Welcome to the

GOODNESS GAMES!

ORGANIZED BY GOODNESS ROCKS!

LET'S ROCK THE WORLD WITH GOODNESS!

Goodness Rocks and the Goodness Games encourage people of all ages to do acts of goodness!

INTRODUCTION

Welcome to our Goodness Games curriculum guide! This program is a 17-day or 17-session experience intended to help you rock the world with goodness – in other words, to inspire and equip you to do acts of goodness and make the world a better place!

This curriculum guide features 17 different acts of goodness that people of all ages can do. All of these acts of goodness are wonderful things to do every day of the year, and we should aim to do them as often as possible. In fact, you may already be doing many or most of these acts of goodness on a regular basis – in that case, congratulations and keep up the great work! If you haven't been doing some of these acts of goodness as frequently, now is a perfect time to start adding them into your lifestyle!

Each act of goodness is featured in a separate entry, which includes a short description/ definition of the act of goodness, along with discussion questions and activities designed to help you carry out these acts of goodness in meaningful ways. Relevant Bible verses are also included.

Feel free to do these acts of goodness in any order, and include additional acts of goodness as you feel led! You may want to participate in the Goodness Games activities by yourself, or with a group such as your family, professional colleagues, fellow students, local club/organization, sports team, and so on. We encourage you to make doing acts of goodness part of your lifestyle and personality – you may want to do the Goodness Games program several times a year in order to make the world a better place! Enjoy rocking the world with goodness!

ADDITIONAL FORMATS

As another option, you might want to focus on a particular theme or in a particular area during the program. Anytime we do something that would be considered "good," there are positive spillover effects for others in our lives. For example, you might decide to be good to yourself/ your body and focus on improving your physical fitness during this program. While it might seem that taking care of your health primarily benefits yourself, it actually is an act of goodness that helps others as well. If your health is better, you will have more time and energy to spend with people you love, and an increased ability to participate in a wider range of activities with them. Being good to yourself can bring increased joy to others!

Similarly, perhaps you have been thinking about starting a new business. Running a new business in a field that you enjoy will not only be a blessing to you, but it will also be an act of goodness for others by providing useful products and/or services to the community, and potentially jobs and income for future employees. Likewise, participating in the visual, performing, and creative arts during this program will bring you joy, and may also lead to the production of plays, performances, and works of art that will put smiles on the faces of others – now that's a good thing to do!

So if there's an activity/ area (or more than one) that you feel led to focus on for the length of this program, go for it! Doing something that brings you joy is generally going to be good for those around you as well!

Here are some areas/ themes that you might want to focus on during the Goodness Games:

- Physical activity/ sports

- Health and nutrition
- Visual, performing, and creative arts
- Business/ entrepreneurship
- Community service

What are some other specialty areas that you and/or others might want to focus on? Remember, when you spend time doing things that you are interested in and that you enjoy, it will typically be good for people around you as well!

EXPLORING THE MEANING OF "GOOD"

What does it mean to do acts of goodness, or acts that are "good"?

While there are many definitions of the word "good" that we can use, let's draw on a definition from the Bible. In the account of creation in Genesis 1, God declares seven times that some aspect of creation is "good." We're going to focus on two particular aspects of creation that God considers "good" – the formation of light which occurred on the first day of creation, and the bringing forth of grass, seed bearing plants, and fruit trees with seed-bearing fruit on the third day of creation.

Let's begin by taking a look at light. If light is "good," then any time we bring light into a situation or circumstance, we are doing an act of goodness. This applies in actual or physical situations, such as when electricians bring light to developing areas of the world, and it can also apply in a metaphorical or spiritual sense, such as when we bring light and joy into challenging or discouraging situations, or when we "shed light" in different areas by providing illumination and insight to others in need of clarity.

Similarly, when we think about grass, seed-bearing plants, and fruit trees with seed-bearing fruit, we see that these forms of creation essentially provide nourishment to humans and much of the natural world. Since grass, plants, and trees are considered to be "good," then any time we provide nourishment to those in need, such as when we donate groceries and prepare meals for the homeless, senior citizens, and even our own families, we are doing an act of goodness. Likewise, we are also doing good when we provide nourishment and energy in a spiritual or emotional way, such as when a parent, coach, teacher, or friend gives a word of encouragement and instruction to others in their lives.

