

Things to take:

Question box with pens & paper.
Door welcome sign, register & rules.
Memory verse sign.
Blindfold
Keys

Session Aim:

To show the children that in this noisy, busy world we can make space for God in quiet places.

“Be still, and know that I am God...”

Psalm 46:10

Game as they arrive and register: Grab the keys

One child sits in the middle of the circle, on a chair that has keys under it. They are blindfolded. One child from the circle is chosen to crawl up and grab the keys. If the person on the chair hears them move, they must point at where they think the ‘thief’ is. If they point accurately then they have won, and they sit down. The ‘thief’ must take their place on the chair.

Rules & answer questions in the question box, pray for today’s session**Game: Charades**

Split the group into two teams. One child from each team is sent to the leader to be told the object they have to mime to the rest of their team. The child who guesses correctly what is being mimed then goes to the leader for the next object on the list. The first team to complete the list is the winning team.

List: Mouse, clock, snail, fish, wind, tree, water, fire, bird (and/or any other quiet things you can think of!)

Bible bit: “Be still, and know that I am God...” Psalm 46:10

Explain that being still is not solely about being motionless, but also quietening your thoughts and emotions. Then get the children to make actions for the verse, so they can communicate it without talking.

Talk: Gentleness

1 Kings 19:11-13

Tell the story dramatically!

Talk about how Jesus often went away to quiet places so that he could spend time with his Father. If he had to do it, it shows us how important it is. There is constantly noise around us in this world – radios, iPods, television, computers etc. We have to make a real effort to get away from noise, and then we can hear God better.

Testimony:

Get a leader to share about a time when it was refreshing to be quiet.

Response:

Spend a bit of time being quiet, leading into/following on from the prayer. You could put on some quiet worship music during this time.

Group Prayer:

Father, as we are still and quiet, please come and be here with us. Speak to us, in our hearts and minds. Help us to know that you are real. *(Pause for a moment)* Amen

Song & Actions:

Continue with the song you have been doing this term.

Game: Sleeping Lions

The children lie on the ground, being as quiet and still as possible. The leaders move around the room, checking on them. Children are ‘out’ when they move or make a noise.

Pray: Kids Rock prayer before they leave.