

BLESSED IS SHE VIRTUAL

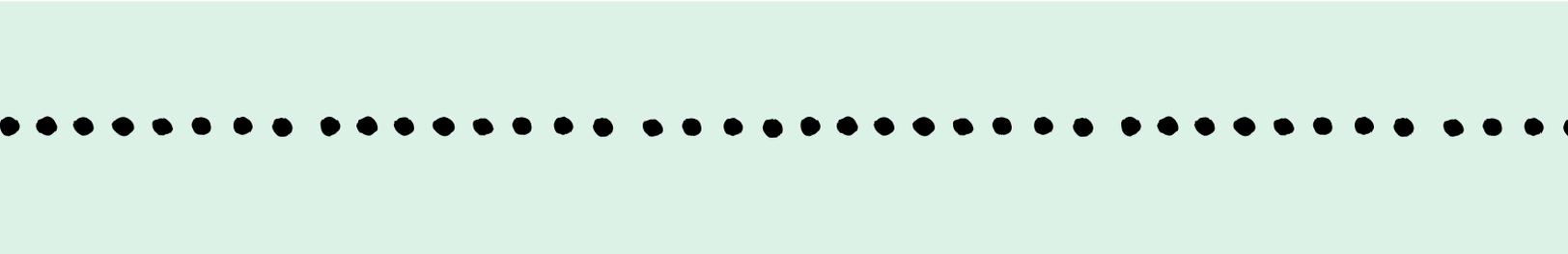
vacation

bible

school



grow in your virtue habits this summer



## DEAR BOYS + GIRLS,

We thought that maybe this summer would look a little differently for you. So we wanted to bring you a fun version of Vacation Bible School! Our Vacation Bible School is set up for you to do something fun and meaningful each weekday.

We picked four virtues from our children's virtue book, *Rise Up*, and share the Scripture and Reflections from that chapter to deepen your understanding and love for trying to make good habits. Each week is a different virtue.

A virtue is simply a good habit! And we build good habits by trying (and failing) and trying again and again.

The virtues we'll go through are:

- + Charity (or love)
- + Gratitude (or being grateful)
- + Courage (or being brave)
- + Perseverance (or keeping on going)

Each week will follow the same pattern:

- + Mondays, we'll give you the Scripture verse to teach you about that week's virtue and encourage you to "act out" that story from Scripture.
- + Tuesdays, we'll share a memory activity game to memorize a short verse from that week's main Scripture.
- + Wednesdays, we made up a game or activity for you to play and think about the week's Scripture.
- + Thursdays, we provide you with an art prompt and the memory verse to interact with again.
- + Fridays, we close out the week with a reflection written by our Theological Editor, Susanna Spencer, about the virtue and recommend a snack to make and ponder the virtue.

Included in your packet are Virtue Charts and Virtue Shout-Outs! Have your grown-up print them out and add stickers or give shout-outs among your family when you see a virtue in action.

We're excited about how God will help you grow in your virtue habits this summer.

Praying for you,

Jenna Guizar

Blessed is She // Founder + Creative Director

# charity

## MONDAY // ACT IT OUT

### **Scripture: Luke 10:25–37**

And behold, a lawyer stood up to put him to the test, saying, “Teacher, what shall I do to inherit eternal life?” He said to him, “What is written in the law? What do you read there?” And he answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.” And he said to him, “You have answered right; do this, and you will live.” But he, desiring to justify himself, said to Jesus, “And who is my neighbor?” Jesus replied, “A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. Now by chance a priest was going down that road; and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, ‘Take care of him; and whatever more you spend, I will repay you when I come back.’ Which of these three, do you think, proved neighbor to the man who fell among the robbers?” He said, “The one who showed mercy on him.” And Jesus said to him, “Go and do likewise.”

### **Play: Act it out**

Take an opportunity to pretend to be the Good Samaritan, or the injured man, or the innkeeper! Get out any costumes or props! You could even be Jesus, the narrator.

## TUESDAY // MEMORIZE

### Memory Verse

**“You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.”**

**// Luke 10:27**

### Action Memory Game

Watch the video on our website ([www.blessedissh.net/vbs](http://www.blessedissh.net/vbs)) of the Guizar girls showing hand gestures that go along with the memory verse to help you commit it to memory. Or, get creative and make up your own!



