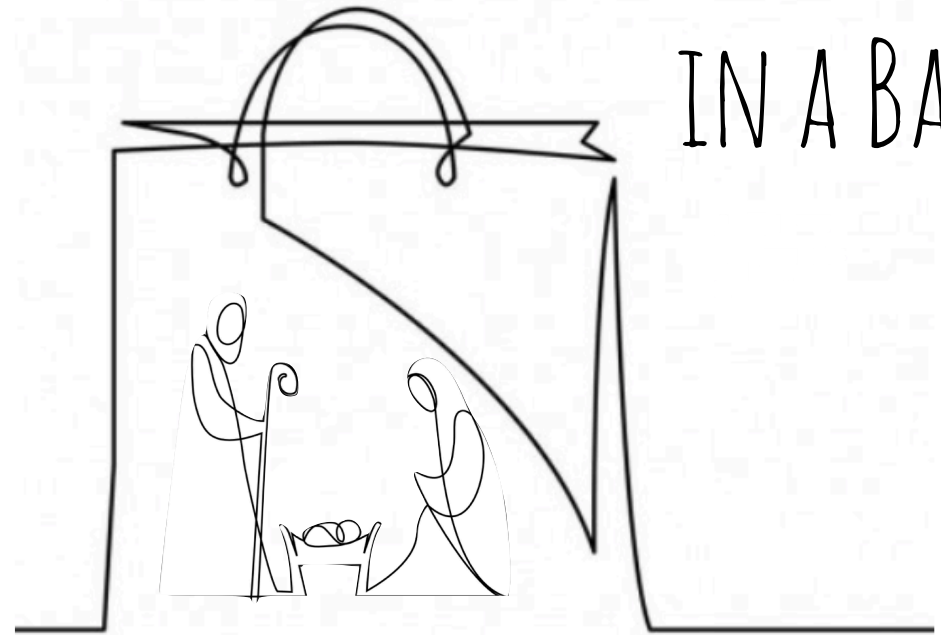


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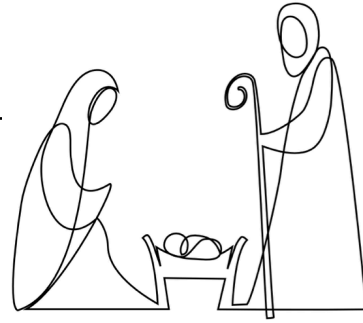
*Advent*

IN A BAG



# ADVENT IN A BAG

The people walking in darkness  
have seen a great light;  
on those living in the land of deep darkness  
a light has dawned.  
+ Isaiah 9:2



The season of Advent spans the four weeks leading up to Christmas. Often we think of Advent as the church season of waiting - because it feels like we have to wait so long for Christmas to get here. However, the word Advent actually means coming. We are getting ready for Jesus to come in the form of a baby, we are praying for more of God's presence with us each day, and we are waiting and preparing for Jesus to one day come again.

Why "Advent in a Bag"?

The weeks leading up to Christmas are often so busy that the arrival of Jesus is forgotten. Inside this bag are a variety of interactive ways to include Jesus in your Christmas preparations. Use the directions and supplies in the box to create your own Advent Spiral. Use your Advent Spiral to countdown the days until we celebrate Jesus' arrival on December 25th. Use this time each day to pray a simple prayer and be thankful for God's presence with you.

For each week of Advent you will find:

- 1 Scripture section, 1 Hands on Activity,
- 1 Interactive Prayer idea, and 1 Emmanuel segment.

Everything else you need to do the activities is in the box, aside from a few normal household supplies listed here:

- Pen or colored pencils, milk, shallow bowl or plate, dish soap,
- tape or stapler, empty soup can, crushed ice, and matches or lighter.

Do the suggested ideas all at once or spread them out throughout the week. Work at your family's pace. You may even consider making it device-free time to spend with each other and God.

If you feel like you need a little extra help while doing the activities, visit our website, [www.arlingtonadventist.com/formkids-advent](http://www.arlingtonadventist.com/formkids-advent) where we have videos posted.

*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*

We pray that your family will experience Emmanuel — the God with Us — this Christmas, and that you will be certain of His presence in your hearts and lives as we wait for his return.

