



Junior Church

LESSON PLANS: 23-08-20

VISIT [HARVESTCITY.ORG/JC](https://www.harvestcity.org/jc) FOR VIDEOS, LINKS AND RESOURCES

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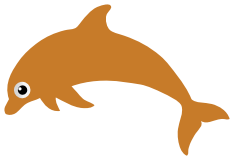
Using one hand

Activity time: 10–15 minutes

Aim: to realise how difficult life would be if we had only one hand

You will need: a soft ball (optional)

1. Ask the children to think about having only one hand. What would be hard to do?
2. Challenge each child to do one or more of the following activities with one hand behind their back:
 - Throw and catch an object such as a ball.
 - Tie shoelaces.
 - Put on a pullover or cardigan.
 - Use a pair of scissors.
3. Say that they have just been pretending being without a hand, but the man in today's story had only one working hand, and Jesus changed his life in an amazing way.



Dolphins

(Age 3, F1 & F2)

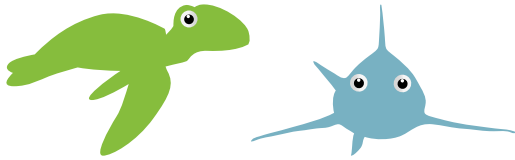
Hand printing

Activity time: 5–10 minutes

Aim: to play and worship with our hands

You will need: paper, paint-soaked sponges on trays (or crayons), cover-up and clean-up facilities

1. Look at your hands and see how you can move them: bend fingers, touch fingertips together, open and shut fingers, interlock them, make a fist, feel the smooth nails and the bumpy knuckles.
2. Suggest some things to do with hands. Try these out in small groups or all together:
 - Hands to greet and fold in prayer.
 - Hands to bless and show you care.
 - Hands to clap and hands to raise.
3. Hands to show our love and praise.
4. Help the children make paint handprints (or draw round their hands). Who do the handprints belong to? Take it in turns to say, 'Thank you, God, for my hands.'



Turtles Sharks

(Year 1 & 2)

(Year 3 & 4)

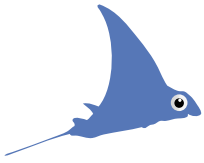
Drawing

Activity time: 10–15 minutes

Aim: to encourage the children to let God's words change their lives

You will need: pens, paper

1. Discuss with the children whether there is anything they would like God to change in their lives or in the lives of someone they know. If necessary, mention something in your own life that you're praying about.
2. Give each child a sheet of paper and ask them to write 'Before' on one side of the sheet and 'After' on the other side. Encourage them to write or draw what they would like Jesus to change on the 'Before' side, and what their life would be like after the change on the 'After' side.
3. Encourage them each to put their sheet of paper by their bed to remind them to pray about the change every day this week. Don't forget to ask them about it next time.



Stingrays

(Year 5 & 6)

Praise rap

Activity time: 10–15 minutes

Aim: to understand that God's law about the Sabbath is for the benefit of people, not the other way round

You will need: Xstream sheet 237 (attached)

1. Ask the children to get into twos or threes.
2. Encourage them together to do the quiz on page 237, and to tell each other which choices they have made and why.
3. Talk with the children about how Christians make the Sabbath (usually Sunday) a special day, as God intended.

Sunday treats

When God created the world, he said that the seventh day (Saturday) should be a day of rest. Christians in the early church changed the day of rest to Sunday, because that was the day that Jesus rose from the dead.

God knows how important it is for us to have a break once a week and relax. He wants us to make Sunday special, and one way we do that is by going to church. Sundays are a time to be with friends and family too. What else can we do to make Sunday special?

Try this quiz: what would you do to make Sunday a special day?

Start here



1 Have a meal with your family.

A roast dinner?

A barbecue?

2 Do something with your friends and family.

Kick a ball around?

Go for a walk?

3 Be energetic.



Go swimming?

Go bike riding?

4 Do something different.

Hire a rowing boat?

Go ice skating?

5 Stay at home.

Watch a DVD or video?

Bake some cakes?

6 Take part in a church event.

A sponsored car wash?

A picnic?

Now show someone else what choices you made for your Sunday treats.

