

Tweeners 31 Day
Proverbs Power-Up Challenge

Welcome to our Proverbs Power-up!

Proverbs is an amazing book of the Bible that holds a ton of wisdom for everyday life...
AND WE'VE TURNED IT INTO A CHALLENGE!

In this challenge, you will need to read Proverbs at home and complete each of the fun daily "Power-up" activities for points! You will also need to make a scroll and write down one proverb from each reading on your Proverbs Scroll. YOU WILL NEED TO SHOW YOUR SCROLL ON SUNDAY TO EARN POINTS.

The best part about this challenge is... everybody WINS WISDOM!!!

IMPORTANT - PLEASE READ ▼

We will do Days 1 – 3, Days 9 – 11, as well as Days 17 – 19 and Days 25 – 27 in the Sunday Tweener Zoom classes. You only need to do these at home if you miss class.

Day 1 of 31 • This day's reading • Proverbs 1:1-33

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

The book of Proverbs started with a dream. In the dream, God asked King Solomon what he wanted most, and King Solomon asked for wisdom. God gave it to him. King Solomon's wise sayings were written in an old-fashioned book called a scroll. The words from that old scroll were written in the book of Proverbs in the Bible. Now we can learn from the wisdom God gave to King Solomon, too.

Power-Up: Make a Scroll (10 XP)

1. Watch the video about how Solomon got wisdom. <https://youtu.be/Zt69TIZzA4c>
2. Read Proverbs chapter one.
3. Write one proverb about Solomon on a piece of paper.
4. Roll the paper up and tie it with a string or ribbon to make a scroll.

Don't Forget: Save the scroll to write a new proverb in every day!

Day 2 of 31 • This day's reading • Proverbs 2:1-15 • Proverbs 2:26-22

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Treasure Hunt (8 XP)

1. Read Proverbs chapter two.
2. Find the proverb that tells us to search for wisdom like it's hidden treasure.
3. Write some proverbs from chapter two on pieces of paper. Only write one proverb on each piece of paper.
4. Crumple up and hide the proverbs.
5. Search for the proverbs like they're hidden treasures!

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 3 of 31 • This day's reading • Proverbs 3:1-35

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Wisdom Charades (8 XP)

1. Read Proverbs chapter three.
2. Act out one proverb.
3. Your family or friends shout out which proverb they think you're acting out.
4. When someone guesses the right proverb, they win.
5. Let the winner act out a different proverb.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 4 of 31 • This day's reading • Proverbs 4:1-27

Power-Up: Parent Says (8 XP)

1. Read Proverbs chapter four.
2. Find one proverb about being wise by obeying your parent.
3. Play Simon Says...only your parent is It and they'll say "Parent Says."
4. Let the winner be It next.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (3 XP)

Day 5 of 31 • This day's reading • Proverbs 5:7-14

Power-Up: The School Of Wisdom (8 XP)

1. Read Proverbs chapter five.
2. Play "School" with your family.
3. The "teacher" tells everyone what to do.
4. Some of the "kids" show wisdom. They act out Proverbs 5:7.
5. Some of the "kids" don't show wisdom. They act out Proverbs 5:12-14.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (3 XP)

Day 6 of 31 • This day's reading • Proverbs 6:1-23

Power-Up: Draw Together (8XP)

1. Read Proverbs 6:1-23.
2. Choose one proverb.
3. Work together to draw a picture about the proverb.
4. Put the picture on the wall so you can remember it!

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 7 of 31 • This day's reading • Proverbs 7:1-4

Power-Up: Don't Forget! (8XP)

1. Read Proverbs 7:1-4.
2. Tie strings, rubber bands, or hair ties around your fingers.
3. Decide what wise choices the strings can remind you to do all day.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 8 of 31 • This day's reading • Proverbs 8:1-36

Power-Up: Wisdom For Peter (10 XP)

1. Watch the video about Peter's denial of Jesus. <https://youtu.be/p5DSUKiocsE>
2. Read chapter eight of Proverbs.
3. Pick one proverb that would have helped Peter tell the truth instead of lying.
4. Pick one proverb that will remind you to make better decisions.

Don't forget: (Write one proverb from today's reading on your Proverbs Scroll. 2 XP)

Day 9 of 31 • This day's reading • Proverbs 9:1-18

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Proverbs Portraits (8 XP)

1. Read Proverbs 9:1-18.
2. Draw a portrait of the woman named Wisdom.
3. Draw things she would say and do.
4. Make the second portrait about the woman called Foolishness.
5. Draw things she would say and do.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 10 of 31 • This day's reading • Proverbs 10:1-32

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Finish the Proverb... (8 XP)

1. Read Proverbs 10:1-32.
2. Read the first half of a proverb out loud to your family.
3. The first person in your family to finish the proverb out loud is the winner.
4. Let the winner repeat the game with a different proverb.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 11 of 31 • This day's reading • Proverbs 11:1-31

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Chart Attack! (8XP)

1. Read Proverbs 11:1-31.
2. Make a chart with your family.
3. On one side of the chart, write what happens when people are wise.
4. On the other side, write what happens when people are foolish.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 12 of 31 • This day's reading • Proverbs 12:1-28

Power-Up: Today I will... (8XP)

1. Read Proverbs 12:1-28.
2. Find a proverb that tells you what you can do to be wise.
3. Follow the instruction it gives you for the rest of the day.
4. Bonus XP: Give yourself 5XP for each extra day you follow the instruction!

