

**Supplies:** package(s) of Shrinky Dinks; a toaster oven or regular oven to put the Shrinky Dinks in; coloring pencils; a paper plate per student; a larger room for running around in

### OPENING PRAYER

#### TELL

- For the opening question, I'm going to ask you a question and then we'll go around the circle and say our names and then our answer to the question.
- I'll ask the question and then I'll answer first, ok?
- Opening question: *Have you ever moved or traveled? From where to where? Was it fun, exciting or scary?*

### GO AROUND THE CIRCLE

- During this Session (Patriarchs, Joseph and Moses), we've been talking and learning about Abraham, Isaac, Jacob, Joseph and Moses.
- These 5 individuals had a lot to do with the beginning of who we call the Israelites.
- By learning the stories of these 5 individuals, we are also getting the chance to learn and see how the relationship between the Israelites and God starts, struggles, and matures.
- All of these stories that we're hearing and talking about in this Session are from the Old Testament. This means these things happened well before Jesus was born. Between 1600 to 2000 years before Jesus was born. This means some of these stories are 4000 years old!
- For our first story, we're going to start with the story of Abraham.
- His original name was Abram. And his wife's original name was Sarai.
- What I'm going to read to you today is a brief summary of their life.

### READ A summary of Genesis, chapters 12 -17

About 400 years after Noah and the flood, Abram was born (show timeline poster). God calls Abram to move to Haran from Ur. So Abram and his family (father, mother, brothers and wives) do so. It's a journey of about 600 miles.

After they've lived there for a number of decades, Abram at 75 years of age and his wife, Sarai, have no children. It's at this time that God speaks to Abram and tells him: Go from this country and your father's house to the land that I will show you. I will make a great nation of you and I will bless you and your name greatly so that you will be a blessing. I will bless those who bless you and in you all the families of the earth shall be blessed. – Gen 12:1-3.

This promise that God makes with Abram is called a covenant. Say the word "covenant" with me: *Covenant*. A covenant is an agreement that comes true when two or more people do exactly what they say they'll do. Sounds simple, right? But it involves a lot of trust.

And so Abram and Sarai listen to God and move to the land that God shows them. They moved to a land called Hebron. This is another 600 mile move for Abram (show map) and, he's much older than last time. This is not an easy thing God is asking of Abram.

There were a number of things that happened between Abram and Sarai and Abram's nephew, Lot, during this second journey that we're not going to talk about today. But in all those things that happened, Abram and Sarai still did not have a child. They had grown even older (90 years old) and the idea of having a child became less and less likely, even impossible. However, God sent messengers to visit Abram and to reassure him that God's promise would come true. Sarai, though, overheard the conversation and laughed because it seemed so impossible to her that at her age she's going to have a child. As a reminder of his covenant, God renames them Abraham (Abram = "exalted ancestor. Abraham = "ancestor of a multitude") and Sarah (Sarai = "my princess." Sarah = "princess") (Gen 17:1-16).

A year after God renames them, Sarah gives birth to a son. Sarah names him, "Isaac," which means "Laughter."

### **ASK (answers in parentheses)**

- Did you hear anything about travel or moving? (yes)
- Who moved? (Abram and Sarai)
- How many times did they move? (Twice)
- Do you remember how old Abram was when he moved the second time? (about 75 yrs old)
- What was Abram's name changed to? (Abraham)
- What was Sarai's name changed to (Sarah)
- Do you remember what God's part of the covenant was? (God told Abram, "I will make a great nation of you and I will bless you and your name greatly so that you will be a blessing. I will bless those who bless you and in you all the families of the earth shall be blessed.")
- So in order for Abram to become a great nation, what would he need to have? (a child!)
- And by the time Abram and Sarai were 90 years old, what did they still not have? (a child!)
- So it seemed like God wasn't going to be able to follow through with God's part of the covenant, did it?

