



Able Kids Workbook

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2021-2022

# ABLE MOMS HAVE ABLE KIDS



Dear amazing, sweet, kiddos,


Your friends at Able Moms have been praying for you. We have had you in mind as we carefully crafted the fun questions and story time you get to spend with your mom. Even down to choosing the perfect theme that will impact your family.

We want you to learn courage and bravery this year alongside your mom.

Do you want to know what each activity lesson in this workbook will include? All lessons will be set up almost exactly the same and will look like this:

**Fun Family Question:** Get ready to laugh! Every lesson starts with a funny question you can chat about with your fun family.

**Prayer Time:** Your mom may pray or maybe you want to! Every lesson will start with you asking God to give you a special time together.

**Quiet your**  - When we read the Bible, it is important to prepare our hearts and minds. Here we give you some time to settle both.

**Read It:** Every lesson has a passage your mom will read to you right out of the Bible. Something special happens when we read the Bible. Get ready!

**Learn It:** This is where you talk all about what you have read in the Bible. There are lots of questions that will really get your brain thinking!

**Love It:** Here is always the main idea of the lesson. We want you to love God's Word and hold fast to its truth.

**Live It:** It is so important once we understand God's word and memorize what it means, to actually live it. This is the time where you and your family discuss how to apply what you've learned.

**Repeat:** In your very own words, answer the question: what did you learn today? If you don't want to explain it, you can act it out or draw it.

**Verse to Memorize:** Using the lesson, we give a verse for your family to memorize.


**Memorable Activity:** Your mom has a fun activity for each time you meet together. Get ready to make a great memory with Mom!

Enjoy, sweet Able Kids!



**Fun Family Question:** What is your favorite fruit?

**Prayer Time:** Do you have anything on your heart that you want to share with your family and pray about? Do you want to pray or do you want Mom to?

**Quiet your  time:** Take 15 seconds. We are about to read God's Word. Remember, His Word is holy, special, and perfect. The Bible is important for your everyday living; it teaches you to know the God who created you and how to live in a way that gives God honor. Living for God promises an eternal life with Him which provides the best life on earth and hope in any situation. In these 15 seconds, you can close your eyes hard, you can fold your hands, or get out your wiggles. Do whatever will help you get ready to sit still while your mom reads.

**READ IT + LEARN IT + LOVE IT + LIVE IT**

**Read It:** Your mom is going to read Galatians 5:16-26

**Learn It:**

1. What 2 things does the writer Paul say fight against each other inside your heart after you have accepted Jesus?

*Moderate:* Stand up and show Mom a battle scene. What does it look like when two things battle against one another?

*Mature:* What movie have you seen where the forces of evil are battling against the forces of good? Explain it.

2. Verse 17 says living in the flesh is "doing what you want" (NIV) instead of what God wants. What do vs 19-21 say are some of the ways that God does *not* want you to live. Talk them out.
3. In the next verse (22), what are some ways we can live that honor God?
4. Paul calls this "living by the Spirit." Can we honor God if we don't live by the Spirit?
5. How have you lived against the ways of God this week and what happened because of this?
6. Now, what actions did you do this week that honored God, and did those actions have "good consequences"?

7. How do *you* want to live? Do you know if you have God's Spirit within you? And, if you do, how are you able to live?
8. How do *you* want to live? Do you know if you have God's Spirit within you?

**Love It:** Remember, it is important that you don't forget what you've learned, but instead, that you "hide it in your heart." To hide God's word in your heart is like not forgetting what you've learned. The reason we don't want to forget God's word is because it keeps us from sinning which hurts God, ourselves and others. So, here is today's main idea that you and your family can remember and revisit:

*"When we choose to invite God's Spirit to live inside us, we have the ability to live the life we learned about today. But there is still a battle in our hearts, so we must also **choose** to live these actions by asking for strength **from** the Spirit, too."*

**Live It:** Remember, it is so important once we understand God's word and memorize what it means that we actually live it. The Bible says having knowledge of right living and not actually doing it is worthless. James 1:22 and 1:23-25 says when we simply hear God's word and do not respond to it by living it out, it's like looking at ourselves in a mirror and then forgetting what we look like as soon as we walk away. It is foolish vanity not to apply what we are taking the time to study.

