

UNCERTAIN TIMES: CERTAIN STEPS

WEEK 16 | CHILDREN

There will be moments in our lives when things will seem difficult and uncertain, but it's important that we keep taking the next step and not giving up. Here are a few questions and activities we have put together for you to explore the topic more.

CHAT:

Use the following questions to help you think about this topic with others around you. Alternatively, you could use them for reflection by yourself:

Have you ever given up on something? Why? (e.g. a race, homework, learning a new hobby)

Have you ever had to push through and keep going with something? What was it? What helped you to keep going?

What makes you feel like giving up on something?

What helps you to keep going when times are difficult?

Do you go to God and speak to Him about your struggles?

How might God help you to keep going when things are hard?

PRAY:

Grab a pen and a piece of paper and write a letter to God.

Tell him how you're feeling right now. Tell Him what's going good and what's difficult.

If there are many good things in life, take a moment to thank Him. If there are many difficult things in life, ask Him for strength to keep going.

No matter how you're feeling, ask God to help you make the next step and not to give up.

DO:

Read Matthew 22:37-39 and use the activity to make some time and space to think about what your next steps can be after reading the Bible passage.

No matter whether life feels good or bad, we can't go wrong when we try and listen to God's commandments in our lives.

On three separate pieces of paper, draw around your foot (or a shoe) three times; one time per piece of paper.

Title them: a) Loving God, b) Loving others, c) Loving self

Within each shoe outline, list all the different things you can think of that you could do in each of these categories. The smaller and easier the idea, the more likely you are to do it too!

Here are some ideas to get you started:

- Loving God – write a list of things you're thankful to God for, pray for 2 minutes, Pick up a Bible and read your favourite chapter, listen to your favourite worship song and praise God
- Loving Others – help someone in your household with tidying up, send a card to someone who is sad, call or facetime a friend who needs it, play with your brother or sister
- Loving Self – go for a walk, drink a glass of water, get 8 hours sleep, only spend 2 hours on my phone today