

# DIY

## FAMILY NIGHT



*“Like clay in the hand of the potter, so are you in my hand, O house of Israel.” -Jeremiah 18:1-6*

The Do-It-Yourself (DIY) Family Night is a fun opportunity to create, build and let your family time be outside the box. From food to crafts, everyone in the family will have the chance to use their hands and fashion some fun projects. Then, as a family can take time to look at how God desires to fashion us into an amazing creation for his purposes.

### gym setup

*decor*

 \$5-20

 15 minutes

Décor: You can use anything you would use when making something yourself, such as:

- Scrapwood
- Tools [play or real]
- Paint cans/Brushes
- Sewing Items
- Fabric
- \_\_\_\_\_
- \_\_\_\_\_

### diet

*food*

 \$10-15

 30 minutes

#### Menu

The menu is based all around creating it yourself.

- **Individual Pizzas:** Buy premade pizza crusts in individual sizes. Have an assortment of toppings in bowls and have each person create their own pizza. This could include pepperoni, bacon, veggies, ham, pineapple, etc.
- **Hoagies:** Have each person choose how they want to make their own sandwiches.
- **Fondue:** For dessert, melt chocolate chips with heavy cream in a fondue pot. Have a plate of assorted fruits, angel food cake, brownies, rice krispie treats, and assign each person their own dipper. Enjoy!



## building muscle

craft

🛒\$5-15

🕒25 minutes

### CLAY NECKLACES

Here is what you will need:

- \* Clay - the kind you bake (Polymer) This can be found at any craft store such as Michaels.
- \* Cookie Cutter in heart shape or circle: These need to be tiny
- \* A knitting needle, toothpicks, and a Plastic or metal roller
- \* A necklace chain or colored hemp: any type of thin necklace material will be fine.

1. According to the clay package directions, knead the lump of clay for 2 minutes.
2. Roll out the clay so it is around 1/4 to 1/2 inch. Using the shape cutter, punch out a heart. You want it to be thick enough to make a hole in the side.
3. Poke a knitting needle or toothpick through the side (Doing it through the top is much easier, and might work better for younger kids, but doesn't lay as flat). This is important: Make sure the hole is large enough for a chain to fit through before you bake it!
4. Bake according to package directions: Typically 15 minutes at 275 degrees. Let cool completely before handling.
5. Paint as desired. If you buy the clay colored, you can skip this step. It does come in a rainbow of colors, kids like painting it, too.

*Optional step: add light coat of Mod Podge decopauge glue and sprinkle on some glitter.*

6. Let dry, string the completed heart on a necklace chain and wear with pride!

This is great even if you have boys. Just make sure you have a boy themed cut out! You can also draw their initials in the clay with a toothpick to personalize it. You can find detailed instructions and pictures from a link for the DIY Family Night post at [familymuscle.com](http://familymuscle.com).



## cardio

games

🛒\$0

🕒10-30 minutes

### DIY Game

Have your kids come up with their own game. Whether this means creating a game to play, such as charades, or drawing out a four square game and enjoying sometime outside, let them create a fun activity. If you are working on a project, such as building or painting something in your home, use this is a time to involve your children. Spend time as a family, working on a project together. If you sew, you could use this time to begin project such as a pillowcase with your kids or to show them the basics of sewing.



## strength training

devotion

🛒\$5-10

🕒10 minutes

### God's Improvement Project

1 This is the word that came to Jeremiah from the LORD : 2 "Go down to the potter's house, and there I will give you my message." 3 So I went down to the potter's house, and I saw him working at the wheel. 4 But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him. 5 Then the word of the LORD came to me: 6 "O house of Israel, can I not do with you as this potter does?" declares the LORD. "Like clay in the hand of the potter, so are you in my hand, O house of Israel." -Jeremiah 18:1-6

After reading the passage, help relate this to the craft from tonight's family night by asking each other questions about working with the clay: was the clay easy to work with? when was it easy? when was it hard? Then, begin a discussion on how God desires that we would be soft clay allowing him to mold us to his beautiful, special piece. When a potter sits down to create a piece of pottery he has a function, a purpose in mind for that piece. And, not only does it have a function, when the play works right it will turn out to be a beautiful piece. In the days ahead as a family, how will you allow God to mold each one of you for His purpose?

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