## WEDNESDAY // GAME OR ACTIVITY

### **Samaritan Tag**

Play this one with your whole family! In the time of Jesus, people believed that if you touched someone sick or bleeding, you would become unclean. Just like in tag, they didn't want to be touched!

Here's how to play: Stand in a circle. Count down, three-two-one, then, strike a pose and freeze!

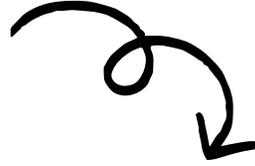
Players take turns making one movement at a time to try and touch their neighbor by hitting their arm or leg. Then freeze and hold your position! At the same time, the neighbor being tagged may also make one move to avoid being touched, but also must freeze after ducking or avoiding the tag. The aim of the game is to avoid having your arm or leg hit by the player on their turn or to hit another player's hand during your turn. If a player is hit on the hand, that hand is out—just hide it behind your back or stand on one foot! Once both your arms and legs have been tagged, you are out.

The game continues until only one player is left.



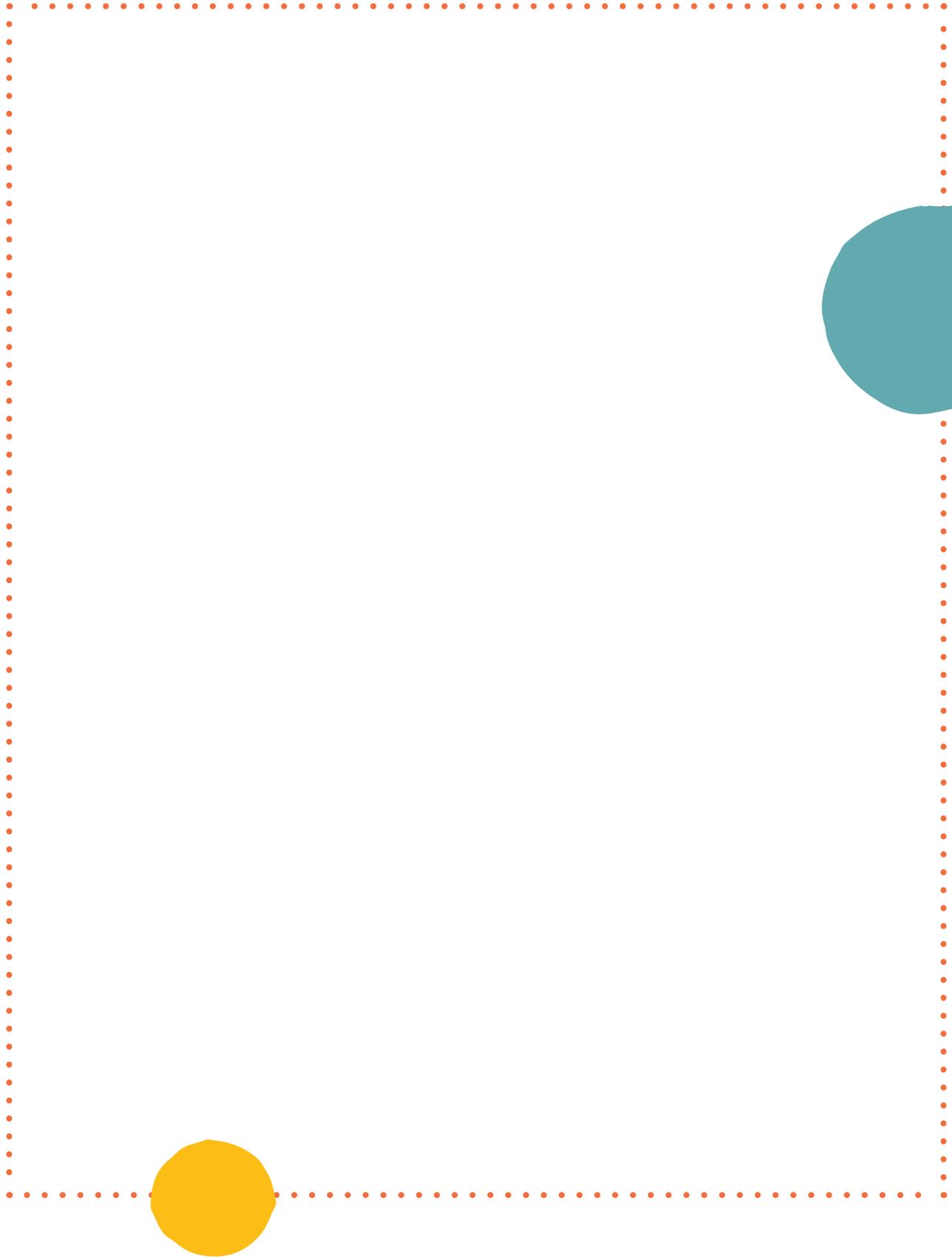
## THURSDAY // ART

- + Fill in the verse with your favorite colors!
- + Draw yourself in the Samaritan story.



“YOU SHALL LOVE  
THE LORD YOUR  
GOD WITH ALL YOUR  
HEART, AND WITH  
ALL YOUR SOUL,  
AND WITH ALL YOUR  
STRENGTH, AND WITH  
ALL YOUR MIND; AND  
YOUR NEIGHBOR AS  
YOURSELF.”  
- LUKE 10:27





## FRIDAY // SNACK

### **Snack**

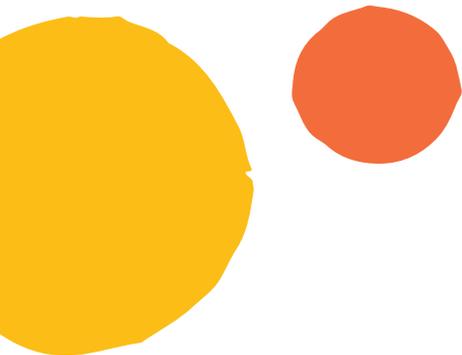
Bake cookies and drop them at someone's doorstep to remind yourself to care for someone else.

### **Read the reflection from our *Rise Up* book**

Maybe you have had a bad day like the man who was going to Jericho. You had high hopes when it started, but then everything went wrong. You yelled at your sister. You fought with your friend. Your parents did not understand why you did something you thought would have worked out. You could not focus on your school work. You felt like the man beaten down on the side of the road.

