

Love > Fear

- Equipment: Paper, pens, love-heart shapes or love-heart Post-it notes

Instructions

Fear can feel HUGE and overwhelming.

If you want to, you can write your fears about the coronavirus disease or anything else onto a piece of paper.

Then, you can stick love-heart shapes on top of those fears, completely covering them, as a hope or a prayer to be set free from fear.

1 John 4:18 'There is no fear in love, but perfect love casts out fear.'



Cardboard Home

- Equipment Large cardboard boxes, pens

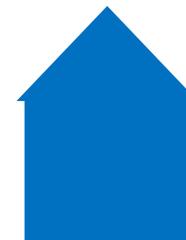
Instructions

What do you like about your home? Is it warm? Is it comfy? Does it feel safe?

Crawl inside the cardboard box. How would it feel if this box was your home, on the streets?

Write or draw your hopes or prayers onto the cardboard box for people who have no homes.

Isaiah 41:13 'For I, the LORD your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you." '



Be The Light

- Equipment Candle, matches, paper, pens

Instructions

When life is difficult we often need someone to encourage and help us – to light up our darkness.

Who do you know that needs encouragement or help today? Who needs light in their darkness?

Ask an adult to light the candle.

Say a prayer for this person. Perhaps you could ‘be the light’ by sending them something today—a note, a drawing or a text message?

Matt 5:14 ‘You’re here to be a light, bringing out the God-colours in the world’



Message in a Bottle

- Equipment Empty Bottles (clear glass is best), paper, pens

Instructions

Have you seen a movie where someone is stranded on an island? Sometimes, to ask for help, the person might put a note into a glass bottle and then throw it into the sea, hoping that someone else will find it and come to rescue them.

What do you need help with today?

If you want to, write your hope or prayer for help onto one of the notes and then put it into the bottle.

Psalm 46:1 ‘God is our refuge and strength, an ever-present help in trouble.’

