



Theme: Be still and know that I am God

Book: **Five minutes peace** by Jill Murphy

Reflection on last week's faith in action, with the families.

What was last week's action?

How did that make you feel?

Why did that make a difference?



Prayer time

Dear God, we thank you for all the lovely and exciting things we do every day. Help us to remember to take some time each day, to talk to you. Amen

Inspiration ...

Biblical Reference:

Psalm 46:10

Be Still and know that I am God.

Mark 1:35

Jesus went to a place where he could be alone, and he spoke to God there.

• SNACK TIME

Marmalade on toast
Cake

• SONGS

Use musical instruments
Dingle dangle scarecrow
Sleeping bunnies

Additional resources:

A re-telling of the story on Youtube
 <https://youtu.be/OZMLURzv4Lw>

Theme Introduction:

We know that it is important to take time to be still and talk to God. However, actually doing that amongst all the busyness of life can be difficult. This maybe even harder for our families who are not used to doing it.

Jesus demonstrates how important this is as he would often spend time alone with God. You could spend time with God by reading your Bible, chatting with God, listening to some music or just being quiet.

Theme exploration:

Be still. Stop. Slow down. Spend time quietly with God. The Bible tells us that God is always with us and that He is there to help us every day. Spending time with God, however we choose to do it, strengthens our friendship with Him, just like spending time with our friends and family.

Free play suggestion:

Link with book:

- Use a washing up bowl with some water and bath toys to bathe a plastic toy or a doll.



I wonder if you like your bath time.

I wonder who spends time with you when you are in the bath.

I wonder if you let your grown up have a peaceful bath time.

Link to theme:

- Play a game of musical statues.

I wonder if you can stand still on one leg.



Craft ideas:

Link with Book

- Use the colouring in sheet, maze and/or drawing sheet from the reading agency.

Link: https://tra-resources.s3.amazonaws.com/uploads/entries/document/1461/Five_Minutes_Peace_Activities.pdf

I wonder what you are going to draw as your favourite toy.



Faith in action:

During the week think about something that you can play or do on your own.

Can you spend some time being still and talking to God? Can you set yourself a time target and see if you can do it every day (e.g. if you are 3 perhaps you could do 3 minutes).