

# FAMILY DEVOTIONAL

I wish someone would  
colour us in or decorate  
us a bit.

Me foo!

Me three!

# ACTIVITY

Me the  
letter 'P'!

# PACK 1

I'm only  
one.

Me hungry!

## SERIES 1 JESUS SAYS





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## ABOUT THIS PACK

### WHO MADE IT?

This resource was created by Olly Goldenberg from Children Can, to accompany our daily podcasts.

### HOW CAN I USE IT?

You can use this activity pack and the podcasts however you want. You can:

- ▶ Just listen to the podcast
- ▶ Use the podcast to provoke discussion
- ▶ Use them as part of a daily family devotion. It might look something like this:
- ▶ Worship together singing some songs from the internet.
  - ▶ Listen to the podcast
  - ▶ Use the 'Discuss' or 'Dig deeper' sections of this pack
  - ▶ Do the action from this pack
  - ▶ Respond in prayer and take time to listen to God
  - ▶ Do one of the activities from this pack.

### HOW CAN I GET IN TOUCH WITH YOU?

Send us an e-mail to [info@childrencan.co.uk](mailto:info@childrencan.co.uk).

### WHAT IS THE COPYRIGHT BLURB FOR THIS PACK?

Thanks for asking. Here it is.

Official Copyright notice:

We hereby give notice that you have the right to copy this activity pack and share it with as many people as you like. There are just a few things we don't want you to do with it:

- ▶ Sell it or try to make money out of it in anyway.
- ▶ Pretend that you made it.
- ▶ Change it (especially if you act as if we made it that way).
- ▶ Make your granny copy it out by hand.
- ▶ Use it to whack your brother with (or your sister, or your pet, or anyone else for that matter).

If you think you want to do any of these things or if you want to do something that you think sound a bit like one of these things then please do get in touch with us and ask us (if it is to whack someone with we will say, 'no'). We are nice and we want people to be able to use this in a way that is fair for everyone. Thank you.

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## EPISODE 1: JESUS IS THE WAY

### DISCUSS

- What did you discover from today's podcast?
- Jesus says he is the way, the truth and the life. Which one of these three things do you feel you need the most about at this moment in your life and why?
- Think of one person who needs to know Jesus is the way, another person who needs to know Jesus is the truth and another person who needs to know Jesus is the life.

### Go DEEPER

These Bible verses were mentioned in today's podcast.

- Hebrews 13:8
- Matthew 24:35
- John 14:6

Read this passage carefully: John 14:1–11. Whenever you study the Bible it is always good to ask these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- Where is Jesus taking us to?
- How are Jesus and Daddy God related.

### ACTIONS

Think of one person who needs to know Jesus is the way, another person who needs to know Jesus is the truth and another person who needs to know Jesus is the life. Write their name and their need on a large piece of paper and then pray for them.

