

there must be  
more to **life...**



*Discover  
Jesus.*

## Activities for the Young and the Young at Heart

### 5<sup>th</sup> August

We think about: how we grow spiritually by spending time with Jesus. It's like eating bread is for our bodies.

On a paper plate, draw or make with play dough, food that you like. Have a little sign pre-made for each that says. "Spending time with Jesus is like eating good food. It helps me grow to be the best I can be." Share with someone else what you do to spend time with Jesus.

### 12<sup>th</sup> August

We think about: just as bread is a sign of life giving nourishment, so Jesus is the sign of God's life giving love.

Ask someone to make some bread so that the smell of it is the first thing they smell as they enter. (if an electric bread maker can be set up near the door to be completed just prior to the service, this is ideal). Plan to share the bread around, during the prayers of intercession and encourage them to pray for circumstances they know that need God's life giving love.

### 19<sup>th</sup> August

We think about: God's wisdom if often a mystery to us.

Without showing the picture. Try putting a jigsaw puzzle together. Ask for help and get very excited when 2 or more pieces fit together. Explain that this is what God's wisdom is like. Trusting that God is leading us is what shows our faith. Bit by bit as we work together and ask for God to help us we get to recognise that God leads us to understand with wisdom.

### 26<sup>th</sup> August

We think about: how Jesus has the life giving words for us.

Play a game of 'Follow the Leader'. (This is easier to music.) Have someone pre organised to have some tricky moves and watch for when someone gives up. State how in our Gospel reading, some who followed Jesus gave up. Then ask the leader to share how to do the tricky moves ...slowly so that all can follow. Just as we can ask Jesus to help us in our following him and to teach us to listen and care for others.