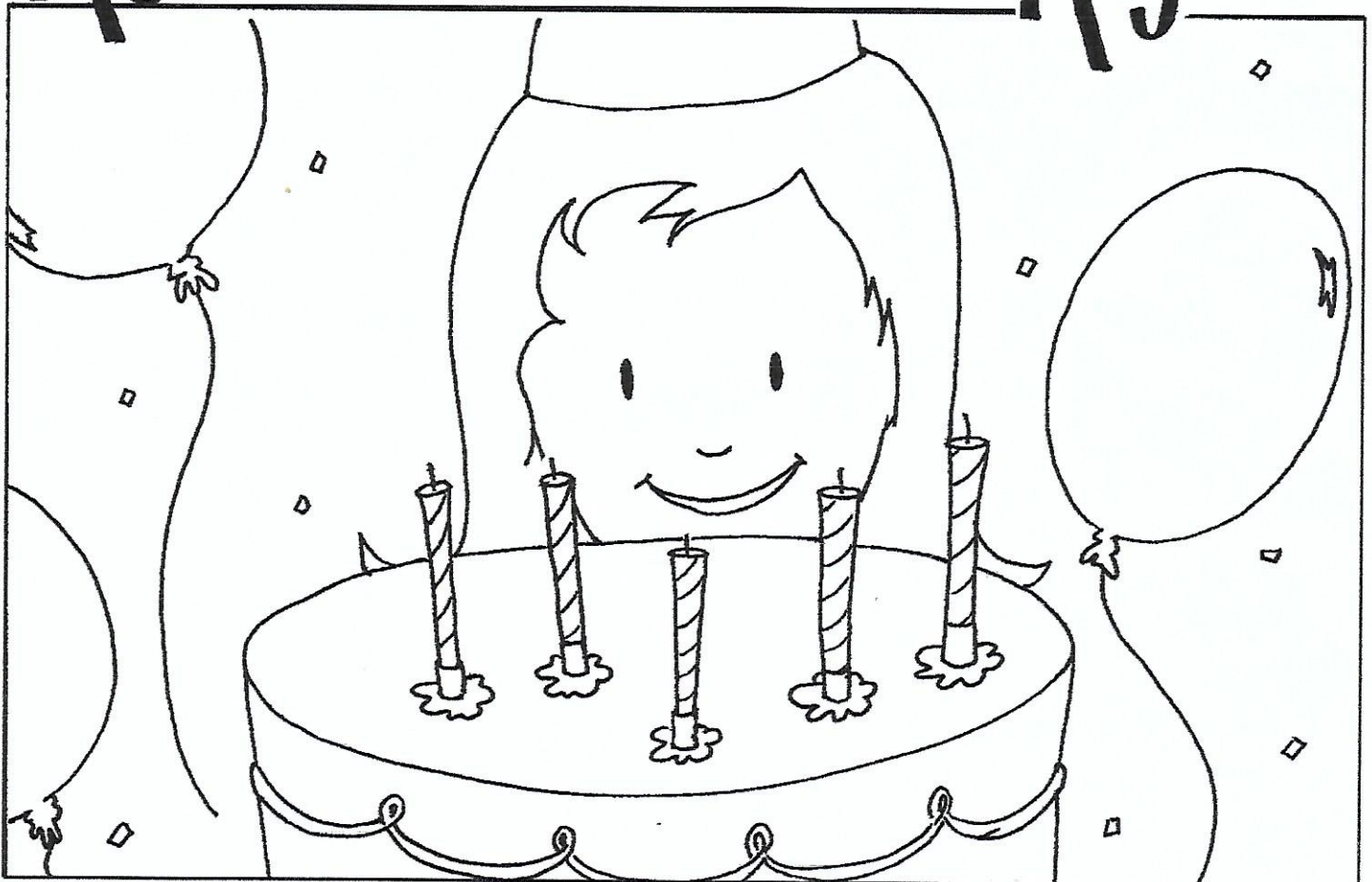


# Rejoice

