

Explore It FOR ME

SESSION
01

HOPE IN JESUS GIVES ME STRENGTH

Luke 5:1-11: Jesus calls the disciples

Here are some ideas and activities you could do on your own



Draw

Reread the Bible story and draw the scene when Peter pulls up a net full of fish. What would his face show? How would the crowds around be looking?



Write

Have you ever written an acrostic poem?

Here is an example:

H is for happiness, felt when knowing God.
O is for obedience, following God's plan for my life.
P is for promise, God never fails.
E is for everyone, God is for all!
Could you write your own acrostic poem or prayer for yourself or to share with a friend?



Create

Trying something new can be difficult. We might worry about how long it will take us to achieve it or feel the challenge is just too hard. Remember, having hope in Jesus gives us strength. Think about something new you can try at this time. It could be small like saying remembering to always say 'please' when asking for something. Or it could be learning to draw illustrations by following some video clips. There are so many things you could try. Whatever you choose, keep trying, and don't lose hope.



Hear

Find our song for this month on YouTube.
Lyrics version - <https://youtu.be/T0hxIgV2tgI>

Lyrics and actions - <https://youtu.be/tJePCzTaQo4>

Spend some time listening and learning the words. Could you teach it to someone else after?



Play

Each day do the 5,4,3,2,1!
5 star jumps; 4 squats; 3 sit-ups; 2 press up; 1 hi-5 to someone in your house.
As you hi-5 thank God for someone special in your life.



Build

Everyone loves building a fort! Using pillows, cushions, blankets, and anything else that is safe, build a strong fort to play in.

KIDS ALIVE ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

Kids Alive! The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

KiDSALiVE!