



Support material for
Get MESSY!
Volume 1

Support material: September

Care for our world

Mealtime card

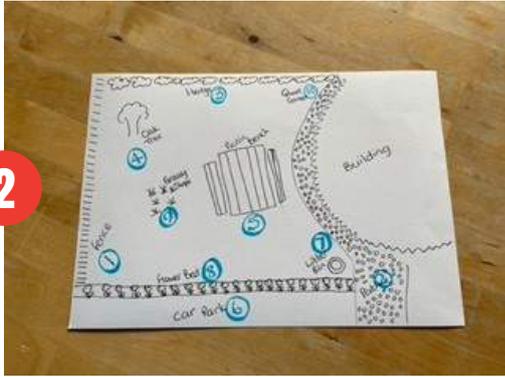
- What is your favourite meal?
- What could you do to keep your food waste bin empty?
- What challenges could we take on to better care for our world?

Question to start and end the session

So... how can we celebrate and care for the world and all its resources?

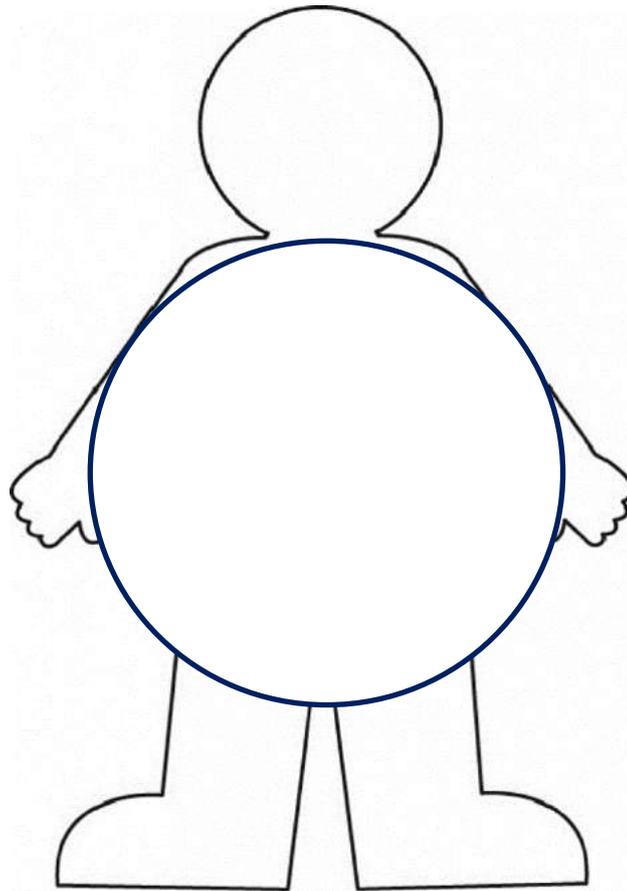
Social action

Look around your local area to see what you can do to help improve it, such as litter picking.