And maybe you looked for help by praying to God. Jesus came along. He picked you up, cleaned your wounds, and promised to help you fix your day. He gave you His grace to try loving again, and gave you peace in your heart. Maybe He showed up through a friend's kind word, or a hug from your mother, or a call from your grandfather. He can come to you through other people.

Maybe you have been the one to bring Jesus' love to someone else. You hugged your little brother when he was sad. You helped your dad with the long list of chores. You did not fight back even when you were angry. All of these are ways you can love God with your whole heart and your neighbor as yourself. This is God's love.



# gratitude

## MONDAY // ACT IT OUT

### **Scripture: Luke 17:11-19**

On the way to Jerusalem he was passing along between Sama'ria and Galilee. And as he entered a village, he was met by ten lepers, who stood at a distance and lifted up their voices and said, "Jesus, Master, have mercy on us." When he saw them he said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan. Then said Jesus, "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And he said to him, "Rise and go your way; your faith has made you well."

### **Play: Act it out**

Pretend to be Jesus and heal the lepers. Or pretend to be one of the lepers, maybe even one who didn't come back to say thank you. If you are the one who returns, don't forget to show your joy!

## TUESDAY // MEMORIZE

### Memory Verse

**“Rise and go your way;  
your faith has made you well.”  
// Luke 17:19**

### Action Memory Game

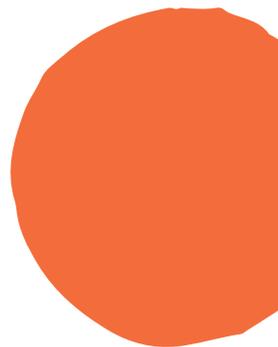
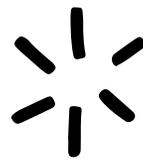
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## WEDNESDAY // GAME OR ACTIVITY

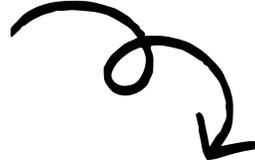
### **Thank You Jesus Race**

Race to see who can come back and thank Jesus the fastest: down & back!

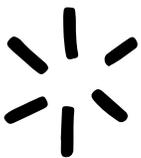


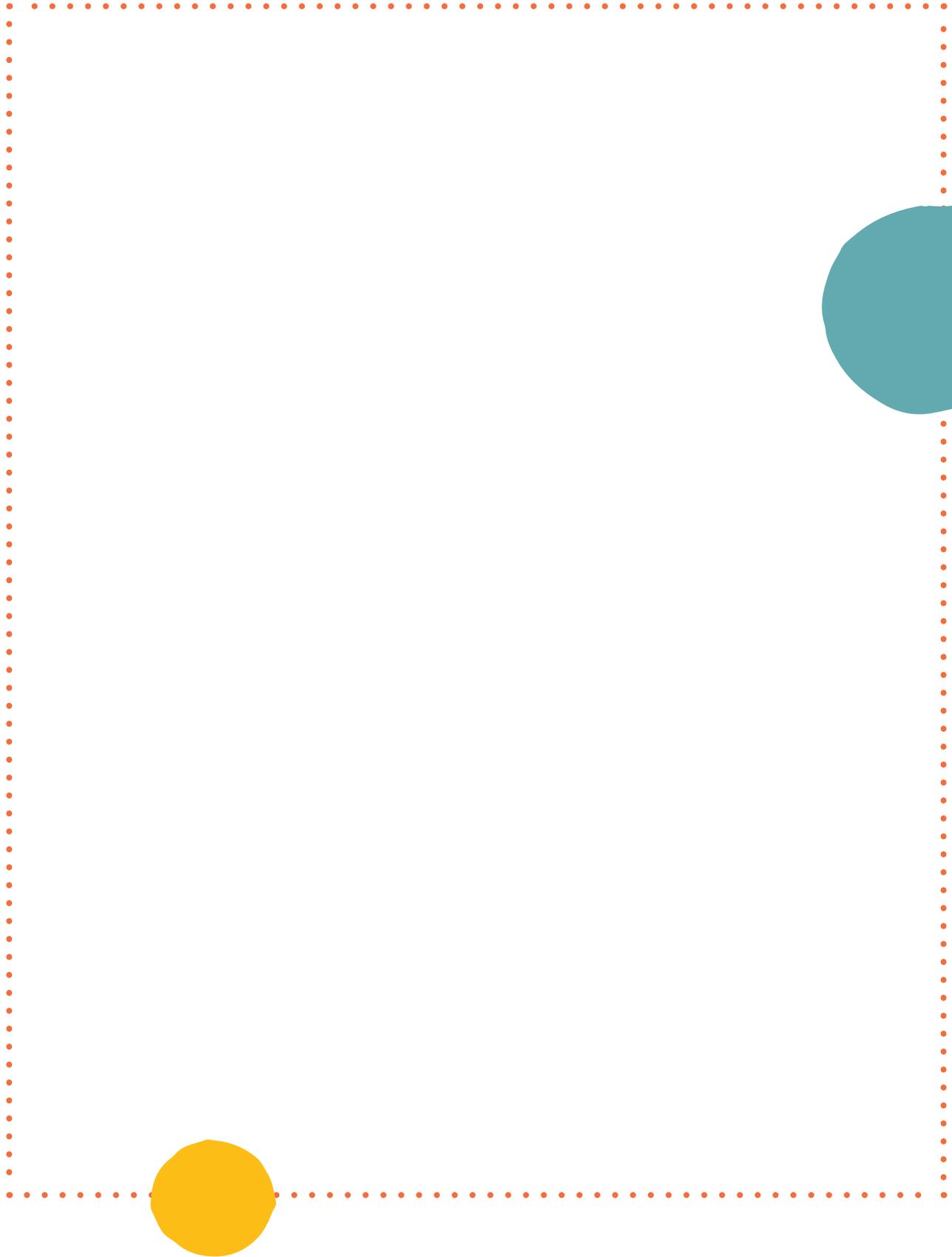
## THURSDAY // ART

- + Fill in the verse with your favorite colors!
- + Draw yourself in the story.



“RISE AND GO  
YOUR WAY;  
YOUR FAITH  
HAS MADE  
YOU WELL.”  
- LUKE 17:19





## FRIDAY // SNACK

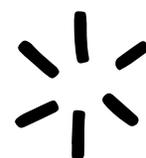
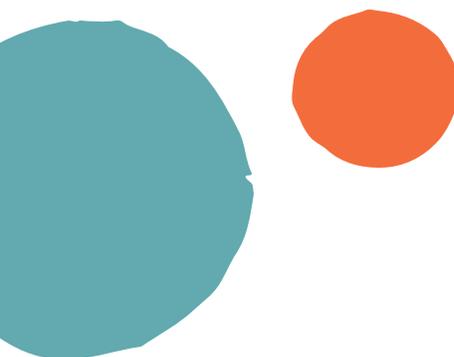
### **Snack**

Select veggies and hummus/ranch/pb. Nine of one kind (carrots maybe) and one different (celery) to represent the leper who came back to say thank you!

### **Read the reflection from our *Rise Up* book**

Imagine you are one of the ten lepers, and an outcast of society because you had a contagious disease that could not be cured. You see the man that people say can heal the sick from a distance, and you cry out to Him, *Have mercy on us!* He looks at you with love. He has already given you everything because He is God. But now He sees your faith and decides to give you more. He sees your scarred, broken body, and sends you to show yourself to the priests so that you can be allowed to come back in and worship in the Temple again.

As you go on your way, eager and uncertain, you notice that you have been made well. Your heart leaps, and you shout, *Alleluia! I am cured!* You turn back and run to find the man who cured you. What else could you do but thank Him? The truth is that you are like that leper every time you go to Mass and receive the Holy Eucharist and whenever you go to Confession, when you remember to give thanks to the God Who cures you because sin makes us sick. Jesus loves when we ask Him for mercy, but even sweeter to His ears are your thanks. Never miss a chance to thank God for all the good He has done for you.



# courage

## MONDAY // ACT IT OUT

### **Scripture: Matthew 14:22-33**

Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying, "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

### **Play: Act it out**

If you can act this one out in a swimming pool or bathtub, go for it! Don't forget to use spooky sounds for the wind and scared voices for the disciples!

## TUESDAY // MEMORIZE

### Memory Verse

**“Take heart, it is I; have no fear.”**

**// Matthew 14:27**

### Action Memory Game

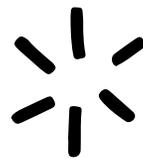
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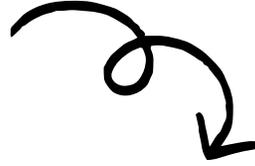
### **Lava Game**

Play the lava game or hopscotch, stepping across the cushions or chalk outlines to cross the sea and meet Jesus!

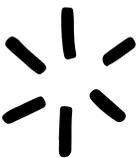


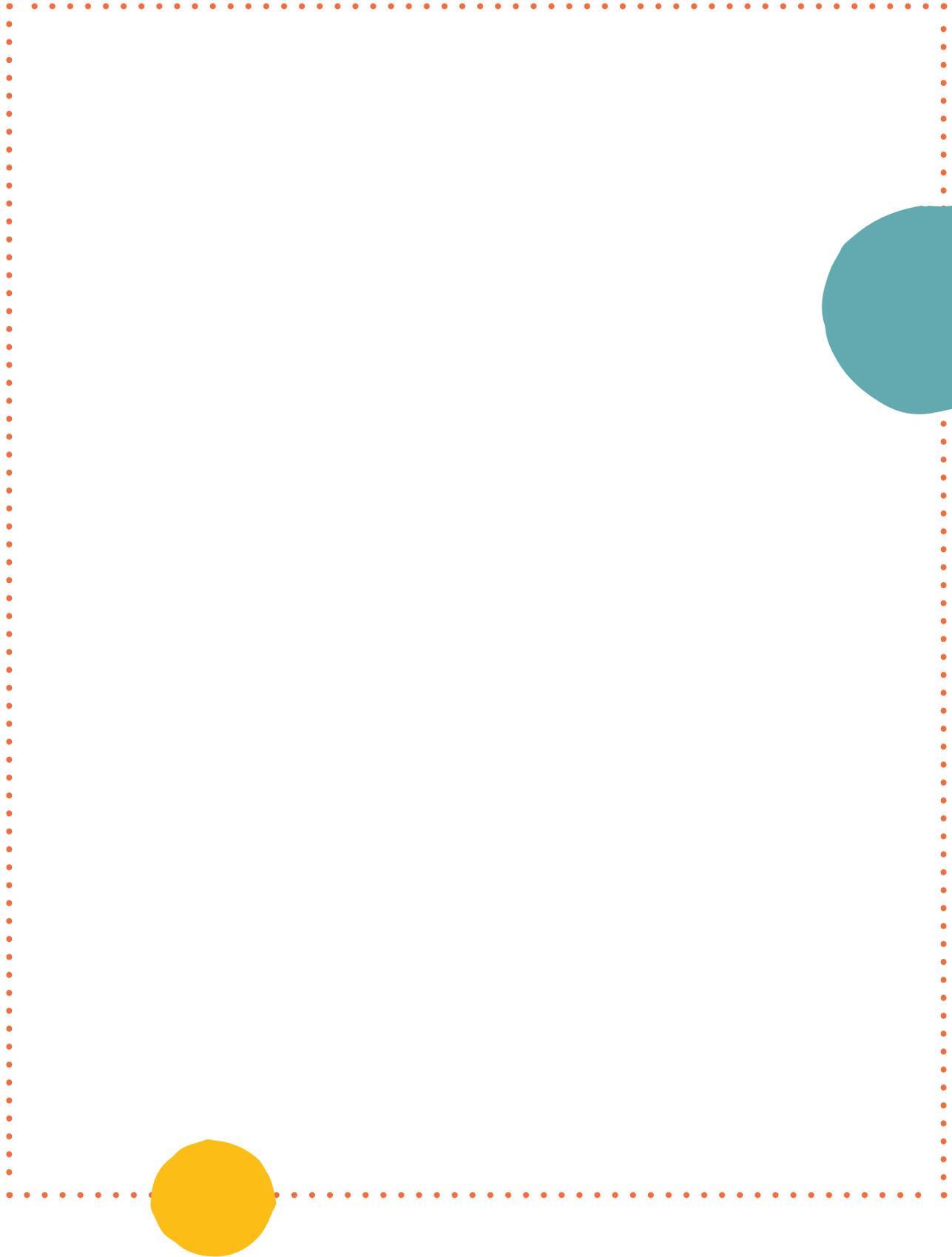
## THURSDAY // ART

- + Fill in the verse with your favorite colors!
- + Draw yourself in the story.



“TAKE HEART,  
IT IS I; HAVE  
NO FEAR.”  
- MATTHEW  
14:27





## FRIDAY // SNACK

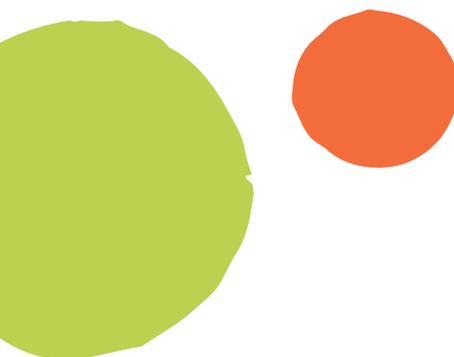
### **Snack**

Try a snack you've never had before to practice courage or eat a water-themed snack like goldfish crackers, fish sticks, or gummy fish.

### **Read the reflection from our *Rise Up* book**

Imagine you are Saint Peter in the boat with the disciples. It is windy, and the waves are beating against the boat. You know how to sail a boat because you have been a fisherman your whole life, but you start to wish that Jesus was with you in the boat. When you are with Him, you feel safe. Frightened voices cry out. *It is a ghost!* Looking out towards the sea, you see a figure walking on the water. It is Jesus! Your fear melts away, and you ask Him to call you to come to Him. *Come!* His voice fills you with courage, and you step out of the boat onto the surface of the water. You look into His eyes and are amazed that you are walking on water.

The wind whips through your hair and, frightened, you take your eyes from Him. You begin to sink, and suddenly realize your mistake. *Save me, Lord!* He grabs your hand, and pulling you up, reminds you that you need faith in Him to do difficult things. Every day you have the chance to do the right thing, but unless you keep your eyes on Jesus, you will sink. Courage is when you choose to do the right thing with your heart close to the Lord, especially when the wind blows wildly around you.



# perseverence

## MONDAY // ACT IT OUT

### **Scripture: Luke 11:5-13**

And he said to them, "Which of you who has a friend will go to him at midnight and say to him, 'Friend, lend me three loaves; for a friend of mine has arrived on a journey, and I have nothing to set before him'; and he will answer from within, 'Do not bother me; the door is now shut, and my children are with me in bed; I cannot get up and give you anything'? I tell you, though he will not get up and give him anything because he is his friend, yet because of his importunity he will rise and give him whatever he needs. And I tell you, Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

### **Play: Act it out**

Use a big voice for the friend showing up at midnight or a small voice for the friend answering. Pretend you're Jesus talking about a father giving his son a serpent or a scorpion!

## TUESDAY // MEMORIZE

### Memory Verse

**“Ask, and it will be given you;  
seek, and you will find; knock,  
and it will be opened to you.”**

**// Luke 11:9**

### Action Memory Game

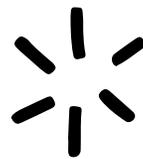
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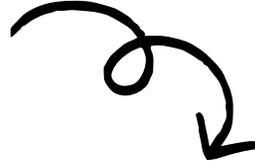
### **Scavenger Hunt**

For today's game, do a scavenger hunt! "Seek, and you will find!" Find in your house or outdoors: a round blue thing; a square red thing; a pointy yellow thing; a soft green thing. Or you can design your own hunt.