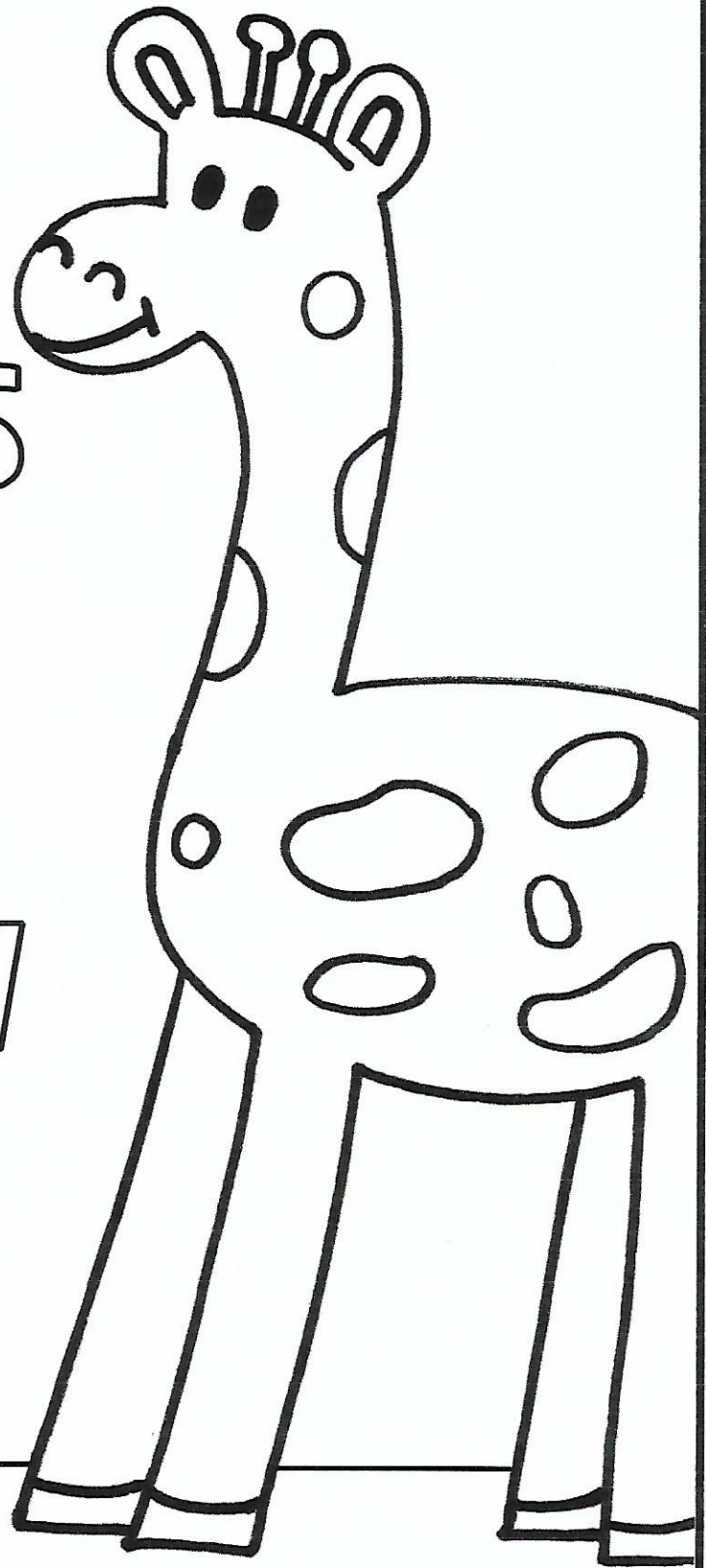
IN THE LORD ALWAYS.

I WILL SAY IT AGAIN:

# Rejoice!

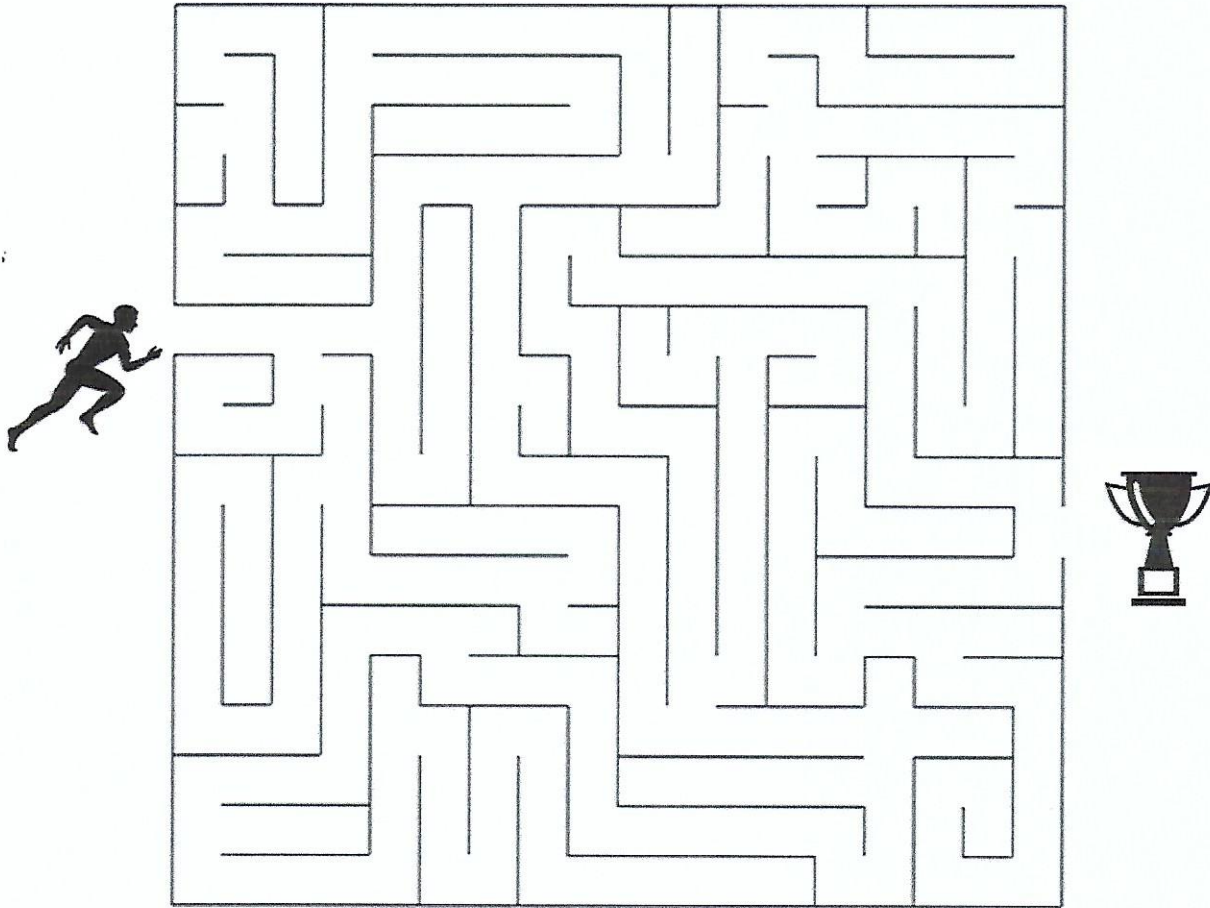


REACH  
NEW  
HEIGHTS  
WHEN  
YOU  
FOLLOW  
JESUS



# REACHING TOWARD THE GOAL

Can you help the runner reach the goal?



But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

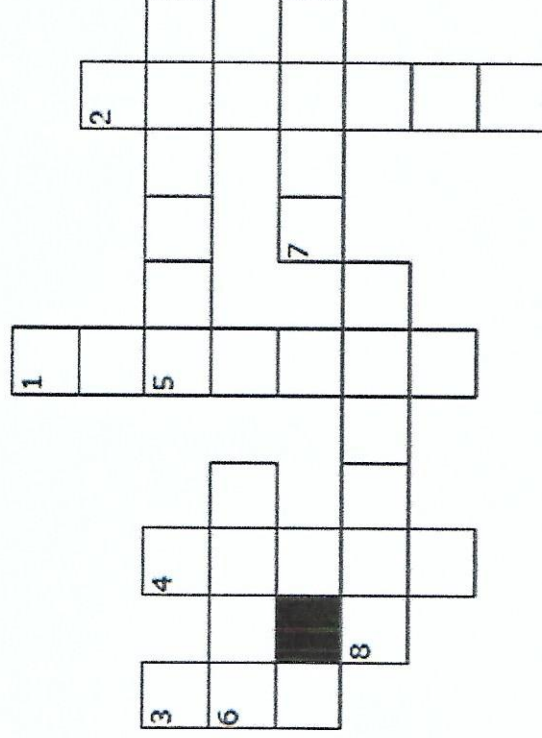
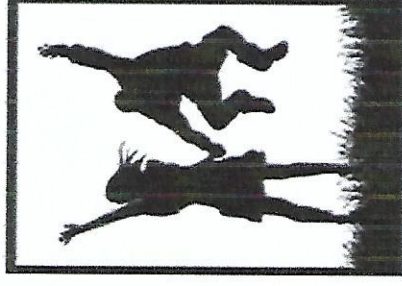
Philippians 3:13a-14(NIV)



