



## **Support material for Get Messy! January-April 2020**

# January: Faithful sheep

## Mealtime card

- Can you name three ways in which you are a sheep every day?
- What are some goat-like things you do in your everyday life that you could change?
- Who in your life can you tell this important story to?

## Take-home idea

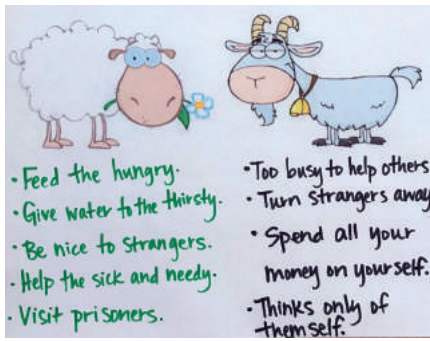
Make a goal every morning when you wake up to see how you can be more sheep-like in your life. Offer a coat you don't wear anymore to someone out in the cold. If you have a friend who is sick, surprise them with a homemade meal. Try to incorporate as many selfless acts as possible into your day.

## Question to start and end the session

So... what makes someone a true follower of God?

# January: Faithful sheep

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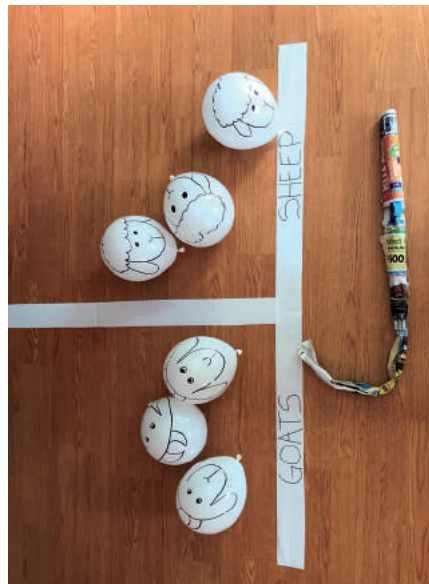
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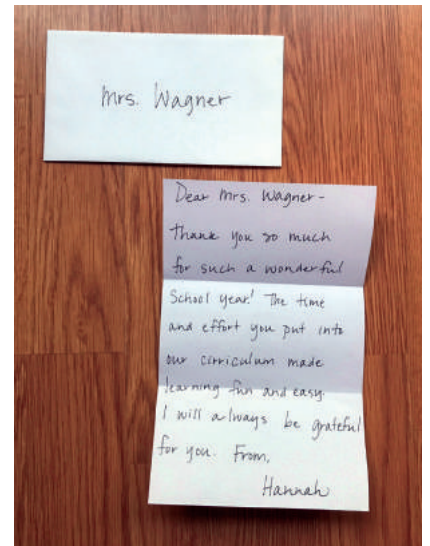
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# February: Loving and serving

## **Mealtime card**

- How can we love and serve others in a meaningful way?
- Is loving and serving others easy?
- Is Valentine's Day all about love?

## **Take-home idea**

Have a think about ways in which we can love and serve others in a meaningful way through Messy Church. Is there something you can think of that would benefit from loving service, maybe a charity or local scheme you could help?

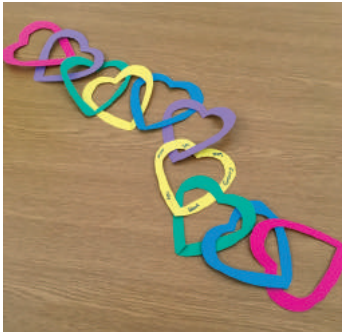
## **Question to start and end the session**

So... how can we love and serve others in Jesus' name?



# February: Loving and serving

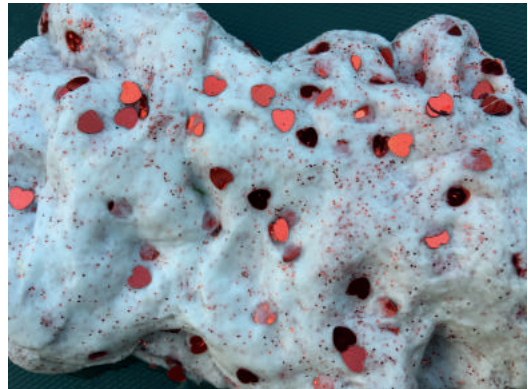
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## Loving Service Action Calendar February 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jesus said... 'Love one another...' John 13:34						
2 Give your church leader a complement today	3 Send a letter or postcard to someone you miss	4 Water some plants or flowers in your garden	5 Give a book away to a friend for them to read	6 Give some unused clothes away to charity	7 Phone a friend you haven't spoken to for a long time	8 Cook a meal for someone special
9 Stay behind to help clear up after church today	10 Donate food items to a foodbank or charity	11 Hold the door open for others today	12 Volunteer to wash the dishes at home tonight	13 Take a neighbour's dog for a walk today	14 Bake some treats to share with others	15 Make a prayer list of people and pray for them today
16 Make others feel welcome today at church	17 Help someone in their garden today	18 Clean your room today	19 Leave a positive note for someone to find	20 Aim to share your smile with others today	21 Give someone a complement today	22 Say hello to 5 new people when you are out today
23 Offer to pray for others at church today	24 Visit someone who lives alone or is in hospital	25 Give someone special your help today	26 Take time to thank people today	27 Buy flowers for someone special today	28 Be kind to others and yourself today	29 Say hello to people who help you today

