

Supernovas at Home - Sunday 7th June

Not Forgotten - Handling Grief

Warm up:

You have a choice incase we are still fighting over toilet roll and cannot afford to waste it

😊 If you want to you could do both.

1. Divide into two teams: daddy and child, sister and sister OR just one team and you work together. Give each team a toilet roll or wrapping paper. Each team needs to choose one person to be wrapped up in the paper. When you say "go", the teams should start wrapping that child in the paper round and round, starting at the feet and going as far up as they can in the time given. They can use sellotape if the paper breaks. Stop the game when your time is up or one person has been wrapped up. You could comment that at the time of Jesus, bodies were wrapped in long bandages before being buried.

The point: Just for fun, but also leads into the story of Lazarus.

2. Sit in a circle and have an object. Say that you may only talk when you are holding the object. If you don't want to talk when it is your turn you can simple pass the object to the next person. Today's subject is "I was really upset when..." Encourage everyone to share an incident that has made them sad. When everyone who wants has shared an incident, ask the questions: *What do you do when you are sad? How do you feel? What helps you feel better?*

The point: To begin to think about grief and what makes us sad.

Teaching: Drama Time 😊

Choose someone to be Lazarus. Ask them to lay down on a blanket and pillow. Explain that Lazarus was a good friend of Jesus, and one day he fell ill. Lazarus was really, really ill, and his sisters decided to send Jesus a message because they knew Jesus could make him better. (Pick someone to be Jesus and if you have enough people a Mary and Martha to go to find Jesus).

Lazarus became so ill that Mary and Martha thought he might die, but Jesus didn't come. Then Lazarus died and still Jesus didn't come. Mary and Martha were really, really upset. (everyone cry). They were upset because their brother was dead and they were upset because they didn't understand why Jesus had not come to heal him. They cried and cried. They buried Lazarus in a cave. (Put Lazarus under a table with a chair in front to indicate

the door.) Four days passed and still the girls were crying. They sat in the house, crying. There were too upset to do anything else: they missed their brother.

And then, where it was too late, Jesus came. Martha went to meet him and cried as she said, *"If you'd been here Lazarus would still be alive! It's your fault he's dead."*

Ask your child if Jesus was upset that Martha was angry with him? No, he wasn't, because he loved Martha and understood how she was feeling.

"You will see your brother again," Jesus told Martha.

"I know I'll see him in heaven," Martha agreed, but not very happily.

"I can give life." Jesus told her. *"Anyone who truly believes in me will never really die!"*

Jesus went with Mary and Martha - and all their friends - to the tomb where Lazarus was buried. And Jesus cried too. (everybody cry.)

Then Jesus asked the men to open the tomb. He shouted, really loudly, *"Lazarus! Come out!"* And Lazarus stood up and came out... he was alive! Everyone was amazed! (Lazarus come out of the tomb, everyone improvise how they might have felt.)

Ask these questions at the end of your story:

1. Why do you think Mary and Martha were so sad? (Emphasise that they were sad because they thought Jesus could have helped, as well as being upset about Lazarus.)
2. Why do you think Jesus waited for so long before he came to help Mary and Martha?
3. Have you ever been sad because someone has died? How did you feel and act? What made you feel better, if anything?

Say that Jesus understands how we feel and we should be able to tell him honestly when we feel upset because someone has died. Say that when people we love die, Jesus doesn't normally bring them back to life for us - but ask if they know how Jesus can help us when we are grieving for someone? Say that we know that if someone who has died really loved Jesus then they are alive in heaven - we will get to see them again!

The Point: *To tell the story of Lazarus, bringing out the point that we are allowed to be upset with God when someone dies - he can take it!*

Activity:

Give your child two pieces of paper, draw a picture of what they think heaven is like. You could say that it is the most beautiful and colourful place we can imagine! On the second sheet draw a grave or just a tomb stone, you could draw some people crying too.

Put the grave picture on top of the heaven picture and stick them together by putting a line of sellotape along one of the edges, half on the front sheet and half on the back (like a hinge), that that the front page can be lifted up. Children may be able to do this themselves.

Remind them that when a Christian dies, they go to be with God in heaven: it can help us to feel less sad if we remember that death is not the end, even though we might miss that person now.

Prayer:

The children can pray about their own grief, if they want, or can pray more generally and ask God to look after people that they know who are sad for some reason at the moment. Maybe you could pray for the families who have lost someone they love because of coronavirus.

