

Church at Home Pack – 8th November 2020

Join us for our live streamed service at 10:30am on Sunday at www.ccwsm.org.uk

(Please bear with us as we work out how we continue with our services during this time. There may be a mix of live streamed and online services – we will keep you informed.)

If you like, join in with the discussion on Facebook with our church family (@ccwsm)!

In some sections we make several suggestions of ideas. Some may be more appropriate to you or the different people in your family than others. We're not expecting you to do all of them (although you are very welcome to!) Choose the ones which best suit you.



GATHER TOGETHER

A prayer to start –

Lord, I may have no memory of war
But I remember what it's like to feel scared;
I remember what it's like to feel sad;
I remember what it's like to lose something precious to me.
Help me to use my own memories in understanding what this act of remembrance is all about
so that I can join my prayers with those who do remember.

Amen.

Action reminder –

From the top of my head
(Touch head)
to the tips of my toes;
(Touch toes)
from the lobes of my ears
(Touch ear lobes)
to the end of my nose;
(Touch nose)
from my back, to my front
(Turn round)
to my wiggly fingers,
(stretch out arms and wiggle fingers)
God loves me!
(jump up and down)

READ TOGETHER

Psalm 121

International Children's Bible (ICB)



121 I look up to the hills.

But where does my help come from?

² My help comes from the Lord.

He made heaven and earth.

³ He will not let you be defeated.

He who guards you never sleeps.

⁴ He who guards Israel
never rests or sleeps.

⁵ The Lord guards you.

The Lord protects you as the shade protects you from the sun.

⁶ The sun cannot hurt you during the day.

And the moon cannot hurt you at night.

⁷ The Lord will guard you from all dangers.

He will guard your life.

⁸ The Lord will guard you as you come and go,
both now and forever.

New International Version (NIV)

¹ I lift up my eyes to the mountains—
where does my help come from?

² My help comes from the LORD,
the Maker of heaven and earth.

³ He will not let your foot slip—
he who watches over you will not slumber;

⁴ indeed, he who watches over Israel
will neither slumber nor sleep.

⁵ The LORD watches over you—
the LORD is your shade at your right hand;

⁶ the sun will not harm you by day,
nor the moon by night.

⁷ The LORD will keep you from all harm—
he will watch over your life;

⁸ the LORD will watch over your coming and going
both now and forevermore.

Action Reading – Psalm 121:2

My help comes from (*Right fist on left palm held out at head height is drawn down and towards body*)

the Lord, (*2 index fingers point upwards*)

he made (*right hand makes 'sawing' motion across top of left*)

heaven (*Make a rainbow shape above your head*)

and earth. (*Draw a circle with your hands in front of you*)

WATCH TOGETHER



CBeebies Remembrance Animation

https://youtu.be/pv_ub7Be7oA

TALK TOGETHER



He will not let your foot slip –

Keith told us that as a young man he was a rock climber. Sometimes, when life gets difficult it might feel like we are on a difficult climb or even stuck on a rock face, not knowing where to put our hand to pull us up to the top!

- When difficult things come along, do you try to sort them out on your own or do you call out to God for help? Why?
- Have you ever felt like things were so difficult that ‘your foot was slipping’ or you might fall? How did your trust in Jesus help?

For Parents to listen to:

In an extract of this podcast (starting at 1:14), Rachel Turner from **Parenting for Faith** shares ideas for talking with children about Remembrance Day.

<https://parentingforfaith.org/post/talking-kids-about-remembrance>

STUDY TOGETHER

Psalm 121 is part of a group of songs in the Bible called ‘Psalms of Ascent’ (Ps.120 – 134). They were songs the people of God sang as they went up to Jerusalem, either for the annual festivals they celebrated in the temple (‘the house of the Lord’) or as they returned from exile to their homeland. In this Psalm they remind themselves that God is with them on their journey.

Read v.1-2

In Old Testament times, the mountains and hills were both a place of danger and a place some people looked to for protection. Thieves and wild animals hid out in the hills and could attack people as they travelled. But they were also the location of the ‘high places’ where false gods were worshipped and some asked them for help.

- Where/who do we look to for help when our journey is not as smooth or straightforward as we would like?
- If God is the Maker of heaven and earth what does that tell us about him and the help he can provide?
- Do we only look to God when we are in trouble?

Read v.3-6

- What are the fears and worries that come to you during the day and night?
- What comfort does it give you to know that God never stops watching over you?

Read v.7-8

- What are the different 'comings' and 'goings' of our lives?
- Do these verses mean that nothing bad will ever happen to us if we follow God?
- What might it mean? (Think about the last phrase: 'both now and for evermore')

PLAY TOGETHER

Verse 5 of the Psalm says that the Lord protects us.