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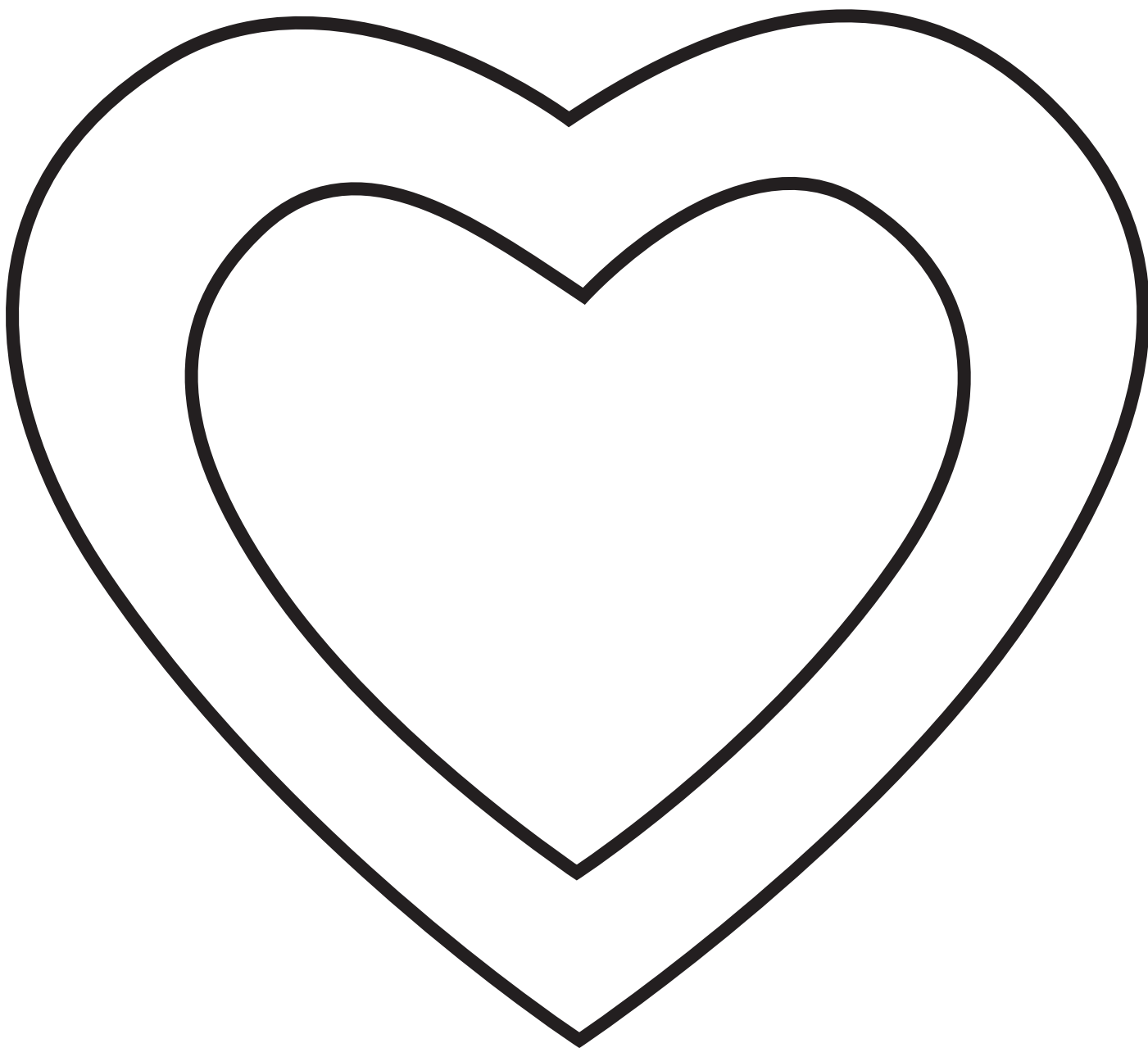
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# February: Loving and serving

