



# Beach Ball Activities

## 1. Relay Races

Relay races are great to play with your family or a small group of friends outside! Have 2 people race against each other at a time. Race ideas: run with the beach ball between your knees. Have two people run with the beach ball held between their backs or their sides.

## 2. Hula Hoop Baskets

Create a version of basketball with hula hoops and beach balls. Have one player hold a hula hoop and the other shoot hoops with the beach ball. See how far back you can step back and still make a basket.

## 3. Clapping Competition

Throw your beach ball high in the air. See how many times you can clap while your beach ball is in the air. Compete against yourself or play with someone else.

## 4. Laundry Basket Soccer

Grab two laundry baskets and put them on either end of your play area (front driveway, nearby park, etc.). Pass the beach ball between players in the air until someone scores a goal.

## 5. Ice Breaker Questions

Take a sharpie and write some of these questions all over the beach ball. Throw it around a circle of people and have each person answer the question that their right thumb lands on (or close to).

- Which country do you want to visit?
- What's something you will never do again?
- What super power do you wish you had?
- What's your favorite genre of music?
- What's your favorite family tradition?
- Which animal does your personality remind you of?
- What's your favorite smell?
- What's something that really annoys you?
- What's something that always puts you in a good mood?



# Beach Ball Devotion

For a beachball to be fun to play with, it first needs to be inflated. In the same way, in order for us to pour out our love to other people, we need to let God's spirit fill us up. When the Holy Spirit is inside us, we are more loving, joyful, peaceful, patient, kind, good, faithful, gentle, and in control of ourselves. The best way to stay full of God's Spirit is to pray and read our Bibles.

If the cover to the little valve is opened on the beachball, the air will seep out and the ball will deflate. In the same way, if we allow God's spirit to seep out of our lives, we will spiritually deflate. Instead of being full of all those wonderful things that come with being full of God's Spirit, we'll let things like anger, hatred and jealousy seep in. Here's the good news: if you ever feel like you are deflating, you can ask God to fill you back up. God speaks to us in many ways—one important one is through scripture. Spend some time reading these life-giving verses:

Use these verses to answer the questions below:

Romans 15:13  
2 Corinthians 3:17  
2 Timothy 1:7

Luke 11:13  
Galatians 6:8  
Psalm 139:7-8

According to Romans 15:13, what two things does God promise to fill you with as you trust in Him?

\_\_\_\_\_ and \_\_\_\_\_

According to 2 Corinthians 3:17, where the Spirit of the Lord is, there is what?

\_\_\_\_\_

2 Timothy 1:7 tells us that God's Spirit does NOT make us what?

\_\_\_\_\_

In Luke 11:13, what does it say that our Father in Heaven will give to anyone who asks?

\_\_\_\_\_

According to Psalm 139:7-8, is there a place that you can escape the Spirit of God?

\_\_\_\_\_