For younger children: Sing and learn this song to the tune of 'London's Burning'.
(Use shakers or musical instruments if you like)

Jesus keeps me
Jesus keeps me
Safe from danger
Safe from danger
All day
All night
He protects me
He protects me

'Find the protection' game



Gather lots of things that protect us. For example:
Face Mask / Hand Gel / Rubber Gloves / Soap / Toothpaste / Sudocreme (or similar!)
/ Gardening Gloves / Plug Socket Cover / Cycle Helmet / And... A Bible!

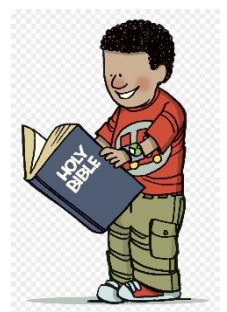
Hide the things that protect us around the room – Make sure you include a Bible.

Easy Game: Let everyone in your house search for and find the things.

Harder Game: Hide the things as above, but turn it into a treasure hunt by creating clues to the location of the objects.

Once all the items have been found, talk about how the things protect us. How does the Bible protect us?

God wants to protect us and has promised to do that if we trust him. The Bible includes God's advice and if we follow that, we can be protected from all sorts of trouble and difficulties.



MAKE TOGETHER

Make a poppy picture to display in your window to show that you are Remembering today.

Use whatever you have available at home. Here are some ideas:



Potato print poppies



Finger Print Poppies



Collage Poppies

You can download and print an outline from the Royal British Legion here:

<https://www.poppymap.org.uk/products/download-a-remembrance-poppy?variant=32904880193590>

SING TOGETHER

Watching over you – Lifetree Kids: <https://www.youtube.com/watch?v=rZgoNHJwb88>

My God never goes to sleep – Nigel and Jo Hemmings (Vineyard Worship):

<https://www.youtube.com/watch?v=fFZH1mqbYFo>

Psalm 121 (I lift my eyes) - Kristyn Getty, Jordan Kauflin, Matt Merker, and Matt Papa:

https://www.youtube.com/watch?v=QeFa6iSP_XQ

I lift my eyes up – Brian Doerkssen: <https://www.youtube.com/watch?v=ZgpHAIpuaF8>

God watches over us – Maxi Priest: <https://www.youtube.com/watch?v=mylc3kIZ2ew>

REFLECT TOGETHER

Take some time to read Psalm 121 again over this week. Read it slowly and thoughtfully.

At the end of verse 2, stop and think about the times when you will climb or go up this week – perhaps up a hill or just up the stairs.

God is with you.

At the end of verse 4, stop and think about some of the places you will go on foot this week – work, school or college, the supermarket and back home.

God is with you.

At the end of verse 6, stop and think about times when you might find yourself in the dark this week.

God is with you.

At the end of verse 8, stop and think of the places you will enter and leave this week.

God is with you.

This Psalm tells us that God is with us and protecting us day and night. He not only made the hills and mountains but heaven and earth too! Nothing can stop our powerful protector. He is with us always!

PRAY TOGETHER

Guided Prayer based on Psalm 121



<https://www.youtube.com/watch?v=dscZ8knS5UU>

Poppy Prayers

You'll need a poppy for everyone (either a bought one or one that you've made or coloured in yourself).

Look at your poppy. Poppies are bright and cheerful flowers.

- Thank God for the lives of those who have died in war, remembering all the joy they brought to families and friends, and all the good things they did for their home and their country.



Then look at the red petals: red reminds us of danger and harm.

- Ask God to be close to those who are still facing danger each day, to give courage to the armed forces, and compassion to all who help others.

Place your whole hand over the poppy: poppies are fragile and need to be handled gently.

- God cares for those who are hurting and those who are sad. Ask God to comfort all who are grieving the loss of someone they love.

Finally, place a finger on the centre of the poppy.

- Ask God to help you play your part in working for peace in the world

DO IT TOGETHER

Sensory Remembrance

We may have known someone personally who lost their life in war.

We may have lost someone very dear to us – family or friend.

We may not yet have had the experience of losing anyone close to us.

But we are all experiencing some kind of loss and feelings of separation at the moment.

Our senses can trigger strong memories.



Is there someone that you have lost or someone that you can't see at the moment who you miss very much? Use your senses to remind you of the happy memories you share: Is there something that always makes you think of that person?

- Sight:** A view... a picture... a photograph?
Sound: A song or piece of music... a laugh... a noise?
Taste: A favourite food or drink?
Smell: A flower.... a favourite dinner... perfume?
Touch: A favourite blanket, chair or park bench?

This week – use your senses to remind you of that person and thank God for those happy memories.

Email: family.ministry@ccwsm.org.uk

*Prayers, Action Reminder and Reflect Together activity taken and adapted from
© ROOTS for Churches Ltd (www.rootsontheweb.com) 2002-2020 Reproduced with permission
Play Together ideas taken and adapted from Energize Urban Saints (www.energize.uk.net)*