**1. Linking hearts**

**6. Washi tape sun catcher**



# February: Loving and serving

## 2. Loving service action calendar

### Loving service Action Calendar February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jesus said... 'Love one another...' John 13:34						
2 Give your church leader a complement today	3 Send a letter or postcard to someone you miss	4 Water some plants or flowers in your garden	5 Give a book away to a friend for them to read	6 Give some unused clothes away to charity	7 Phone a friend you haven't spoken to for a long time	1 Ask someone how they are today
9 Stay behind to help clear up after church today	10 Donate food items to a foodbank or charity	11 Hold the door open for others today	12 Volunteer to wash the dishes at home tonight	13 Take a neighbour's dog for a walk today	14 Bake some treats to share with others	8 Cook a meal for someone special
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# March: Falling and breaking

## Mealtime card

- Have you ever been there when an accident happened? What did you do?
- Have you ever been to a service in a church where bread and wine have been shared?
- Why do you think Jesus chose bread and wine for us to use in a service?
- What has been the best part of today's Messy Church story for you?

## Take-home idea

Think of ways you could make your mealtimes at home more special. Can you include a thank-you prayer at some stage? Perhaps you could talk about the Bible story from Messy Church and what it meant to you.

Jesus asked us to remember him whenever we ate and drank together. How can you as a family do this more? Make a note of ideas from the whole family and have a go at some of them before your next Messy Church.

## Question to start and end the session

So... because Jesus asked us to remember him with bread and wine, in what ways can we do this more regularly at Messy Church?



# March: Falling and breaking

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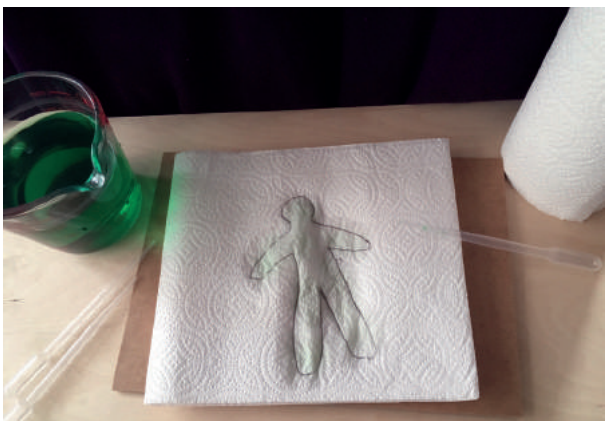
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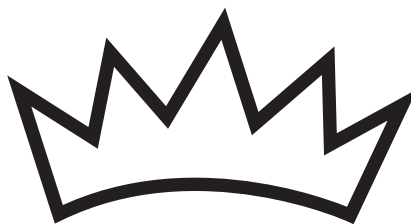
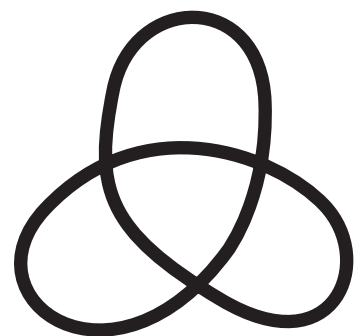
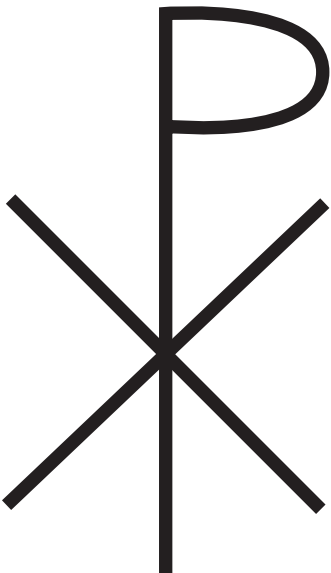
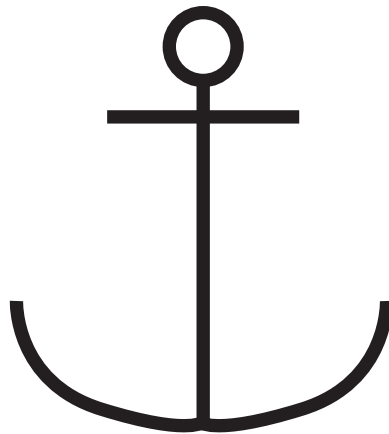
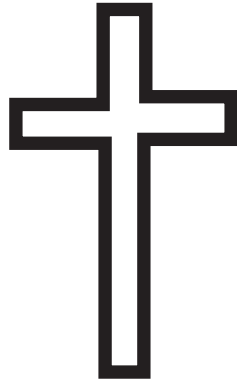
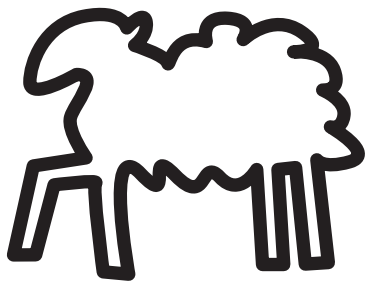


