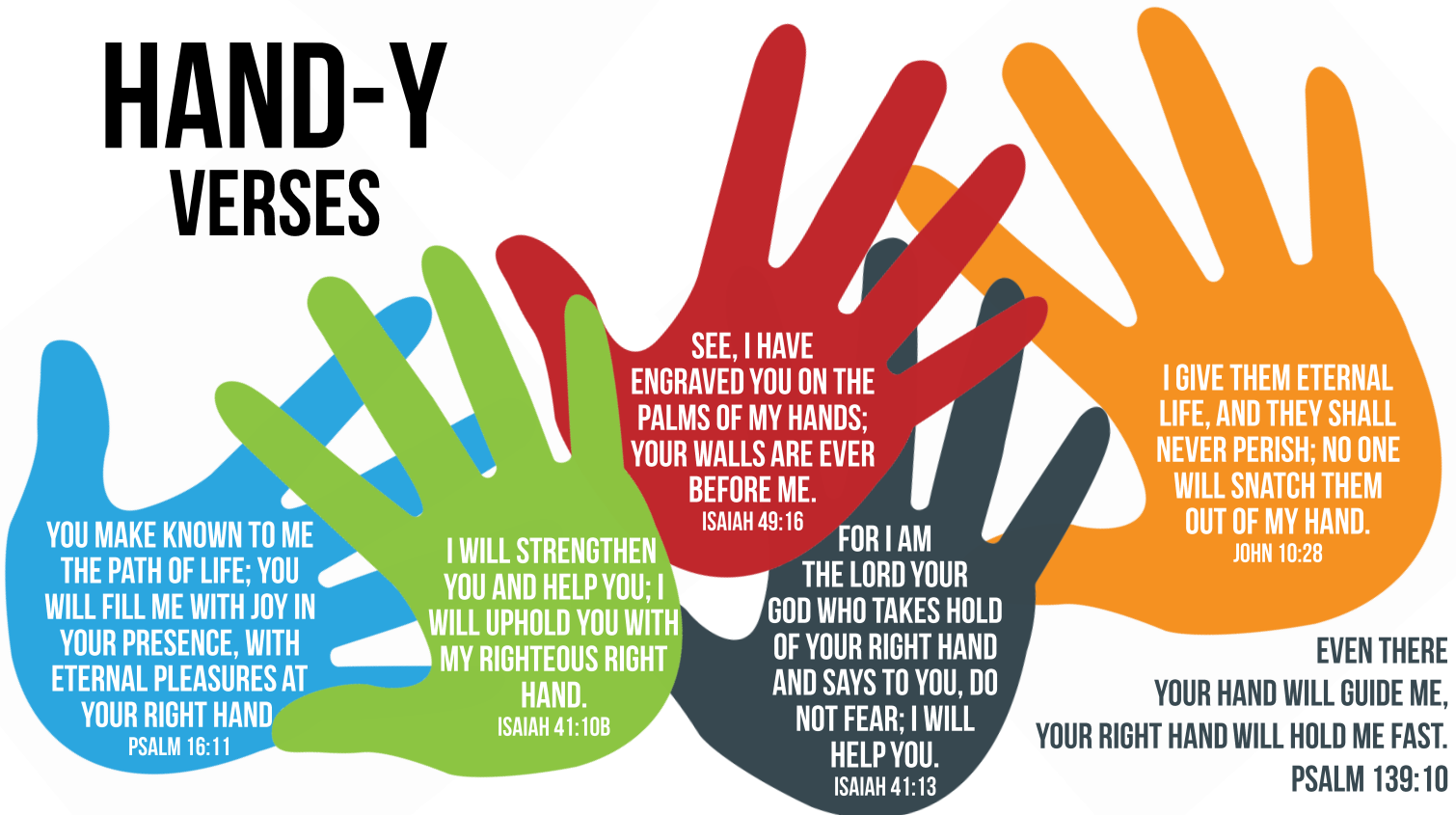
I WILL STRENGTHEN YOU AND HELP YOU; I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND.
ISAIAH 41:10B

