

# The Rock, Sunday 10th May 2020

## Hope

### Warm up

Dance to, join in with the actions (if you can remember them) and sing our Rock song.

This video has the words:

<https://www.youtube.com/watch?v=dcAG4PbNXaA>

This video has the actions: <https://youtu.be/8dbOgbRxC1M>



### Getting started

#### Equipment

Paper, marker pen, felt tips/crayons, scissors, catalogues with stuff children want in them, glue sticks.

Draw and cut out the letters H O P E. Make the letters as big and thick as possible.

Let the children go through the catalogues and find the things they are hoping they will get at some point. Ask them to cut them out and stick them on the letters or to draw pictures of things they hope for. When the letters are full, stick them up on a wall in order.

Say that there are lots of things we hope for that we will never get and sometimes that's because we are hoping for the wrong things. Say that we're going to be thinking about how and why we hope in God.

**The Point:** For fun and to think about what we're hoping for.



#### Story/ teaching time

##### Equipment

The Lion First Bible, or the PDF attached below

Ask the children if they have ever really wanted something and hoped and hoped that they would

get it. Let them share their stories.

Say that in this story, Abraham and his wife, Sarah, hoped and hoped for a baby even though they were really old and it seemed an impossible dream.

Read 'The Promise' starting on page 38 of The Lion First Bible, or see link below.

Ask the children why Abraham and Sarah kept on hoping for a baby, even though it seemed like they would never get one. Bring out the point that God had told them they would have a baby and they trusted Him.

Say that sometimes we hope for things that God hasn't said we will have and sometimes we can be disappointed that we don't get them. But if God has definitely promised us something then we can know for sure that He will keep His promise and we can hope with confidence.

Ask the children what would be good things to hope for. What has God promised us?

**The Point:** To show how Abraham and Sarah hoped in the right thing.

### **Download**

[Abraham and Sarah story.pdf](#)

### **Craft ideas**

#### **1. Equipment**

Small boxes (shoe boxes are the sort of thing), masking tape, brown paint or brown pen/ crayon, brushes, paper, felt tips/colouring pencils, glue sticks, scissors, smallish pieces of fabric.

Tape vertical strips of tape all around the outside walls of the box. Leave a small gap in between the lines. Now use the brown paint to paint in the gaps left by the tape. Set aside to dry.

Now ask everyone to draw a picture of a baby. The picture should be the right size to fit in the bottom of the box. They should colour it and cut it out.

Now let them choose a piece of fabric and cut a piece just the right size to fit in the box. Cut out the letters H O P E out of a different colour fabric and stick them on the larger piece.

Go back to your painted box and peel the masking tape off – you should be left with brown vertical stripes all the way round to look like the bars of a cot. Help the children to stick the picture of the baby in the bottom of the cot. Now cover the baby completely with your hope blanket.

Remind the children that Abraham and Sarah hoped for a baby and because their hope was in what God had promised, they got a baby – lift up the blanket to show the baby!

**The Point:** A reminder of the story.

#### **2. Equipment**

Ingredients as below, mixing bowls, alphabet cutters, baking sheets, oven, icing sugar (optional), chocolate buttons or smarties (optional).

Tell the children that the Bible tells us that Jesus living in us gives us the hope of sharing in his glory – that is being with Him forever. You are going to make lots of letter shaped biscuits to spell out this verse: "Christ in me, the hope of glory" (Col 1:27). Tell the children which letters they are responsible for then follow the instructions below.

#### **Ingredients**

200g (8 oz) Self Raising Flour  
100g (4 oz) Caster Sugar  
100g (4 oz) Butter or Margarine



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1 Beaten egg  
Grated rind and juice of half a lemon

### Method

- (1) Mix flour and sugar together.
- (2) Rub in the butter or margarine, with your fingertips.
- (3) Add lemon rind and juice, and enough beaten egg to make a stiff dough
- (4) Roll out thinly, and cut into letter shapes.
- (5) Place on a greased baking tray, and bake for 15 minutes at 180°C/ 350°F/Gas Mark 4.
- (6) When cooled, decorate with glaze icing and chocolate buttons or smarties if you like.

**The Point:** To remind the children what we are hoping in.

### 3. Equipment

A copy of the attached pdf for each child; pens or pencils; scissors; glue; dark sugar paper.



Give each child a copy of the attached pdf, with the word "HOPE" in big letters on it. Ask the children to draw on the back of it – using the whole page – a scene that they think might illustrate "hope". For instance they might decide to draw a sunrise, or a country scene, or a pretty garden – or a shop full of sweets perhaps. It doesn't matter.

When their pictures are complete they need to turn them over so that they can see the word "hope" on the other side. They need to cut the letters out (yes it will destroy their picture; that's part of the plan). They might need help with this.

Now give the children a sheet of dark paper and ask them to stick the letters H O P E across it. They should be able to see part of their original picture on the background – like hope breaking through difficult times.

**The Point:** To illustrate what "hope" means.

### Download

[5-6CL01 HOPE craft template.pdf](#)

### Song



<https://www.youtube.com/watch?v=d8IJpiTK9CM>

Using the link above:

Play the song "May the God of Hope" and sing/ listen to it together. You could make up some actions to do together as you sing.

**The Point:** To reiterate the teaching.

(Material taken from Energize by Urban Saints - <https://www.energize.uk.net/>)