Talk as a family about what two ways you can all live out what you have learned today.



Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Galatians 5:22-23 NLT



**"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things."**



Galatians 5:22-23

Now, ask your Mom what Able Kids activity you get to do today!



7. What fun or unique thing can your family do as a daily reminder to love God with everything?
8. Go back and repeat verse 4 out loud replacing "Oh Israel" with your family's last name.

**Love It:** Remember, "hide it in your heart." Here is today's main idea that you and your family can remember and revisit:

*"God made the family and it is very important. God's design is that our parents live for Him, show us, and talk with us, all the time and every day so that we can know how we are to live"*

**Live It:** Remember, actually live it. Talk as a family about what two ways you can all live out what you have learned today.



Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Deuteronomy 6:5 NIV



**"Love the Lord your God with all your heart and with all your soul and with all your strength."**



Deuteronomy 6:5

Now, ask your Mom what Able Kids activity you get to do today!



**Fun Family Question:** Who is the most important person or the most important family you have ever had over for dinner? How did you prepare?

**Prayer Time:** Do you have anything on your heart that you want to share with your family and pray about? Do you want to pray or do you want Mom to?

**Quiet your  time:** Take your 15 seconds before we read God's Word to settle.

**READ IT + LEARN IT + LOVE IT + LIVE IT**

**Read It:** Your mom is going to read Luke 10:38-42

**Learn It:**

1. In this story, Mary welcomes Jesus and His disciples into her home. How would you have felt if you knew Jesus was coming to dinner?
2. Instead of sitting and listening to Jesus, Mary tried to be bossy to Jesus. She ignored the real reason Jesus was in her home. What do you think that reason was?
3. The job of preparing for Jesus was important, but the heart in which Mary did so was all wrong. She got caught up in working *for* Jesus and not *because of* Jesus.
4. Moderate: Have you ever done a chore with a bad attitude?  
Mature: What is the difference in working for and because of?
5. Moderate: We are to work with a joyful heart for the Lord - this means deep down our heart is happy to work *because of* Jesus.  
Mature: How do you work hard, but do it in a way without worry or anxiety, but rather with joy?
6. What is one thing Mary already understood that Jesus had to teach Martha?

**Love It:** Remember, "hide it in your heart." Here is today's main idea that you and your family can remember and revisit:



*"We don't work just FOR Jesus because we have to, but because He loves us and that makes us joy-filled."*

**Live It:** Remember, actually live it. Talk as a family about what two ways you can all live out what you have learned today.



Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Colossians 3:23 NLT



**"Work willingly at whatever you do, as though you were working for the Lord rather than for people."**



Colossians 3:23

Now, ask your Mom what Able Kids activity you get to do today!





Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Luke 2:10-11 KJV



**“But the angel reassured them. “Don’t be afraid!” he said. “I bring you good news that will bring great joy to all people. The Savior—yes, the Messiah, the Lord—has been born today in Bethlehem, the city of David!”**



Luke 2:10-11

Now, ask your Mom what Able Kid activity you get to do today!



**Fun Family Question:** What do you like most about being a part of YOUR family?

**Prayer Time:** Do you have anything on your heart that you want to share with your family and pray about? Do you want to pray or do you want Mom to?

