

Sunday Club – 21st March 2021

The following is one way of delivering this session with children. This week we explore what we need to let go, in order to welcome others.

Opening activity – Seeds

Our Bible passage today mentions seeds. Have a go at matching the seeds to their plants on the following website.

<https://betterlesson.com/lesson/resource/3232177/seed-to-plant-matching-game>

Opening prayer:

Whether our name begins with A or Z,
or any letter in between.
Jesus welcomes us all.
Thank you, Jesus,
for welcoming us today.
Help us love you more as we listen, talk and pray.
Amen.

Open the Word: Open the Bible at John 12.20-33

Give each child an emoji sheet (separate attachment). Ask your child(ren) to imagine they are in the crowd, listening to Jesus. As you read the story slowly, ask them to point to the emoji that best represents how they are feeling.

[John 12.20-33 ICB - Jesus Talks About His Death - There - Bible Gateway](#)

Talk Together:

- Have you ever experienced not fitting in or being the 'odd one out'?
- How might the Greek people have felt when they asked to meet Jesus?
- What could we do to make sure we are welcoming to everyone?

Load and let go

You will need: a selection of awkward items, e.g. different size books, boxes.

- Give your child(ren) 60 seconds to fill their hands with as many items as they can safely carry. Once their hands are full, invite them to try to wave.
- Point out that the only way to make this possible is to let go of what they are holding onto.

Activity - Go with God

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

- Give each child a seed and ask them to think about one thing they will let go of, to help their relationship with God grow, e.g. a worry, a bad habit, a fall-out with a friend.
- Encourage them to plant their seed and encourage them to reflect on their thoughts every time they water it and watch their seedling grow.

And/Or....

Craft Activity = Leaf Collage

Take a walk and collect leaves for a leaf collage, whilst creating remember God's new life for us to have new life and a life lived with him. Here are some ideas.



Praise Song: You Are Life Lyric Video - Hillsong Worship

[You Are Life Lyric Video - Hillsong Worship - YouTube](#)

Sing and dance along!

Closing Prayer: Letting go.

- Ask Your child(ren) to curl up into a ball on the floor and imagine they are seeds. Encourage them to slowly mime growing by opening out their fingers, then arms, then slowly standing up until they are stretched as wide as they can be.
- *As they mime growing, pray:*
Dear God,
just as a grain of wheat needs to let go of its seed to grow into a great big plant,
help us to let go of the things that hold us back from loving you.
Amen.

Other ideas for family worship:

An alternative is provided by Hull minster (John 12.20-33)

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

Kid's Church (Luke 15) This is great fun and very interactive.

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

[1 Year Anniversary Special! High Energy Church Season 2 Episode 12 - YouTube](#)

Rochester Diocese Ministry at Home (John 12.20-33) Attachment