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# March: Falling and breaking

## 3. A special Communion plate



# April: The biggest miracle

## Mealtime card

- What do we do to remember Jesus?
- Why do the beetroot cookies remind us of something Jesus asked us to do?
- Have you ever heard a cock crow? When you next hear a cock crow, what will it remind you of?

## Take-home idea

Learn what you can about the life cycle of a butterfly – there are lots of ideas on the internet. Make your own poster of the life cycle. How does this remind you of what Jesus did for us? Read John 16:27–28.

## Question to start and end the session

So... how can the Easter story transform our lives?



# April: The biggest miracle

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# April: The biggest miracle

## 5. Boulder rollers

### You will need:

Two sheets of 1200x2400x12mm plywood  
String  
Pencil  
Jig saw  
Belt sander  
Eight to sixteen timber spacers 230 mm long  
(I used scrap 35x45mm off-cuts)  
Screws 30mm  
One sheet 3mm MDF or similar  
Panel pins 30mm  
Paint



I marked out a disc roughly 1200mm diameter on the 12mm plywood using a piece of string and a pencil. I made mine an elliptical shape by adding two curves to make more fun/challenging to roll.

I cut the disc with a jig saw and smoothed the edge with a belt sander. I then used the first disc as a template to mark out the remaining three discs.

I then temporarily tacked the discs together and used the belt sander on the edges so they were all exactly the same shape. Mark the discs on the edge before separating them.

Separate the discs, then screw the spacer pieces on the edge of the first disc at equal spacing. I used four spacers per disc, but eight would have been better. Sit the second disc on the spacers, ensuring the marks are in alignment, and secure with screws.

Cut four strips of 3mm MDF, 255x2400mm long. Beginning at the centre of one of the spacer pieces, wrap it around the outside of the discs till it meets the centre of the spacer opposite. Mark and cut the end off the square. Attach the MDF with panel pins. Do the same with the second piece of MDF.

Paint and have fun!





# April: The biggest miracle

## 7. 'Look and see': reflective sensory space

**Look at the cross -  
where Jesus died.**

**Taste what  
Jesus was given  
when thirsty. Dip  
hyssop in the  
wine vinegar.  
Sniff. Taste.**

**Smell the oils and  
spices. Rub them  
into a stone.**

**Wrap strips of  
linen around  
the stones and  
place them at  
the foot of the  
cross.**

# April: The biggest miracle

## 8. Butterfly prayers: Jesus is risen

Mary Magdalene came to the tomb and saw that the stone had been taken away. She ran to Simon Peter and the other disciple and said, 'They have taken the Lord from the tomb, and we don't know where they've put him.' Peter and the other disciple left to go to the tomb. Simon Peter entered the tomb and saw the linen cloths lying there. Then the other disciple, the one who arrived at the tomb first, also went inside. He saw and believed.  
JOHN 20:1-8 (CEB, ABRIDGED)

Mary stood outside near the tomb, crying. She turned around and saw Jesus standing there, but she didn't know it was Jesus, thinking he was the gardener. Jesus said to her, 'Mary.' She turned and said to him, 'Rabbouni!' ('Teacher').  
JOHN 20:11-16 (CEB, ABRIDGED)

The disciples were behind closed doors because they were afraid of the Jewish authorities. Jesus came and stood among them. He said, 'Peace be with you.' He showed them his hands and his side. When the disciples saw the Lord, they were filled with joy. Jesus said to them again, 'Peace be with you.' Then he breathed on them and said, 'Receive the Holy Spirit.'  
JOHN 20:19-22 (CEB, ABRIDGED)

Thomas wasn't with the disciples when Jesus came. The other disciples told him, 'We've seen the Lord!' But he replied, 'Unless I see the nail marks, I won't believe.' After eight days his disciples were again in a house and Thomas was with them. Jesus entered and stood among them. He said, 'Peace be with you.' Then he said to Thomas, 'No more disbelief. Believe!' Thomas responded to Jesus, 'My Lord and my God!'  
JOHN 20:24-28 (CEB, ABRIDGED)

# April: The biggest miracle

