

# 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

# Vulnerability

## BIBLE VERSE

Leave all your worries with him, because he cares for you.

You can find this in the Bible, in the book of 1 Peter , Chapter 5, Verse 7.

## Daily Prayer

Dear God,

Thank you that we can be honest with you and tell you how we are feeling. Thank you that you are always there for us. Remind us when we need it, that we are strong and smart and loved by you today and every day.

Amen

## Wondering

I wonder what vulnerability means to you

I wonder when you have felt vulnerable

I wonder if you can think of ways to help someone when they are feeling vulnerable

I wonder if you can think of examples of when Jesus was vulnerable

## Creative Prayer 1 ≈ Affirmation Prayer Bracelets

You will need a sheet of A4 paper cut it into strips 3cm wide, a pen or pencil and colours if you have them. On the strips of paper write words and phrases that make us feel strong, brave and happy, reminding us that God is always with us e.g. 'I am Loved by God', 'I am Strong and can do all things through him'. Then colour and decorate your bracelet. When it is complete, using sticky tape or a little glue make it into a bracelet around your wrist. Focus on the bracelets and what they mean. Pray to God and thank him for being with us when we are feeling vulnerable.



## Creative Prayer 2 ≈ Labyrinth

You will need some space for this either inside or outside of your house. Make a labyrinth shape on the floor with anything you can think of that is long for example - some rope, some long socks, some shoelaces. Stand at the entrance and slowly make your way to the middle pausing 3 times as you do so.

Pause No 1 Tell God about some of your cares and worries.

Pause No 2 Ask God to help you with those things.

Pause No 3 Thank God that he is always with you and ready to listen to you.

When you get to the middle, just let your thoughts wander. Maybe spend some time thanking God for the good things in your life. Follow the path out. You might want to share with other people some of the things you were thinking and praying about.

### Activity 1 ≈ Flag Semaphore

Spell out a positive message e.g. I am Loved, using Flag Semaphore.

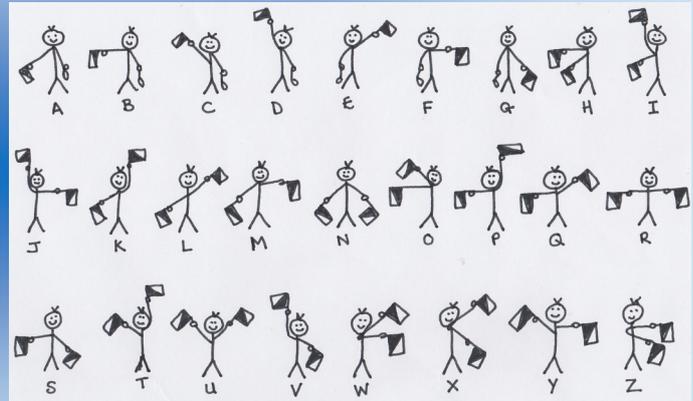
Flag semaphore is a way of sending information at a distance by visual signals with hand-held flags. By holding the flags in different positions creates each letter.

You will first need to make a pair of flags. Get two pieces of paper or card and draw a diagonal line across it. Then paint or colour the lower section in black or another dark colour. Use some tape to join each flag to a stick of some sort (stick, spoon, small cane).

Start practising all the letter positions using the picture here.

When you are confident signal a

positive message to a family member or friend. To signal the end of each word put the flags in the downwards position.



### Activity 2 ≈ Gravity Free Water

In this science experiment you can test whether what goes up must come down.

You will need: a glass filled right to the top with water, piece of cardboard. You also need to do this over a sink or outside!

Put the cardboard over the top of the glass, making sure that no air bubbles have or can enter the glass. Hold onto the cardboard. Turn the glass upside down. Take away the hand holding the cardboard in place.

If all goes to plan, then the cardboard and water should stay put. The water is defying gravity! Because there is no air inside the glass, the air pressure from outside the glass is greater than the pressure of the water inside the glass which holds the cardboard in place, keeping you dry and your water where it should be, inside the glass. What happens when you take the card away? Sometimes it's better to let the pressure out.... we can do that by talking to someone we trust.

If it at first you don't succeed...just try again!

### Quote

"You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is, even if we're apart...I'll always be with you."

**A.A. Milne, Winnie the Pooh Library**

### Thing of the week...

Make a parachute for a toy - using a plastic bin bag or carrier bag, mark out and cut a square 40cm by 40cm. Attach with sticky tape or tie 1 piece of string (50cm) to each corner, then tie the 4 pieces of string to a small toy or object. Throw it up in the air and it should gently float back down.