Singing:

- Rent co kids: King of Me - Worship the Lord who is in control and is protecting you. https://www.youtube.com/watch?v=ks6zl2hL2Uk&list=OLAK5uy_IB5ywPJruX2c7zV6txZNVbh9PEvPZogEo&safe=true
- Only way to heaven - <https://www.youtube.com/watch?v=8BoimGkejgE&safe=true>
- Oh you can't get to heaven - <https://www.youtube.com/watch?v=UP-8xaqfoc&safe=true>

Extra - Watching:

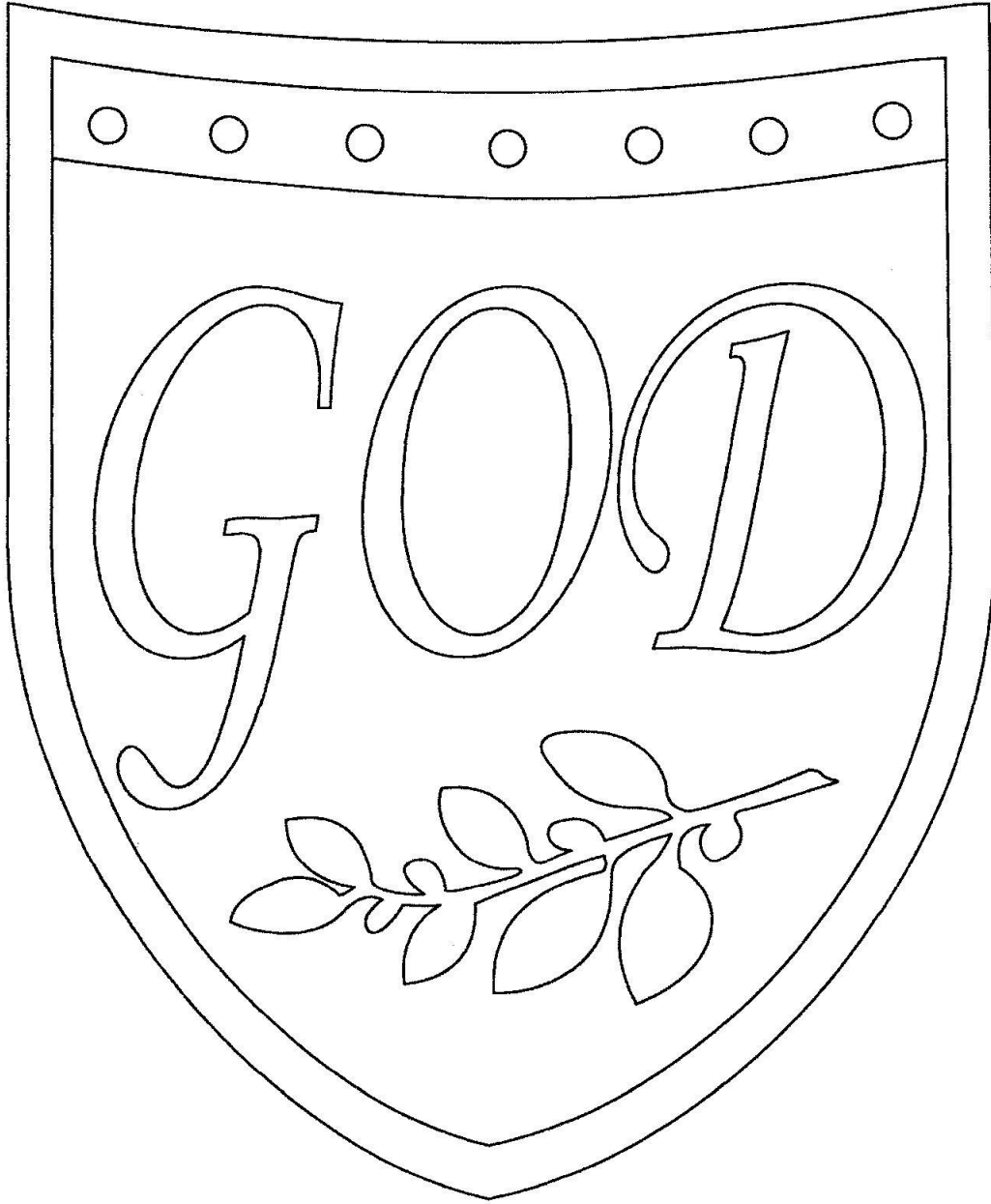
Here is the story of Lazarus, it has some big words in it so you may have to stop and explain what they mean when you watch it.

<https://www.youtube.com/watch?v=sfvzTm1mOCQ&safe=true>

Extra - Colouring:

Underneath you will find some extra colouring sheets if you need to keep your children busy for longer. You can print them out or get them to draw the words and decorate.

Psalm 28:7



GOD *is my shield*



Psalm 147:5

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Love the
Lord your God
with all your
heart and
with all your
soul and
with all your
mind.

Matthew 22:37