So to offer a simplified definition, doing acts of goodness or rocking the world with goodness means doing anything which brings more light, brightness, nourishment, and encouragement into the world!

THE SIGNIFICANCE OF "17"

As mentioned earlier, the Goodness Games program consists of 17 days of activities that are intended to help you rock the world with goodness! What is the significance of 17?

First of all, 17 is the numerical value of the Hebrew word for "good," which is "tov." In Hebrew, each letter of the alphabet (aleph-bet) has a certain numerical value; these numerical values of the individual letters are added together to determine the total value of a word, known as the gematria value. The Hebrew word "tov" is made of the letters tet + vav + vet (bet), with a gematria value of 9 + 6 + 2 = 17.

Secondly, if we take a look at 2 Chronicles 29, we see that the cleansing of the temple under the leadership of King Hezekiah took 16 days, with a period of worship beginning on the following day. We are similarly called to reestablish practices of goodness here on this planet, so let's try using a complementary format: 16 days of practicing goodness, followed by a day of reflection, celebration, and planning for the future.

Finally, the contemporary Olympic Games follow a 17-day format, in which athletes from around the world gather together to demonstrate their fitness, finesse, preparation, and determination. While the Goodness Games program is not meant to foster competitiveness, we can certainly come together as people from different nations and backgrounds, and use our individual and collective strengths and abilities to rock the world with goodness!

SCHEDULE / OUTLINE

Day 1: GIVE

Day 2: RECEIVE

Day 3: LEARN

Day 4: INSTRUCT

Day 5: APPRECIATE

Day 6: REJOICE AND CELEBRATE

Day 7: FORGIVE

Day 8: BUILD AND ENCOURAGE

Day 9: REST AND BE PATIENT

Day 10: SING AND DANCE AND MAKE ART

Day 11: INSPIRE

Day 12: LEAD AND SERVE

Day 13: PLAY

Day 14: PERSIST

Day 15: PRAY

Day 16: DO AN ACT OF GOODNESS: YOUR CHOICE!

Day 17: PLAN MORE ACTS OF GOODNESS TO DO! Review the different acts of goodness that you have done, and plan more acts of goodness to do in the future!

Day 1. **GIVE**

GIVE: Give or share what you can with others, such as time, finances, food, clothing, and talents!

Discussion Questions:

- What are some things that you can give to others (e.g., time/attention, food, gifts, compliments)?
- What are some gifts that you have received in the past?
- What are some meaningful gifts that you have given to others?
- What is a wonderful gift that you could give to yourself?
- What are some of the gifts that you have received from the Lord?
- What is a gift that you could give to the Lord?

Activity Ideas:

- Think of some things that you can give to others – or to yourself – then give those gifts to them! Be creative – you can give tangible or intangible items like compliments, words of encouragement, a helping hand, and so on!
- Look through your home, garage, and/or backyard for unused and other items that you could give to a neighbor, friend, charitable organization, or individuals in need.
- Sort through your kitchen and identify food items that you could donate to a food pantry or give to someone in need.
- Get a list of frequently used items from your local food pantry, homeless shelter, youth center, transitional living center for women and children, or other charitable organization – then purchase and donate these items as often as you feel led!

Relevant Bible Verses:

- Luke 6:38 ~ Give, and it will be given to you. A good measure, pressed down, shaken together, and running over will be poured into your lap. For with the measure you use, it will be measured to you.
- Proverbs 11:25 ~ The person who blesses others will prosper; he who satisfies others will be satisfied himself.
- James 1:17 ~ Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.
- Acts 3:6-8 ~ Then Peter said, “Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk!” Taking him by the right hand, he helped him up, and instantly the man’s feet and ankles became strong. He jumped to his feet and began to walk. Then he went with them into the temple courts, walking and jumping, and praising God.
- Matthew 7:11 ~ If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask Him!
- Matthew 10:8b ~ Freely you have received, freely give.
- Exodus 35:20-21 ~ Then the whole Israelite community withdrew from Moses’ presence, and everyone who was willing and whose heart moved them came and brought an offering to the Lord for the work on the tent of meeting, for all its service, and for the sacred garments.

Day 2. **RECEIVE**

RECEIVE: Be willing to receive what others freely give to you, such as gifts, assistance, apologies, words of encouragement, and more!

