

Riverside Young Vineyard Session Plan

Date: 21st July 2019

Theme: God Speaks

<p>Worship</p> 	<p>Show me your glory by Harmony Smith</p>
<p>Story</p> 	<p>1 Kings 19:10-13</p> <p>Recap the last four weeks and what has led Elijah to this point before then acting out these few verses- you can get creative- you may want to bring in props that represent the wind, earthquake, fire and small voice.</p>
<p>Teaching/ Discussion</p>	<p>Read 1 Kings 19:10-13</p> <ol style="list-style-type: none">1. How is Elijah feeling at this moment? <i>(He is quite sad and frustrated. He has tried his very hardest to serve God and do the right thing but he doesn't feel like it's had any impact on the Israelites. He feels like He cannot go on anymore, there is nothing more he can do. He feels alone like there is no one else who listens to God except him.)</i>2. Have you ever felt like this? Where you've tried your very hardest and it just feels like it's not done anything? What was it like?3. What were the three things that God was not in? <i>(The wind, the earthquake and fire)</i>4. Why do you think God chose to not show himself in those things? <i>Elijah was feeling very sad and clearly needed some comfort- He would not have found comfort in an earthquake! Those things would have shown Elijah God's power, but he didn't need to see that because he already knew God was powerful. What he needed was God's comfort. Elijah would have known God's voice and Elijah loved God very much and so when he heard the voice He would have instantly known who it was and it would have given him comfort.</i>5. Think back to a time (maybe when you were a bit younger) when you hurt yourself. You might have fallen over or maybe you woke up in the night with a bad dream. Who did you want to comfort you? Did you call for your mum or dad or your gran or grandpa? Did you go running to them? How did you feel when they cuddled you and talked to you?6. God showed up in the small whisper. So often we look for God in the big stuff- we want Him to be really obvious and for it to be easy for us to see but He doesn't always do this. Often He chooses to speak to us in small ways that if we weren't paying attention we may miss out on. But the more we learn what His voice sounds like the more we will be able to recognise it everyday. One day I was

driving home and I looked up and there was the most incredible sunset. The sky looked like it was on fire! The colours were so bright and vivid and I was reminded of God and how amazing He is! This is quite small and if I wasn't really paying attention I would have missed it, or would have been like "oh thats a nice sunset" and moved on! (**LEADERS:** *you may want to share your own moment here instead*) But the beauty and splendor of it caused me to see God just like the small whisper caused Elijah to see God. Have you ever seen God like this?

**Craft/
Activity**

Where is God? Craft Sheet



See attached sheet and follow the instructions. Allow the children time to colour it in.

**Chat &
Catch/
Response**

Daily Examen- *This is a tool we can use to help us connect with God. I have adapted it slightly to make it more accessible to children and for it to link in with what we are learning but the steps are the same.*

We are going to spend time listening to God and wait for His whisper.

Find a space in the room and close your eyes. You may want to sit or lie down. *When all the children are settled say these words in a soft calm voice...*

“ With your eyes closed I want you to focus on your breathing. Breathe in... and breathe out... breathe in... and out... feel your

	<p>tummy move as you breathe in... and out... it's so peaceful and quiet now..... <i>(Allow a few seconds of silence before moving on)</i></p> <p>Now become aware that God is here in the room with us... You may want to say hello to Him in your head..... <i>(Allow a few seconds of silence before moving on)</i></p> <p>Think about the day you have had so far and in your head thank God for the day. Thank Him for the things that brought you joy today. You can think about the things that happened today that weren't so great but make sure you bring your attention to the good things about today as well..... <i>(Allow a few seconds of silence before moving on)</i></p> <p>When you have thought about your day, ask the Holy Spirit to highlight one thing in particular. How does it make you feel thinking about this thing? Do you feel joy? Peace? Frustration? Sadness? Happiness?... Talk to God about it- thank Him if it was good or talk to Him about it if it was bad. Tell Him how it made you feel and what you thought. Don't overthink it- just allow your thoughts to float up to God without trying too hard..... <i>(Allow a few seconds of silence before moving on)</i></p> <p>Ask God why He highlighted that event for you and what He wants to say to you today. Wait for God to respond.....</p> <p><i>Leaders: After a time of silence bring the children back together- try and keep the atmosphere as calm and peaceful as possible. Ask the children if God spoke to any of them. Was it in a still small voice? What was it like? What did He say?</i></p>
<p>Game</p>	<p>Play an active game:</p> <p>Ideas are:</p> <ul style="list-style-type: none"> ● Stuck in the mud ● Volcanoes and craters (spread loads of cones out on the floor, some right way up and some upside down. On "GO", one team has to turn them up so they are 'volcanoes', the other team (at the same time) has to turn them upside down so they are 'craters'. Time for a minute and then shout stop. The winners are the ones with the most of their kind. (Do it a few times- you could do the best of 5) ● Relay races ● Bulldog ● Captain's coming