Support material: Activity 5

My promised fridge-magnet



Support material: Activity 7

Nature in our place

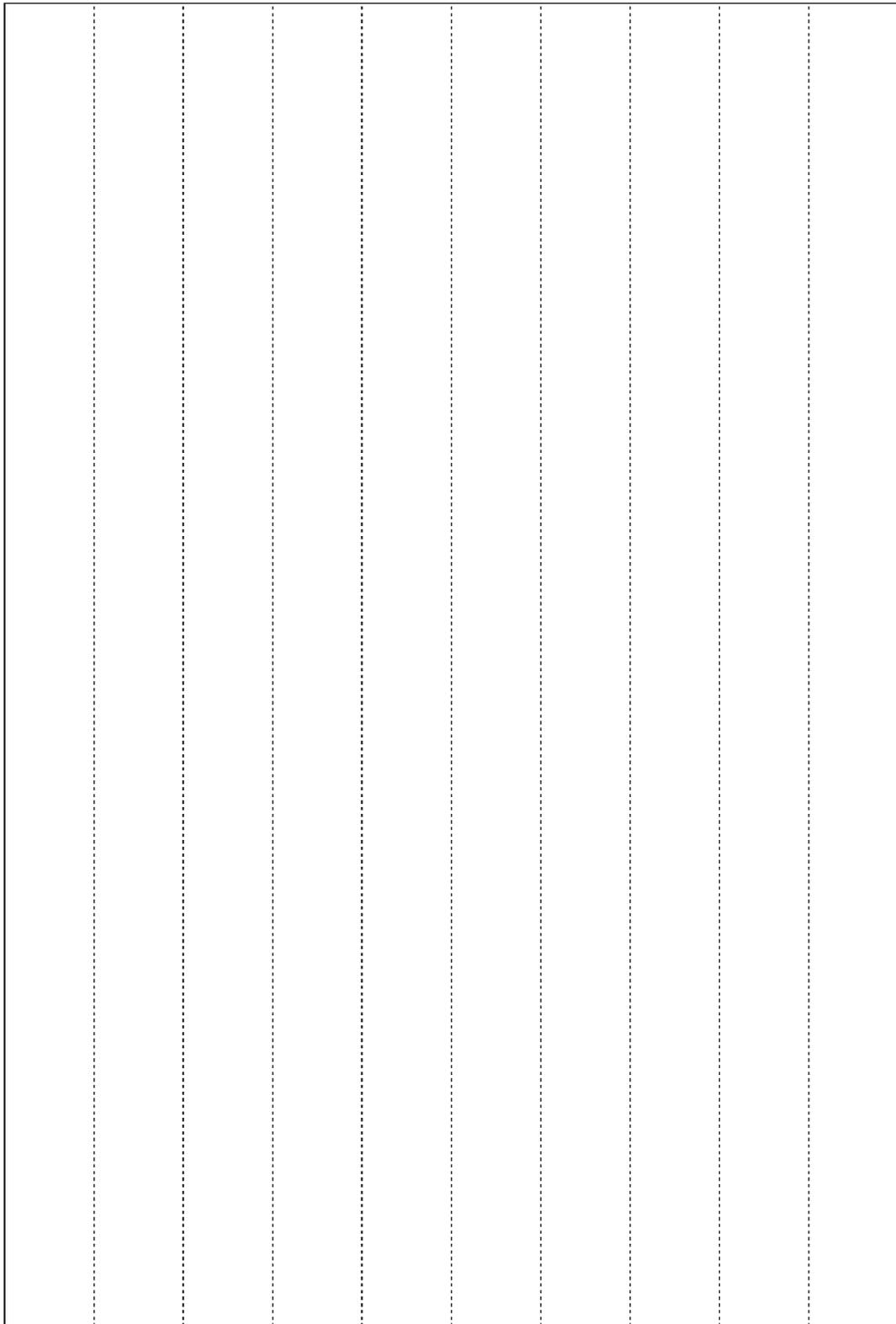
Weather, trees, birds, flowers and insects are all around us.
Make a spotting grid and record what you see.

Weather	Bird	Tree
Tree	Weather	Flower
Flower	Insect	Bird
Insect	Tree	Weather
Bird	Flower	Insect

Support material: Activity 10

Plenty-to-eat placemat

Either print the template below on to a sheet of construction paper or draw it on to a sheet of construction paper. Make sure you leave an outside border and divide the remainder of the paper into equal rows (ideally as close to 2 cm as possible). Fold the paper in half and cut along the dashed lines.



Support material: October

All together now

Mealtime card

- What generation are you part of (Baby Boomer, Gen X, etc.)?
- Do you identify with that generation? Why or why not?
- What generation do you look to for advice and why?
- Have you ever had to provide for your family? Or did someone that came before you provide for your family?

Question to start and end the session

So... why is spending time with, providing for and remembering other generations important to God?

Social action

Find an organisation that assists people outside your generation. Find out how you can help. For example, an organisation that teaches adults how to read, coaching a children's sports team, teaching a craft to a senior or letting them teach you a skill. Take it a step further and, if you find an area that isn't being served, start something that can help those in need.

