



## **Sand, 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 you 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!'

### **GATHERING ACTIVITY**

A quiet way to begin your session.

Ask everyone to lie down and be still for a moment. Say the words: 'Peace be with you', then ask them to stand up and offer someone near to them a hug. Then say together:

Jesus, you are risen.

Jesus, you love us.

Jesus, you bring us peace.

**Amen.**

**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?

## **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.**

## **ACTIVE PRAYER** (*encourage everyone to stand up and join in!*)

From the top of my head	<i>Touch head</i>
to the tips of my toes;	<i>Touch toes</i>
from the lobes of my ears	<i>Touch ear lobes</i>
to the end of my nose;	<i>Touch nose</i>
from my back, to my front	<i>Turn round</i>
to my wiggly fingers,	<i>Stretch out arms, wiggle fingers</i>
God loves me!	<i>Jump up and down</i>

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**

Have a box prepared with something in it. Talk about what is inside. Tell the children what it is but don't let them see. Do they believe or do they need to see for themselves? Do they believe or doubt?

Use simple actions (*see italics*) and repeat the story so the children can join in.

One of Jesus' friends, Thomas, had not been in the house when Jesus came back to show them he was alive. (*put hands over eyes*) The following week, the disciples were all gathered together and the doors were locked. (*mime locking door*) Thomas said, 'I won't believe unless I can see and touch Jesus.' (*reach hand out*)

Jesus appeared and greeted his friends, saying, 'Peace be with you.'  
(*open both hands wide*) Thomas saw Jesus and Jesus invited Thomas to touch him: 'Do not doubt, but believe.'  
(*cross hand across chest*) Thomas was suddenly as excited as the rest of the disciples. 'My Lord and my God!' he cried. (*bow down*)

### *Ideas to explore the story further...*

Invite each person to go outside the room and then come in again. Encourage everyone else to greet them when they enter by saying, 'Peace be with you.'

### **Craft** Hug craft

[https://www.rootsontheweb.com/media/20219/peace\\_arms.pdf](https://www.rootsontheweb.com/media/20219/peace_arms.pdf)

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

## **LIVE YOUR FAITH**

When you feel sad or worried think about the word's 'peace be with you' and how Jesus is with you each and every day.

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

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