# A Heart Full of Joy

"These things I have spoken to you, that My joy may remain in you, and that your joy may be full." John 15:11 (NKJV)

Puzzle is based on John 15:9-17



## ACROSS

5. One who has authority over another person
6. To do what you are told; follow the rules
7. To hold dear, to like or desire greatly
8. A person that you like very

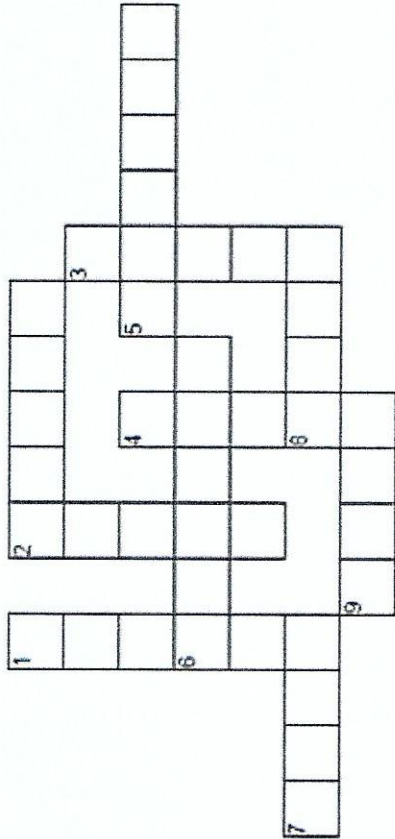
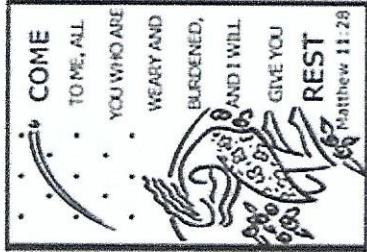
## DOWN

1. An order which a person is expected to obey
2. Someone that performs duties for a master
3. A state of happiness or delight
4. To gain knowledge, skill, or understanding

# Help with a Heavy Load

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."  
Matthew 11:28-30 (NIV)

Complete the activity below.



## ACROSS

2. Not heavy
5. Calm, kind or soft; not violent
6. A heavy load that you carry
7. The opposite of go
8. Stop and relax to regain your strength
9. Not difficult

## DOWN

1. Not proud or not believing that you are important
2. To get knowledge or skill about a subject
3. The place within a person where their feelings or emotions are
4. Very tired, especially after working hard for a long time

BURDEN	HEART	REST	WEARY	GENTLE
EASY	HUMBLE	LEARN	LIGHT	COME

# My Gifts from God

What has God given you?

Draw a picture in each box of something you have received from God.