SEE, I HAVE ENGRAVED YOU ON THE PALMS OF MY HANDS; YOUR WALLS ARE EVER BEFORE ME.
ISAIAH 49:16

FOR I AM THE LORD YOUR GOD WHO TAKES HOLD OF YOUR RIGHT HAND AND SAYS TO YOU, DO NOT FEAR; I WILL HELP YOU.
ISAIAH 41:13

I GIVE THEM ETERNAL LIFE, AND THEY SHALL NEVER PERISH; NO ONE WILL SNATCH THEM OUT OF MY HAND.
JOHN 10:28

EVEN THERE YOUR HAND WILL GUIDE ME, YOUR RIGHT HAND WILL HOLD ME FAST.
PSALM 139:10



OUR HANDPRINTS

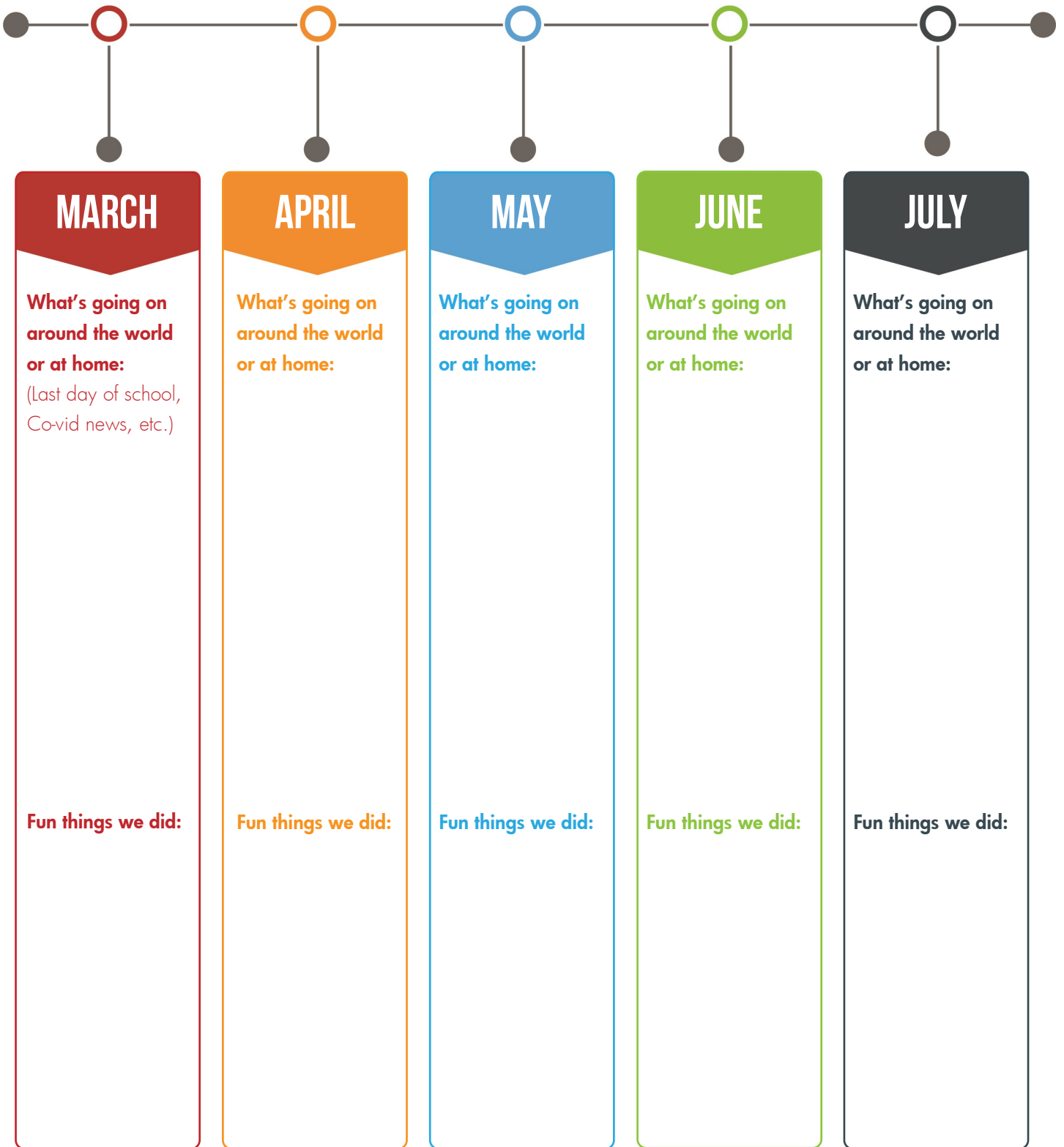


TRACE THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME (IN DIFFERENT COLORS) OR CUT THEM OUT OF DIFFERENT COLORED PAPER AND GLUE THEM HERE.





2020 COVID-19 TIMELINE



"There is a time for everything, and a season for every activity under the heavens:...a time to weep and a time to laugh,...a time to mourn and a time to dance, ...a time to embrace and a time to refrain from embracing, ...He [God] has made everything beautiful in its time." (from Ecclesiastes 3)

The Bible is God's letter to you! Write a letter to Him!

Hebrews
13:5

Peace I leave with you; my peace I give you... Do not let your hearts be troubled and do not be afraid. (John 14:27)

I have loved you with an everlasting love... (Jeremiah 31:3)

Matthew 10:30

Romans 5:8

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you...(Isaiah 40:10)

