



**Support material
for *Get Messy!*
May–August 2023**

May: Who will help us?

Mealtime card

- What is the most unexpected thing that has happened to you?
- How can we stay in touch with God?
- How have we been helped by the Holy Spirit when things have been tough?

Question to start and end the session

So... how can we be encouraged to keep following Jesus and trying to be like him?

Social action

Be an encourager this week and try to share how the Holy Spirit helps you.

May: Who will help us?



May: Who will help us?

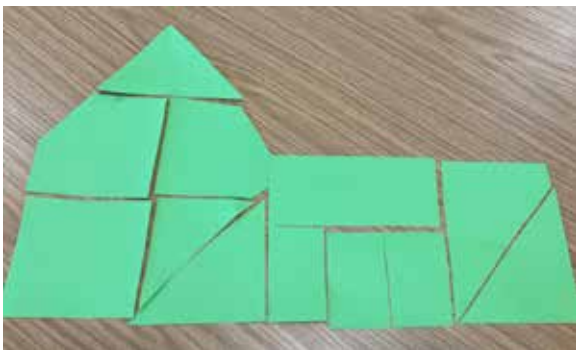
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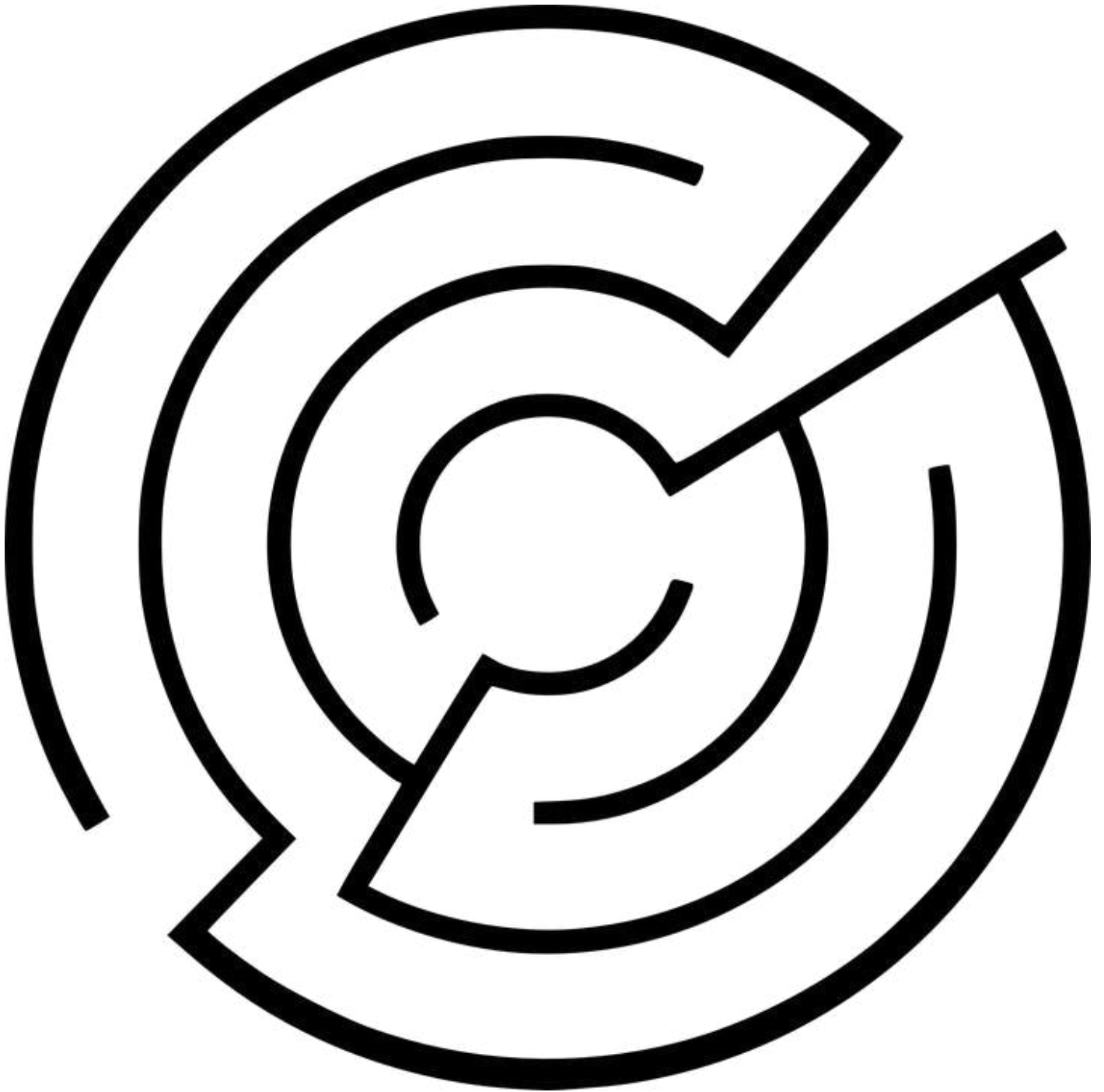
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Activity 1 Outdoor labyrinth



