

# KIDS AT HOME

"GOD & CHANGE" SESSION 5 // SUPPORTING EACH OTHER THROUGH CHANGE

## GET THINKING

Today we are thinking about how God has put us in community to support each other through times of change. You might like to choose one or more of these activity ideas to start exploring this together.

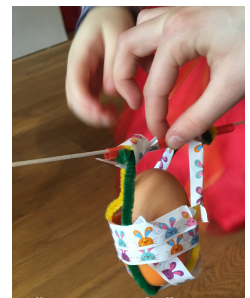
Print off or copy out the people bingo sheet attached. Think through people you know to try and fill each square. Whether near or far, these are some of the people God has given you and he wants you to support each other.

Use any recycling and junk modelling materials you can find to make a harness that would support an egg along a zip wire made of string. More instructions about how to test this are below in the 'chat together' section.

Use paper and pens to draw a picture or make a people chain to represent people that you love and that support and encourage you. They might be friends, family, leaders or teachers.

## CHAT TOGETHER

If you made a harness for an egg now is your time to test it on a home made zip-wire! Attach a piece of string between two chairs and move them apart so it is tight. Tie one end higher than the other so that you have a downward sloping 'zip-wire'. Attach your harness to the string using a piece of straw or a coat hanger and carefully place an egg inside it. Hang the egg harness at the top of your line and gently push it down seeing if your harness is good enough to support and protect the egg. (Make sure you do this on a wipeable floor, just in case the egg falls and smashes!) Chat together about how well your harness supported your egg.



Explain that God made us to be a bit like a good harness. He puts us in community - friends, family, schools, workplaces, churches - and he wants us to support each other, especially during times of change. Through the way we act, the things we say and do we can protect and support each other through difficult times.

**Share:** Can you think of a time, perhaps during lockdown, when other people supported or encouraged you and made you feel better?

**Chat:** What Bible stories do you know that show us good examples of supporting each other through change? Some examples might be God making Adam and Eve, Mordecai supporting Esther, God rescuing the Israelites together, Jesus gathering his disciples for the last supper, The disciples going out in pairs/groups to start tell people about God.

## REFLECT

You might like to use any of the ideas below to reflect further on how we God wants us to support each other during times of change.

Use threads or elastic and beads to make some friendship bracelets. Make one for yourself and one for someone you love to remind you both that God wants you to support each other.

Make a plan - what can you do to connect with others this week? Could you plan some family time, invite someone for a walk or playdate in the park, video call or phone someone.

Use playdough, modelling clay or recycling materials to make some models representing people you can support and those who support you.

Print off the prayer page below and add a picture of your family. Fill it out and send it (by messaging a picture of it or posting it) to someone who might pray for you. You could also send it to someone else and get them to fill it out to help you pray for them.

# PEOPLE BINGO

**TODAY WE ARE THINKING ABOUT HOW IMPORTANT IT IS TO SUPPORT EACH OTHER AS A COMMUNITY DURING TIMES OF CHANGE.**

Think about people you know and see if you can fill all the boxes below with names of those who match the statement.

Try not to use the same person twice if possible!

SOMEONE WHO IS  
TALLER THAN ME

SOMEONE WHO I'D  
LIKE TO BE LIKE

SOMEONE WHO IS  
YOUNGER THAN ME

SOMEONE WHO  
TEACHES ME THINGS

SOMEONE WHO'S  
NAME STARTS WITH  
THE SAME LETTER  
AS MINE

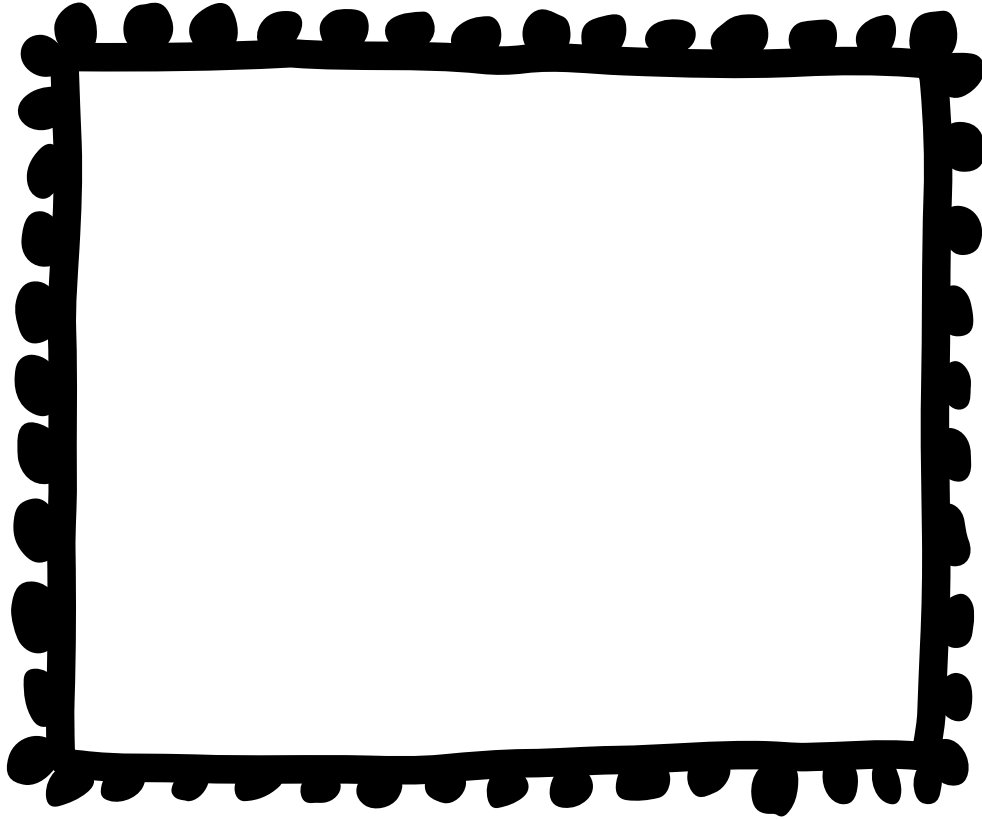
SOMEONE WHO I  
WOULD LIKE TO  
GET TO KNOW  
BETTER

SOMEONE WHO HAS  
BROWN HAIR

SOMEONE WHO IS  
OLDER THAN ME

SOMEONE WHO HAS  
BIGGER FEET THAN  
ME

**"SO ENCOURAGE EACH OTHER AND GIVE EACH OTHER  
STRENGTH, JUST AS YOU ARE DOING NOW."  
1 THESSALONIANS 5:11**



OUR FAMILY IS:

WE WOULD LIKE PRAYER FOR::