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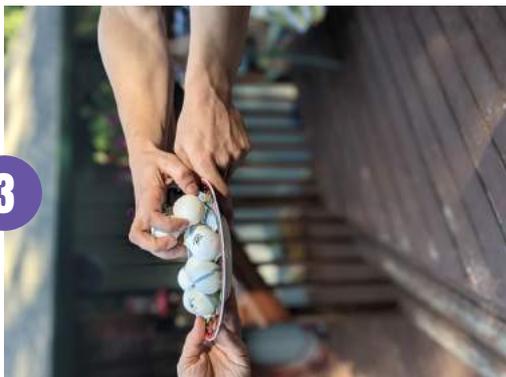
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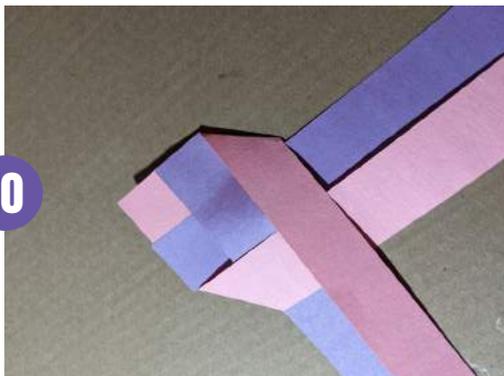
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Support material: November

Fabulous new city for everyone

Mealtime card

- Who have been the most important people in your life so far and why?
- If you built a city, what would it include?
- Can you share your earliest memory?

Question to start and end the session

So... how can we listen to the stories of others and learn from them?

Social action

In Zechariah, the people are told by God they can plant their crops in peace and that they will grow. Food poverty is very real in our world. Does your community have a food bank or free pantry? Ask your Messy Church members to bring along non-perishable food items and donate them as a community. You could make this a regular offering.

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Support material: Activity 6

Peace Dove



Support material: December Christmas around the fire

Mealtime card

- Use the questions provided in the celebration.

Question to start and end the session

So... what do you know about the Christmas story?

Social action

This session helps us experience the warmth of a fire, reminding us of the warmth of a home. Find out what your local homeless charity or shelter is doing over the winter months and how your Messy Church can support them. For example, could you donate money or items that are needed, or you could volunteer for a 'soup kitchen'?



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Celebration II



Celebration IV



Support material: January

All aboard!

Mealtime card

- Where are you on your Christian journey?
- Have you set sail? Are you far out to sea? Are you nearing port?
- If you have not set sail, ask yourself what is stopping you?

Question to start and end the session

So... if Jesus appeared in person tomorrow, how far would you travel to meet him?

Social action

Fellowship – why not write a letter of encouragement to a persecuted Christian in another country? Open Doors has advice online on how to do this, for adults, youth and children.



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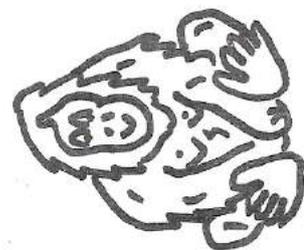
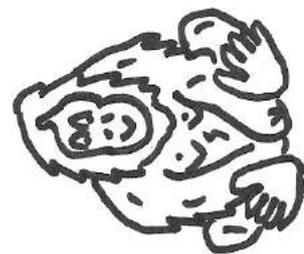
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Support material: Activity 4

Stewardship - orangutang spinner



Support material: February

Learning to live together

Mealtime card

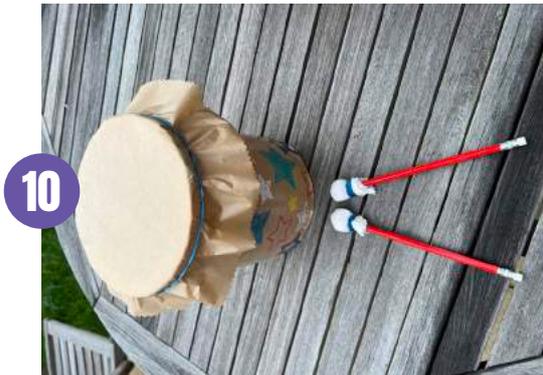
- Have you ever felt like an outsider and unwelcomed?
- How might a new person, perhaps someone new to this country or place, feel?
- Is choosing silence always a good idea? Discuss how silence can be unhelpful at times to fight against injustice.
- Share a time when you spoke up for someone and were a voice to the voiceless.

Question to start and end the session

So... have you ever felt different?

