

## Ark and Little Lights 6/2/21

Hello parents,

I think it is really hard to say sorry to as an adult or a child, but this was not just one person but a whole community that had to say sorry to God for misbehaving.

What is so wonderful is that God will forgive anything. All we know is that the Bible describes the Ninevites as wicked. However when they were told by Jonah, that God was angry with them, they immediately said sorry and God forgave them. I always said to my children that there was nothing they could do that would stop me loving them, even if I didn't like their actions and that is exactly how God feels about each one of us and our children.



[https://youtu.be/BqG\\_ip5Uxgg](https://youtu.be/BqG_ip5Uxgg)

### Stress balls craft



It must have been very stressful for Jonah to go to Ninevah and tell them they were horrible.

To make your Stress Balls, you will need:

- 1 Balloon
- some flour
- a little wool (for hair – this is optional of course!)
- a marker pen that works on balloons
- an empty plastic bottle
- a little paper or a funnel

- Fill your plastic bottle with flour using your funnel! There is no exact amount of how much flour to add, but imagine the size of your stress ball.
- If you need to poke the flour through with a pencil or chop stick.
- Blow the balloon up a little and pop the balloon around the bottle top. And turn round.
- Gently squeeze the bottle – keep clicking it – and the flour will slowly go into the balloon!
- Hold the balloon tight and GENTLY let the air out.
- Once it is all out, tie a knot and decorate!
- And now.. enjoy your Stress Balls How To and see you here again soon!

Have a good week if you can and don't forget our church (Godalming Baptist church is here to pray for you, should you need it

love Catherine, little lights and Ark