



## **Rocks & Pebbles worship session 19/04/2020**

**Welcome** to Junior Church! we pray the following helps you to worship as a family at home, on a regular basis.

These sessions will follow a similar pattern to that the children experience on a Sunday morning. Maybe different members of the family can lead your service? (All words in bold, we encourage you to say together).

**Peace be with you 19/4/2020**

**John 20.19-31** The risen Jesus appears among his disciples when Thomas is absent. Jesus breathes on them and says, 'Receive the Holy Spirit'. A week later, Jesus appears again and speaks to Thomas directly. Thomas cries out, 'My Lord and my God!'

**An active way to begin your session.**

Play a short game of musical statues.

Play some music and ask everyone to remain completely still when the music stops. When the music stops, shout, 'Peace be with you', and ask everyone to pause in quiet and reflect on the feeling of peace. Afterwards, discuss how they felt as they stood still and quiet. Was it peaceful?

**For older children**

When was the last time they were hugged by someone, and when they last gave someone else a hug. How did it feel? An embrace is a special moment of connection, but someone needs to invite us to embrace.

## **GATHERING PRAYER**

Lord Jesus,  
we pray for people who are alone,  
and for people who feel lonely;  
people who don't know what a loving hug feels like.  
We pray that you will come close to them  
and bring them into your embrace.  
**Amen.**

The lord be with you  
**And also with you.**  
Lord you want us to be with you,  
**Thank you for inviting us**  
Lord you chose each one of us to be your friend,  
**Thank you for inviting us**  
Lord we love being with you  
**Thank you for inviting us**  
**Amen**

## **WE SAY SORRY TO GOD (can you remember the actions?)**

**We're happy when we're close to God, since that's where we belong, (hug yourself)**  
**But sometimes we go far from God and everything feels wrong. (turn away and hands by your sides)**  
**But if we say we're sorry then, God's love is sure and strong, And he will draw us back to him and that's where we belong. (turn back around and hug yourself again).**

Dear God, we want to follow you  
When we let you down,  
**Forgive us and fill us with your love.**

When we are selfish,  
**Forgive us and fill us with your love.**  
When we are greedy,  
**Forgive us and fill us with your love.**  
When we want to do things our way instead of yours,  
**Forgive us and fill us with your love.**  
Dear God, we want to follow you,  
**Forgive us and fill us with your love.**

## **WE RECEIVE GOD'S FORGIVENESS**

May the Father of all mercies cleanse us from our sins and restore us in His image. To the praise and glory of His name. Amen

### **SONG *My God is so Big***

My God is so big so strong and so mighty, there's nothing that he cannot do! Repeat

The mountains are his, the rivers are his, the stars are his handywork too!

My God is so big so strong and so mighty, there's nothing that he cannot do! For me, and you and you.

### **STORY**

Every time you hear the word "peace" sit still and breathe slowly and deeply for 10 seconds

When you hear the word "Jesus," give the biggest grin possible.

The return of Jesus from the dead was all the disciples could talk about. Every one of them was so excited about it. Well, not exactly every one of them. Thomas wasn't excited, because Thomas had missed it. 'Unless I see the marks the nails made in his hands, I won't believe he's alive,' Thomas said.

A week earlier, Jesus had appeared to 10 of the disciples. They were gathered together, hiding because they were afraid they would be killed next. Although they were in a locked room, Jesus appeared and said, 'Peace be with you.' As the disciples rejoiced, Jesus said, 'As God the Father sent me, now I send you.' Then he breathed on them, saying, 'Receive the Holy Spirit. When you forgive people their sins, they are forgiven. When you find people guilty, they are guilty.'

Thomas was with the others in the house now. 'I'll only believe if I put my finger in the marks and my hand in his side,' he said. The doors were closed, just as they had been before, but again, Jesus appeared. He said, 'Peace be with you.' Then he spoke to Thomas: 'Look at my hands and put your finger in the holes. Put your hand in the wound on my side. Do not doubt, but believe.' Thomas was suddenly as excited as the rest of the disciples. 'My Lord and my God!' he cried.

Jesus asked Thomas, 'Have you only believed because you have seen me? God blesses all those who believe even though they haven't seen me.' This is why the story of Jesus was written down; so that people may believe that he is the Messiah, the Son of God. All who believe in Jesus will have life through him.

### Glossary

**sins** the bad things that people do, that go against what God wants;

**Messiah** the 'anointed one', someone chosen by God to save the Jewish people, also a title used for Jesus.

### Talk together (Connect faith with everyday life)

- How might you have felt if you were in Thomas' place?
- Has someone ever told you about something exciting which made you want to see for yourself?
  - What can we do to invite other people to come to know Jesus?



- How would you feel about sharing this moment with someone?
- What difference does it make having accepted Jesus into your life?
  - What experiences make you feel most 'at peace'?

### CRAFT

Cut out figures from the link

[https://www.rootsontheweb.com/media/20424/embracing\\_jesus-bw.pdf](https://www.rootsontheweb.com/media/20424/embracing_jesus-bw.pdf)

Talk about Jesus' love and the feeling that a hug would give you. A feeling of peace. Colour and cut out the two figures. Put the Jesus figure on a lolly stick or a stiff piece of card and fold his arms in a hug. Glue the child in Jesus' arms.

If you can't print, draw around your hand and write things that Jesus does for you.

## SONG

### Give me joy in my heart

Give me joy in my heart, keep me praising,  
Give me joy in my heart, I pray,  
Give me joy in my heart, keep me praising,  
Keep me praising 'till the break of day.

Sing hosanna, sing hosanna,  
Sing hosanna to the King of kings!  
Sing hosanna, sing hosanna,  
Sing hosanna to the King.

Give me peace in my heart, keep me praying,  
Give me peace in my heart, I pray,  
Give me peace in my heart, keep me praying,  
Keep me praying 'till the end of day.

Give me joy in my heart, keep me praising,  
Give me joy in my heart, I pray,  
Give me joy in my heart, keep me praising,  
Keep me praising 'till the break of day.

## PRAYERS

Father of all,  
send (*insert names*)  
as you sent Jesus;  
fill *him/her* with your Holy Spirit,  
as *he/she* continues with this day.  
**Amen.**

**Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us this day our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the Kingdom the power and the glory are yours now and forever, Amen.**

## **JUNIOR CHURCH PRAYER**

Thank you for each other.

Thank you that we can learn together, play, laugh and pray together. Bless us Lord, as we remember how much you love us.

Amen

### **For older children - Peace be with you**

Take time to reflect together on the question: 'Where do you need God's peace in your lives?' Give everyone a piece of paper and a pen to draw round their hand, and inside the outline, write down areas where they need to feel God's peace: today, this week, this month.

## **LIVE YOUR FAITH**

Spend some time in silence each day this week reflecting on the words 'Peace be with you'. When you feel anxious or stressed, try to remember that feeling of peace.

*With grateful thanks to Roots for use of some material.*

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