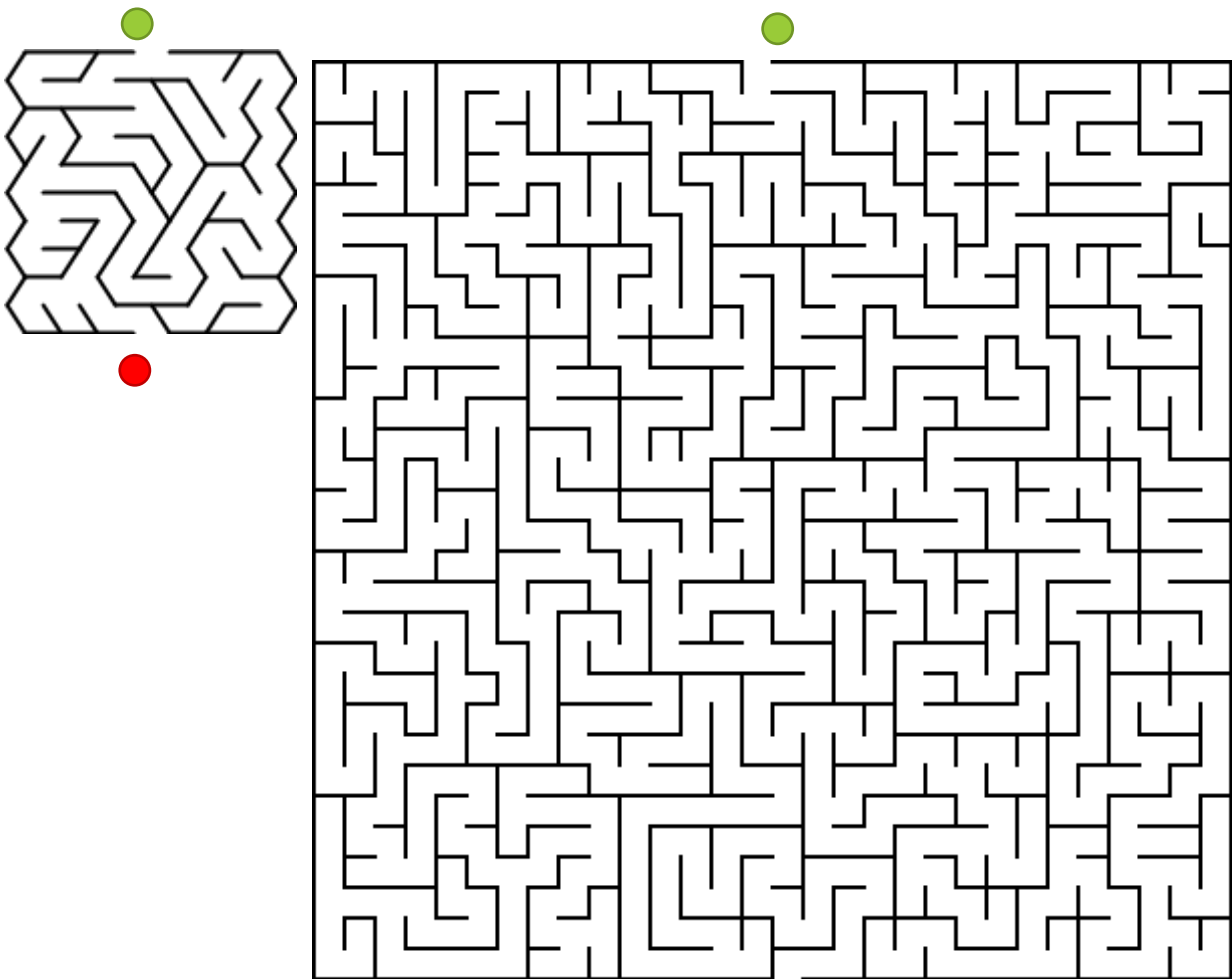
## ACTIVITIES

### GROUP ACTIVITY: TELL THE TRUTH

We all have things we want to do in the future. Each person in the group should say four things they want to do: three of them should be true and one of them should be made up. The rest of the group have to try and work out which one has been made up.

### PUZZLE: FIND YOUR WAY

Can you find your way around this mini maze and mega maze?



### GO AND DO IT: KEEP ON LIVING

See if you can keep moving without stopping for the next ten minutes without bumping into anyone.

## EPISODE 2: Do NOT WORRY

### DISCUSS

- What did you discover from today's podcast?
- What things make you worry?
- When you start to worry, what can you do to remind yourself to stop worrying?

### Go DEEPER

These Bible verses were mentioned in today's podcast.

- Matthew 6:25–34
- Psalm 2:4

Act out the story of Jonah and then read this passage carefully: Jonah 2:1–10. Whenever you study the Bible it is always good to ask these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- Whose fault was it that Jonah was in the whale?
- Think of three different ways Jonah could have responded. Which way is the best way?
- Does God still listen to us if we mess up?

### ACTIONS

Make a list of all the things that you have been worried about in the last week. Next to each item on the list write what Jesus would say about that worry. Pray together and ask Jesus to take all the worries away and to help you to trust him.

## ACTIVITIES

### GROUP ACTIVITY: WATCH IT GO

- ▶ Write some worries on a piece of paper in felt tip pen.
- ▶ Turn the piece of paper into a boat.
- ▶ Fill up a bath with water and float the boat in the water until it sinks, or you get bored, or it is time for tea.
- ▶ Have your worries washed away? Take a look at the piece of paper to see.
- ▶ Pull the baby out of the bath (if they've fallen in).

### PUZZLE: FIT IT IN

Put these words into the grid.

