

January 27/31 – Sabbath Choices - Luke 6.1-16

Opening Prayer:

God of all time:
may we believe
in every time
there is always time
to make time
to breathe away the busyness
and breathe in
love.
Amen.

Recap of Last Week:

Last week we told the story of Simon (peter) and the other disciples and how Jesus called them to “fish” for people.

The Story: Play Video/Videos

Check Video Folder

Game/Activity:

Rest

Do the children understand what it means to rest? Ask the children to sit still for 60 seconds? Did anyone manage it? Then ask the children to walk slowly around the room? Did they manage that or did it get faster and faster? Go through all the aspects of rest: if we feel sleepy we lie down in bed (children lie down pretending to be asleep); if our legs are tired we sit down (children sit); if our head is tired (put chin onto hands and lean on elbows). Go through these sayings slowly and see if the children do the actions slowly or if they make it into a race of some kind. Talk about why our bodies need to rest.

Rule Books

You will need: a book full of rules, for instance The Highway Code.

Show the book to the children, going through some of the rules that it contains. Talk with the children about their ‘Golden Rules’ or classroom rules at school.

Why do they need rules?

Do they think they are sensible rules?

Do they find them easy or difficult to keep?

Are there any rules they would add or some they would take away?

Use this as a way into the story and of talking about the Sabbath rules in Jesus’ time.

The Sabbath

A day of rest! It would be good if you could invite an older person to come along to the group today to talk about what a Sunday meant to them.

For many in Scotland it meant church then Sunday School, a walk in the park, family meal and family time together and getting ready for school the next day. People could walk hours to and from church and nobody really worked on a Sunday, it was a day of rest and a family day. Even the Sunday dinner was prepared on the Saturday night!

Talk about every shop being closed and no clubs open for children to attend and church and Sunday School lasted a good chunk of the day. After the person has spoken let the children ask questions and then ask the children how they and their family spend a Sunday. There are numerous images that you can get online that show how full the parks were and family time in the living room.

Craft:

Family Faith Questions:

Discuss these topics as you do your crafts together.

What does Sabbath (resting in God) look like in your family?

Sabbath Quilt

You will need: squares of light-colored fabric, fabric pens, needles and thread.

Talk with the children about the story and the people accusing Jesus of breaking the Sabbath rules. Discuss with the children the way Sundays have changed over the years, perhaps even encourage an older person from the congregation to talk of their experience of Sabbaths in the past with the children and then compare to theirs today. Do we have Sabbath rules today?

Give each child a fabric square and ask them to use the fabric pens to draw, illustrate or write on it how they spend their Sundays. Multiple squares could be used for multiple activities.

When each person has completed their square ask the children to lay them all out in an organized way to create a quilt. Discuss their Sabbath activities and if time permits allow the children to start sewing the squares together to create their Sabbath Quilt or if time is short the squares could be glued to a backing piece of sheeting with fabric glue and then neatly edged with pattern-edged scissors. It could then be displayed.

Next Week:

Next week we will focus on Jesus miracles and why we listen to Jesus in our daily lives.

Sending Prayer:

Ask the kids if there are any prayers they'd like to focus on. Pray together.