



## Messy Church at home

### Sunday 28 February 2021

#### Be still

While the pandemic is ongoing, we are still unable to meet together as a Messy Church, so for the time being, how about trying Messy Church at home?

#### **Read: Psalm 46:10**

Be still and know that I am God! I am exalted among the nations. I am exalted in the earth.

#### **Psalm 37:7**

Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes.

#### **Psalm 62:1**

Truly my soul finds rest in God; my salvation comes from him.

#### **Activities**

Here are some activities to try, using bits and pieces you might have at home. If you can't find the exact same items, what things could you use instead?

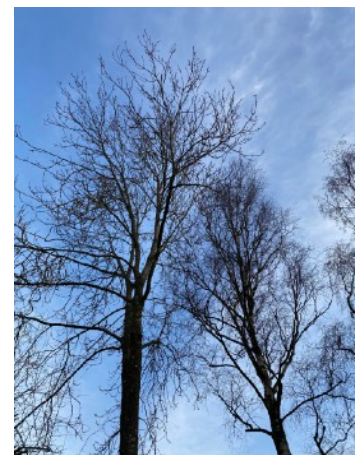
#### **Look up**

You will need:

- Time

Go out for a walk together in the countryside, or in a park. We so often forget to look up when we are out and about. Find some trees and look up at them. If it's dry on the ground and safe to do so, you might like to lie down under the trees and look up. Alternatively, if you have trees in your garden, you could try this at home.

What do you see when you look up at the trees? What shapes are formed by the branches and the changing



light? Are there any new leaves starting to grow? What different textures can you see? Are there any birds in the trees, or flying overhead? If you have any concerns or worries, be still, try to let them pass. Breathe in the beauty of God's nature.

When everything around us seems crazy, how does our faith in God help us find peace and calm?

### **Look inside**

You will need:

- Paper
- Pens
- Scissors and glue



Cut some strips of paper (use different coloured paper if you have it). As a family, write something positive that you like about each other on each piece of paper - you could decorate them too. Make your strips of paper into a paper chain, by looping each piece into a circle, gluing the ends and linking them together. Hang up your paper chain to celebrate your uniqueness as a family.

Be still and think about how each member of your family has their own unique characteristics. Isn't it wonderful how God created us all as individuals with our own personalities? Thank God for your family and that he made us all special and unique.