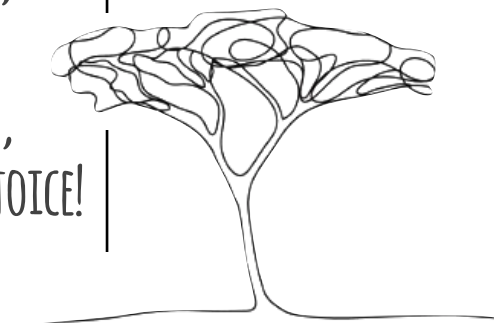
With love,

Arlington Adventist Church

# Emmanuel

Jesse was the father of Israel's greatest king, David. Before David died he received this promise from God through the prophet Nathan, "Your royal house and your kingdom will last forever in my sight. Your throne will last forever." (2 Samuel 7:16) This promise was made to King David that someone from his family tree would sit on the throne of Israel forever. Joseph, Jesus' earthly dad, is in David's family tree. You can read all about this in Matthew chapter 1. This new king, Jesus, will be a signal (ensign) to the people all over the earth and will be High King over the rulers and leaders of the nations.

O COME, THOU ROOT OF JESSE'S TREE, AN  
ENSIGN OF THY PEOPLE BE;  
BEFORE THEE RULERS SILENT FALL,  
ALL PEOPLES ON THY MERCY CALL. REJOICE!  
REJOICE! EMMANUEL  
SHALL COME TO YOU, O ISRAEL.



Jesus is not only our High King, but the Bible says he is also our High Priest. Hebrews 4:15-16 says, "We have a high priest who can feel it when we are weak and hurting...So let us boldly approach God's throne of grace. Then we will receive mercy. We will find grace to help us when we need it." Say a prayer of thanks for God's mercy. Jesus also told us that we are to "have mercy, just as your Father has mercy." (Luke 6:36) How could you show mercy to someone this week?

When we sing this song we are reminded that God is with us and God is merciful.  
God is with us and we can rejoice!

**Listen at: [www.arlingtonadventist.com/formkids-advent](http://www.arlingtonadventist.com/formkids-advent)**

# Week One

## READ

*Scripture* – for Hands On Activity #1

God saw everything he had made. And it was very good.

+ Genesis 1:31

The serpent said to the woman, "Did God really say, 'You must not eat fruit from any tree in the garden?'" The woman said to the serpent, "We may eat fruit from the trees in the garden. But God did say, 'You must not eat the fruit from the tree in the middle of the garden. Do not even touch it. If you do, you will die.'" "You will certainly not die," the serpent said to the woman. "God knows that when you eat fruit from that tree, you will know things you have never known before. Like God, you will be able to tell the difference between good and evil." The woman saw that the tree's fruit was good to eat and pleasing to look at. She also saw that it would make a person wise. So she took some of the fruit and ate it. She also gave some to her husband, who was with her. And he ate it.

+ Genesis 3:1-6

Then the man and his wife heard the Lord God walking in the garden. It was during the coolest time of the day. They hid from the Lord God among the trees of the garden. But the Lord God called out to the man. "Where are you?" he asked. "I heard you in the garden," the man answered. "I was afraid, because I was naked. So I hid."

+ Genesis 3:8-10



IN THE  
BEGINNING,  
GOD CREATED THE  
HEAVENS AND THE  
EARTH.

+ GENESIS 1:1

THEN GOD SAID, "LET US  
MAKE HUMAN BEINGS SO  
THAT THEY ARE LIKE US."

+ GENESIS 1:26

# Hands On #1

The first chapter of the Bible tells us about how God created the world and human beings. Read the verse (on the previous page) to help your family learn how God created you.

Read Genesis 1:1, 1:26, 1:31.

According to these verses, what did God create humans to be like? How did God feel about everything that was created? How does it make you feel to know that you are created in God's image and that God thinks you are "very good"?

Adam and Eve were made to be in relationship with God, but they made a decision that damaged this relationship. Read Genesis 3:1-6. What decision did Adam and Eve make that went against God's command? What is the result of their decision?

Read Genesis 3:8-10. Why are Adam and Eve hiding? Can you think of a time when you did something wrong and wanted to hide?

DO: Pour enough milk onto a shallow dish so that the bottom is covered. Spacing out the fizzer tablets, place each one in a different section in the milk. Wait 5 minutes for your color to spread throughout the milk. Do not stir. Dip your Q-tip into dish soap, then dip the Q-tip into the milk (remember to keep dipping the Q-tip in the soap before dipping in the milk).