Social action

- Scan around your church. Are images that represent the ethnicity of Jesus and other Bible characters accurate?
- Use social media platforms to confidently display antiracism messages.
- Listen and hear stories from those who have experienced racism – break the silence. Don't question. Don't judge.
- Break out of your comfort zone and speak to someone you may never have properly spoken to before.
- Ask your church to be more inclusive in worship and activities. Request hymns, worship songs, liturgy and prayers from other cultures.
- Talk to a friend about Racial Justice Messy Church and all that you have learned.



Support material: Activity 2

Fearfully and wonderfully made



Support material: Activity 2

Fearfully and wonderfully made



Support material: March

Seeing is believing

Mealtime card

- Have you ever experienced an unbelievable event?
- Were you believed when you told your story to someone else?
- What unbelievable things do you hope are true?

Question to start and end the session

So... how can we live by faith and believe without seeing?

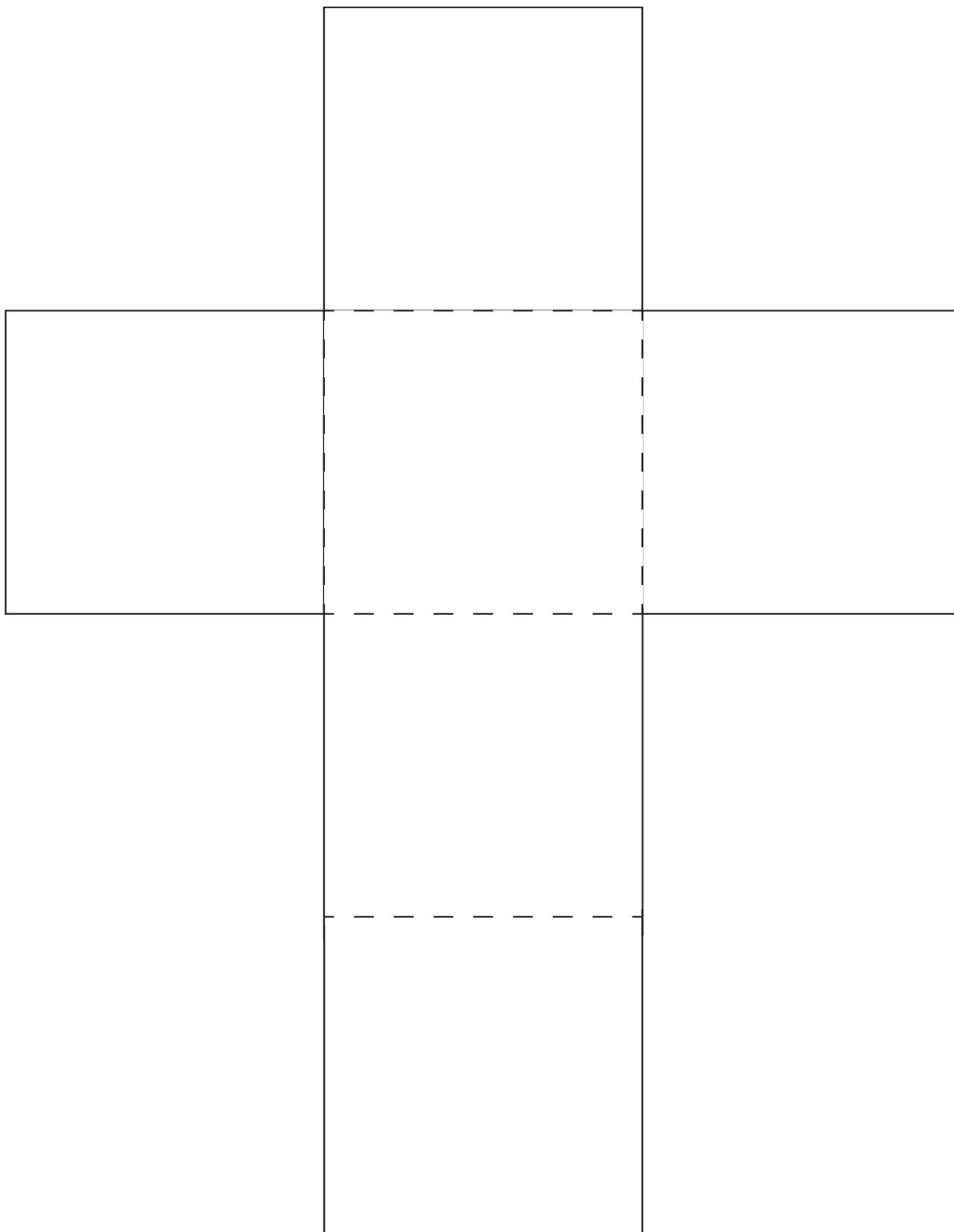
Social action

Look into the Innocence Project (innocenceproject.org) and help people who have been wrongfully incarcerated tell their truth and be freed.



