



WHAT TIME IS IT MR WOLF?

INTRODUCTION

Have you ever played the game 'What's the time, Mr Wolf?'

It's a playground game with simple rules. A group of children move towards a pre-selected 'wolf' – the distance they move depends on the wolf. At any point, the wolf can shout 'Dinnertime!' and the children must run away to avoid being caught. Life can sometimes be like that. We can feel attacked by the wolf and constantly feel like we are running away.

At the moment the wolf in our lives is the coronavirus. The rules we must stick to are also simple: stay home, stay safe and avoid getting the virus. While this sounds easy, it's having a huge impact on us all. For some, this time at home can be helpful in bringing family together, but it can also put a strain on relationships; and for others it may be isolating and lonely.

BIBLE THOUGHT

Psalm 23 reminds us that 'The Lord is my shepherd' and he is with us throughout the good times of green grass (v2), and in the difficult times of the dark valleys (v4) he is our comforter and protector.

We also read in John 10:14 (NIV) that Jesus says: 'I am the good shepherd; I know my sheep and my sheep know me.' Be confident that in these days of uncertainty the Good Shepherd will be steadfast in taking care of his sheep. He is watching over you and will never abandon you.

At this time the rainbow has become a main symbol of togetherness. It is a sign of peace and hope, and a reminder to see the 'God colours' in this difficult time. We are seeing stories of how our country is being brought together. People are helping each other with shopping, a phone call, a letter, making essential items for the NHS, raising money or taking a meal round to a neighbour. We see our neighbours coming together at their front doors at 8pm on Thursdays to applaud the NHS and other key workers.

The love and support between each other has been heart-warming to see. There are probably many positive things you are doing to get through these times, and we would love for you to share them on the [Family Ministries Facebook Page](#) to help others at this time. The next section will also give you a few more ideas.

FAMILY ACTIVITIES

- **Create a 'To Do' box:** there may be lots of things we are missing that we may have taken for granted before – things like a day in the park, a trip to the beach, going to church, a meal out or time with family. Write down these things and place them in your box. When lockdown has finished, take time to do those things you have missed.
- **Pay it forward:** each day this week do something for someone else. It could be through a phone call, some shopping or taking a neighbour's dog for a walk. Or when someone pops into your mind, spend time praying for them and then let them know.
- **Cast your cares on Jesus:** any time you feel anxious, spend some time in the Bible. To help you, there are verses attached. Play some music, and read and reflect on each one.
- **Count your blessings:** use a notepad or a diary to write down the blessings you see over the coming days. Sometimes we don't always look for them but they are there, and it is good to remind ourselves of this.
- **Rainbow:** draw, craft or colour a rainbow picture, and under it write 'God is love'. Place it in your window to let everyone who passes know about God's unfailing love for us.

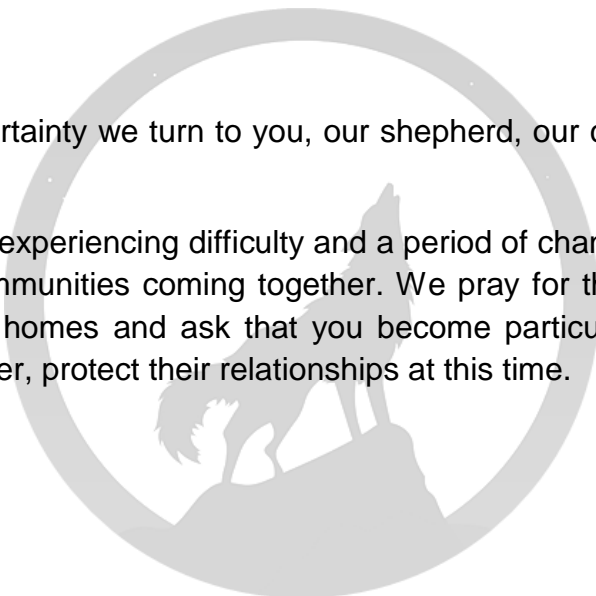
PRAYER

Father God, at this time of uncertainty we turn to you, our shepherd, our comforter and our protector.

As people around the world are experiencing difficulty and a period of change, we thank you for the good we see in communities coming together. We pray for those who are lonely and isolated within their homes and ask that you become particularly close to them. We pray for families. Father, protect their relationships at this time.



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Father, we remember that you promised that nothing will separate us from your love, and we pray that your unlimited love for us will give us the strength we need as we wake each day. Help us to turn our hearts and minds to you during this difficult time.

Amen.

APPENDIX 1 - Bible verses to reflect on

All verses taken from the New International Version, unless otherwise specified.

Psalm 27:1

'The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?'

Psalm 55: 22

'Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.'

Deuteronomy 31:6

'Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.'

Isaiah 41:13-14

“For I am the Lord your God who takes hold of your right hand and says to you, do not fear; I will help you. Do not be afraid... for I myself will help you,” declares the Lord, your Redeemer, the Holy One of Israel.'

Psalm 46:1

'God is our refuge and strength, an ever-present help in trouble.'

Psalm 118:6-7

'The Lord is with me; I will not be afraid. What can mere mortals do to me? The Lord is with me; he is my helper.'

Psalm 34:4 (NLT)

'I prayed to the Lord, and he answered me. He freed me from all my fears.'

Isaiah 41:10

'So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.'

Psalm 56:3

'When I am afraid, I put my trust in you.'



Philippians 4:6-7

'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'

John 14:27 (GNT)

'Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.'

Joshua 1:9

'Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.'

Matthew 6:34

'Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.'

1 Peter 5:6-7 (GNT)

'Humble yourselves, then, under God's mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you.'

Isaiah 35:4 (GNT)

'Tell everyone who is discouraged, "Be strong and don't be afraid! God is coming to your rescue..."'

Deuteronomy 3:22

'Do not be afraid of them; the Lord your God himself will fight for you.'

Revelation 1:17

'Then he placed his right hand on me and said: "Do not be afraid. I am the First and the Last..."'

Mark 5:36

'Jesus told him, "Don't be afraid; just believe..."'

Romans 8:38-39 (NLT)

'And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow – not even the powers of hell can separate us from God's love.'

Psalms 91:1-2,4

'Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust..." He will cover you with his feathers, and under his wings you will find refuge.'