Discussion Questions:

- What are some of the best gifts or things that you have ever received?
- Why is it important to receive gifts well? (i.e., Why is it important to be a good receiver?)
- How does it feel when someone receives a gift that you gave to them?
- Has it ever been difficult for you to receive a gift that someone wanted to give you? If so, why was it difficult for you to receive the gift? How might you handle a similar situation better in the future?
- Think of individuals who are really good at receiving (compliments, gifts, words of wisdom and encouragement, and so on). What characteristics do they demonstrate as good receivers? (e.g., enthusiasm, gratitude)

Activity Ideas:

- Be willing to receive what others freely give to you – this can include things like compliments and words of encouragement!

Relevant Bible Verses:

- Matthew 10:8b ~ Freely you have received; freely give.
- 2 Corinthians 9:8 ~ God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.
- Proverbs 8:10-11 ~ Receive my instruction, rather than silver; knowledge, rather than the finest gold. For wisdom is better than pearls; nothing you want can compare with her.

Day 3. **LEARN**

LEARN: Ask questions, observe, listen, and increase your understanding of people and the world! Learn how to do or make something new!

Discussion Questions:

- What are some interesting things that you have learned in the past?
- What are some of the most positive learning experiences that you have ever had? What made these learning experiences so positive?
- Under what conditions do you learn most effectively? (e.g., time of day/week, by yourself or in a group, online or in a classroom, etc.)
- Why is it important to be a lifelong learner?

Activity Ideas:

- Make a list of topics and/or skills that you would like to learn about or learn how to do – then start learning about them! You may want to take a class, watch videos online, read books, or talk with experts in your field(s) of interest as part of the learning process!
- Take a field trip to en educational location such as a museum or nature center, or to some place that you've been wanting to learn more about!

Relevant Bible Verses:

- Matthew 11:29-30 ~ "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.' For My Yoke is easy and My burden is light."
- Proverbs 1:5 ~ Someone who is already wise will hear and learn still more; someone who already understands will gain the ability to counsel well.
- Deuteronomy 6:5-7 ~ You shall love the Lord your God with all your heart, and with all your soul, and with all your might. And these words which I command you this day shall be upon your heart, and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.
- Joshua 1:8 ~ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.
- Psalm 119:97-100 ~ Oh, how I love your law! I meditate on it all day long. Your commands are always with me, and make me wiser than my enemies. I have more insight than all my teachers, for I meditate on Your statutes. I have more understanding than the elders, for I obey Your precepts.

Day 4. **INSTRUCT**

INSTRUCT: Teach others what you know, or know how to do. Share your insights and knowledge to make the world a better place!

Discussion Questions:

- What are some topics or skills that you could teach someone else about, or how to do? Spend some time sharing your knowledge and abilities with others!]
- Who are some of the best teachers (instructors, coaches, role models, etc.) that you have had? What characteristics did they demonstrate that made them good teachers? Start incorporating those characteristics when you instruct others!
- What are some of the benefits that you experience when you teach someone else about a topic, or how to do something?
- What are some things that the Lord has taught you?
- In what ways is the Lord a good teacher? What are some characteristics that the Lord demonstrates that make Him a good teacher?

Activity Ideas:

- Teach someone about a topic that you are knowledgeable about, or a skill that you know how to do! This can be something simple, like teaching a child how to tie a shoelace!

Relevant Bible Verses:

- Deuteronomy 6:5-7 ~ You shall love the Lord your God with all your heart, and with all your soul, and with all your might. And these words which I command you this day shall be upon your heart, and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.
- Psalm 32:8 ~ I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

Day 5. **APPRECIATE**

APPRECIATE: Recognize and appreciate the value of others, and the gifts that they are to the world! Be thankful for all of the blessings in your life!

Discussion Questions:

- "Appreciate" can mean to recognize the value or worth of someone or something. Who are some people that you appreciate? Take time to let them know how awesome you think they are!
- What are some things or places (e.g., inventions/technology, artwork, books, museums, restaurants) that you appreciate? Express your admiration and thanks to the person(s) who created or started them, if possible!
- Why is it important to appreciate people and things?
- What are some different ways that you can show appreciation to an individual or group?
- Describe a time when someone let you know how much they appreciate you. How did it make you feel?
- Describe a time when you let someone else know how much you appreciate them. How did that person respond?
- What are some things that you appreciate about yourself that others may or may not recognize? Take time to appreciate and encourage yourself!
- What do you appreciate the most about the Lord?

