

Activities, songs and prayers

Choose from the activities below and do any or all of them in any order you wish. Some are designed for younger children and some for young people. However we hope using a mix will work for any ages in your household.

Play

Overflowing!

Place a bottle of cola in a space (ideally outside – this will be messy!) and gather everyone round. Drop a mint (Mentos™ work well – one is enough but add more for more effect!) into the bottle and watch as the liquid bursts out and overflows. Explore together how this illustrates the way that Jesus' story flowed into the world as he sent his disciples out.

Living the life

Make a journal to record your walk with Jesus

You will need: A5 pieces of coloured card, decorations, pens, A5 pieces of plain paper, ribbon.

- Talk to everyone about how we can reflect on our life with Jesus. One way is to spend a few minutes at the end of the day thinking back over the day and writing down what was good, what was difficult and where God was.
- Invite everyone to make journals for writing these reflections in. Ask them to first fold a piece of card in half like a book cover and decorate it in any way they choose. Help them fold eight plain pieces of paper in half and stack them inside each other to make the pages.
- Then ask everyone to fix their journal pages inside their cover by tying a piece of ribbon around the fold.
- If you have time during the session, encourage everyone to start writing in their new journals; or to take them home to fill in.

Create

Play dough people

Lay out play dough in different colours and people-shaped cookie cutters. Encourage everyone to make lots of different people to represent all those wanting to find out more about Jesus.

Play dough recipe

Ingredients: 150 g plain flour, 75 g salt, 1 teaspoon of cream of tartar, 1 tablespoon of vegetable oil, 300ml water, a few drops of food colouring.

Method: Sieve the flour, salt and cream of tartar together into a pan. Add the oil and food colouring to the water and add this slowly to the dry ingredients, stirring over a low heat. Mix until it forms a mass. Knead for a couple of minutes. This will keep in an airtight container for a week.

Pray

Finish your time of worship by praying together in any way you choose

Paper doll prayers

Distribute paper, pens and scissors and invite everyone to make a set of paper dolls (where they are joined at the hands and feet). On each of their paper dolls, ask everyone to write the name of a friend who they hope to share the good news of Jesus with. Gather the paper dolls together and pray over each of these names. Ask everyone to swap paper dolls so that they can pray for all their friends in the coming weeks.

Balloon prayer

Give each person an inflated balloon. Encourage everyone to pat the balloons around the room to each other as you call out things you want to thank God for.