

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

Finding peace

This is a time of year when we might be thinking about moving on from one thing to another—perhaps we are moving into a new class or into a new school.; perhaps it's a new job or new home. Whatever it is, Jesus promises his peace and that God is with us wherever we go. We hope these activities help you to think together about finding peace in moving on.

Bible verses

Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.

You can find this in the Bible, in the book of John, chapter 14, verse 27

Prayer

Dear God,
Thank you that, wherever we go and whatever we do, you are always with us. Thank you that you care for us and thank you that there are people who care about us, who we can talk to about how we are feeling. As we get ready to move on to new things, thank you that your peace goes with us. Help each of us to be people of peace who help others in any way we can. Amen.

Wondering

- I wonder if you might be feeling nervous or excited about moving on
- I wonder if I have a place of peace
- I wonder when you feel God's peace



Creative Prayer 2 ≈ Bring peace to yourself

Find a space – it might just be a corner – where you can build a den in your home, with some pillows, cushions maybe a blanket. For hundreds of years, people have found that being set apart from other people helps them to be more aware of themselves and also of God. To breathe slowly. To be still and listen. To be with God. Be still in the den. Be with God. Breathe slowly. Prayer isn't always about speaking. Sometimes it is just about listening. Listen. I wonder what you can hear.



Creative Prayer 2 ≈ Hand challenge



- When we are thinking about moving on, we might be thinking about challenges that lay ahead. They might be some of the things we are nervous about.
- Take a piece of paper—scrap is fine, - and use your non writing hand to draw around your writing hand (that might be a challenge!)
- Cut it out if you would like to.
- What challenges, things you might find difficult, do you see ahead? Write or draw them on one side of the hand. What opportunities, good things you might do, are there too? Write or draw these on the other side of the hand. Spend some time talking to God about these things and ask him to help you feel peaceful about them.

Activity 1 ≈ Make a sensory bottle

We have used this before but making one and then having one close by can help us feel peaceful.

Use a small clean plastic bottle or jar with the label removed. Here are some ideas for base ingredients you can use:

- Water with a tsp of glycerine
- Half water/half baby oil
- Clear shower gel/bubble bath/shampoo
- A drop of food colouring or water down paint for colour



Here are some ideas for objects you can add:

- Small shells
- Eco friendly glitter/sequins
- Cut up pieces of foil from packets/tin foil/sweet wrappers
- Small buttons



Put your chosen ingredients in the container. Make sure the lid is on tightly and then swirl or turn upside down. Take a moment of peace to watch how the contents move or settle. You could experiment with different bases and objects. I wonder if you notice a difference in how things move? I wonder how it makes you feel when watch the contents settle? Maybe you could make one for someone else.

Activity 2 ≈ Get moving



We say this a lot but going for a walk or getting some form of exercise or movement can change some not so nice feelings to much better ones; it can even help us more feel more peaceful. Here are some ideas but you can probably think of lots of things too!

- Go for a walk and listen to the birds
- Do some interval training—skip for 30 seconds, walk for 30 seconds, jump for 20 seconds (you get the idea!)
- Go for a walk (together) earlier or later than you usually would—what looks different?
- Find a spot where you can put some rugs down, lay on them and look at the different shapes the clouds meet—what can you see?



Fact of the week...

YOU ARE AMAZING! FACT!

Feel free to Tweet your pictures and tag: @Manchester @DioManchester #Worship2Go