

Do, Make, Pray and Sing activities based on John 20.19-31

Choose from these ideas to help the children make connections between the Bible reading and their lives

## Do

### Stuck in the mud 10 mins E

Play a game showing how an embrace can set us free

- Ask for one child to volunteer to be the 'catcher'. Everyone else will play the game as 'releasers'.
- The job of the 'catcher' is to chase everyone else in the room and try to 'tag' them.
- Explain that if the children get caught, they should stand still with their arms wide ready for an embrace.
- The job of the 'releasers' is to try to embrace everyone who has been caught by giving them a big hug. They can then move around again and rejoin the game.
- You can play again with a different 'catcher'.

## Make

### Embracing Jesus 15 mins E

Create a symbol of how Jesus carries us in his arms

**You will need:** [Jesus and child cut-out figures](#), pens, scissors, glue, lolly sticks.

- Talk with the children about ways in which Jesus helps us, and has been with us in difficult situations, perhaps even carrying us through those times. This is a special embrace which can help us to feel peace.
- Provide everyone with a template of the figures. Invite the children to colour them in, then help them to cut out their Jesus figure, and glue it onto a lolly stick.
- Next, help the children to cut out the child figure. Encourage everyone to bend the arms of their Jesus figure inwards and place their child figure into Jesus' arms, fixing it there with glue if they wish.

### Inviting others 15 mins W E A

Encourage other people to meet with Jesus

You will need: A5 card, pens, stickers, glitter, glue.

- Talk with the children about ways in which they might be able to invite their friends to church, Sunday school or a special event, in order to hear more about Jesus.
- Give everyone a piece of plain A5 card and encourage them to create and decorate a personalised invitation for one of their friends to an event that is happening, or to come to your group.
- You may want to advise them on what information they could put on the invitation, such as name, place, time, but encourage them to include the reasons why they would invite people to come along.

## Pray

## 'See, hear, feel' prayers 10 mins W E S

Use your senses to experience God at work

- Take the words 'see', 'hear' and 'feel' one at a time. Either write them out on large sheets of paper, or just say each word out loud, and explain what it means.
- Encourage the children to talk about ways in which they can sense Jesus at work in us and around us using those different senses, e.g. they may see Jesus through other people, or in creation; they may hear Jesus through the Bible, through kind words of others, through music; they may feel the presence of Jesus through hugs, or being in a special place.
- After you have discussed each word, spend a short time thanking God for those ways in which we experience him. Ask the children to choose one new way of experiencing God this week and embrace him through it.

## Circle prayers 5 mins E S

Surround each other with prayer

- Encourage everyone to stand in a circle. Invite one person to stand in the middle.
- Spend some quiet moments praying for the person in the middle as a whole group, and then swap over, so that everyone who wishes to has a turn in the middle, to be prayed for individually.
- End the time of prayer by saying: Lord, help us to embrace you in one another. **Amen.**