### **TELL**

- God tells Abraham that Abraham will be the start of a great people. God is talking about the Israelites. Abraham is considered the father of the Israelite people.
- But God doesn't make Abraham into a great people in the way that we might expect a great people to made. Certainly not in the way Abraham or Sarah expected, right? Sarah even laughed at one point when she heard that this covenant from God was still going to happen. She didn't believe it could happen!
- So the first thing we learn about God through Abraham and the Israelites is that God has plans for us and then shares those plans with us.
- We then have to be obedient to those plans, like Abraham was in his moving about.
- And then, God's plan rarely is carried out in the way that we would expect.

- So as a way to practice getting something done in a surprising way, our craft for today will be about making things smaller.

### **EXPLAIN Shrinky Dink ACTIVITY**

- (Note: Do not call them "Shrinky Dinks" until the very end of the lesson)
- I am passing out to you some different types of cut-out pictures of animals and plants.
- Before we do anything else, we're going to color them
- However, just to let you know, after you color them, I'm going to shrink them!
- If you know what these things are, please don't say what they are to the rest of the class.

### **DO COLORING of SHRINKY DINKS**

#### **ASK**

- So I'm going to make your creations a little bit smaller. For those of you who know what these things are, don't answer the next question: How do you think I'm going to make these creations smaller?
- Maybe we should put them in the freezer? Or a bowl of water? Maybe we could step on them to make them smaller?

#### **TELL**

- We're not going to do any of those things to shrink your creations.
- Instead, we're going to put these creations of ours in an oven! (see page 5 of lesson for Shrinky Dink Oven Instructions)

### **DO Shrinking of Shrinky Dinks**

#### **TELL**

- So just like this may have been a surprising way (for some of us) to shrink our masterpieces, so does God often surprise us in how God works with and through us.
- But God can't work through us by accident. We have to be listening to, and paying attention to God and then do what we think God is calling us to do.
- Abraham didn't accidentally move 1200 miles. He moved because God called him to do so.
- But there's risk involved in obeying God. It can be scary. And we have to let go of some things.
- (If there's time)...We're going to play a game now that helps us see how movement and trust go together, and how fear and holding still go together.

### **EXPLAIN 2nd Activity - "Risk"**

- Ok, we're going to stand in a circle, shoulder to shoulder.
- Now we're going to take 3 (or 5) large steps backwards.
- I'm now handing out to each of you a paper plate.
- You're going to put that paper plate under your feet.
- That is your "home."
- You may not move that plate for the rest of the activity.
- I'm now going to stand in the middle of the circle. Notice that I do not have a home.
- The point of this activity is that if you want to trade homes with someone, you may.
- You trade homes by moving your body to a home/plate that does not have someone standing on it.

- Sometimes, you might arrange a move with someone by pointing at them and other times, you might just move to a home while other people are in the middle of moving.
- Also, while you are moving, I might be trying to move into your home as well.
- If all plates have someone standing on them, and you do not have a plate, then you stand in the middle of the circle and wait to move in while others are in mid-move.

## **DO "RISK" Activity**

### **ASK/TELL**

- If you were scared of losing your home and being in the middle, you didn't move very much from your paper plate, right?
- Was that very fun?
- However, if you trusted that being in the middle wouldn't last very long or wouldn't be so bad, you then moved more, right?
- Was it more fun to move than not moving?
- The same thing is true for us and God. The more we trust that God is with us, the more we will move and enjoy the life God is calling us to live.
- That is the Good News for today.

### **CLOSING PRAYER**

## Shrinky Dink Baking Instructions

### **CUT-OUT**

#### **USE STANDARD SCISSORS**

Yes, plastic can be die-cut! Cut out interior shapes: use a paper punch, then insert scissors  
Cut circles or shapes as smoothly as possible.

Create fancy edges with Designer  
Scissors, -ie, zig-zag, etc.

Small Manicure Scissors, with pointed and bent tips, are ideal for cutting interior shapes, circles and even small holes.

### **PUNCH HOLES (if Need Be)**

**PAPER PUNCH** Remember – holes Shrink too!! Punch several times if a larger hole is needed.

A standard sized Paper Punch is ideal for most projects. Use a 1/8 Punch for jewelry and button making.