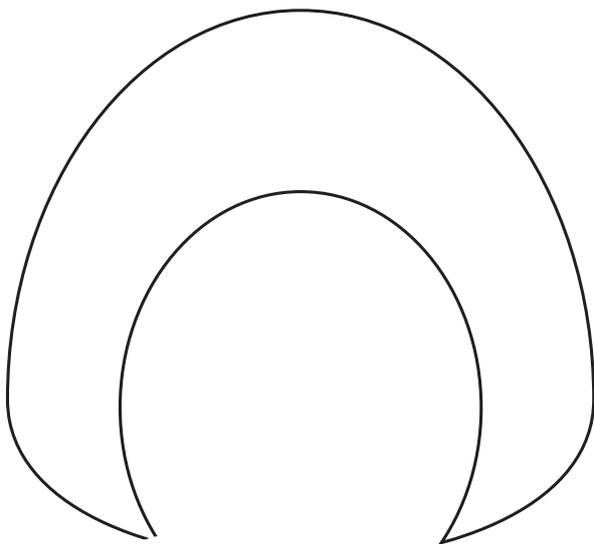
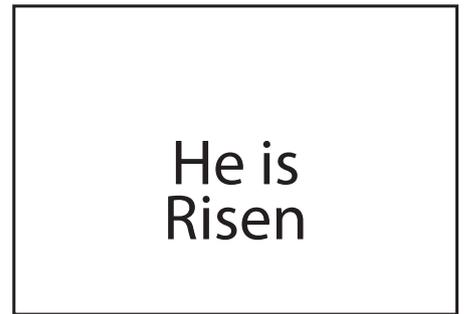
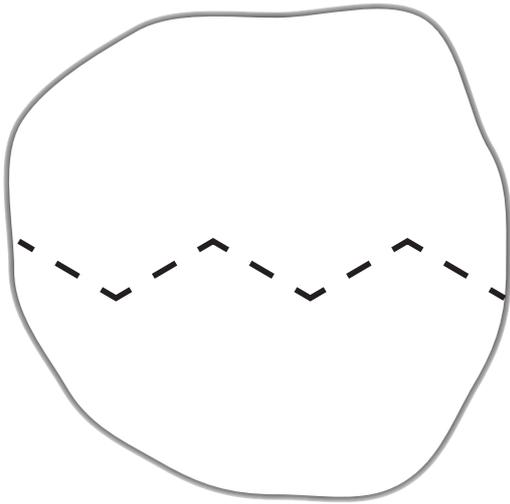
Support material: Activity 3

Cross card



Support material: Activity 6

Clothespin tomb craft



Support material: April

Peter's discipleship

Mealtime card

- What is the easiest choice and the most difficult choice you have made?
- How do we follow Jesus today?
- How do we care for others?

Question to start and end the session

So... how closely are we following Jesus just now and how can we be closer to him?

Social action

Find something to do as a family to care for others who are struggling. You might know these people e.g. a local refugee family, or you might help people you don't know, such as by raising money to donate to WaterAid.

Support material: Activity 1

Challenging lollies

Lolly code	Challenge
1 red stripe	Sing a nursery rhyme
2 red stripes	Count to 20 *
3 red stripes	Hop for 20 seconds*
1 blue stripe	Say hello to 10 people in the room
2 blue stripes	Touch all of the walls in the room
3 blue stripes	Sit on the floor legs crossed, arms folded. Stand up.
1 green stripe	Run on the spot for 1 minute
2 green stripes	Do not smile for 30 seconds
3 green stripes	Pat your head and rub your tummy for 30 seconds

* Means change the time or count or distance according to age ie make it harder!

