

# The Rock, Sunday 23<sup>rd</sup> August 2020

## Peace Like a River

### Warm up

Dance to, join in with the actions and sing our Rock song.

This video has the words:

<https://www.youtube.com/watch?v=dcAG4PbNXaA>

This video has the actions: <https://youtu.be/8dbOgbRxC1M>



### Getting started

Ask the children to find a space and lie down on the floor. The aim of the game is to keep as still as possible for as long as possible. As children move, they are 'out' and get up off the floor and move to the side. The last person on the floor is the winner.

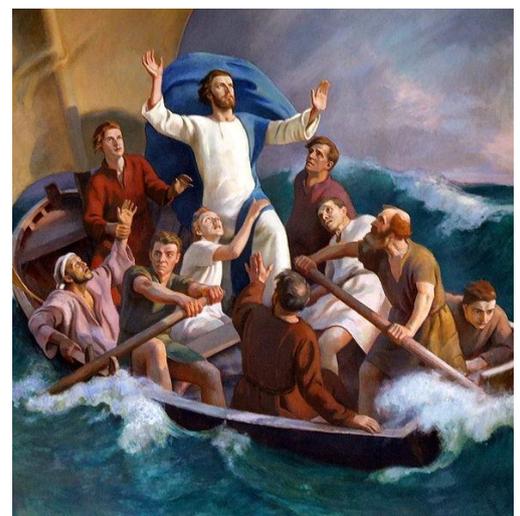
**The Point:** Just for fun and tenuous link to being peaceful.

### Story/ teaching time

Read the story of Jesus stilling the storm from Mark 4:35-41. Ask the children how they feel when they are asleep or sleepy. Is it possible to go to sleep if you are frightened or scared? It certainly makes it very difficult! Ask them why they think Jesus fell asleep in the boat. Bring out the point that he felt peaceful enough to do it - he felt safe. What happened when he had fallen asleep? What did the disciples do when the storm started?

Bring out the point that the disciples felt scared. Show how different that was from how Jesus was feeling - peaceful and safe. Was Jesus frightened too when he woke up? Not a bit! What did he do? He told the wind and the waves to calm down - he told them to be as peaceful as he had just been when he was asleep. And what happened?

Say that we can all get worried or frightened about lots of things. Sometimes it feels like a big storm is going on inside of us. Do the children think that Jesus could make an imaginary storm inside of us peaceful like he did in this story? He absolutely can - all we need to do is ask.



In the story, Jesus told his friends that they didn't need to be scared because they should have known that God was looking after them - and they should have trusted him. We know that God is looking after us too so we can trust him when we feel the storm inside of us.

Say that today's session is all about peace - peace means knowing that God is with you and will look after you - even when everything seems a bit scary.

**The Point:** To see the peace in this story.

## **Craft and activity ideas**

### **1. Equipment**

Cheap kitchen sponges (either sponge-scourers or the thinner sponges - about 1cm thick), drinking straws, coloured craft foam, hole punch, scissors, hot glue gun (optional).

Trim one end of the sponge into a V-shape to make the body of the boat. Cut a piece of craft foam into a triangle sail shape. Punch two holes, one above the other, on the right side of the sail for the straw. Pull straw through the holes. Use the end of the scissors to create a hole in the sponge. Pull the straw through the hole so the mast stands up straight. Trim the top to the height you want it. If you have a hot glue gun, turn the sponge over and hot glue the bottom of the straw to the sponge. The sponge will float, but if it gets too wet, wring it out the excess water to keep it buoyant.

**The Point:** A story reminder.

### **2. Equipment**



The attachment, white paper, scissors.

<https://www.thesprucecrafts.com/origami-peace-dove-instructions-2540776>

Say that often we associate a dove with peace. You are going to make doves by folding and cutting paper in a particular way. The attachment has full, easy to follow instructions. You might find it easiest to split the children into smaller groups and have a leader take each group through the instructions step-by-step.

The children could write 'Peace' on the dove once they are finished. You could also put a thread on them so that they can be hung up.

**The Point:** A session reminder.

### **Prayer and Song**

<https://www.youtube.com/watch?v=J6v-UIvMXgU>

Use the link above

Sing this song together as a blessing and encouragement. You can have some fun playing pretend trumpets in the instrumental break.

**The Point:** To respond to the teaching.

# THE ROCK

(Material taken from Energize by Urban Saints -  
<https://www.energize.uk.net/>)