**Quiet your  time:** Take your 15 seconds before we read God's Word to settle.

**READ IT + LEARN IT + LOVE IT + LIVE IT**

**Read It:** Your mom will read 2 Timothy 2:19-22

**Learn It:**

1. After reading verse 19, what do we turn away from when we become children of God?
2. *Moderate:* Just like we are a child in our family, what does it mean to be God's child?  
*Mature:* What does being a child of God cause us to desire to do?
3. Rich people usually have very expensive tools and utensils and belongings! Have you ever been to a home with very costly belongings? While some things are for everyday use, nice things are used for special occasions. God created you, loves you, and wants you to stay in good condition - almost like how we would care for a very expensive belonging.
4. Because God says you are special, you are like being "expensive" to Him. You are adored by God and valued just like that expensive item - but you must choose to remain in good condition. How do you keep your life, what you have to offer God, in good condition? How do you treat it as carefully as an expensive belonging?  
*Mature:* What type of vessel do you have the ability to become when you resist acting on your temptations?
5. *Moderate:* What are we supposed to run away from in verse 22?
6. *Mature:* List what specifically from verse 22 you can pursue when you flee from wickedness?

**Love It:** Remember, "hide it in your heart." Here is today's main idea that you and your family can remember and revisit:

*"When mom and dad say 'no' to you, they are caring for you as a precious vessel of God. He loves you and knows what you stand to gain by following Him and what you stand to lose by ignoring Him."*

**Live It:** Remember, actually live it. Talk as a family about what two ways you can all live out what you have learned today.



Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

2 Timothy 2:22 NLV



**"Turn away from the sinful things young people want to do. Go after what is right. Have a desire for faith and love and peace. Do this with those who pray to God from a clean heart."**



2 Timothy 2:22

Now, ask your Mom what Able Kids activity you get to do today!



**Fun Family Question:** What is something you enjoy taking good care of?

**Prayer Time:** Do you have anything on your heart that you want to share with your family and pray about? Do you want to pray or do you want Mom to?

**Quiet your  time:** Take your 15 seconds before we read God's Word to settle.

**READ IT + LEARN IT + LOVE IT + LIVE IT**

**Read It:** Your mom will read Matthew 6:28-33

**Learn It:**

1. Who is Matthew talking to in verse 30 when he asks the "why questions" - to people who believe in God or people who do NOT believe in God?
2. *Moderate:* Since he is talking to those who love Jesus, this means he is talking to us!
  - a. *Mature:* Why is *who* Matthew is talking to important?
3. Go outside or look through your window. Be completely quiet and just look around. Come back together and talk about the beauty of nature you just saw.
4. God thought up, created, and decorated our world beautifully, didn't He?
5. If He took such great care in creating grass that will be cut tomorrow, and flowers that will die in a few weeks, and trees that can be cut down, how much more must He love and care for us as His most important piece in creation?
6. Should we worry about our lives knowing how much God cares for our lives and wants what is best for us?
7. In verse 32, what do people who don't believe in Jesus think about?
8. *Moderate:* What are we as people who believe in Jesus supposed to think about instead?
  - a. *Mature:* What are we as followers of Christ to replace, not unbelief, but the "little faith" of Believers and govern their minds? Be specific.

**Love It:** Remember, "hide it in your heart." Here is today's main idea that you and your family can remember and revisit:

*"We could never know our future, but God does and we can trust Him."*

**Live It:** Remember, actually live it. Talk as a family about what two ways you can all live out what you have learned today.



Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Matthew 6:33 CSB



**"But seek first the Kingdom of God and His righteousness,  
and all these things will be provided for you."**



Matthew 6:33

Now, ask your Mom what Able Kids activity you get to do today!



**Fun Family Question:** Who would you most like to be like when you grow up?

**Prayer Time:** Do you have anything on your heart that you want to share with your family and pray about? Do you want to pray or do you want Mom to?

**Quiet your  time:** Take your 15 seconds before we read God's Word to settle.

**READ IT + LEARN IT + LOVE IT + LIVE IT**

**Read It:** Your mom has a lot to read today. If you know how, maybe you can help read some of these passages too: I Samuel 1:7, 26-28 + Judges 13:3-8, 14:1-3, 14:16, and 14:20 + I Kings 1:6, 1:17-21

**Learn It:**

1. These verses share stories in Scripture of parents who were good and not so good. Can you talk out what character traits made them good parents?
2. Can you share what made them not so good parents?
3. Ask your mom what consistency means.
4. Your parents and grandparents answer to God for you.  
*Moderate:* Why is it important they follow through on what they tell you to do?  
*Mature:* How does consistency in parenting bring blessing to your family based on these verses?
5. Have your mom share a story from when she was a little girl when an adult did not follow through on what they said. Ask her how it harmed her heart or blessing.