Activity Ideas:

- Make a list of things and people in your life that you admire and/or that you are thankful for, then express your appreciation to them! You may want to express your appreciation verbally either in person or through video/ voicemail, or in written form such as a card, text message or email!
- Make a list of things that you appreciate about yourself – you may want to keep this list in a private location such as a journal, or perhaps in a more noticeable spot such as on a bulletin board or bathroom mirror. Sometimes the person we most need to appreciate and encourage is our own self!

Relevant Bible Verses:

- Psalm 104:24 ~ How many are Your works, O Lord! In wisdom You made them all; the earth is full of Your creatures.
- Psalm 118:1 ~ Give thanks to the Lord, for He is good; His love endures forever.
- Psalm 139:14 ~ I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.
- Ephesians 1:16a ~ I have not stopped giving thanks for you.
- 1 Thessalonians 5:18 ~ Give thanks in all circumstances, for this is God's will for you in Christ Jesus.
- James 1:17 ~ Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

Day 6. **REJOICE AND CELEBRATE**

REJOICE AND CELEBRATE: Celebrate large and small victories, steps of progress, and happy things and events! Focus on the positive!

Discussion Questions:

- What are some things or events that have caused you to rejoice and celebrate in the past?
- What are some things or events that you can rejoice about right now? Celebrate the little (and big) things in life!
- What are some things that the Lord has done – either in the past or present – that have caused people to rejoice and celebrate?
- What are some different ways that you can rejoice and celebrate?
- Why is it important to rejoice and celebrate?

Activity Ideas:

- Rejoice about something good that's been happening in your life or in the lives of people you know! You may want to make a special meal or go to a restaurant to celebrate the good news, or perhaps post an announcement on social media to let others know about the positive things that are happening!

Relevant Bible Verses:

- Psalm 118:24 ~ This is the day that the Lord has made; we will rejoice and be glad in it!
- Luke 15:3-7 ~ Then Jesus told them this parable: "Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, 'Rejoice with me; I have found my lost sheep.' I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent."
- 1 Thessalonians 5:16-18 ~ Rejoice always, pray continually, give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Day 7. **FORGIVE**

FORGIVE: Release and be released from painful situations and memories.

Discussion Questions:

- What are some things that you have forgiven other people for doing (or not doing)?
- What are some things that other people have forgiven you for doing (or not doing)?
- Have you ever found it difficult to forgive other people? Why do you think it was difficult for you to forgive them? How might you be able to forgive more easily in the future?
- Sometimes people find it difficult to forgive themselves. Are there any things that you are finding it difficult to forgive yourself for doing or not doing? Give yourself some grace!
- What words of wisdom and encouragement would you share with someone who is having difficulty forgiving themselves or other people?
- What are the benefits of forgiving yourself and/or other people?

Activity Ideas:

- Forgive yourself and/or forgive others for something painful or harmful that they have done.

Relevant Bible Verses:

- Ephesians 4:32 ~ Be kind to one another, tender-hearted, forgiving each other, just as God in Christ has forgiven you.
- Proverbs 17:9 ~ He who covers and forgives an offense seeks love, but he who repeats or gossips about a matter separates intimate friends.
- Matthew 18:21-22 ~ Then Peter came to Him and said, “Master, how often shall I forgive my brother when he sins against me? Up to seven times?” Jesus said to him, “No, not up to seven times, I tell you, but seventy times seven!”
- Matthew 6:9-12 ~ This, then, is how you should pray: “Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

Day 8. **BUILD AND ENCOURAGE**

BUILD AND ENCOURAGE: Build others up instead of tearing them down; encourage instead of criticize. Find practical ways to help others – including yourself – achieve their goals and destinies!

Discussion Questions:

- Describe a time when someone encouraged you and/or helped you to achieve a goal that you were working toward.
- Sometimes people find it easier to criticize others and say negative things about them rather than building up people and encouraging them. Why do you think this is the case? How can you help change this situation?
- What are some practical ways that you can edify and encourage people, including yourself?
- What are some encouraging things that you can say to people, including yourself?
- Why is it important to build up and encourage other people? Why is it important to build up and encourage yourself?

