



Messy Church at Home: September

by Carolyne Rasmussen

Activities

Five Stones

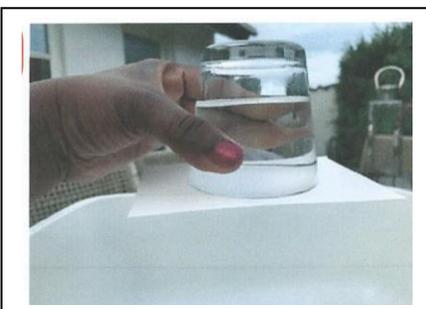


You will need: small light stones of a similar size (each player needs 5, but you may want to have more so that more than one person can play at once)

Aim to complete a set of five steps. **Step 1:** Holding all five stones in your hand, throw them up in the air and try to catch as many as you can on the back of your hand. Then throw them up from the back of your hand and catch them in your palm again. If you end up with one or more stones in your hand, move on to step 2 **Step 2:** Lay four stones on the ground but keep one. Throw your stone up in the air, pick one up from the ground, and then catch your original stone as it falls. Repeat for all the stones on the ground until you are holding all of them. **Step 3:** This time, as you throw your first stone up, pick up two off the ground before catching your stone again. Repeat for the remaining two. **Step 4:** This time, pick three off the ground before catching your original stone. Repeat for the remaining stone. **Step 5:** Throw your stone up, then pick up all four stones before catching the original one. If you fail to complete a step, go back to the beginning and try again!

Talk about how this game sharpens your memory power and builds concentration and aiming skills. David must have had a 20/20 vision – he only aimed once.

Water glass trick



You will need: glasses; water in a jug; note cards; a basin.

Fill your glass around 2/3 full with water. Place the card over the top of the glass, making sure that the whole of the rim of the glass is covered, and press down with one hand. Move your other hand down the glass, towards the bottom of it. Quickly turn the glass upside down over the basin, holding the note card in place and then, carefully, let go of the note card. The card should stick, holding the water at bay!

Talk about how we can't see the air pressure, but we know it must be working or the water would drop out. We can't see God, but we know that he is there holding us up and supporting us too.

Courage Jar



You will need: empty glass jars; glue; stickers; ribbons; paint and paint brushes; Post-it notes or paper of your choice

Decorate your courage jar as you please. Every time you do something courageous, write it on a piece of paper and drop it in your jar. Decide how often you want to open the jar to see how courageous you've been. For example: asking for help, standing up for others and yourself or not following what everyone else is doing.

Talk about how you might step out of your comfort zone this week. If you don't feel brave enough, you can ask God to be with you.

Goliath cookies



You will need: A cookie recipe, such as this one from familycookbookproject.com: half a cup of butter, 1.5 cups sugar, 1.5 cups of brown sugar, 4 eggs, 1 tsp vanilla essence, 6 cups oats, 2 cups of chunky peanut butter, 1 cup chocolate chips, ¾ cup M & Ms (optional), 2.5tsp baking soda; baking trays; oven facilities, cooling racks

Preheat oven to 350F/180C. Beat together the butter and sugars. Blend in the eggs and vanilla, then add the peanut butter and mix well. Add remaining ingredients and mix. Space the cookies, 4 inches apart on to a greased baking tray. Flatten with a fork to 2.5 inches in diameter. Bake 10 – 12 minutes. Cool for one minute on a cooling rack.

Talk about how this cookie can be a take-away' reminder that God is bigger than all challenges

Celebration Time

Sing: Our God is a great big God like we do at Messy Church

Watch the story of David & Goliath on this You Tube site: <https://www.youtube.com/watch?v=HleYmXt2b5k>

Read the story from the Bible here: <https://www.biblegateway.com/passage/?search=1+Samuel+17%3A32+-+50&version=MSG>

Talk: about how difficult it is to be courageous. Can you think of a time when you were afraid but still did what you were afraid of doing? Is there something you need to ask God to help you to be brave about?

Pray: Dear loving God, thank you so much that we can always trust you. Thank you for helping us when we are in a tight spot and thank you for looking after us. Teach us to be brave, help up to be courageous to fight injustice. May we be your faithful servants in everything we do. In Jesus name we pray. Amen

With thanks to BRF & Messy Church