

STEP

03.

LET'S HAVE A SLEEPOVER





## TODAY'S STEP:

Tom and Nancy's youngest child, Joshua, invites us to come along and see the bedroom he shares with his brother Isaac.



## TODAY'S BIG IDEA:

Let's step into the shoes of our host family to see how, even when we feel vulnerable, Jesus is enough.

# 03: LET'S HAVE A SLEEPOVER

## BEFORE YOU BEGIN:

- Invite everyone to start a habit of praying for kids in need as you start this lesson and every time you take off your shoes. Taking off our shoes also reminds us we're walking in another's footsteps.
- Get ready to play today's video, "Enough safety" at [stepintomyshoes.org/resources](http://stepintomyshoes.org/resources), Step 03 or from your DVD.
- Grab a roll of masking tape.
- Whoever is participating in the activity will need their bedding for the night. This might be as simple as grabbing extra blankets, or you may want to grab mattresses, inflate an air mattress, or use sleeping bags. It is your choice how you would like to set up your sleeping space.
- Note that this activity is best done on a weekend or when there's not school or work the next day.

**Say:** Tonight our family will change up our normal sleeping situation for something new. In much of the world, families live in very small houses, if they have a house at all. Often their home or apartment is just one room, and everyone sleeps in that room together. To try to understand that more, for one night some—or all—of us will sleep in one room on the floor.



Use masking tape to mark off an approximate 10 x 10-foot area in your home together. This is the common size of many houses we have visited in Africa. Inside that space, set up where either your whole family or just the kids will sleep for the night.

**Say:** We are going to watch our video together. As we do, look for the things that keep Joshua and Isaac safe, and think about things in our home that keep us safe.



## WATCH VIDEO: "ENOUGH SAFETY" [03:56]

**Ask:** What stood out to you?

What are some things we have in our home to keep us safe?

Can you think of some times in the Bible where people didn't feel safe? How did God respond to them? (If you need some ideas, these passages all include examples: Mark 4:35-41, Deuteronomy 31:1-8, Luke 5:1-11, Psalm 34:3-5, or Psalm 55:1-5 and 16-18.)

**Ask:** Would this space be enough for our family to live in all the time? What does it mean to have enough space to live?

If you will not be sleeping in your space for the night, jump to "Talk About It" and read the questions for the morning before you pray, noting that the first one will use your imagination instead.



## PRAY

**Say:** For many families, not owning a door with a lock is one thing that makes them feel unsafe at night. Let's write a prayer asking God to provide safety for children who are vulnerable at night.

In the Bible, sometimes people would act out their prayers instead of just saying them with words. Tonight we are going to put an action with our prayer. We are going to tape our prayers to our door. Our door here becomes a symbol of the safety we are asking God to create for kids here and elsewhere who may not be safe at night.

Joshua and his brother had a pillow fight before settling in to bed. Use tonight's sleep experiment to spend some fun time together. Maybe play a favorite game as a family before bed.



## TALK ABOUT IT

In the morning, discuss:

- How was our night similar to what our Ugandan hosts might experience? How was it different?
- What would it be like to sleep in this space together every night?
- If someone lives in a situation that isn't safe enough, how do you think that affects them? How would you feel if you were not safe at home or in your sleep?



## IDEAS FOR PRESCHOOLERS:

Your preschooler might not be comfortable with a sleepover yet. (Or they may sleepover in your bed more nights than you'd want!) Instead, take a tour around your house testing various sleep surfaces (hard ground, carpet, a bed) and spaces (a closet, the kitchen, under a table). You could also see if the whole family can fit into that space or bed. Ask your child if they would get good or bad rest in that space. Explain that not everyone has the money to buy their own soft bed or cover it with comfortable sheets and blankets.



## IDEAS FOR TEENS:

This is a great night for your teen to take a leading role sharing stories of what scared them when they were the age of any younger child, and what comforted them in the midst of their fears.

For more ideas for younger and older kids, go to [stepintomyshoes.org/resources](http://stepintomyshoes.org/resources), Getting Started.