What happens when you dip the Q-tip with dish soap into the milk? The colors move away from the Q-tip every time it is dipped in the milk. This is similar to the way sin separates us from God's presence. God wants to be with us, but because of our sin we have lost access to the presence of God. God never stops wanting to be with us and the Bible tells us the story of God's plan to be with us which includes sending Jesus as a little baby born in Bethlehem!

PRAY: God, thank you for always wanting to be with me even when I make mistakes. Amen.

## SUPPLIES:

- + 3 COLOR FIZZER TABLETS
- + Q-TIP
- + DISH SOAP
- + MILK

# Prayer Activity #4

Historically, the celebration of Advent has involved looking back to Jesus' birth and looking forward to Jesus' return. Today, we are going to look forward to the promises made to us in the second to the last chapter in the Bible.

Read Revelation 21:3-4.

This passage from the last book of the Bible shows what it will be like when God's plan is finally complete. During this time God will again be dwelling again directly with the people! God will be so close to us that God can even wipe away our tears. "Things are no longer the way they used to be" when we were separated from God. God will be with us taking away our sadness and pain and God will make a home with us. How does it make you feel to know that God is preparing a special place for you?

DO:

Stick your candle into something that will hold it up (like a piece of cake or playdough). Take turns saying a one sentence prayer and then blow the candle out. Because these are relighting candles the candle should spark back to life. Repeat until everyone has a chance to pray. Relight the candle if necessary.

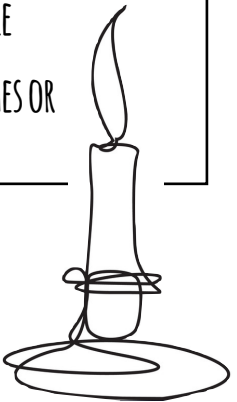
Read John 1:4-5.

Say a prayer of thanks that Jesus, the Light of the World, has come to be Emmanuel, God with us.

Ask God to help you remember that darkness will never overcome the light of Christ!

## SUPPLIES:

- + CANDLE
- + MATCHES OR LIGHTER



# Hands On #4

Jesus being Emmanuel and dwelling with us as a human being is worth celebrating but that is not the end of God's plan. The Bible tells us that God not only wants to dwell with us; God wants to dwell in us! Jesus' last words to his followers were "And you can be sure that I am always with you, to the very end" (Matthew 28:20). Jesus can be with us always because of the gift of the Holy Spirit.

Read 1 Corinthians 6:19 & 2 Corinthians 6:16.

According to these verses, where is God's temple now?

DO: Break 2 Alka Seltzer tablets in half. Gather your supplies and go outside! Remove the lid from the film canister and put 1 teaspoon of water into the canister. Next as quickly as possible drop the tablet half in the canister and snap the cap back on tightly. Place the canister on the ground, cap side down and step away from the canister at least 6 feet. In about 10 seconds, you will hear a pop and the film canister will launch into the air. How high in the air did your canister go? Repeat with your remaining half tablets. What do you think generates the power which launches the canister into the air? The combination of the water and the tablet creates carbon dioxide which builds up inside the canister and causes the lid to separate from the canister in an explosive manner. Without the alka seltzer tablet, the canister would not fly into the air. The canister would also not fly if you simply put the tablet in without any water. What is needed is the combination of the two. This is similar to what happens to us when God, in the form of the Holy Spirit, comes to dwell in us.

Read Acts 1:8. When God comes and dwells in us, filling us with the Holy Spirit, we are given power. This power of God cannot be contained, it will explode out of us and God will use us to tell others about God's wonderful plan to be Emmanuel, God with us!

PRAY: God, fill me with your Holy Spirit and make Your love explode out of me to all those around me. Amen.

## SUPPLIES:

- + FILM CANISTER
- + 2 ALKA SELTZER TABLETS
- + TSP MEASURING SPOON
- + WATER

# — Prayer Activity #1 —

The word Emmanuel which means "God with us", is something that we hear at Christmas time. Jesus is called Emmanuel because he came to earth to be with us, but the entire Bible tells us the story of how God has always wanted to be with us! This Advent season we will be focusing on how God created us and longs to be in relationship with us. The Bible tells us over and over again that God wants to be with you! How does that make you feel?

## Do

Cut apart your prayer chain papers so that you have 25 individual strips of paper. Put your numbers in order 1 to 25 and then start putting your paper chain together.