4 letters

care

bird

food

love

safe

5 letters

knows

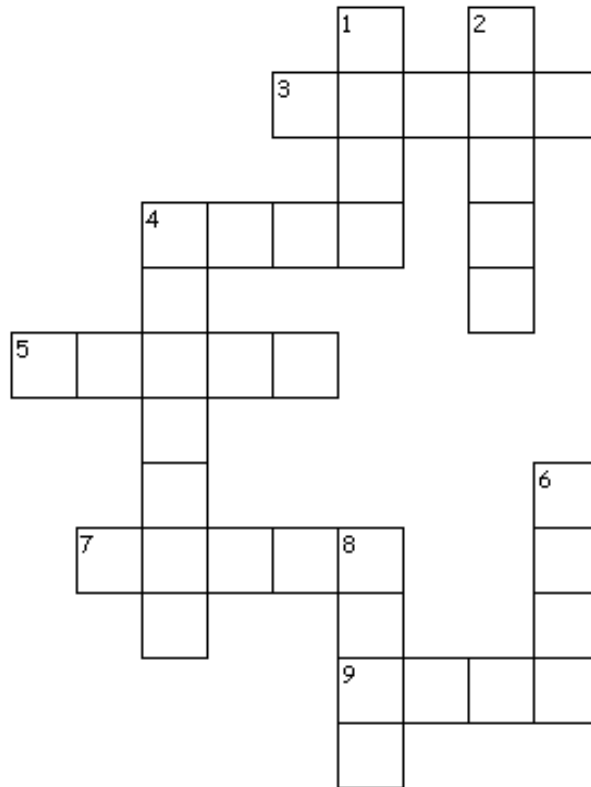
Jesus

trust

worry

7 letters

clothes



### GO AND DO IT: I LOVE YOU

Think of somebody who worries a lot. Maybe they worry about whether or not you like them. If you can't think of anybody who worries, think of somebody who you want to make feel special. Create a card or make a letter to tell them how much they mean to you and how much you love them.



## EPISODE 3: JESUS IS THE LIGHT OF THE WORLD

### DISCUSS

- What did you discover from today's podcast?
- Jesus is the spiritual light. Make a list of things that are spiritually light and spiritual dark things. If you are creative draw some pictures to represent each one.
- How can other people see that we love Jesus?

### GO DEEPER

These Bible verses were mentioned in today's podcast.

- John 8:1-12
- Psalm 119:105
- John 10:10
- John 16:12-15

Read this passage carefully: John 8:1-12. Whenever you study the Bible it is always good to ask these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- In the podcast we heard that Jesus was the light of the world. What happened just before he said that?
- How does Jesus shine his light in the world today?

### ACTIONS

Think of three kind things you can do today that will show Jesus' light to others. Plan how you can do them.

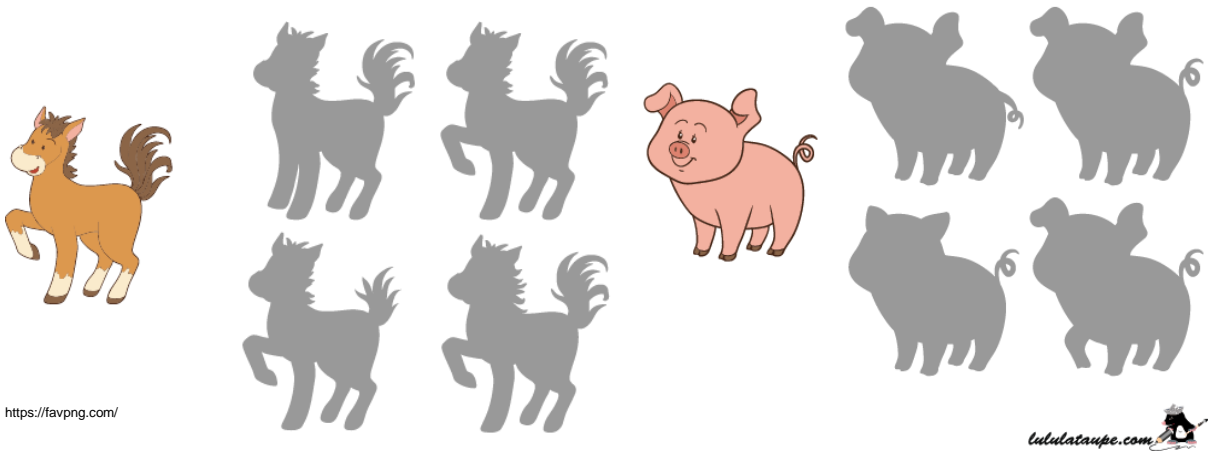
## ACTIVITIES

### GROUP ACTIVITY: MAKE SHADOWS

- ▶ Shine a bright light on to a wall.
- ▶ Take it in turns to make shadows on the wall to represent a Bible story.
- ▶ See if the rest of the group can work out which story you are trying to show in shadows.