Activity Ideas:

- Take time to encourage someone and/or help them in a practical way to achieve a goal that they are working toward.

Relevant Bible Verses:

- 1 Thessalonians 5:11 ~ Encourage each other, and build each other up, just as you are doing.
- Proverbs 16:24 ~ Pleasant words are like a honeycomb, sweet and delightful to the soul and healing to the body.
- 1 Corinthians 14:26 ~ What then shall we say, brothers and sisters? When you come together, each of you has a hymn, or a word of instruction, a revelation, a tongue, or an interpretation. Everything must be done so that the church may be built up.
- Philippians 4:8 ~ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. `

Day 9. **REST AND BE PATIENT**

REST AND BE PATIENT: Trust in the Lord, and He will take care of the things that concern you. Give people and situations time to develop and shine!

Discussion Questions:

- "Rest" can mean to take a break from physical activity, and it can also mean not to worry about certain situations or circumstances. What are some ways that you need to rest more in your life?
- What are some areas or situations in your life in which you need to demonstrate more patience and understanding?
- Why is it sometimes difficult to trust in the Lord? How can you increase your trust in the Lord?
- Why is it sometimes difficult to be patient and give people and situations time to develop and mature?
- How can you become a more patient person?

Activity Ideas:

- Find some time to rest and relax. Be patient with yourself and other people!

Relevant Bible Verses:

- Genesis2:1-3 ~ Thus the heavens and the earth were finished, along with everything in them. On the seventh day God was finished with His work which He had made, so He rested on the seventh day from all His work which He had made. God blessed the seventh day and separated it as holy, because on that day God rested from all His work which He had created, so that it itself could produce.
- Exodus 20:8-10a, 11a ~ Remember the Sabbath day, to keep it holy. You are to work six days, and do all your work; but the seventh day is a Shabbat (sabbath) to the Lord your God. In it you shall not do any work…. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day.
- Matthew 11:28-30 ~ "Come to Me, all 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.' For My yoke is easy and My burden is light."

Day 10. SING AND DANCE AND MAKE ART

SING AND DANCE AND MAKE ART: Find creative ways to be expressive and share your ideas with the world!

Discussion Questions:

- What are some different forms of creative expression that you particularly enjoy or appreciate (e.g., jazz music, folk art, salsa dance)?
- What is something creative that you have made or done in the past?
- What are some of your favorite ways to express your creativity?
- What are some creative things that the Lord has made or done that you particularly appreciate and enjoy?

Activity Ideas:

- Express your ideas in a creative way through the visual, performing, and creative arts!

Relevant Bible Verses:

- Psalm 149:1-3 ~ Alleluia! Sing to the Lord a new song, His praise in the assembly of the faithful. Let Israel rejoice in their Maker. Let the children of Zion be glad in their King. Let them praise His name with dancing. Let them sing praises to Him with tambourine and harp.
- Exodus 35:30-35 ~ Then Moses said to the Israelites, “See, the Lord has chosen Bezalel son of Uri, the son of Hur, of the tribe of Judah, and He has filled him with the Spirit of God, with wisdom, with understanding, with knowledge, and with all kinds of skills – to make artistic designs for work in gold, silver, and bronze, to cut and set stones, to work in wood and to engage in all kinds of artistic crafts. And He has given both him and Oholiab son of Ahisamak, of the tribe of Dan, the ability to teach others. He has filled them with skill to do all kinds of work as engravers, designers, embroiderers in blue, purple, and scarlet yarn and fine linen, and weavers – all of them skilled workers and designers.”
- 1 Corinthians 14:26 ~ What then shall we say, brothers and sisters? When you come together, each of you has a hymn, or a word of instruction, a revelation, a tongue, or an interpretation. Everything must be done so that the church may be built up.
- Psalm 150:1-6 ~ Praise the Lord! Praise God in His sanctuary; praise Him in His mighty heavens. Praise Him for His acts of power; praise Him for His surpassing greatness. Praise Him with the sounding of the trumpet, praise Him with the harp and lyre, praise Him with timbrel and dancing, praise Him with the strings and pipe, praise Him with the clash of cymbals. Let everything that has breath praise the Lord. Praise the Lord!