Cast all your cares on Him because He cares for you. (1 Peter 5:7)

2 Chronicles 7:14

Romans
10:9

Joshua 1:9

Isaiah
23:6

LETTER TO GOD

DEAR GOD,

LOVE,



[Jesus] answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, "Love your neighbor as yourself." (Luke 10:27)

INTERVIEW A FRIEND

**YOUR FRIEND'S NAME
AND INFORMATION
ABOUT THEM**

01

**WHAT'S THEIR
FAVORITE THING TO DO?**

02

**WHAT'S BEEN THE HARDEST PART
ABOUT THIS TIME?**

03

**WHAT ARE YOU MOST
THANKFUL FOR RIGHT NOW?**

04

**WHAT'S THE FIRST
THING YOU'RE GOING
TO DO AFTER?**

05

A friend loves at all times.—Proverbs 17:17

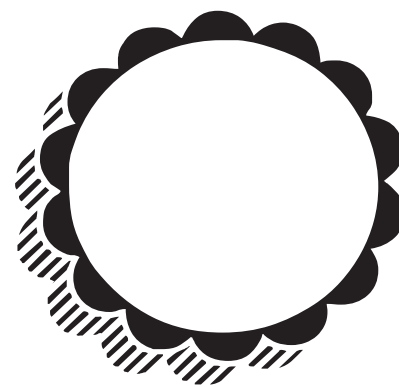
Train up a child in the way he should go; even when he is old he will not depart from it. Proverbs 22:6

INTERVIEW YOUR PARENTS

Children, obey your parents in the Lord, for this is right. Ephesians 6:1

WHAT HAS BEEN THE BIGGEST CHANGE?

WHAT DO YOU THINK ABOUT DOING SCHOOL AT HOME? "DISTANCE LEARNING"



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW/MOVIES YOU WATCHED : _____

YOUR NEW FOUND FAVORITE INSIDE FAMILY ACTIVITY: _____

FAVORITE FOOD TO BAKE: _____

FAVORITE TIME OF DAY: _____

FAVORITE PLACE TO HANG OUT: _____

GOALS FOR AFTER THIS:

ARTWORK BY _____



PAGES BY LONG CREATIONS.
ADAPTED BY VBC KIDS.