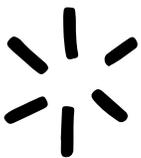


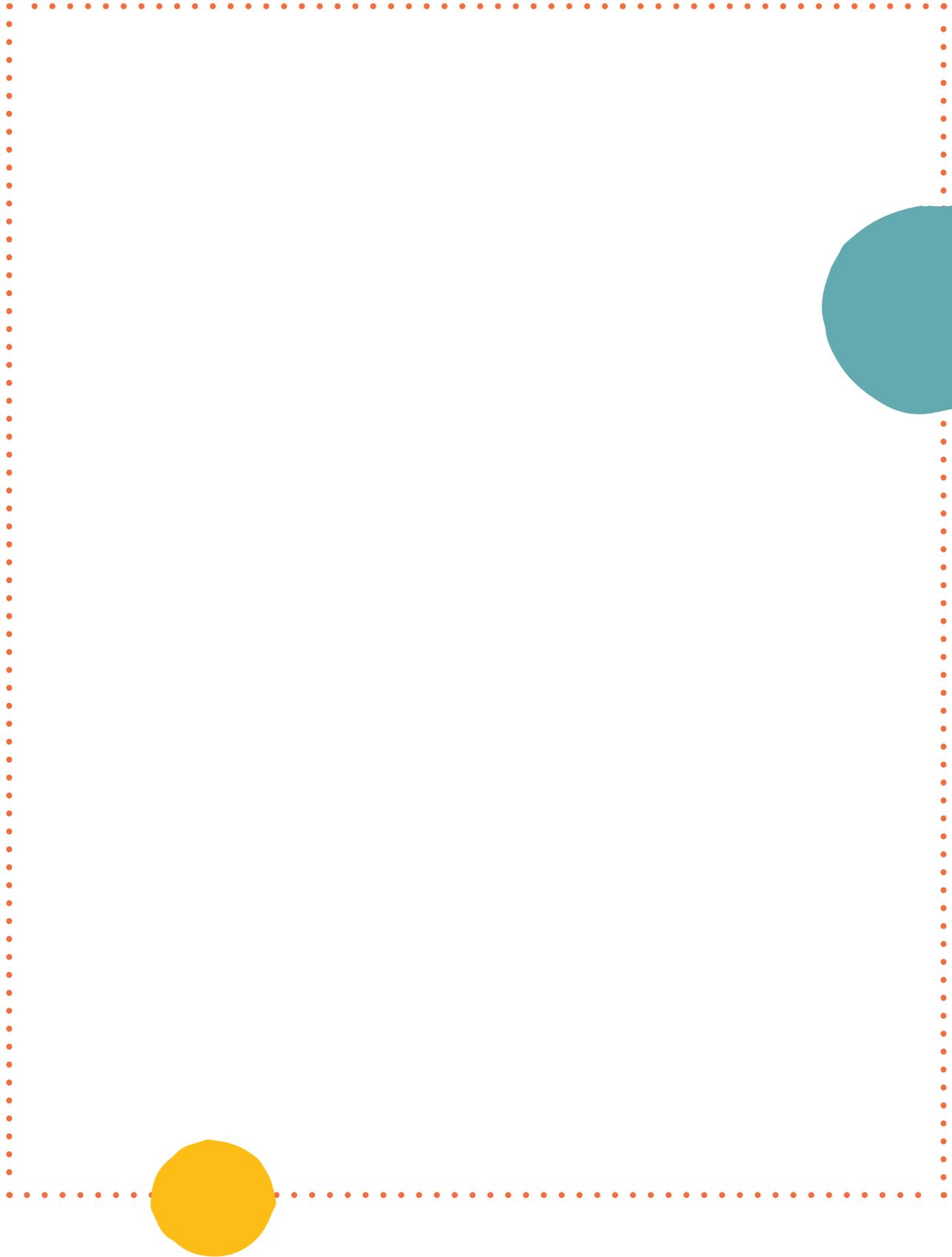
## THURSDAY // ART

- + Fill in the verse with your favorite colors!
- + Draw yourself in the story.



“ASK, AND IT  
WILL BE GIVEN  
YOU; SEEK, AND  
YOU WILL FIND;  
KNOCK, AND IT  
WILL BE OPENED  
TO YOU.”  
- LUKE 11:9





## FRIDAY // SNACK

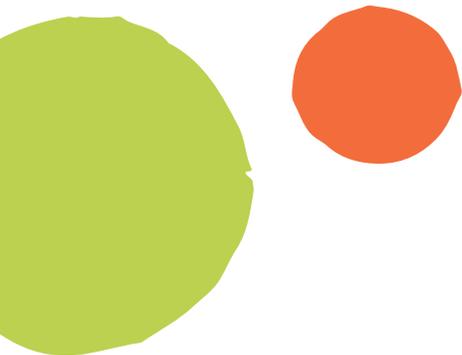
### **Snack**

Make some toast with butter/jam/cinnamon toast cut into three smaller sections, like the three loaves.

### **Read the reflection from our *Rise Up* book**

It is a dark, dark night as you stand outside the door. You have been knocking for what seems like hours. *Thump, thump, thump, thump, THUMP!* You pound again and wait. You are starting to give up, and turn back for home. Your friend who has arrived hungry will just have to wait until morning. *I don't want to let him down!* Strengthening your resolve, you reach up to knock again. The door suddenly opens and light streams out on your face. You explain your need for bread, express your thanks, and run home to serve your friend. Your perseverance has paid off.

Praying to God can feel like that sometimes. You ask again and again for yourself and for your loved ones, and there seems to be no answer. But Jesus promises that God hears you, and wants you to never give up on praying to Him and asking for His help. He will always give us the help of the Holy Spirit when we ask for it. He wants us to pray for His help to continue doing the good works we have begun, to change from our sinful ways to good ways, and for others to have the grace to love Him more. Never give up on knocking at His door. Sometimes the waiting is what we need most.



# virtue chart

SUN MON TUE WED THU FRI SAT

CHARITY



GRATITUDE



COURAGE



PERSEVERANCE



	SUN	MON	TUE	WED	THU	FRI	SAT
CHARITY							
GRATITUDE							
COURAGE							
PERSEVERANCE							

# virtue shout-out

NAME: \_\_\_\_\_

VIRTUE: \_\_\_\_\_

EXTRA PRAISE: \_\_\_\_\_

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DATE: \_\_\_\_\_

# virtue shout-out

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VIRTUE: \_\_\_\_\_

EXTRA PRAISE: \_\_\_\_\_

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# virtue shout-out

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