Support material: Activity 3

Who does what?

Find a person who does this job or did this job or would like to do it when they grow up.

baker / chef	teacher	footballer	bus driver
nonny	air hostess / pilot	soldier	horse rider
salesperson	forester	dentist	author
farmer	fisherman	shop assistant	nurse
politician	doctor	gardener	vet

Support material: Activity 4

Peter's discipleship story box

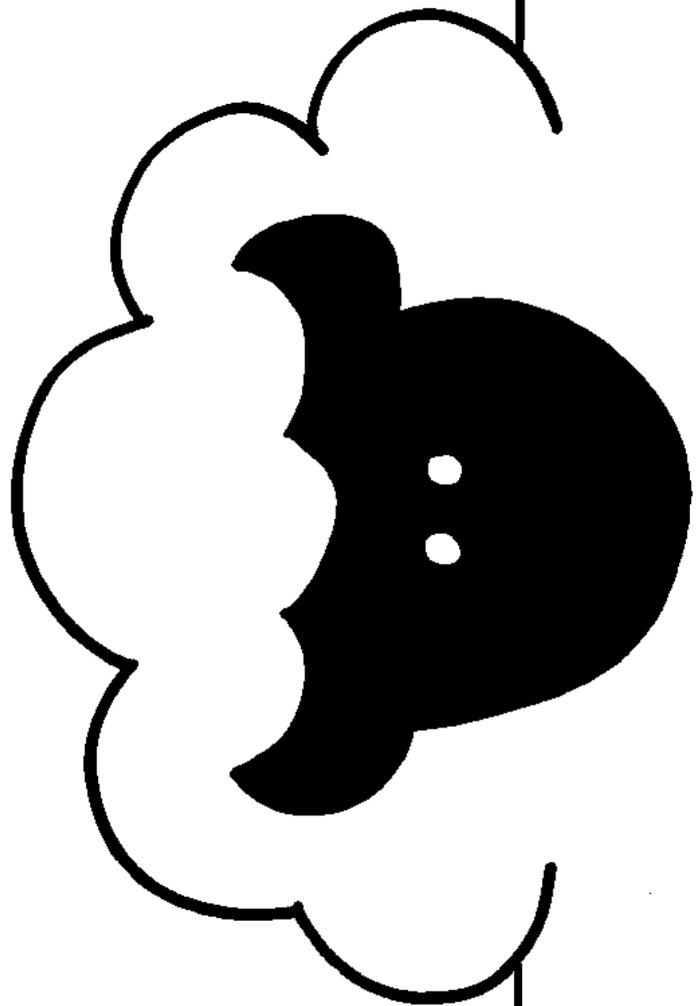
Examples of items which may be included and why.

Boat	Peter was a fisherman called by Jesus
Fish	as above
Footsteps	Peter followed Jesus as one of his disciples
Pencil & paper	Peter learned lots about Jesus and God's kingdom
Sword	Peter cut off the ear of one of the soldiers that came to arrest Jesus.
Cross	Peter was around when Jesus was hung on the cross
Cockerel	The cockerel crowed 3 times after Peter said he did not know Jesus
Sheep	Jesus talked to Peter after the resurrection and told him to look after his people, calling them sheep
Rock	Peter was told that he would be the rock on which the church was built
Keys	Peter would be given the keys to the kingdom
Mouth	Peter told lots of people about Jesus
Chains	Peter was put in prison for talking about Jesus

Support material:

Activity 10

Sheep headband



Support material: May

God speaks my language

Mealtime card

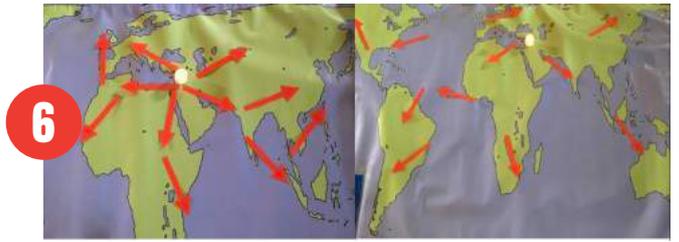
- Can you say something in another language?
- Would you like to learn another language and, if so, why?
- Do you think that sometimes the church uses a language that people can't understand?