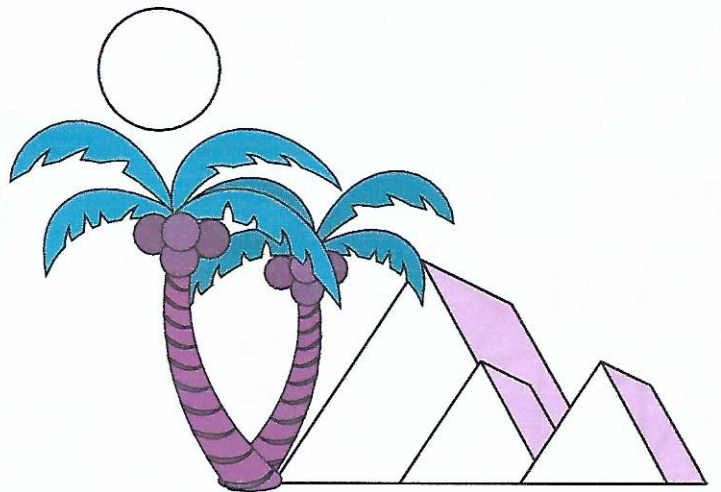



# BIBLE PLACES WORD SEARCH

J	V	F	N	Y	R	E	M	N	E	E	N	K	C	N
E	K	N	J	O	O	D	A	E	D	J	I	D	G	A
R	D	Z	M	P	M	Z	D	R	E	A	N	X	M	Z
U	Y	E	K	L	E	Y	E	F	N	N	E	K	F	A
S	M	L	T	R	M	E	B	S	G	A	V	Y	Y	R
A	T	Y	E	I	L	S	I	A	E	B	E	O	U	E
L	O	T	F	I	P	N	Q	B	G	G	H	F	K	T
E	H	B	A	B	Y	L	O	N	Y	F	Y	Q	K	H
M	Z	A	V	M	X	P	A	C	P	U	S	P	W	C
O	G	G	A	L	I	L	E	E	T	I	S	B	T	A
W	A	M	X	V	P	S	L	W	Q	J	K	H	O	E
O	K	Y	X	J	E	P	H	E	S	U	S	J	M	U
Y	T	I	N	G	J	E	R	I	C	H	O	P	V	H
R	L	U	T	E	N	I	E	E	C	C	T	Y	I	C
W	R	I	Q	V	G	J	N	P	Z	J	L	H	P	R

**WORDS  
TO FIND**

Eden  
Egypt  
Jericho  
Jerusalem  
Babylon  
Nineveh  
Galilee  
Nazareth  
Ephesus  
Rome



# Word Search Philippians 4 : 4-7 NIV



Created using the Words Up Games **Word Search Maker** at **WordsUp.co.uk**

ABOUT  
AGAIN  
ALWAYS  
ANXIOUS  
ANYTHING  
CHRIST  
EVIDENT  
GENTLENESS

GOD  
GUARD  
HEARTS  
JESUS  
LORD  
MINDS  
NEAR  
PEACE

PETITION  
PRAYER  
PRESENT  
REJOICE  
REQUESTS  
SITUATION  
TRANSCENDS



# Word Search Philippians 4 : 4-7 NIV

## Solution



Created using the Words Up Games **Word Search Maker** at **WordsUp.co.uk**



Don't  
**WORRY** about  
anything

instead,

**PRAY** about  
everything

Philippians 4:6a



# Together @ Home



Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.

## Bible Passage

Today we will be exploring together, the story of Joseph the dreamer.

You can find it in your Bible in:

### Genesis 37

Read the story together – choose a Bible translation or children's story version which best suits your group.

To explore the whole story of Joseph why not use this summary video:



<https://www.youtube.com/watch?v=NQ7wLTBnF84>



## A prayer to say together

Dear God,  
Thank you for the story of Joseph the dreamer, thank you that just like Joseph you have exciting plans for our futures.

Help us to listen to you and recognise when you are speaking to us. Help us to trust you and learn the lessons you have for us. We pray for the world that they would trust you to bring them through these difficult times.

Amen

## Discussion

### A question for adults to ask children

*What was the meaning of Joseph's dream?*

Joseph had a dream that one day he would be so important that everybody would have to bow down to him including his own family. When Joseph first had the dream, he was very young and showed off about what God had told him. He had no idea of the journey he would have to go on and the lessons that God would teach him on the way. When Joseph's dream finally came true, he was a much more humble person who had learned to trust God through some really difficult times. We will learn about that next week.

### Some questions for children to ask adults

*What is the longest journey you have ever been on?*

*What is the most important lesson you have ever been taught?*

## Family Activity 1

Joseph's brothers were jealous because their father Jacob had given him a special multi-coloured coat.

Hold a family fashion show! Give everybody a makeover and search in your wardrobes to create some crazy new outfits! Who can create the most multi-coloured outfit? Whose outfit is the craziest! Will you choose your own outfit or be brave and let somebody else pick for you?

When you are in your outfits why not hold your own family photo shoot to capture your new looks!

This could be a good opportunity to have a wardrobe clear out and find some clothes you could donate or pass on to somebody else.







## A verse to remember

**Romans 10 v 15**  
**How beautiful are the feet of those  
 who bring good news!**

Joseph knew something amazing about his future and God's plans for him, but when he shared the news with his brothers they were jealous. We know that God has great plans for not just our futures, but the future of all those who hear and respond to the Good News of Jesus. How great to be able to share the Good News and hope with others.

Try to learn this verse together, you could come up with some actions to help you remember it or decorate the verse on a piece of paper or card together and put it up somewhere to remind you of it through the week.

## Family Activity 2

You will need: paper/card, pens, craft materials

When I grow up I would like to be? Spend some time talking about what dreams your family have for their own lives. Why not draw a picture of yourself in your dream job or visiting somewhere you have always dreamed of going.

