

# CHILDREN'S ACTIVITIES FOR 2<sup>nd</sup> SUNDAY AFTER TRINITY

## SUNDAY 21<sup>st</sup> JUNE 2020

### Getting Started



Have you ever played the game where you have to guess the number of sweets in the jar? It's really hard to do from a picture as we can't see the one's behind and I gave up counting the one's I could see! If we were able to meet in church and play this game, whoever guessed closest to the answer would win the jar of sweets.

Perhaps you can play this at home, you could use stones in a jar or coins and see who in your family gets the closest.

There are some things that are very difficult or impossible to count, for example grains of sand on a beach or stars in the sky but when God looks at us the Bible tells us he knows exactly how many hairs we have on our head! Some of us may have a lot of hair and others not very much. It doesn't matter how much or how little hair you have, God knows how many hairs are on each person's head. How amazing is that!

### The Story

In today's story from the Bible, (Matthew 10:29-30) Jesus tells his friends that being a disciple may involve difficult times and even suffering, but he explains that whatever happens they are valued and loved by God. He goes on to use an example to help them understand how much God loves them.

<sup>29</sup> When birds are sold, two small birds cost only a penny. But not even one of the little birds can die without your Father's knowing it. <sup>30</sup> God even knows how many hairs are on your head.



### Thinking About It

In this short story, Jesus tells his disciples that God knows exactly how many small birds, like a sparrow are in the air and if one of them dies and falls to the ground, God knows about it. The Bible says we are worth much more to God than sparrows, so if God notices sparrows, he will definitely notice us when we are having a difficult time or feel sad or lonely.

Can you count five strands of your hair and hold them in your fingertips, did you find that difficult? God knows everything about us and he even knows how many hairs are on our head. That's pretty amazing. The good news is that he loves us too. When we have difficult or sad times, God knows everything we are going through and his love is always reaching out to us.

How does it make you feel to know that God loves us so much? Does it make you feel safe, happy, important, loved and thankful. This week when you find something difficult, count to 10 and remember that Jesus knows the number of hairs on your head.

## Activities

Have a think about birds. Here's a great game you can play on line from the RSPB website. Hungry Birds is a game where you have to keep the hungry chicks happy by feeding them the right foods. They're always hungry!

<https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/online-games-for-kids/hungry-birds/>



Here's a picture of a house sparrow found in our country. House sparrows eat all sorts of food – seeds, buds, shoots, insects and spiders, as well as the peanuts, bird cakes, bread and pastry that people put out. This means they can live in town or country. Although house sparrows are still common, there are fewer now than there used to be.

Have a go at making a bird feeder, there are lots of ideas online, or try this pine-cone feeder from the Cbeebies website, watch out its messy!



Step 1 - Mash together the seeds, lard, cheese and raisins in a mixing bowl.

Step 2 - Tie a string to your pine cone then cover it with the mix. Don't forget to fill the holes!

Step 3 - Pop it in the fridge until set, then it's ready for the birds!

## Prayer

When you brush or wash your hair this week, remember that God knows how many hairs are on your head. So, even when things are tough, remember he cares about you and is with you.

Dear God, thank you that you are a God who knows everything about us and loves us so much. Amen



150,000 hairs, and God knows every single one