

# Worship 2 Go

## Drawing School and Home Together

Thanks to all those people who have made some of the resources collated here available to share

# Keeping On...

## Bible Reading

'All you who put your hope in the Lord be strong and brave'..

You can find this in the Bible, in the book of Psalms, chapter 31, verse 24.

Younger children might enjoy this song <https://www.youtube.com/watch?v=Yy6IJ7LtdnI>

## Prayer

*Dear God,*

*Thank you that you know everything about us. Please help us to keep going with things we find difficult and please help us to do difficult things. Please help us to notice others who need encouragement too.*

*Thank you that we can always talk to you about anything and that there are other people around to help us.*

*Amen*

## Wondering

- I wonder if there is anything you find difficult
- I wonder what helps you keep going
- I wonder how you might encourage other people



## Creative Prayer 1 ≈ Prayers for Critical Workers

You will need a bowl or jar, some small pieces of paper (scrap paper is fine) and some pens or pencils.

Think about all the people that are working hard at the moment, showing courage, compassion and not giving up — for example doctors, nurses and other care staff, staff at your school, postal workers, shop workers and delivery drivers. You can probably think of more! Write each one onto a piece of paper. You may know some people that do these jobs, so you may want to write their names. Fold the pieces of paper up and put them in your bowl or jar.

- Each day pick a piece of paper out, read the name and pray for that person or people. Thank God for them and ask him to help strengthen them and protect them.
- When you have finished put the paper to one side. When the jar is empty, put all the pieces of paper back in and start again! You might like to add to it as you go.



## Creative Prayer 1 ≈ Prayer Walking

This is something everyone can do together. Put your shoes on. Find a spot outside if you can. Take five steps. Stop and think about the first wondering question. Is there something difficult you want to ask God to help you with. Do this now. Take another five steps and consider the second question. If there are other people who help you to keep going then take some time to thank God for them and ask him to bless them. Take five more steps then stop—can you think of any people you know who need encouragement? Ask God to be with them and ask him to help you think of ways you can encourage them. Then just enjoy going for a pleasant walk—you might not want to but think about how good you will feel afterwards!



## Activity 1 ≈ Minute Madness Challenges!

What do you think you could challenge yourself to do in One Minute? How many times could you write your name or bounce a ball? How many star jumps could you do or hop on one leg? How many times could you say a tongue twister like - 'She sells, sea shells on the sea shore'? If you estimated how many times you could do something in a minute, do you think it would be the same as what you can do in a minute? (Estimate is a fancy word for guessing)



- First draw a grid with three columns. At the top of the first column write the challenge activity, at the top of the second write estimate and at the top of the third column write actual.
- Then in the activity column write a list of challenges you could do e.g. writing your name, star jumps, etc.
- When you have completed your list, fill in your estimate column. Challenge your self!
- Finally do the challenge activities timing yourself for one minute for each (or have someone keep count) and record how many times you did it in the actual column.

***Was it more or less than your estimate?***

## Activity 2 ≈ What's your dream?

Think about your hopes and dreams. Is your dream a big one like Dr Martin Luther King which might take a long time to come to pass. Maybe there is a medium size one that you might be able to plan for. Perhaps there is a smaller one which you might be able to achieve easily with a little help. Spend some time thinking about them What are the things that will help you achieve your hopes and dreams? You might like to write or draw them on some paper and keep it somewhere to remind you. You might like to talk to somebody else in your house about them too.



## Fact of the week

The inventor, Thomas Edison made 1,000 unsuccessful attempts at inventing the light bulb before he made one that worked. He said he hadn't failed the first 1,000 times, it was just part of the process. What a great way to look at it!

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