You could get creative with collaging and combine photos of yourself with pictures of places or jobs.



## Active Prayer

Joseph was given a multicoloured coat to wear by his father. In those times finding different colours to dye the fabrics would have been expensive, a coat with so many colours would have been very precious. Why some items of each colour in a bowl or container and take it in turns to have a lucky dip praying till you have used up all the items.

Or cut and fold yourself a cardboard cube, make each side one colour. Roll it to decide what to pray.

### Red

Pray and ask God to show you more of his Father's love.

### Orange

Pray and ask God to speak to you about his plans for your future.

### Yellow

Pray and ask God to help you understand more of the hope we have in Jesus.

### Green

Pray and ask God to help you not to be jealous like Joseph's brothers.

### Blue

Pray and ask God to fill you with the Holy Spirit.

### Purple

Pray and thank God that we are his children – royal sons and daughters of the King!

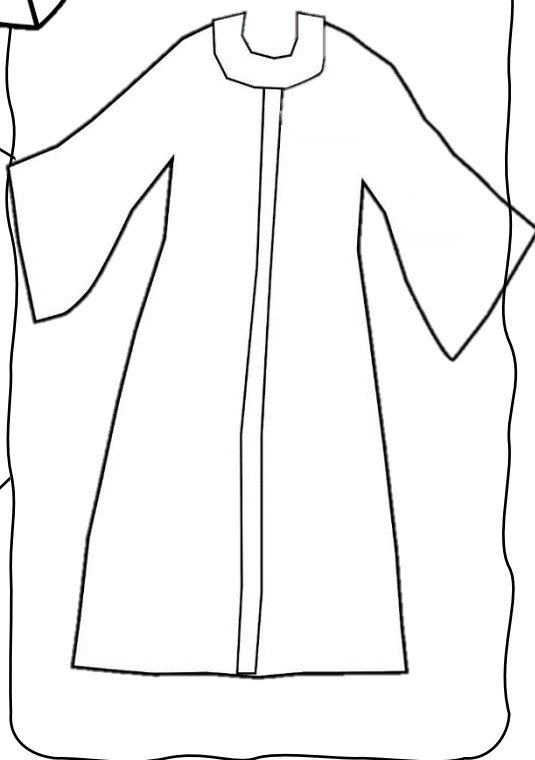

A colouring page you could print and colour together

# ROMANS 10 v 15

HOW BEAUTIFUL  
ARE THE  
FEET  
OF  
THOSE  
WHO  
BRING  
GOOD  
NEWS!



this



## Judah



## A passage to unpack

### Jeremiah 29 v 10-14

Find the book of Jeremiah in the Old Testament, find Chapter 29 and read verses 10-14



Jeremiah is one of the large prophetic books from the Old Testament. Jeremiah listened to what God was saying and shared God's words with others. This passage is from a letter to God's people who were being held prisoner in Babylon.

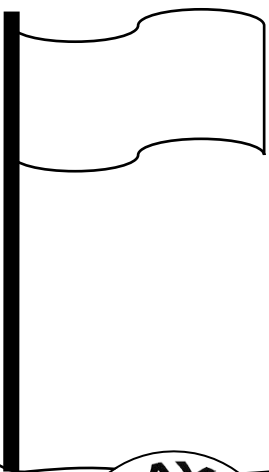
You might feel a bit like a prisoner in your own home at the moment. Write or draw the BEST THING about lockdown and the thing you find HARDEST.

**THE BEST THING IS...**

**THE HARDEST THING IS...**

God's people were in a strange land far away from their home.

If you could visit anywhere in the world where would you go?



Draw a picture of you there and decorate the flag to show the country you are in.

## I know the plans I have for you...

Verse 11 says that God knows the plans he has for us.

Lockdown has meant that some of the plans we had have been cancelled or postponed. It is alright to be sad about things that you will miss.

Write or draw anything you are going to miss.



God promises that He has good plans for our future, that there will be hope.

Write or draw something you would like to do when we are no longer in Lockdown.



God's plans for us are bigger than we can imagine. Spend some time waiting and listening to God. Ask God to speak to you and share some of the good plans He has for you.

Write or draw them here:



Just as God told Jeremiah that there would be an end to the difficult times that God's people were facing; we can trust God that there will be an end to the current pandemic and an end to lockdown. We can pray and declare an end to the Coronavirus in our country and world.