### PUZZLE: CLEAR THE SHADOWS

Which shadow matches each picture?



### Go AND Do IT: YOUR own LANGUAGE

In the podcast Marty made up his own language. Why don't you make up your own language. It might be like English, but with extra sounds added into each word, or it might be that you make up your own words for different objects. So you call a chair a sittyy-thingy and a bed a liey-thingy.

## EPISODE 4: JESUS IS THE BREAD OF LIFE

### DISCUSS

- What did you discover from today's podcast?
- In what ways is Jesus like bread (and in what ways is he different)?
- How do you eat the bread of life?

### GO DEEPER

These Bible verses were mentioned in today's podcast.

- Exodus 16:1–36
- Luke 12:13–21
- John 6:1–14
- John 6:25–59
- Matthew 26:26–30

Read this passage carefully: Matthew 26:26–30. Whenever you study the Bible it is always good to ask these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- Thinking of a king or queen, what is their kingdom?
- What is God's kingdom?
- Where is God's kingdom?

### ACTIONS

Take communion together. Use some bread and red juice and take communion together. Thank God for what he did for you when he died on the cross to give you life. Copy what Jesus and his disciples did in Matthew 26 – after you have taken communion together sing a song.

## ACTIVITIES

### GROUP ACTIVITY: EXPAND THE CIRCLE

- Find a soft ball and stand in a circle.
- One person throws the ball to someone else. If the ball is caught both people take a step forwards, if it is dropped both take a step backwards. See how big you can make the circle.

### PUZZLE: WORDSEARCH

Find the words hidden in the puzzle.

G	O	D	P	Z	S	K	H	M	D	U	D	O	J	K	A	Q	A
H	F	F	F	J	P	K	Y	T	A	H	G	E	I	Y	L	Q	C
U	L	O	J	J	I	H	K	H	C	N	D	I	S	E	L	G	O
N	I	R	W	V	R	E	I	A	F	O	N	A	G	E	B	O	M
G	F	G	H	M	I	A	N	N	U	E	N	A	F	I	R	D	M
R	E	I	A	O	T	V	G	G	Z	J	E	F	A	G	T	T	U
Y	P	V	T	S	U	E	D	R	J	O	R	D	U	Q	D	B	N
M	K	E	Q	E	A	N	O	Y	M	B	K	O	I	S	F	Z	I
P	I	N	V	S	L	C	M	F	B	R	E	A	D	N	I	M	O
Y	P	I	L	L	O	W	K	F	W	I	B	R	G	H	G	O	N
S	W	M	O	U	J	E	S	U	S	Z	F	I	S	H	R	J	N
E	A	T	I	N	G	L	W	J	R	Y	E	F	Z	X	Q	B	Y

BREAD COMMUNION CONFUSION DESERT EATING FEEDING FISH FORGIVEN GOD HANGRY  
HEAVEN HUNGRY JESUS KINGDOM LIFE MANNA MOSES PILLOW SPIRITUAL WHAT

### Go AND Do IT: BAKE YOUR own BREAD

Grab some bread flour, yeast, salt, oil and water to make your very own homemade bread. There are lots of different recipes – search on the internet to find detailed instructions on how to do it.

## EPISODE 5: JESUS IS THE VINE

### DISCUSS

- What did you discover from today's podcast?
- How can we 'remain' in Jesus?
- What Jesus-fruit (like love) can we produce when we are plugged into Jesus? Draw them on a piece of paper.

### GO DEEPER

These Bible verses were mentioned in today's podcast.

- John 15:1-8
- Romans 8:28

Read Acts 16:22-28 and then act it out *twice*. The first time you act it out, think what most people would do if they were in Peter and Silas' situation. Then act it again doing what they actually did. Ask yourself these questions about the passage:

- What do we learn about God?
- What do we learn about people?
- What does God want me to ask or think from this passage?

You might want to ask these questions too:

- In verse 25 did Paul and Silas pray and worship so that they would be let out of prison?
- Why did they pray and worship?
- How did Paul and Silas show Jesus fruit in their situation?

### ACTIONS

Think of two things you can do to remain in Jesus then do those two things for the next ten minutes.

## ACTIVITIES

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### GROUP ACTIVITY: SPAGHETTI TREE

Today's podcast had one error in it: Spaghetti does not grow on trees. Fun trivia, find out who tricked a nation on April fools day with this. See if you can make your own spaghetti sculpture using spaghetti and marshmallows. See if you can make a tall tower or a long bridge out of the spaghetti.