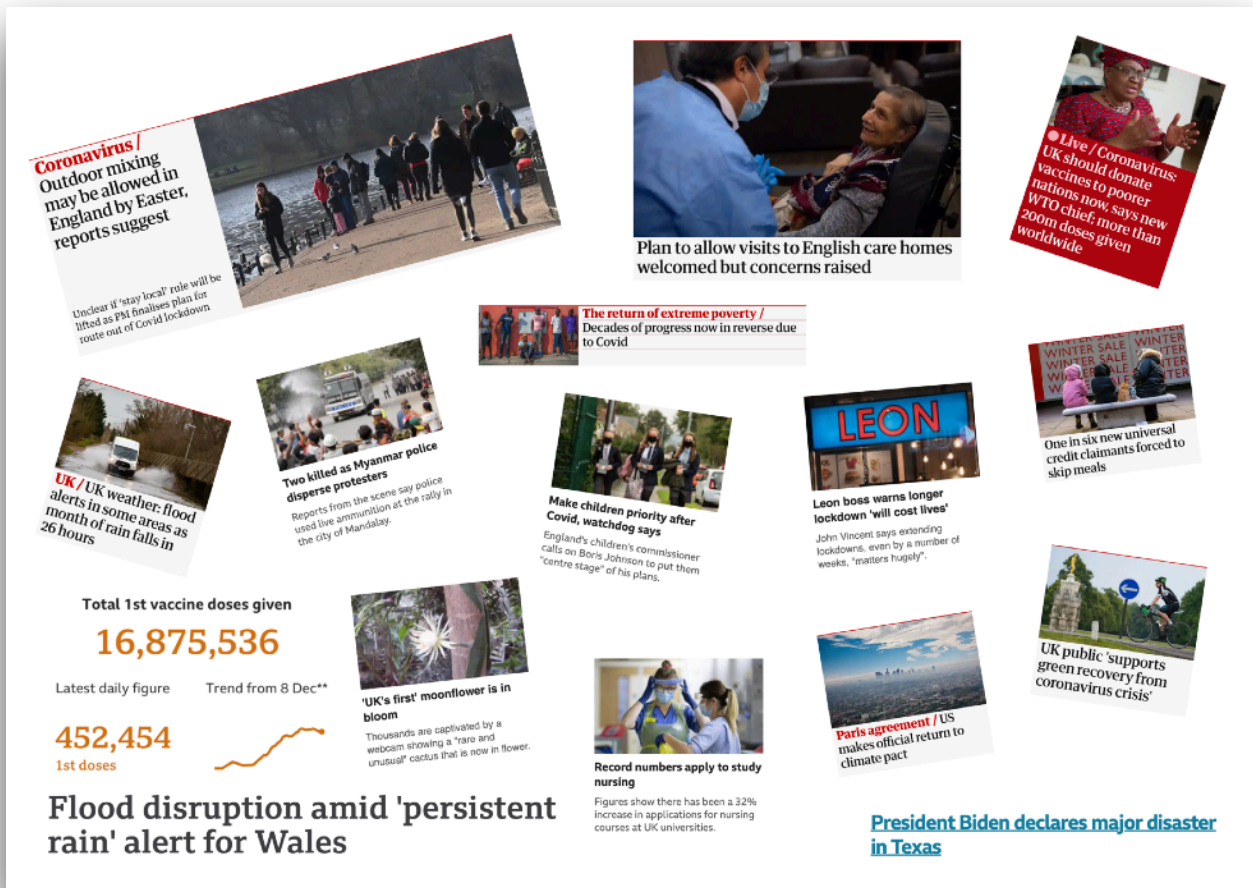
### **Look out**

You will need:

- Paper
- Scissors and glue
- Newspapers, or news articles online

Cut out a range of local, national and international news stories and headlines you would like to pray about. Make a collage of the issues you want to pray for. This could include good and bad news stories.

Looking at the news collage you've created, who needs your help and support - in your local area, or further afield? Be still and pray. Ask God to help those in difficulty. Thank God for the positive news stories.



## Look at the time

You will need:

- Paper plate or circle of card
- Different coloured card or paper
- Pens
- Scissors
- Paper fastener (or a drawing pin and some blue tack/plasticine)

Take your paper plate or circle of card and write the 12 hours of the clock around the edge on the front. Then write 'Make time for Jesus' in the middle. You might want to decorate your clock face too.

Cut two hands from another piece of card or paper - one longer than the other like the minute and hour hands on a clock.

Make a hole in the centre of the clock and at the end of the two hands. Push your paper fastener (or drawing pin) through the two hands and then through the clock and secure at the back. (If using a drawing pin, use a piece of blue tack or plasticine to secure it in place at the back.) You should be able to move the hands freely to different times on the clock face.

Perhaps you could set the hands to a certain time you



could keep especially for spending time with Jesus every day. Or leave your clock somewhere prominent to remind you to spend time with Jesus.

### **Reflect**

The season of Lent - the days running up to Easter, which this year started on 17 February - is a time when, as Christians, we reflect on our faith and try to spend time with God.

After Jesus was baptised, and before he started his ministry, he went into the space and quiet of the wilderness to focus more fully on God. Jesus stayed there for 40 days. He was still for all that time.

In our busy lives - even during lockdown - being still is not that easy to do. You might have discovered that when you were looking up at the trees. There are so many things around us that cause distraction - phones, TVs, iPads, PlayStations and so on.

How long can you be still for? Try to spend just a few minutes every day being still, listening to the silence and being aware of God's presence. Let your soul find rest in God.

### **Sing**

Don't forget to keep singing Jesus' love is very wonderful. You might like to try singing Be still for the presence of the Lord. If you don't know it, [you can have a listen here](#).

### **Pray**

Be still and quiet. Ask God to help you make more time for him during Lent. Thank God for his wonderful creation, the world and everything in it, including the calming trees. Thank him for your family and friends and all of their special, unique qualities. Ask God to help and support all those in trouble - think about those on your news collage. Perhaps you could focus on one news story every day and ask God to help all those it affects.

You might also like to say The Lord's Prayer. And perhaps you'd like to finish with Messy Grace - can you remember the actions we do when we say it? Here's a reminder...

May the grace of our Lord Jesus Christ (Hold out your hands in front of you)

And the love of God (Put your hands on your heart)

And the fellowship of the Holy Spirit (Hold hands)

Be with us all now and for ever. Amen (Raise hands together on the word 'Amen' and shout loudly!)