Tape or staple your strips of paper so that the Bible verse is on the inside. Start with strip 1 and go in numerical order until you reach 25. Hang your paper chain somewhere that it is easy to reach since you will need to remove a link in the chain each day.

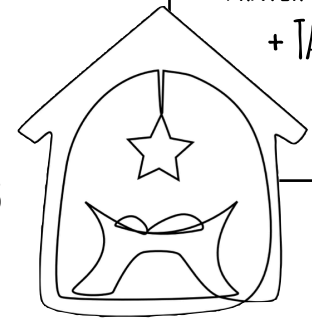
Choose a time each day which works for your family (it might be helpful to do it the same time every day so that it becomes a habit) to remove a link from the chain together starting with the chain link 1, ideally on December 1.

When you remove the link, read the Bible verse out loud. Think about how you can turn the Bible verse into a prayer. For example, if the Bible verse talks about not being afraid because God is always with you, then you could pray "God, please help me remember you are with me when I feel afraid." You can also use these verses to pray for others such as "Dear God, please help Grandma not to be afraid. Thank you for being with her!"

After reading the Bible verse of the day, find a place to hang it up (like on your refrigerator) so that as we draw closer and closer to celebrating Christmas you will have lots Bible verses to remind you that God, our Emmanuel, wants to be with you!

## SUPPLIES:

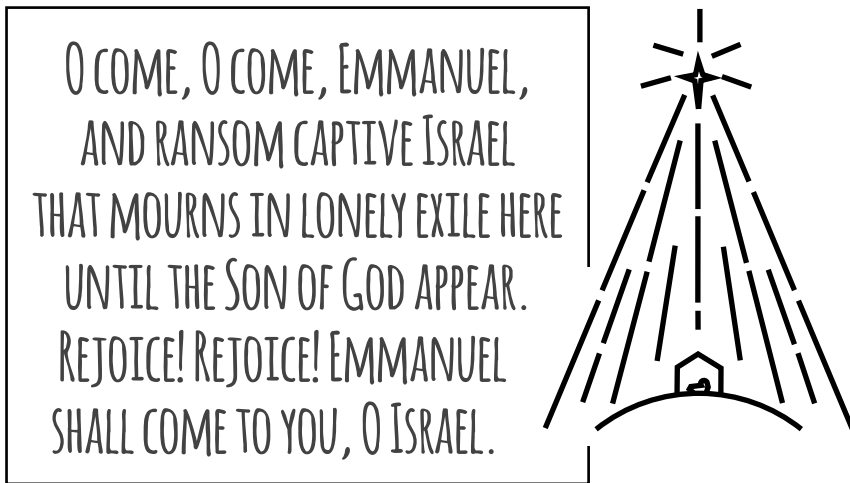
- + PRAYER CHAIN SHEETS
- + TAPE/STAPLER



# Emmanuel

## GOD WITH US

This Advent season we are focusing on being aware of God's presence with us each and every day. Singing songs to God is one way that many people enter into God's presence. We are going to take a deeper look at one of the oldest Christmas songs which is still sung all around the world, "O Come, O Come Emmanuel." Each week during Advent we will look at one of the verses. Play different versions at [www.arlingtonadventist.com/formkids-advent](http://www.arlingtonadventist.com/formkids-advent)



The first verse refers to the promise made in the Old Testament book of Isaiah 7:14, "Therefore the Lord himself will give you a sign: The virgin will conceive and give birth to a son, and will call him Emmanuel." Remember that Emmanuel means 'God with us.'

The prophet, Isaiah, was inspired by God to write these words 600 years before Jesus' birth while the people of Israel were being held captive in Babylon. They were longing for freedom from exile- hoping for their Emmanuel to come. The refrain for this song calls us to rejoice because our Emmanuel will come, has come and will come again!

When we sing this song, we are reminded that God is with us when we are lonely and feeling sad or hopeless. God is with us and we can rejoice!

# Week Four

## READ

*Scripture* – for Hands On Activity #4

Don't you know that your bodies are temples of the Holy Spirit? The Spirit is in you, and you have received the Spirit from God.

+ 1 Corinthians 6:19

We are the temple of the living God. God has said, "I will live with them. I will walk among them. I will be their God. And they will be my people."

+ 2 Corinthians 6:16

But you will receive power when the Holy Spirit comes on you. Then you will tell people about me in Jerusalem, and in all Judea and Samaria. And you will even tell other people about me from one end of the earth to the other."

