

## Sunday Club – 18<sup>th</sup> April 2021

The following is one way of delivering this session with children. This week we explore feelings in faith.

### Opening activity: Run around game

Designate the four corners of the room different feelings – happy, sad, miserable, joyful. As they move around the room, if you shout one of those words, your child(ren) must run to the corresponding corner of the room.

Then, together, come up with actions for three other emotions: fear, shock, confusion. Explain that they will need to do these if you shout those words.

Finally add one last action for the children to do if you shout 'peace': stop still with hands together (as if in prayer).

### Opening prayer:

Different people come from different homes  
and different places,  
but we come together  
to learn more about you, Jesus.  
Open our minds Lord, we pray. Amen.

### Open the Bible at Luke 24: 36b-48

Use last week's cards if you still have them, otherwise, give your child(ren) three small card circles and invite them to draw a happy face, a frightened face and an upset face on them. Read the story and get the children to hold up the appropriate face at certain points in the story

[Luke 24.36b-48 ICB - Jesus Appears to His Followers - While - Bible Gateway](#)

### Stop and share

Discuss with your child(ren) some of the reasons why the disciples were so afraid. Explain this happened after Jesus' death.

### Talk Together:

- What is it that makes you believe someone when they tell you something?
- What are the signs that Jesus did something special in this story?
- What can we learn from this passage to help share our Christian belief with others?

### Craft Activity - Make a 'Feelometer' - Explore how you feel today

You will need: ruler, pencils/pens, plain paper plate for each child, coloured card, scissors, split pins.

Invite your child(ren) to use a ruler to divide the plate into eight equal sections.

Ask them to think of eight different feelings and write one in each section.

Encourage the children to write one word of the following sentence in each section, around the edge of the 'feelometer': 'Jesus appeared and said peace be with you'.



Next, help them make a small arrow out of coloured card and attach it to the centre of the plate using a split pin so that it resembles a clock face.

Ask the children to point the arrow to how they feel today, on a Monday morning, and on a Friday afternoon. Talk about the way Jesus brings peace no matter what emotion we are experiencing.

Praise Song:

What A Beautiful Name (Lyric Video) - Hillsong Worship

<https://www.youtube.com/watch?v=r5L6QIAH3L4>

Sing and sway along!

Closing Prayer:

Risen Jesus,  
help us to be witnesses in the world,  
living out what we have experienced  
and learned today.

**Amen.**

Other ideas for family worship:

An alternative is provided by Hull minster (John 20.19-31)

<https://hullminster.org/family-resources>

Kid's Church (taking a break) You could look at a previous episode you may have missed.

This is great fun and very interactive.

Beforehand, you can read the details which shows you the resources that will be required.

<https://www.youtube.com/channel/UCqok2LkCLGZpavyftfcRrqA>

Please note that the Rochester Diocese's Ministry at Home has now ceased.