June: Grumbling meets grace

Mealtime card

- Find out from each other if there is one particular food your family eats every day.
- What's the main source of grumbling in your household?
- What's the strangest food you've ever eaten?
- When you are away from home, what home-cooked food do you miss the most?

Question to start and end the session

So... can you remember a time when God miraculously provided for you when you were in need?

Social action

Sadly, the need for food banks has not gone away. God wants to use us to be the means of miraculous provision for those who are hungry. Invite your Messy Church families to bring a food item to this session so that together they can be collated and donated (see activity 8).

June: Grumbling meets grace

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June: Grumbling meets grace

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July: Creation jar

Mealtime card

- What is your favourite animal? Why? What special feature of an animal fascinates you?
- The Bible tells us again and again how God uses animals to tell people something or to help them. Can you think of any stories where this happens? God has such great ideas!
- What helps us to become strong again? Who or what lifts us up? What is for us like water is for the plant?
- In order to grow, the plant must be rooted in the soil. Where are your roots? What gives you support?
- If we have no roots in our lives, we wither. God invites us to be rooted with him – in his love.

Question to start and end the session

God created the world like a beautiful garden. He designed earth, stones, water, air, light, warmth, animals and us human beings. He has entrusted us with the responsibility for his creation. How do we interact with creation?

Social action

Together, we can consider what each individual can do for the integrity of creation, e.g. collect, separate and recycle rubbish, save resources (ride a bicycle, switch off lights), handle food responsibly (save food, buy regionally) or support an environmental organisation (e.g. [bintwinning.org](https://www.bintwinning.org)).

July: Creation jar

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July: Creation jar

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Activity 4 Plants



August: The gift of sabbath

Mealtime card

- What is your quick go-to meal when you have no time?
- What meal or food do you like cooking or baking and sharing with others?
- How could you connect with God and others over a meal this week?

Question to start and end the session

So... how do you (or people you know) spend time connecting with and delighting in God and his creation?

Social action

Allocate one day a week where you don't shop, buy or order anything (or even discuss purchases) as this removes us from the consumerist 'need more' way of living, even if just for a day.

August: The gift of sabbath

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Activity 2 Time to connect with God

Additional notes: you might like to provide the following as a note, particularly for adults, to take home to encourage them to develop a day of rest and delight in God.

The Old Testament reminds us that God made the world in six days and rested on the seventh (Genesis 2:1-4). One of the commandments is to remember the sabbath day – one day that is set apart for time with God (Exodus 20:8-11). On this day we aim to rest and delight in God and his creation around us, and try not to be distracted by the demands of life or work.

This is a discipleship habit that helps us to live in God's ways. Whenever we start a new habit, it can feel hard or 'odd', so starting with small steps is usually sustainable. If it's hard to stop 'doing' or to take a whole day then here's a few ways to get started:

- Choose one hour, as a household if possible, when you will stop work/chores this week. Decide how you might connect with and delight in God as a household in that hour. What brings you and your household joy? It could be baking a favourite cake or playing a game or being in nature (a park or the beach) or sharing these activities with friends. Or maybe you need an actual rest so take a nap!
- Connecting with one another and being together (in your household or beyond) is also a way to connect with God as we delight in time together we are also connecting with God who created each one of us. This time could also include together reading the Bible or playing worship music or praying and thanking God for the gift of this day to slow down and be.
- If you're feeling overwhelmed, perhaps set a five-minute timer to either:
 - Clear your thinking by writing down everything that you're thinking about from work to home. As you enjoy sabbath time, if other things come to mind just add them to the list.
 - Clear your space by working on the one task that would help you be able to better rest and connect with God, for example wiping the table or clearing the dishes or sending an email.

Getting some of these things sorted (as briefly as possible and without guilt) then helps us to better focus for the rest of the time we have set apart to rest and connect with God because these tasks aren't nagging your brain.

The blessing of the sabbath is to rest and to delight in God and his creation around us.