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 13 of 31 • This day's reading • Proverbs 13:1-25

Power-Up: Who Am I? (8 XP)

1. Read Proverbs 13:1-25.
2. Pick one proverb that talks about a person.
3. Describe that person to your family.
4. The winner is the first to guess what kind of person you described.
5. Let the winner repeat the game with a different person.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 14 of 31 • This day's reading • Proverbs 14:1-35

Power-Up: Wise or Foolish? (8XP)

1. Read Proverbs 14:1-35.
2. One person acts out what chapter 14 says a wise person does.
3. Another person acts out what a foolish person does.
4. Everyone else has to guess which one is wise and which one is foolish.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 15 of 31 • This day's reading • Proverbs 15:1-33

Power-Up: Abraham, the Family Man (10XP)

1. Watch the video about Abraham and Lot. <https://youtu.be/yBAYENQnny0>
2. Read Proverbs 15:1-33.
3. Find every verse that talks about using wise words.
4. Think of wise words Abraham could say to Lot to keep from having anger in their family.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 16 of 31 • This day's reading • Proverbs 16:1-33

Power-Up: Twice is Nice (8XP)

1. Read Proverbs 16:1-33.
2. Find two verses that say almost the same thing.
3. Talk about what the verses mean.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 17 of 31 • This day's reading • Proverbs 17:1-28

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Preacher Time! (8XP)

1. Read Proverbs 17:1-28.
2. Choose one verse.
3. Pretend you're a preacher and teach your family what the verse means.
4. Let someone else have a turn to be preacher.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 18 of 31 • This day's reading • Proverbs 18:1-24

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Just Eat It! (8XP)

1. Read Proverbs 18:1-24.
2. Find the verse about fruit.
3. Talk about which words you would want to eat and which ones would taste disgusting.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 19 of 31 • This day's reading • Proverbs 19:1-29

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Just for Kids (8XP)

1. Read Proverbs 19:1-29.
2. Find the verses that talk about kids.
3. Talk about what each kid verse means.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 20 of 31 • This day's reading • Proverbs 20:1-30

Power-Up: David and Jonathan (10XP)

1. Watch the video about David and Jonathan. <https://youtu.be/oUzIVYaESmQ>
2. Read Proverbs 20:1-30.
3. Find verses that remind you of how David and Jonathan acted wisely.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 21 of 31 • This day's reading • Proverbs 21:1-31

Power-Up: I'm Thinking of a Proverb... (8XP)

1. Read Proverbs 21:1-31.
2. Tell your family, "I'm thinking of a proverb..."
3. Your family guesses the number of the verse you are thinking of.
4. Tell them if it is higher or lower.
5. When someone gets it right, they read it out loud.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 22 of 31 • This day's reading • Proverbs 22:1-29

Power-Up: Write It Out! (8XP)

1. Read Proverbs 22:1-29.
2. Pick one verse and write it down.
3. Work together to write about what it means.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 23 of 31 • This day's reading • Proverbs 23:1-26

Power-Up: Missing Words (8XP)

1. Read Proverbs 23:1-26.
2. Pick one verse.
3. Say the verse out loud, but leave one word out.
4. The first person to find the missing word is the winner.
5. Repeat the game with a different verse.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 24 of 31 • This day's reading • Proverbs 24:1-34

Power-Up: Odes of Wisdom (8XP)

1. Read Proverbs 24:1-34.
2. Each person picks their own verse.
3. Make up a song for your verse.
4. Sing it for your family.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 25 of 31 • This day's reading • Proverbs 25:1-28

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Proverb or Pretend? (8XP)

1. Read Proverbs 25:1-28.
2. Read one of the verses out loud to your family--or make one up!
3. Your family has to decide if it's a real proverb, or if it's pretend.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 26 of 31 • This day's reading • Proverbs 26:1-28

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: What About Words? (8 XP)

1. Read Proverbs 26:1-28.
2. Find all the verses about words.
3. Talk about what the verses teach you about your own words and the words of others.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 27 of 31 • This day's reading • Proverbs 27:1-27

DO IN CLASS ON SUNDAY - ONLY DO AT HOME IF YOU DID NOT DO IN CLASS

Power-Up: Proverb Pictures (8XP)

1. Read Proverbs 27:1-27.
2. Quickly draw a picture about one of the verses.
3. Your family has to try to guess which verse you're drawing.
4. The first one to guess is the winner!
5. Let someone else have a turn to play again!

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 28 of 31 • This day's reading • Proverbs 28:1-28

Power-Up: Give, Save, and Spend (10XP)

1. Watch the video about Giving, saving, and spending. <https://youtu.be/WqEi0QMJe64>
2. Read Proverbs 28:1-28.
3. Find every verse that talks about money, being rich, or being poor.
4. Decide if each one of the verses is talking about giving, saving, or spending.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 29 of 31 • This day's reading • Proverbs 29:1-27

Power-Up: Opposites (8XP)

1. Read Proverbs 29:1-27.
2. Find a verse that has two opposites in it.
3. Talk to your family about what is opposite in the verse.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 30 of 31 • This day's reading • Proverbs 30:1-19 • Proverbs 30:21-33

Power-Up: Proverbs Play-Time (8XP)

1. Read Proverbs 30:1-19; 21-33.
2. Get out some dolls, puppets, action figures, or make hand puppets.
3. Act out a few verses from chapter 30 with your toys.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Day 31 of 31 • This day's reading • Proverbs 31:10-31

Power-Up: A Wise Woman (8XP)

1. Read Proverbs 31:10-31 out loud.
2. Act out the things the noble wife does as you listen to the chapter.
3. Talk about how the woman's actions are wise for girls and boys.

Don't forget: Write one proverb from today's reading on your Proverbs Scroll. (2 XP)

Your Name: _____

Your Favorite Proverb:
