

STILL WATER



snacks

LEADER GUIDE



STILL WATER SNACKS

COURSE OVERVIEW

Theme Verse: Psalm 23:1

	Day 1	Day 2	Day 3	Day 4	Day 5
Titles	Lost to Found	Wrong Path to Right Path	Fearful to Peaceful	Grumbling to Grateful	Shaky to Sure
Locations	Sheep Farm in Donegal	Green Pastures in County Galway	Black Valley in County Kerry	Enemy Territory in Dublin	Higher Lands in County Antrim
Bible Passages	Psalm 23:1 1 Samuel 17:34–37	Psalm 23:2–3 1 Samuel 17	Psalm 23:4 1 Samuel 19–23	Psalm 23:5 2 Samuel 9:3–7 1 Samuel 16:1–13	Psalm 23:6 1 Chronicles 22
Lesson Focus	Like David, I can be a child of God and have the Lord as my shepherd.	Like David, I need the Lord to lead me on the right path through his Word.	Like David, I can turn to the Lord for comfort when I am anxious or afraid.	Like David, I can have an attitude of gratitude in every situation.	Like David, I need to be on the lookout for God's goodness and mercy, my traveling companions through life.
Apologetics Content	Is the Lord a distant God? Did he create the universe and then just sit back and watch?	Is the Bible a trustworthy guide to lead us through life?	Why do we even have hard times?	Are good things because of "good luck" or a good God?	What should rainbows remind us of?
Memory Verses	Psalm 23:1	Psalm 23:2–3	Psalm 23:4	Psalm 23:5	Psalm 23:6
Names of God	Shepherd	Leader	Comforter	Provider	Promise Keeper
Animal Pals	Mia the Connemara Sheep	Guide the Border Collie	Shadow the Raven	Pesky the Woolly Aphid	Shirley the Highland Cow
Celtic Corner Crafts	Baa-loved Sheep Keepsake Ornament—Shepherd's Staff	S.O.A.P. Bible Puffball Zipper Pull	"Don't Worry, Just Pray" Magnet Night-Light in the Darkness	Thankube Gratitude Attitude Game	Psalm Scroll Highland Cow
Celtic Corner Science	Sink or Float Wet Woolly	Genetically You Sling Fling	Shadow Play Fear Not	Sticky Stuff Overflow Your Cup	Firm Foundations Real Rainbows
Green Meadow Games	Gaelic Football Lost Sheep Relay	Shamrock, Riverdance, Viking Strongman Challenges	Run, David, Run Walk Through the Valley	Raiders My Cup Overflows Relays	Psalm 23 Partner Obstacle Course Pot o' Gold
Still Water Snacks	Cross Trail Mix Sweet Sheep	Scene 23:2 Border Collie Paw Print	Stuffed Staff Bird's Nest	Piled-High Popcorn Full Float	Cow Patties Spud Circles
Cool Contests	Guess the Rainbow Skittles	Group Spirit Day	Dress-Up Day	Bible Challenge	Mission Money Mania



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Still Water Snacks

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Handy Helps

Top o' the Morning to Ya!

It's early morning on the Emerald Isle. Gaze ahead as the sun rises on the cool, green pastures dotted with grazing sheep. Listen to the waves crash at the staggering Cliffs of Moher as their towering crags ascend majestically from the sea. Catch the earthy scent of sheep and cattle, fertile meadows, and dense forests. Step into a local restaurant and taste the rich flavors of a land known for its butter and potatoes. Run your hand over the soft wool of a pastured lamb or the rough, stony exterior of an age-old castle. Tune in as lively folk music entertains and delights all who listen.

From the lush meadows of its countryside to the cobblestone streets of its cities, there is something to delight the senses everywhere we turn in Ireland. So journey with us to *Emerald Crossing: An Irish Adventure Through Psalm 23*. Every stop along our path will teach us about the Good Shepherd and how he cares for his sheep. Like David discovered throughout his life, first as a shepherd and later as a king, we'll discover important truths such as:

- I can be a child of God and have the Lord as my shepherd.
- I need the Lord to lead me on the right path through his Word.
- I can turn to the Lord for comfort when I'm feeling anxious or afraid.
- I can have an attitude of gratitude in every situation.
- I need to be on the lookout for God's goodness and mercy, my traveling companions through life.

Beauty and adventure await us each day at Emerald Crossing, where lads and lasses will gather at the **Emerald Isle Assembly**. This high-energy beginning includes wacky intros, lively songs, a Mission Moment, and prayer.

Then they're off to rotate through five fun sites:

Flock Talk Time, where Bible lessons are taught in creative, hands-on ways.

Celtic Corner Science and Crafts, where kids will create their own crafts and explore God's world through science activities.

Still Water Snacks, where kids enjoy scrumptious Irish fare.

Green Meadow Games, the rambunctious rec time where kids join in some lively competition.

Top o' the Morning Missions, Music, and Memory Verses, where kids sing songs, learn their memory verses, or go in-depth with the Mission Moment featuring Children's Hunger Fund.

Finally, everyone heads back to the **Emerald Isle Assembly** for the closing, where there's more singing, contest results, and the highly anticipated daily drama. Lads and lasses will be introduced to an Irish sheep farmer named Grandpa Fitz, who runs Stillwater Farm. Through some challenges, some fun, and a few big surprises, Grandpa Fitz shows how the Lord has been his comforter and guide his whole life.

So pull on your work boots, grab your walking staff, and get ready for a grand ol' time at *Emerald Crossing*!

Our Goal

We are so thankful for how God has chosen to use the Answers VBS programs over the past years! But why did we decide to embark on such an undertaking in the first place? And why are we still at it by God's grace?

Our primary goal has always been to bring God glory by boldly and unashamedly proclaiming him to a strategic group—young people! From both a biblical and statistical point of view, young people are a big deal. They're not only awesome—we love 'em!—but they're also dearly cherished by our Lord and tend to be softhearted toward spiritual things. Researchers generally agree most people become Christians when they're children, so it's apparent this age group is a huge mission field!

Children are loved by their Creator, and Jesus said to let them come to him (Luke 18:16). We want children to come to Christ and not be hindered in any way from doing so. To that end, we combine a biblically rich VBS with off-the-charts, irresistible fun. In a day and age when content sometimes suffers, we don't want to sacrifice rich teaching. But it's also crucial that the most exciting book in the world not come across as boring or irrelevant. We want to reflect our creative, inspiring, joy-giving God who made laughter and fun.

So why do we do it? We want kids around the world to hear about and personally meet our awesome God and understand how they can receive eternal life through repentance and faith in Christ Jesus. We believe VBS is a great way to introduce them to God, as it is one of the biggest outreaches of the year for most churches.

We pray you will find that every prayer prayed, every minute invested, every dollar spent, and every word spoken will bring God glory as you reach kids for Christ. Just remember—VBS is worth it. May God richly bless your VBS. We're praying for you!

Your Role

Your role as the Snack Coordinator is outlined in the following pages. Your responsibilities may include:

- Planning snacks for all age levels
- Organizing the snack donation sign-up
- Buying supplies that have not been donated
- Preparing daily snacks for VBS and/or overseeing others who are helping with snacks
- Monitoring which children have allergies and planning accordingly
- Coordinating the serving of snacks each day

- Making sure key lesson themes are reinforced through the snacks
- Overseeing the cleanup of the snack area(s) each day
- Praying over all aspects of this job before, during, and after VBS

This is *your* guide. Read it carefully and prayerfully, using our suggestions combined with the ideas the Holy Spirit brings to your mind.

So get ready! Get set! God is about to use you and your church to impact lives.

Frequently Asked Questions

The content of *Emerald Crossing* may be new to you. For a list of helpful articles on the topics covered in this VBS program, please visit AnswersVBS.com/emeraldfa.

Terms to Know

Throughout the VBS curriculum, various terms will be used. Here is a list of some of the most common terms you should know.

Lads and Lasses: Terms used when referring to children during VBS week.

Travel Groups: Groups of children (individual classes) named after animals that live in Ireland, such as Hedgehogs, Red Deer, Sheepdogs, and Irish Hares.

Group Guides: Group leaders who lead the travel groups from place to place during VBS. No teaching is required for this position.

Flock Talk Time: Bible and apologetics lesson time.

Shepherds: Teachers of the Flock Talk Time.

Celtic Corner Science and Crafts: Rotation site where crafts are made and science experiments are explored.

Still Water Snacks: Indoor or outdoor location where snacks are served.

Green Meadow Games: Indoor or outdoor site (outdoor is preferred) for recreation time.

Top o' the Morning Missions, Music, and Memory

Verses: Rotation sites where kids can spend additional time learning songs, memory verses, and missions.

Good as Gold Memory Verse: Daily Bible verse to learn.

Animal Pals: Our friendly animal mascots that remind us of the main theme of each day.

Toddlers: 2–4-year-olds.

Pre-Primaries: 4–6-year-olds or children ages 4 through those who have completed kindergarten.

Primaries: 6–9-year-olds or children who have completed grades 1–3.

Juniors: 9–12-year-olds or children who have completed grades 4–6.

For multiage K–6 travel groups, we recommend using the material for the Primaries.

Top 20 Tips for Still Water Snacks

1. Pray! This is your most important preparation. Give all concerns to the Lord and watch *him* do great things.
2. After reading the daily snack choices, including the Super Simple Options, Healthy Options, Toddler Options, and extra ideas listed in the Tip Corners, decide which snack you will serve each day. There are also Additional Snack Ideas at the back of the book.
3. Test each recipe ahead of time to learn how to prepare the snack efficiently. Check out [Pinterest.com/answersvbs](https://www.pinterest.com/answersvbs) for pictures of the snacks and fun ways to present them.
4. Don't forget to include VBS workers in your calculations. Offer munchies for adult and teen helpers to grab on the run.
5. Plan two snacks per day for toddlers. See the Toddler Snacks list for suggestions to pair with other ideas in this book. When choosing other options, be mindful of small foods that may be choking hazards for young children (e.g., hot dogs, nuts, marshmallows, raisins or dried fruits, grapes, hard or very chewy candies, chunks of cheese or fruit, triangle-shaped chips, and popcorn).
6. Calculate your portions based on the daily snack supply list located on the back cover. (Additional Snack Ideas are not included on this list.) Make a snack donation list based on what you've chosen and share it with those in your ministry.
7. Set up a collection area for incoming supplies. Label the supplies for VBS to prevent hungry people from opening unlabeled food. Stockpile your items in a safe place.
8. Check with local restaurants for donations of cups, napkins, and lemonade mix.
9. Assess your stock often. As VBS approaches, purchase what has not been donated.
10. Prepare as much as you are able to ahead of time. Use zippered baggies when possible to hold individual snacks for each child.
11. Be aware of common allergens such as nuts (e.g., peanuts, peanut butter, peanut oil, and tree nuts), dyes (red, blue, and yellow), dairy items, berries, gluten, wheat, soy, eggs, and corn. Be vigilant and careful regarding all of this! Plan alternate snacks or ask parents to provide an alternative. It's also helpful to make a list of all the ingredients used in each snack so parents can see if there will be any problematic ingredients. Post the daily list in a visible spot (on the entry doors, at the snack location, or at the info counter) and in your Caretaker Handbook.
12. In addition, keep a list of children with allergies and monitor what is being served to them. Make sure all leaders and snack servers are aware of who has what allergies.
13. Enlist help for the preparation station in the kitchen and for the serving station in the refreshment area. If serving indoors, set up the serving station away from kitchen knives, hot pans, and potentially slippery floors. If serving outside, place a table in the shade.
14. Set up the space so it has kid appeal. Hang the "Still Water Snacks" sign. Post a sign announcing the featured food and drink of the day. Check "Decorating Decisions" in the *Director Guide* for decorating ideas. Play the VBS music.
15. Check the daily attendance for an accurate number of children. Make extra snacks for latecomers.
16. Use good hygiene. Adults must wash their hands before preparing food. Plastic food-prep gloves should be worn by food staff, and long hair should be pulled back. Children should take a quick bathroom break and wash their hands before snack time. Use wipes or hand sanitizer for quick hand cleanup.
17. Keep drinks cold in large coolers, such as 10-gallon coolers with a pouring spigot.
18. Pray and thank God for the snacks before eating.
19. While the children are eating, reinforce the day's lesson using the teaching tie-in given for each snack. (Make sure to have a Bible to read verses that are referenced.) Then use the Conversation Starters and Fun Facts for fun, guided conversations.
20. Place large, wheeled trash cans with trash bags in the area for quick cleanup.

DAY 1

Cross Trail Mix

Ingredients (8 half-cup servings)

- ☐ 1 c. oyster crackers
- ☐ ½ c. mini pretzels
- ☐ ½ c. veggie straws
- ☐ 1 c. Cheez-Its
- ☐ ½ c. M&M's
- ☐ ½ c. mini chocolate chips

Emerald-ade Drink Ingredients

- ☐ Limeade drink mix, 1 quart for every 5 children

Basic Supplies

- ☐ Measuring cups
- ☐ Large mixing bowl
- ☐ Mixing spoon
- ☐ Baggies or fun cups to serve trail mix in
- ☐ Themed napkins and drink cups
- ☐ Pitchers or coolers

Prep

1. Place all ingredients in a large mixing bowl and stir until fully combined.
2. Scoop into individual baggies or cups to serve. Give each person a napkin on which to make their cross.
3. Prepare the drink according to package directions.

Teaching Tie-In

Before eating, say: **Our snack today is called Cross Trail Mix and comes with a challenge. Take a minute to open up your napkin and see how many ingredients in the trail mix you can place on it to make the shape of a cross. And go!**

How did you do? Take responses. Why do you think we're talking about a cross today at snack time? Take responses. Today, we'll be learning about how Jesus Christ died on a cross for us and rose from the dead so we can know him forever.

Thank God for the snack. While the kids eat, share the conversation starters below or chat about what they've learned during the VBS day so far.

Conversation Starters

- Do you know anything about Ireland? Do you think you'd like to visit there someday? Where else would you like to travel to?
- Would you want to own a sheep? What other animal would you like to own?
- The Bible says God is like a shepherd. What do you think that means?

Tip Corner

- Any combination of crunchy and/or sweet snacks can work as long as they can be made into a cross shape.
- Themed napkins and cups can be in colors of Ireland—greens, whites, oranges—or can have a cross on them.



Super Simple Option

Sour Cream and Onion “Crisps”—Purchase sour cream and onion potato chips (or “crisps” as they say in Ireland) at your local grocery store. Share that potatoes have been a main crop of Ireland and are a popular food that comes in many forms—mashed, baked, even chips! What’s your favorite way to eat a potato? Aren’t you thankful God created potatoes?

Healthy Option

See pictures on page 29.

Sheep Feed—Mix together items reminiscent of the diet of a sheep like Harvest Snaps pea snacks, dried apples, pumpkin seeds, blueberries, and veggie straws.

Tiny Taste of Ireland

This daily feature gives the kids a chance to try some food they might taste in Ireland. It’s fun to give them just a bite of each.

Irish Soda Bread with Dipping Oil—Purchase Irish Soda Bread at your local grocery store or search online

for a recipe and make your own. Serve with a dipping oil made by mixing Italian seasoning and salt with ½ c. olive oil (or more to taste).

Explain the following as the kids eat: **Irish soda bread became popular during the Irish Potato Famine in the mid-1800s because it was cheap and didn’t need yeast, which was scarce at the time. Still today, in some areas of Ireland, people like to cut a cross on top of the bread loaf. The cross has special meaning to Christians, but that wasn’t why people did this. They were superstitious and wanted to let the “fairies” out. Does God want us to be superstitious?** No. He doesn’t want us to believe false ideas but instead to trust him and look to him for salvation and comfort.

Toddler Options

Check the Toddler Snacks for daily suggested snacks with teaching tie-ins.

If you choose to serve other snack options included in this book, make sure they are safe for toddlers, with no choking hazards.

Day 1 Overview		
Lost to Found		
Lesson Focus		Bible Passages
Like David, I can be a child of God and have the Lord as <i>my</i> shepherd.		Psalm 23:1; 1 Samuel 17:34–37
Memory Verse	Animal Pal	Cool Contest
Psalm 23:1	Mia (My-a) the Connemara Sheep	Guess the Rainbow Skittles
Science and Crafts	Treats	Games
Experiments: Sink or Float / Wet Woolly Crafts: Baa-loved Sheep / Keepsake Ornament—Shepherd’s Staff	Cross Trail Mix Sweet Sheep	Gaelic Football Lost Sheep Relay

DAY 1

Sweet Sheep

Ingredients (per child)

- ☐ 1 mini powdered donut
- ☐ 2 pretzel sticks
- ☐ 1 chocolate wafer
- ☐ Small dab of white icing

Emerald-ade Drink Ingredients

- ☐ Limeade drink mix, 1 quart for every 5 children

Basic Supplies

- ☐ Plate or flat working surface to assemble
- ☐ Butter knife
- ☐ Themed plates, napkins, and cups
- ☐ Drink pitchers or coolers

Prep

1. Break each pretzel stick in half to create 4 small sticks.
2. Carefully insert each halved pretzel stick into the bottom of each mini donut at an angle for “legs.”
3. Place a small dab of white icing where the “face” of the sheep will go.
4. Immediately attach the chocolate wafer on the icing and press gently to secure.
5. Prepare the drink according to package directions.

Teaching Tie-In

Pray and thank God for the snack. As everyone munches, say: **Today, we're learning about sheep and shepherds.** What's one thing you've learned today about sheep that you didn't know? *Take responses.* Does anybody remember our animal pal's name today? *Take responses.* It's Mia (My-a) the sheep! Mia reminds us we need to belong to the Good Shepherd so we won't be lost from God. How is a person lost from God? *Take responses.* Our sin separates us from our holy God. We are lost in our sin. We need to repent of our sin and believe that Jesus died on the cross to pay for our sins and rose from the grave. We can be part of God's family.

As students eat, share the conversation starters or talk about what they've learned so far today at VBS.

Conversation Starters

- Do you know anything about Ireland? Do you think you'd like to visit there someday? Where else would you like to travel to?
- Would you want to own a sheep? What other animal would you like to own?
- We talked about being lost from God. How can you be found?

Tip Corner

- You can use a mini Oreo instead of the chocolate wafer for the sheep face, but it may require more icing to secure its weight.



- If the pretzel sticks need extra support, dip the tip of the pretzels into the icing before inserting them into the donut.
- The more evenly you space the pretzel legs toward the edges of the mini donut, the better it supports the weight and stands up. You may even want to use a little thicker pretzel sticks.
- Serve 1–2 of these per child as you see fit.
- Sheep-themed napkins or plates are fun today.

Super Simple Option

Sheep Grass—Purchase Harvest Snap pea snacks from your local grocery to represent grass—a main diet item for sheep.

Healthy Option

See pictures on page 29.

Ewe-gurt Creations (Vanilla Yogurt Sheep)—Make a 2D sheep by putting a large dollop of thick vanilla yogurt on a plate. Use a nut-free granola or crushed rice cake to cover the yogurt as wool and a blackberry as the face. Break two pretzel sticks in half and insert them into the yogurt as legs. You can also make this savory by using cottage cheese and sesame seeds as the face.

Tiny Taste of Ireland

This daily feature gives the kids a chance to try some food they might taste in Ireland. It's fun to give them just a bite of each.

Irish Soda Bread with Dipping Oil—Purchase Irish Soda Bread at your local grocery store or search online for a recipe and make your own. Serve with a dipping oil made by mixing Italian seasoning and salt with ½ c. olive oil (or more to taste).

Explain the following as the kids eat: **Irish soda bread became popular during the Irish Potato Famine in the mid-1800s because it was cheap and didn't need yeast, which was scarce at the time. Still today, in some areas of Ireland, people like to cut a cross on top of the bread loaf. The cross has special meaning to Christians, but that wasn't why people did this. They were superstitious and wanted to let the "fairies" out. Does God want us to be superstitious? No. He doesn't want us to believe false ideas but instead to trust him and look to him for salvation and comfort.**

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