

Supernovas at home

Sunday 19th April 2020

Aim: for children to learn to cast their anxieties on God and He will help them and give them peace.

Game - weight challenge.

You will need: weights and timer

If you have hand weights at home use these but otherwise fill two milk cartons (or big bottles with water). Depending on your kids ages you may do smaller or bigger bottles!

Tell the children we are going to see who can hold the weights up with two straight arms for the longest. Hold one weight/bottle in each hand then raise your arms straight either side of you so your hands are up at shoulder height (in a cross position). Set the timer and see how long each person in your family can hold the weights for.

The point: for fun but to introduce the idea that things in life can be heavy.

Illustration

You will need: backpack, heavy items, paper, a basket or box, peace of God written out several times.

Get a backpack and items from around your house that are heavy - big books, weights, bricks, hammer, etc.

Get some post-it notes or little pieces of paper and bluetac or selotape. As a family (but focus on the children's ideas) think about the things that we may worry about and write each worry on the paper and attach to each heavy item - you may or may not choose to talk about coronavirus here - depends on your child(ren).

Put all the items into the backpack. Put on the backpack full of heavy things in it (or take it in turns to have a go carrying it) As you walk across the room, stumble and fall to your knees saying, "I can't carry all the heavy burdens in this pack on my back. I have to give them to Jesus," Get out a Bible and read Philippians 4:6-7, 'Do not be anxious about anything. But, in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your mind and your heart in Christ Jesus.' That means when we worry, God wants us to go to him first and trust Him to take care of us. And, in return, He promises to give us His great peace!

One by one take out the heavy items that had different "worries" that kids might face written on them. Nearby have a basket with the label "Jesus" on it, filled with pieces of paper that say "peace of God." With each new worry you pull out, model how to pray aloud and tell God about that specific worry, thank Him for who He is and how

He helps you, and ask God to help you trust Him with that worry. Then, “cast” the heavy item into the basket and pull out the slip of “peace of God” paper instead. By the end of the lesson, the backpack will be filled with the “peace of God” and your load will be light. Model again carrying the bag (or take turns having a go).

Watch

<https://youtu.be/Jd35-M-xLX4>

Discuss what *cast your anxieties, peace of God* and *transcends understanding* mean.

Activity

As a family read the verse several times to try to commit to memory. Younger children may find this too long to memorise but may be a good challenge for older kids. Get the children to think of actions for each part and perform it as a family several times.

Pray

Spend some time praying to God sharing anxieties and praying for peace. You may want to lay your hands on your children and pray for the Spirit to fill them with peace and joy.

Extra things to watch

You may also want to watch one or all of these other good videos linked to the memory verse.

<https://youtu.be/Y31SXY-amuc> - this one particularly good for younger children

<https://www.youtube.com/watch?v=X05FnYbugls> - song about the verse

https://www.youtube.com/watch?v=8y_y8Pe5tV0 - jazzed up version of the first video we watched