



## Family Worship Guide 3

Watch Dr. Bunsenburner in the video: "Lightbulb in the Microwave." <https://www.youtube.com/watch?v=bVbtLsmkoRQ>

If you'd like to do this experiment at home, here's what you do.

### Supplies Needed:

- light bulb (not an LED)
- microwave
- water
- clear glass

### Steps:

- Fill the glass halfway with water.
- Remove the plate and anything else that is in the microwave.
- Place the light bulb in the glass of water, socket end in the water, and set it inside the microwave.
- Close the door and turn the microwave on HIGH.
- It usually takes about 5 seconds for the light bulb to light up. Turn the microwave off after the bulb has been lit a few seconds—no longer.

### Look Up and Read Aloud

- 1 John 2:19 (NLT), "*Anyone who loves another brother or sister is living in the light and does not cause others to stumble.*"
- Matthew 5:3-10.

In these verses you find a set of 8 guidelines called Beatitudes, where Jesus tells you how you can be more like Him. Beatitudes are what your ATTITUDES should BE—Be Attitudes. Jesus tells you how you can have the attitudes that God wants you to have and use those to be a light to the people around you. God is happy with you when you have His attitude towards others, and having those attitudes will make you happy, too. Each time you live out God's attitude, you help someone else see what God is like—you shine a light on that attitude!

### Talk About:

- What does it mean to be living in the light? What attitudes should you have?
  - Instead of bragging, your attitude should give credit to \_\_\_\_\_.
  - When someone around you is sad, you can \_\_\_\_\_.
  - When someone accuses you of something you didn't do, you can \_\_\_\_\_.
  - What thoughts make you have an attitude that would not make God happy?
  - Ask yourself: Do I need to have the spotlight on me? Am I only happy when everyone is watching me?
- During this quarantine time, keeping in mind the social distancing, how can you be a burst of light, like the lightbulb was in the microwave? How can you have the right attitude as you love others?
- Name a way you and/or your family can show love to someone else—who may be bored, lonely, angry, frustrated, scared, sad.
- Choose one of those ways and ... DO IT!