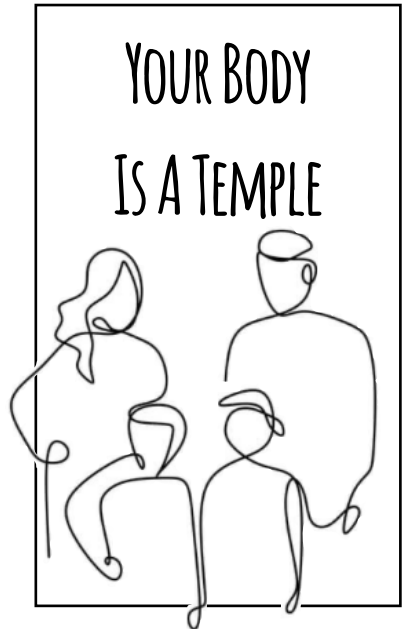
+ Acts 1:8

I heard a loud voice from the throne. It said, "Look! God now makes his home with the people. He will live with them. They will be his people. And God himself will be with them and be their God. 'He will wipe away every tear from their eyes. There will be no more death.' And there will be no more sadness. There will be no more crying or pain. Things are no longer the way they used to be."

+ Revelation 21:3-4

Life was in him [Jesus], and that life was the light for all people. The light shines in the darkness. But the darkness has not overcome the light.

+ John 1:4-5



# Emmanuel

All 7 verses in this great song are based on the original Latin antiphons which are structured like this: O come (name of God or Jesus), a description of something God did or does, and then an action. In verse 3, God is called the 'great Lord of might' which refers to Deuteronomy 10:17: "The Lord your God is the greatest God of all. He is the greatest Lord of all. He is the great God. He is mighty and wonderful."

O COME, O COME, GREAT LORD OF MIGHT,  
WHO TO YOUR TRIBES ON SINAI'S HEIGHT  
IN ANCIENT TIMES DID GIVE THE LAW  
IN CLOUD AND MAJESTY AND AWE.  
REJOICE! REJOICE! EMMANUEL  
SHALL COME TO YOU, O ISRAEL.

Listen at:  
[www.arlingtonadventist.com/  
formkids-advent](http://www.arlingtonadventist.com/formkids-advent)



The description is of when God met with Moses and the people of Israel at the foot of Mt. Sinai. Exodus 19:16-18 describes this encounter: "A thick cloud covered the mountain...Then Moses led the people out of the camp to meet with God. They stood at the foot of the mountain. Smoke covered Mount Sinai, because the Lord came down on it in fire. The smoke rose up from it like smoke from a furnace. The whole mountain trembled and shook." The action in verse 3 is God giving Moses and the people the law.

When we sing this song we are reminded that God is with us "in cloud and majesty and awe." Take time to pause and look around our world this week. Where do you see God's majesty?

What fills you with awe? God is with us and we can rejoice!

Try writing your own new verse for "O Come O Come Emmanuel" using this pattern.

# Week Two

## READ

*Scripture* – for Hands On Activity #2

The Lord said to Abram, "Go from your country, your people and your father's family. Go to the land I will show you. I will make you into a great nation. And I will bless you. I will make your name great. You will be a blessing to others."

+ Genesis 12:1-2

The Lord took Abram outside and said, "Look up at the sky. Count the stars, if you can." Then he said to him, "That's how many children will be born into your family." Abram believed the Lord. The Lord was pleased with Abram because he believed.

+ Genesis 15:5-6

The Lord said to Moses, "Have them [the people of Israel] make a sacred tent [tabernacle] for me. I will live among them. Make the holy tent and everything that belongs to it. Make them exactly like the pattern I will show you."

+ Exodus 25:8-9

Then the cloud covered the tent of meeting. The glory of the Lord filled the holy tent. Moses couldn't enter the tent of meeting because the cloud had settled on it. The glory of the Lord filled the holy tent.

+ Exodus 40:34-35





# Hands On #2

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After leading the Israelites out of Egypt, God decides it is time to once again live with the people of Israel in a tabernacle (a fancy word for a tent).

Read Exodus 25:8-9.

God is planning to live among the people of Israel for the first time since humans were cast out of the garden of Eden. God has a plan to restore God's presence with the people and the tabernacle is an important part of that plan. God gives very specific instructions and the people must follow them exactly.

DO: Take turns following instructions on the building challenge sheet. Choose one person to give the instructions while the others try to follow the instructions exactly. How well did you follow instructions? Was there anything that helped you to follow the instructions better? To check to see if you successfully followed the building challenge sheet instructions, go to [www.arlingtonadventist.com/formkids-advent](http://www.arlingtonadventist.com/formkids-advent)

After Moses and the people of Israel followed all of God's instructions to set up the tabernacle, God's presence filled the tabernacle.

Read Exodus 40:34-35.

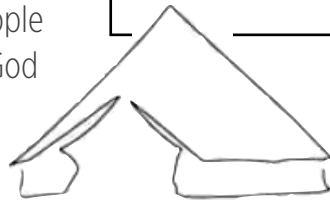
God is now dwelling with the people again. However, did you notice that Moses is not allowed to go into the tent to meet with God? This is because now only the high priest is allowed to come into God's presence. The priest is only allowed to do this on one day of the year and only after following God's very specific instructions. Lucky for us this was not the end of God's plan! God's future plan allows for all of us to be in God's presence every day!

PRAY: God, thank you for loving me so much and wanting to be with me!

## SUPPLIES:

+ INTERLOCKING DISCS

+ BUILDING CHALLENGE SHEET



# —Prayer Activity #3—

God's people waited for many years for Emmanuel to become a reality with the birth of Jesus. When God decided the time was right, he sent an angel to speak to Mary and Joseph.

Read Matthew 1:20-22.

What names does the angel say the baby will and shall be called? The angel says the baby will be named Jesus and called Emmanuel (Isaiah 7:14). When God says that this child is to be named Jesus, the name is important. The name Jesus means "save his people."

Read John 1:1-5. Read again and whenever you see 'the Word' replace it with 'Jesus.'

What can you do with words? Lots! Sometimes a single word repeated can be a prayer! Praying the name of Jesus, "The Word" or Emmanuel can be a way to praise God and feel him near. Sometimes, though, we are in places or situations where we need to be quiet but still need to pray.

## Do

Morse Code is a method of communicating where letters are represented by combinations of long and short signals of light or sound called dots and dashes. Here are some names of Jesus in Morse code:

Jesus: .--- . ... -- ...

Emmanuel: .. -- -- .- -. -- .- ..

The Word: - .... . / .--- --- .- .-

Go to the website, <https://morsecode.world> and click on the 'Have a go' button in the translator box. Type in one of the names of Jesus into the input box. You will see the morse code translation in the output box. If you click on play, you can hear the dots and dashes. (Tip: Click on the configure button and slow your speed down to 10 words per minute so it isn't quite so fast). See if you can tap along with your finger or a pen.

If you can, memorize one of the patterns for Jesus' name or come up with your own pattern! That way when you need to feel close to God, you can tap out his name in a prayer.



# Hands On #3

Matthew, Mark, Luke and John, which are called the Gospels, tell the story of the life of Jesus. Both Matthew and Luke begin by telling the story of Jesus' birth. The book of Mark starts with Jesus already grown. John, though, tells the story of Jesus' birth in a very different way.

Read John 1:-5.

John calls Jesus "the Word". John reveals to us that long before Jesus was born he was with God "in the beginning."

Read John 1:-14.

God, in the form of Jesus, now makes his home with us! This is what God has been working toward step by step throughout the Bible!

Read John 1:-14 again from the Message.

God wants to be with us - in our neighborhood. Being in relationship with us has been God's plan all along!

DO: Fill your empty soup can half full of crushed ice. Next pour in the rock salt. Stir vigorously for several minutes. What happens to the outside of your can? By adding the rock salt to the ice you made the can so cold that water vapors in the air surrounding the can became frost on the can! How is this experiment similar to Jesus becoming the Word made flesh? We cannot see the ice in the can at all unless we can look at it from above the can - just like we cannot see God. When the frost develops all around the outside of the can, it is easy to see and know that the can is cold! Jesus becoming flesh and 'moving into our neighborhood' is just like that. Jesus walking and living among us helps us to know and understand God in new ways. Instead of God dwelling in the tabernacle where only the high priest can enter, God, in the form of Jesus, now "makes his home with us" and helps us to see the glory of God. Jesus is Emmanuel, God with us!

PRAY: God, thank you for moving into my neighborhood! Please help me to know you better through the life of Jesus. Amen

## SUPPLIES:

- + ROCK SALT
- + CRUSHED ICE
- + EMPTY SOUP CAN
- + SPOON

# Prayer Activity #2

God begins working the plan to restore relationship with Abram. God chooses Abram and calls him to leave his home and everything he knows and follow God.