Day 11. **INSPIRE**

INSPIRE: Be a role model and inspire others to achieve their goals and destinies!

Discussion Questions:

- Who or what are some things that inspire you? What qualities make these people and things inspirational?
- What accomplishments have you achieved or what difficulties have you overcome that might be an inspiration to others? Be willing to share these experiences with others – hearing about success stories like yours can inspire and motivate other people to achieve their goals and reach their destinies!
- Why is it important to inspire others, and to be inspired?

Activity Ideas:

- Live your life in a way that inspires other people to be the best person that they can be!
- Make a list of people and things that inspire you – refer to this list when you need encouragement and motivation!

Relevant Bible Verses:

- Matthew 5:14-16 ~ You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.
- Philippians 4:9 ~ Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

Day 12. **LEAD AND SERVE**

LEAD AND SERVE: We are all called to lead in certain areas of life. How can you best serve the needs of those you are leading?

Discussion Questions:

- Think of some great leaders that you know or are familiar with (historical or contemporary). What characteristics or qualities do these people demonstrate that make them great leaders?
- Why is it important to lead and serve others well?

Activity Ideas:

- Think of an area in your life in which you are a leader (e.g., in your family, workplace, school, club/organization, sports team, etc.). From your perspective, how can you better communicate with and serve the needs of the people you are leading? Also, talk directly with the people you are leading and ask them to recommend any ways that their needs might be better met.
- Spend time reading and learning about ways that you can become a better leader in your current or future sphere of influence!

Relevant Bible Verses:

- Mark 9:35 ~ And Jesus sat down and called the twelve; and He said to them, “If anyone would be first, he must be last of all and servant of all.”
- John 13:12-15 ~ When He had washed their feet and put on His outer garments and resumed His place, He said to them, “Do you understand what I have done to you? You call Me Teacher and Lord, and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have given you an example, that you also should do just as I have done to you.”
- 1 John 3:16-18 ~ This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters. If anyone has material possessions and sees a brother or sister in need and has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth.

Day 13. **PLAY**

PLAY: Take time to enjoy life, use your imagination, and have fun!

Discussion Questions:

- Let's define "play" as "engaging in activities for enjoyment and fun." What are some of your favorite ways to "play"?
- When was the last time that you took time to "play"? What did you do?
- How do you feel when you regularly make time to play and have fun during the week? How do you feel when you don't make time to play on a regular basis?
- What are some benefits that you might experience by taking time to play?
- What are some ways that you and the members of your family can play together as a group?

Activity Ideas:

- Take time to play and have fun!

Relevant Bible Verses:

- Zechariah 8:5 ~ The city streets will be filled with boys and girls playing there.
- Colossians 3:17 ~ And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him.
- John 10:10 ~ The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Day 14. **PERSIST**

PERSIST: Persistence and determination lead to success! Keep moving forward!

Discussion Questions:

- What are some areas in your life in which you have demonstrated persistence in the past? Describe some situations in your life when you persisted and continued to make forward progress, even when you encountered difficulties or challenges.
- What are some areas in your life in which you are currently demonstrating persistence? Congratulate yourself on doing a great job!
- Who are some individuals you can think of – either historical or contemporary – who have demonstrated persistence?
- Why is it sometimes difficult to demonstrate persistence? What are some ways that you can become more persistent?
- Why is it important to persist?

Activity Ideas:

- Keep making forward progress on a project or activity that you are involved with – even small steps of progress are significant!

Relevant Bible Verses:

- Luke 11:9-10 ~ Keep asking, and it will be given to you; keep seeking, and you will find; keep knocking, and the door will be opened to you. For everyone who goes on asking, receives; and he who goes on seeking, finds; and to him who continues knocking, the door will be opened.
- Galatians 6:9 ~ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.
- Hebrews 12:1-3 ~ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of our faith. For the joy set before Him He endured the cross, scorning its shame, and sat down at the right hand of God. Consider Him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Day 15. **PRAY**

PRAY: Talk to the Lord! Bring your concerns to the Lord, and ask for His insight and guidance!

Discussion Questions:

- What are some things that you have prayed about and talked to the Lord about in the past? What happened after you prayed? If you have not yet received an answer of any kind to your prayers, ask the Lord for insight and listen to His response.
- What are some things in your life that you are currently praying about? How has prayer been impacting these situations and circumstances?
- What are some concerns or challenges that you are encountering right now that you could bring to the Lord in prayer?
- Why is it sometimes difficult to pray? How can you overcome these challenges?
- Why is it important to pray? What are some benefits that you might experience in connection with prayer?

Activity Ideas:

- Talk to the Lord about things that are concerning to you, and thank Him for the things that are going well in your life!

Relevant Bible Verses:

- 2 Chronicles 7:14 ~ If My people, who are called by My name, will humble themselves and pray, and seek My face and turn from their evil ways, then I will hear from heaven, and I will forgive their sin and heal their land.
- Philippians 4:6 ~ Do not be anxious about anything, but in every situation, with prayer and petition, with thanksgiving, present your requests to God.
- 1 Thessalonians 5:17 ~ Pray without ceasing.
- Matthew 5:44 ~ But I tell you, love your enemies and pray for those who persecute you.

Day 16. DO AN ACT OF GOODNESS: YOUR CHOICE!

DO AN ACT OF GOODNESS: YOUR CHOICE! The world needs more goodness. What can you do to make the world a better place?

Perhaps there is another type of act of goodness that you think should be added to the Goodness Rocks list, or maybe you feel led to spend more time focusing on a particular act of goodness that you have already done – either way, enjoy spending time doing acts of goodness that are meaningful to you!

Discussion Questions:
Once you have decided what type of act of goodness you will focus on today, you may want to create your own discussion questions and activities for this particular day! You can also use these questions to guide your reflection process:

- Which type of act of goodness did you decide to focus on today? Why did you choose this particular act of goodness?
- How do you think doing this particular act of goodness might help make the world a better place?
- If you know someone else who is participating in these Goodness Rocks activities, ask them what type of act of goodness that they did!

Activity Ideas:

- Look at the world around you, and find ways to make it a better place and bring goodness to people's lives! You may want to repeat some of the acts of goodness that you have already done, or do a new kind of act of goodness!

Relevant Bible Verses:

- Micah 6:8 ~ He has shown you, o mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.
- Philippians 2:4 ~ Let each of you look not only to his own interests, but also to the interests of others.
- Colossians 3:23-24 ~ Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Day 17. **PLAN MORE ACTS OF GOODNESS TO DO!**

PLAN MORE ACTS OF GOODNESS TO DO! Review the different acts of goodness that you have done, and plan more acts of goodness to do in the future!

Here are some questions that you may want to ask as you review/ recall the acts of goodness that you have done, and plan additional ways to rock the world with goodness in the future!

- What have you enjoyed the most about participating in these Goodness Rocks activities?
- What gave you the most pride and satisfaction in connection with these activities?
- Did you experience any difficulties or frustrations during these activities? How did you handle these challenges?
- Are there any ways that you might participate differently in these activities in the future? (e.g., participate with a group, do the activities during a different time of the day/evening, share information and photos on social media about the different activities, keep a daily journal, etc.)
- What lessons have you learned about yourself, others, rocking the world with goodness, or anything else while participating in these activities?
- Can you think of a particular community, person(s), or geographical area that might especially appreciate and benefit from receiving acts of goodness? You might want to do some of the Goodness Rocks activities with these people or areas in mind in the future!
- Which individuals and groups might you invite and encourage to rock the world with goodness in the future?

Activity Ideas:

- Plan more acts of goodness to do in the future! You may want to brainstorm a general list of acts of goodness that you can do at a future time, or you may want to develop a specific plan including dates, times, other people who may be involved, materials and equipment needed, and more!

Relevant Bible Verses:

- Proverbs 16:3 ~ Commit whatever you do to the Lord, and He will establish your plans.
- Jeremiah 29:11 ~ “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”
- Luke 14:28-20 ~ For which of you, wanting to build a tower, doesn’t first sit down and figure out the cost, to see if he has enough to finish it? Otherwise, when he has laid a foundation and isn’t able to finish everything, all who see it begin to mock him, saying, “This man began to build and wasn’t able to finish!”
- Proverbs 16:9 ~ A man’s heart plans his way, but the Lord directs His steps.
- Proverbs 3:5-6 ~ Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths.