

## THIS WEEK'S EXPERIMENT:

### *Hokey Pokey!*

(Matthew 5:38-42)



“You have heard that it was said, ‘An eye must be put out for an eye. A tooth must be knocked out for a tooth.’ But here is what I tell you. Do not fight against an evil person.

Suppose someone hits you on your right cheek. Turn your other cheek to him also. Suppose someone takes you to court to get your shirt. Let him have your coat also. Suppose someone forces you to go one mile. Go two miles with him.

Give to the one who asks you for something. Don't turn away from the one who wants to borrow something from you.”

1. (Parent) Explain to your kids that you are going to do something to each of them. After you do it, ask each of them to show you what they feel like doing. *Lightly poke each one of them, **not enough to hurt them** but enough for them to “feel” poked!* Kids will likely respond by poking you back.
2. Say, “A lot of times we feel like the best way to respond to someone is to do the same thing back to them. In the passage we just read, what did Jesus say we are to do in response?”
3. This time have each person in your group pick another family member. One person will be the “poker” the other will be the “pokee.” Explain that you are all going to practice “turning the other cheek” by not responding to the poking of the other family member. Instruct the “poker” to lightly poke the “pokee” over and over again. Give it about a minute. If the “pokee” begins to react, instruct them not to. Be conscious of how hard the “poker” is poking and intervene if necessary!
4. **Ask your family, “When do you think you will need to ‘turn the other cheek’ this week.”** Explain that turning the other cheek might be anything from not yelling back, not taking a toy in retaliation, not hitting/pushing/pinching, etc...
5. **EXPERIMENT:**  
Have each family complete this sentence: This week, instead of getting even I will turn the other cheek by \_\_\_\_\_.