**PUNCH HOLES BEFORE BAKING!**

### **BAKE**

#### **TOASTER OVEN OR CONVENTIONAL OVEN**

A Toaster Oven is ideal for baking Shrinky Dinks. However, your Conventional Oven will Shrink your masterpiece just as well.

#### **IMPORTANT**

*ADULT SUPERVISION IS REQUIRED WHEN CHILDREN ARE INVOLVED!*

**SHRINKY DINKS WILL NOT WORK IN A MICROWAVE OVEN!**

Step 1: PRE-HEAT Oven to 325 F

Step 2: Cut a Rectangle shape out of a Brown Grocery Bag and turn one corner up. (Turned up corner will make it easy to remove from tray or cookie sheet).

Step 3: Place Shrinky Dinks pieces, colored side up, on brown paper and place paper in tray or on cookie sheet. Put into PRE-HEATED OVEN.

Step 4: WATCH as your SHRINKY DINKS shrink. Bake approximately 1 to 3 minutes. After pieces lay flat, allow an additional 30 seconds of baking time to complete the process.

Step 5: Remove paper from tray or cookie sheet and lightly press FLAT with i.e. folded paper or a pad of paper – until pieces have cooled. (Approx. 15 seconds.)

Occasionally, a piece may stick to another piece. If this happens, cautiously reach into your oven and pull pieces apart. Allow piece to complete the baking process.

Note: When plastic is removed from oven, it can be shaped or twisted, i.e. a napkin ring.

## **Key Verses & Theology:**

*God speaks to Abram and tells him: Go from your country and your father's house to the land that I will show you. I will make a great nation of you and I will bless you and your name greatly so that you will be a blessing. I will bless those who bless you and in you all the families of the earth shall be blessed.* – Gen 12:1-3. This is the beginning of Israel. And who is Abram? Except for the genealogy that precedes Chapter 12, we don't know. All we know is that Abram hears this covenant, and then moves. And it's quite the move. And yet, God's promise doesn't happen in a conventional way. Abram and Sarai don't have many, many children. Instead they have one child together, Isaac. God is moving slowly. Two generations later, Jacob has twelve boys and is renamed Israel. But Abram has no way of knowing this. But these verses are a reminder of who the Israelites were made to be: A blessing to all the families of the earth.

## **Themes to Focus on from the Scripture:**

**Covenant:** A covenant is an agreement between all the parties involved to do what they are agreeing to do. In the Bible stories, a covenant usually took the form of God saying, "These are what the conditions of the agreement will be" without explaining how the covenant will come to be fulfilled by God. So that's where the trust comes in. God says, "When you do this and I'll do this," but God has God's own timetable and does not reveal how God's "this" will come to pass. But yet, Abram does what God calls him to do. He moves.

**Movement:** Often, to fulfill a covenant, some form of movement was needed. Movement symbolizes trust, just as paralysis symbolizes fear. The more freely an individual moves, the more trust s/he is exhibiting. Abram's movement in the story, starts in Chapter 11 with his family, they move 600 miles to Haran from Ur. Now God's telling Abram to move again. Eventually, Abram arrives in Hebron, another 600 mile journey, which is double the distance from Ur than what Abram had originally intended. And he's old now, he's 75 at the time of this telling. Who knows what age he really was, since the ages are a little hard to tell in the early Old Testament, but one thing is for sure, he was older than the last time he traveled, and he's going just as far as the last time he started over. This is not an easy thing to do.

**Names:** God says I will bless you *and your name*. And then later on, God changes Abram and Sarai's names to Abraham and Sarah. Which seem to at least in English have a better ring to them. But this is late in their lives that their names are changed. Not only have they moved, a second time and have to start all over, now they have to get used to new names. Then, a year later, they are parents. These are huge changes in identity, though the actual name changes in meaning are more subtle: Abram means "exalted ancestor" and Abraham means "ancestor of a multitude." Sarai means "princess" and Sarah means "my princess."