



Authorised Mess — OBADIAH

Your details

Name: Christine Belsham
Church: St John's, Welling

Bible book	Obadiah
Theme of session	Helping others
Notes	

Session details

Categories of activities to get a mix	Activity name	Instructions	Resources needed	Reason for doing this activity
Younger participants	Stars	Make a star shape from silver card. Decorate it with glitter and sequins. Attach wool so it can be hung up.	Silver card, glitter, sequins, wool.	Talk about how God is the Creator and made everything, including the world and the stars (Obadiah 1:4).
Older participants	Fort	Print or glue the brick wall template on to card. Cut slits in the bottoms of the tubes so the card can be attached to make the fort shape.	Brick wall template (made or printed from Internet), card, kitchen roll tubes.	Talk about how people used to build forts to keep safe from attack (Obadiah 1:9).



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Girls	Shredded wheat cakes	Break up shredded wheat and mix with melted chocolate. Put into cake cases and add a few mini-eggs.	Shredded wheat, bowls, chocolate (melted), cake cases, mini-eggs.	Talk about how birds make their nests in high places so that their chicks will be as safe as possible (Obadiah 1:4).
Boys	Sand mountains	Use sand to make high mountains. Put a plastic bird on the top of the mountain. Push the mountain over.	Sand, trays, plastic birds.	Talk about God's strength and how he is strong enough to help us always (Obadiah 1:3).
Word-based	Treasure boxes	Decorate the boxes with the glitter and shapes. Put the printed verse inside.	Plain boxes (bought or made from a template— see Internet), glitter, shapes to decorate. Printed verse: Psalm 46:1.	Talk about how we like to keep precious things in a safe place (Obadiah 1:6).
Food-based	Chocolate grapes	Thread grapes on to cocktail sticks and dip into the melted chocolate.	Chocolate (melted), bowls, grapes, cocktail sticks.	Talk about how the people of Israel grew grapes in Biblical times (Obadiah 1:5).



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Explores global aspect of faith	People who help us— matching game	Match the pictures of those who help to those needing help.	Pictures or photos of paramedic, fire-fighter, nurse and so on, as well as the people and situations in which they help—for example, burning house, sick person in bed, person falling from a ladder and so on. See the website www.tes.co.uk .	Talk about how God likes us to help each other (Obadiah 1:11).
Opens up great art	Eagle collage	Draw an outline of an eagle on some lining paper. Colour and decorate the eagle using feathers and other collage materials.	Lining paper, eagle outline, feathers, collage materials.	Explain that eagles will be mentioned in the story (Obadiah 1:4).
Quiet	Friendship bracelets	Weave the threads together to make bracelets.	Embroidery thread.	Talk about how friends help each other (Obadiah 1:11).
Really messy	Hand prints	Make hand prints using a tray of paint. Label them and leave to dry.	Lining paper, paint tray, bowl of water, paper towels.	Talk about how we use our hands to help each other (Obadiah 1:11).



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Celebration suggestion

Song ideas: 'My God is so big' and 'I'm gonna shine, shine, shine'.

PowerPoint display: People who help us (from www.tes.co.uk).

Our story today comes from the book of Obadiah, which is the shortest book in the Old Testament. The people of Jerusalem were in danger. King Nebuchadnezzar, the King of Babylon, had brought a great army of soldiers to attack them. The people of Jerusalem had relatives in a country called Edom. So the people of Jerusalem sent a message to the people of Edom and asked them to help them.

The people of Edom lived high up in the mountains. So they said: 'No! We are safe. No one can attack us high up in the mountains. We are as safe as the eagles flying high in the sky. We are as safe as the stars shining in the sky. Why should we help the people of Jerusalem?'

So King Nebuchadnezzar and his great army attacked Jerusalem. The city of Jerusalem was captured and destroyed. The people were carried away to Babylon, far from their homes in Jerusalem to a strange land. They were very sad.

Obadiah was a prophet. It was his job to give God's messages to the people. Obadiah warned the people of Edom that God had been watching what they had done. God was not pleased that they had refused to help the people of Jerusalem. God said that their pride had deceived them. The people of Edom were not as safe as they thought. One day, the same thing would happen to them: robbers would come and steal all their treasures. Not even a few grapes would be left. Just as the people of Edom had not helped the people of Jerusalem, no one would help the people of Edom, either.

The people of Edom refused to help the people of Jerusalem. But although Jerusalem was captured, God still cared for the people of Jerusalem. Obadiah promised that one day they would come home. So God carried on sending prophets like Obadiah to give his messages to the people and to help them. And one day, God would send his son Jesus to help people not just in Jerusalem but everywhere in the world.

Prayer: Thank God for people who help us. Pray for opportunities to help others.



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Meal suggestion

- ✿ Sausages and mash—the mash being the high peaks of the mountains
- ✿ Pasta and sauce—the pasta being the nest
- ✿ Shredded wheat cakes and chocolate grapes (made in the activities)

Faith in Homes suggestion

As a family, talk about ways in which you could help others:

- ✿ at home;
- ✿ outside the home—such as friends or at school;
- ✿ by praying—for people who are need in help.

Try helping others every day for a week.