

Sunday Club – 18th July 2021

The following is one way of delivering this session with children. This week we explore the importance of balance in how we use our time.

Opening activity:

Play a game of Simon says. Make sure some of the actions are vigorous. E.g., Simon says to 20 start jumps!

Opening prayer:

Forgive us, Lord, for the times
when we are too busy to think of you.
Help us always to remember you
and spend time with you.

Amen.

Open the Bible at Mark 6.30-34,53-56

- Read through the passage, asking your child(ren) to mime a 'busy' action during the very first part, moving into a resting action, e.g. lying down, when Jesus and his disciples go to a quiet place. Finally, encourage them to get 'busy' again.
- Read it again, faster, and ask them to move in and out of their actions as quickly as they can.

[Mark 6.30-34,53-56 ICB - More Than 5,000 People Fed - The - Bible Gateway](#)

Stop and share:

- Jesus often goes away by himself. Can you think of another example? Why might it be important?
- Here Jesus gives an example of something everyone at the time was familiar with – sheep and shepherds. What image might we use as a modern example?
- Explain that Gennesaret is a place on the north-western shore of Lake Galilee.

Talk Together:

- How important do you feel that rest and relaxation is for you?
- Why do you think Jesus needed time to rest?
- What could you do to help yourself and others relax better?

Craft Activity – Create activity dice

Make a reminder of the balance of work, rest and play

You will need: copies of the die template, printed onto card (paper will work but will squash quite easily), one per child; pens, scissors, glue.

- Invite your child(ren) to decorate each side of their die templates, coming up with ideas for each suggested activity. Help them to glue and assemble the sides so their die is 3D.
- Discuss which activities appeal, which they are most looking forward to trying out, and which they are less comfortable with.
- Encourage them to use their die themselves over the coming weeks, and also to use it as a way of inviting friends and family to do different things.

Praise Song:

Come to Me All You Who Are Weary, Doug Horley on *Doug Horley's Top 50 Awesome Action Songs!*

<https://www.youtube.com/watch?v=Gjxxt1V77L4>

Reflect on the words and sway along!

Go with God

Consider together what you have explored, what that means for each of you and how it might influence your daily lives.

- Invite your child(ren) to create a simple bookmark with three sections: Work, Rest and Play. In each section, ask them to write their favourite ways to do these: Where do you do your homework best? What's your favourite way to rest and relax? What are your preferred play activities?
- Next, ask them to add ways to include God in each of these, e.g. I like football – pray while you kick a football around.
- Encourage the children to use their bookmarks as a reminder that God is with them in work, rest and play times.

Closing Prayer:

God of rest and play,
give us strength to do everything we need to do this week
and help us to know when we need to stop and know
your peace.

Amen.

Other ideas for family worship:

An alternative is provided by Hull minster (2 Samuel 7: 1-14)

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

Kid's Church – There is not a service scheduled for this week, but you might want to look back at a previous one. They are great fun and very interactive.

[Rev Chris Lee - YouTube](#)

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