**Love It:** Remember, "hide it in your heart." Here is today's main idea that you and your family can remember and revisit:

*"God calls my parents to follow through and live what they say so that I can avoid harm and live blessed."*



**Live It:** Remember, actually live it. Talk as a family about what two ways you can all live out what you have learned today.



Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

**Verse to Memorize as a Family:**

Ephesians 6:1 KJV



**Children obey your parents in the Lord for this is right."**



Ephesians 6:1

Now, ask your Mom what Able Kids activity you get to do today!



**Fun Family Question:** Where would you like to take a walk with your family?

**Prayer Time:** Do you have anything on your heart that you want to share with your family and pray about? Do you want to pray or do you want Mom to?

**Quiet your  time:** Take your 15 seconds before we read God's Word to settle.

**READ IT + LEARN IT + LOVE IT + LIVE IT**

**Read It:** Your mom will read Joshua 4:1-8 + 21-24

**Learn It:**

1. Why did God tell Joshua to build?
2. Why were silly old stones important?
3. Did God's people stay faithful, or did they walk away later in the story?
4. When God's people walked away, how did these stones that the Bible calls the Stones of Remembrance draw them back to God?
5. Right now, what can you remember about God's goodness that makes you trust Him?
6. Can you share these memories with your family now?

**Love It:** Remember, "hide it in your heart." Here is today's main idea that you and your family can remember and revisit:

*"We can walk close to God when we remember He is good. And, we walk in stronger faith when we remember the good He has done."*

**Live It:** Remember, actually live it. Talk as a family about what two ways you can all live out what you have learned today.



Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Joshua 4:21-22, 24 NIV



**“And he said to the Israelites, “In the future, when your children ask their fathers, ‘what is the meaning of these stones?’ You should tell your children, “Israel crossed the Jordan on dry ground, this is so that all the peoples of the earth may know that the Lord’s hand is strong, and so that you may always fear the Lord your God.”**



Joshua 4: 21-22,24

Now, ask your Mom what Able Kids activity you get to do today!



*"All of creation, including us as people, was designed to worship and give God thanks. Otherwise, we accept lies as truths."*

**Live It:** Remember, actually live it. Talk as a family about what two ways you can all live out what you have learned today.



Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Romans 1:25 CBC



**"They exchanged the truth of God for a lie, and worshiped and served what has been created instead of the Creator, who is praised forever. Amen."**



Romans 1:25

Now, ask your Mom what Able Kids activity you get to do today!



**Love It:** Remember, "hide it in your heart." Here is today's main idea that you and your family can remember and revisit:

*"Everybody messes up. You will have days where you mess up. But, mess-ups don't undo all the right things. As best you are able, make things right in your relationships."*

**Live It:** Remember, actually live it. Talk as a family about what two ways you can all live out what you have learned today.



Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

John 13:34-35 CSB



**"I give you a new command: Love one another. Just as I have loved you, you are also to love one another. By this everyone will know that you are my disciples, if you love one another."**



John 13:34-35

Now, ask your Mom what Able Kids activity you get to do today!







Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Isaiah 41:13 NIV



**"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

Now, ask your Mom what Able Kids activity you get to do today!





Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Psalm 121:3 BSB



**He will not allow your foot to slip; your Protector will not slumber.**



Psalm 121:3

Now, ask your Mom what Able Kids activity you get to do today!





Now, in their very own words, have your child(ren) repeat what they learned today. If they struggle, they can act out their response or draw it.

### **Verse to Memorize as a Family:**

Proverbs 14:26 TPT



**“Confidence and strength flood the hearts of the lovers of God who live in awe of Him, and their devotion provides their children with a place of shelter and security.”**



Proverbs 14:26

Now, ask your Mom what Able Kids activity you get to do today!