



## Belt of Truth – “Overflow with Truth” Challenge

### Theme Verse:

*“Stand firm then, with the belt of truth buckled around your waist...” – Ephesians 6:14a*

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### Quick Lesson

God’s truth helps us walk straight, stay steady, and finish the race. But if we’re careless, distracted, or rushed, truth can slip through the cracks. When we walk carefully and together, we can overflow truth into the world around us.

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### Activity: Overflow with Truth

**Objective:** Each child walks a straight path holding a leaking cup. They must get water into a team bucket to eventually float a **ping pong ball** to the top. This represents truth rising when we all do our part.

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### Supplies Needed

- **Plastic cups** (poke small hole at the bottom center)
  - **Fabric** (to act as belts)
  - **Cones** (to mark straight lane)
  - **Team bucket** (for collecting water)
  - **Ping pong ball** (1 per team bucket)
  - **Start-line water source** (small bin or cooler with clean water)
  - **Towels** (for cleanup)
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## How It Works

1. At the start line, a leader assists child to put on belt.
  2. A leader fills the cup with water.
  3. The child walks straight down the path toward the team's **bucket with a ping pong ball** inside.
  4. They dump their remaining water into the bucket.
  5. Team continues taking turns until the ping pong ball **floats out** of the bucket.
  6. Celebrate! Team succeeded in overflowing truth together!
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## Age Group Modifications

Age Group	Adaptations
Preschool K-2	Use cups with no leaks. Remind them to “walk steady!” Set shorter path to walk and just let them hold the cups.
3-5	Use standard leak cups. Encourage teamwork and cheering. They’ll love watching the ball rise.
6-12	Add reflection:

- “What made it hard to keep water in the cup?”
  - “How does that remind you of life at school?”
  - “Why is it important that we work together to walk in truth?”
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## Leader Tips

- Keep refilling water cups quickly at the start line to keep the game moving.
- Remind kids that walking fast or rushing causes more truth to spill.
- Use the moment when the ping pong floats to drive home the point:  
“When we all walk in truth, we overflow with God’s goodness.”