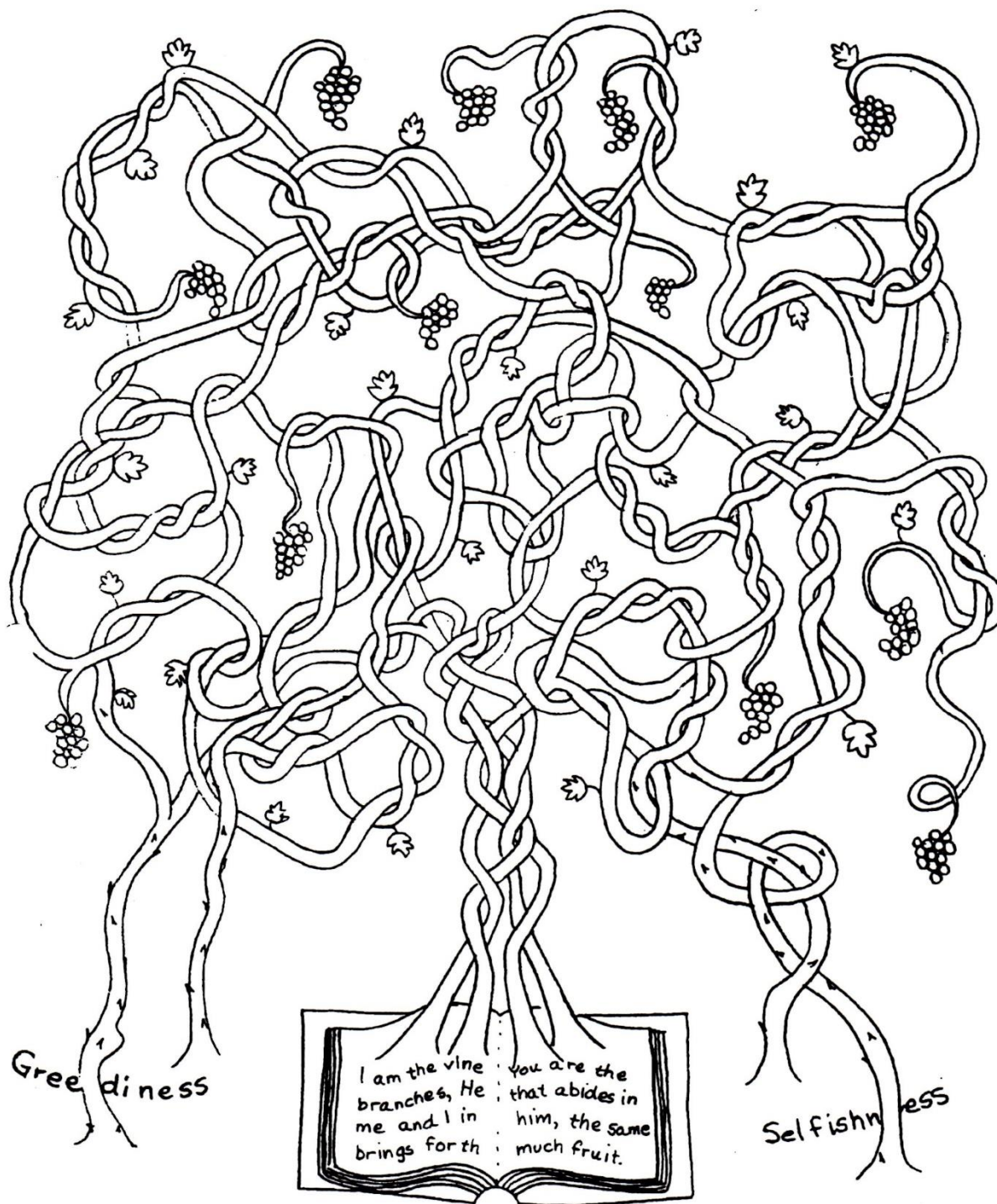
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### GO AND DO IT: A GRAPE TIME

Make your own 3D bowl of fruit. You can use play-doh, plasticine, cardboard or any other material you can get your hands on. Make sure you ask your parents before you start making mess.

**PUZZLE: COLOUR THE VINE**

Which vines grow from the Bible? Colour these grapes purple, their vines gold and their leaves green. Colour everything else brown.



<https://happyheartsbiblestudy.weebly.com>