Read Genesis 12:1-2.

Where does God ask Abram to go? What does God tell Abram will happen? God promises (or makes a covenant) to bless Abram and his descendants. God also promises that Abram and his descendants will be a blessing to others. When Abram is concerned about his lack of children, God makes another promise to Abram.

## SUPPLIES:

- + ORIGAMI FOLDING PAPER
- + DIRECTION SHEET



Read Genesis 15:5-6.

Why do you think God wanted Abram to count the stars? What does God promise Abram? How does Abram react to God's promise?

DO:

God used stars to remind Abram of God's promises to him. When we look at stars we can also be reminded that God is a promise keeper.

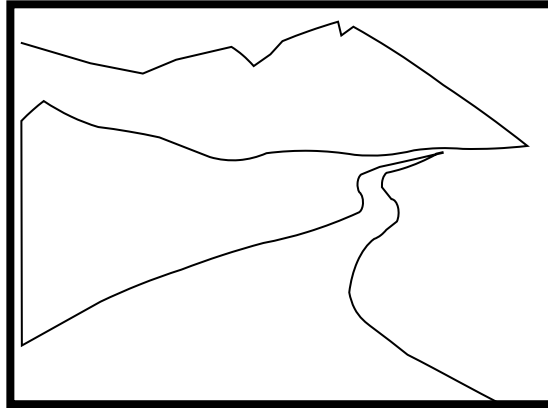
Write your prayers on the origami paper strips. Then using the direction sheet provided, make origami stars. Once your stars are folded, place them somewhere near direct light so they can get charged to glow in the dark. Then hang them where you will see them and be reminded that God hears your prayers.

# Emmanuel

**GOD WITH US** - Listen at [www.arlingtonadventist.com/formkids-advent](http://www.arlingtonadventist.com/formkids-advent)

“O Come, O Come Emmanuel” comes from an 8th or 9th century Latin chant or an antiphon. Christians have been using this song in some form to prepare for Christmas for over 1,000 years! This song is filled with Biblical references to Jesus and while some of the words may be familiar to you, much can be learned from a closer look at these lyrics. With each verse of this song, we proclaim Jesus as the fulfillment of these Old Testament prophecies.

O COME, O WISDOM FROM ON HIGH,  
WHO ORDERED ALL THINGS MIGHTILY;  
TO US THE PATH OF KNOWLEDGE SHOW  
AND TEACH US IN ITS WAYS TO GO.  
REJOICE! REJOICE! EMMANUEL SHALL  
COME TO YOU, O ISRAEL.



Jesus is the wisdom of God. Throughout his time on earth, religious leaders were often astounded by Jesus' words. In Mark 6:2, the religious leaders are so amazed by Jesus that they say, “What’s this wisdom that has been given to him [Jesus]?”

When we sing this song we are reminded that God is with us when we are not sure which way to go.

Jesus teaches us the way we should go.  
God is with us and we can rejoice!

# Week Three

## READ

*Scripture* – for Hands On Activity #3

The angel said, “Joseph, son of David, don’t be afraid to take Mary home as your wife. The baby inside her is from the Holy Spirit. She is going to have a son. You must give him the name Jesus. That’s because he will save his people from their sins.” All this took place to bring about what the Lord had said would happen. He had said through the prophet, “The virgin is going to have a baby. She will give birth to a son. And he will be called Emmanuel.” The name Emmanuel means “God with us.”

+ Matthew 1:20-22

In the beginning, the Word was already there. The Word was with God, and the Word was God. He was with God in the beginning. All things were made through him. Nothing that has been made was made without him. Life was in him, and that life was the light all people. The light shines in the darkness. But the darkness has not overcome the light.

+ John 1:1-5

The Word became a human being. He made his home with us. We have seen his glory. It is the glory of the One and Only, who came from the Father. And the Word was full of grace and truth.

+ John 1:14

THE WORD BECAME FLESH AND  
BLOOD, AND MOVED INTO  
THE NEIGHBORHOOD. WE  
SAW THE GLORY WITH OUR  
OWN EYES, THE ONE-OF-  
A-KIND GLORY, LIKE  
FATHER, LIKE SON,  
GENEROUS INSIDE AND  
OUT, TRUE FROM START  
TO FINISH.

+ JOHN 1:14, FROM THE MESSAGE



for