Question to start and end the session

So... what do you think would draw a crowd to listen to the story of Jesus nowadays? How do you think the Holy Spirit can help us today to talk about Jesus in a way that people can understand?

Social action

Find out if there are any people in your church or local community who have recently come from another part of the world and/or who speak another language. Some may be refugees or recent immigrants. How can you make them welcome? Ask the Holy Spirit to help you share God's love for those who come from a different background to your own.



Support material: June

Shh! It's a secret

Mealtime card

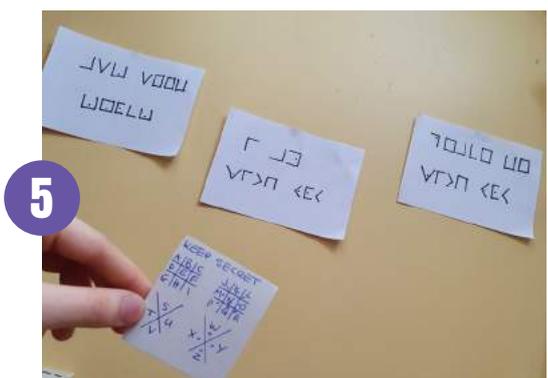
- How many Bibles do you have at home?
- Can you memorise a Bible verse? How about Philippians 4:6–7 (GNT) – ‘Don’t worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. And God’s peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.’
- If we had to strip church back to the basics, what do we actually need to worship?
- Would you rather publicly say you weren’t a Christian or lose your home?
- If your home was raided, could anyone tell that you are a Christian?

Question to start and end the session

So... how much do you value your freedom to worship?

Social action

Leave a painted stone or hidden scripture somewhere for a stranger to find.



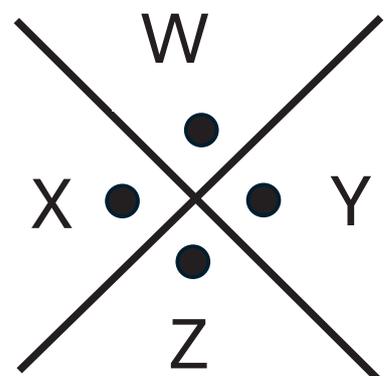
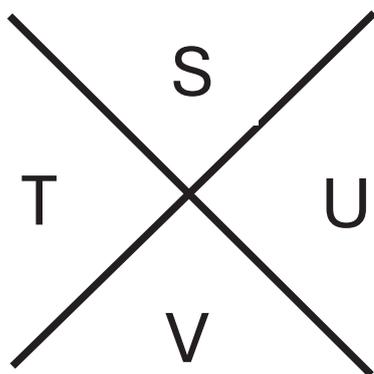
Support material: Activity 5

Decipher

KEEP SECRET

A	B	C
D	E	F
G	H	I

J ●	K ●	● L
M ●	N ●	● O
P ●	Q ●	● R



Support material: July

The Olympics - running the race!

Mealttime card

- Have you ever had to try really hard (persevere) at something in order to succeed? How did it feel before you were successful? How did it feel when you succeeded?
- What does it feel like to win? What does it feel like to lose?
- Who could you support to be a follower of Jesus?

Question to start and end the session

So... what's the hardest race you've been in? What helped you along the way?

Social action

Caring for others, ourselves and the world around us are good spiritual disciplines. Set yourself a kindness challenge; there are lots online or you could create one for your Messy Church. At your next Messy Church, share with each other what you did.

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Support material: August

Rediscovering God in creation

Mealtime card

- Where is your favourite place where you know you are close to God?
- Share a memory of where you have been in nature that surprised you.
- What is something you and your household can do to protect or restore creation?

Question to start and end the session

So... where have you seen or heard something beautiful in creation this past week? How did that sight or sound make you feel?

Social action

Get involved in your local group which cleans up the rubbish and litter that falls of trucks and cars or that people throw out of their vehicles or deliberately dump – and clean up your local part of creation. If you and your household do not have a local clean-up organisation, you may like to get a few families from your neighbourhood or Messy Church together and, having done all your risk assessments and received permissions from your local church, arrange a clean-up and invite people to take part.

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