

# Explore It FOR ME

AUGUST  
SESSION 03

## I CAN MAKE A DIFFERENCE

 2 Kings 5:1-19 The Little Servant Girl

Here are some ideas and activities you could do on your own



### Create

Many people like to take a bath. It helps us stay clean. Naaman's bath in the Jordan River actually helped him to be healed. You could make your own bath salts that will help make a soothing bath. Use them yourself or give them to friend.

You will need:

- ➔ Plain Epsom salts
- ➔ Food colouring
- ➔ Essential oil, such as lavender, orange, peppermint
- ➔ Mixing bowl
- ➔ Spoon
- ➔ Mini mason jars or other glass jars

Pour the Epsom salts into a bowl. Add a drop or two of food colouring to the salt and stir with a spoon to mix in the colour. Add a few drops of essential oil. (Lavender is good as it is known for its soothing and calming qualities.) Mix the salt, colour and scent around with your spoon until they are all combined. Pop it into a jar for storage; you could decorate the jar as a gift. See more here: <https://www.kidspot.com.au>



### Sense

Take a bath (you could use your homemade bath salts) or a shower and think about Naaman washing in the river. As you feel the warm water on your body, imagine each part of you coming under the shower of God's special washing. First your head - imagine God's special washing cleaning away unhelpful thoughts. Now your mouth and tongue - washing away rude or unkind words. Your heart - washing away selfishness. Your hands - washing away any bad activities you've been involved in. Your feet - washing away the memory of unhelpful places you have been.

Because Jesus died for us, the Holy Spirit can wash us clean on the inside like this. Thank you, Holy Spirit, for washing us clean. Thank you, Jesus, because we can come back to be made clean again and again.



### Investigate

Print and complete the Spot the Difference sheet below. Can you find all 18 differences? Think about the difference that the young servant girl made to Naaman, simply by speaking up about her faith in God to heal.



### Serve

Think of one kind thing that you can do to make a difference to someone in your family this week. Perhaps it is a job around the house, perhaps it is a kind word. Perhaps it is giving of your own time when you would rather be doing something else. Perhaps it is saying a prayer for them or saying something to encourage them.



### Play

Find some toys around the house which are sick and need your help. Do they have spots? You can be a doctor that will help to make them better. Wrap bandages on them. Give them pretend medicine. Place them in bed with a blanket.

Kids Alive! The UK's only weekly Christian comic - is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online.

<https://www.salvationarmy.org.uk/kidsalive!>

## Elysha Healed an Army Captain Spot the Differences

Compare the picture on the top with the picture on bottom. Circle the 18 things that are different.

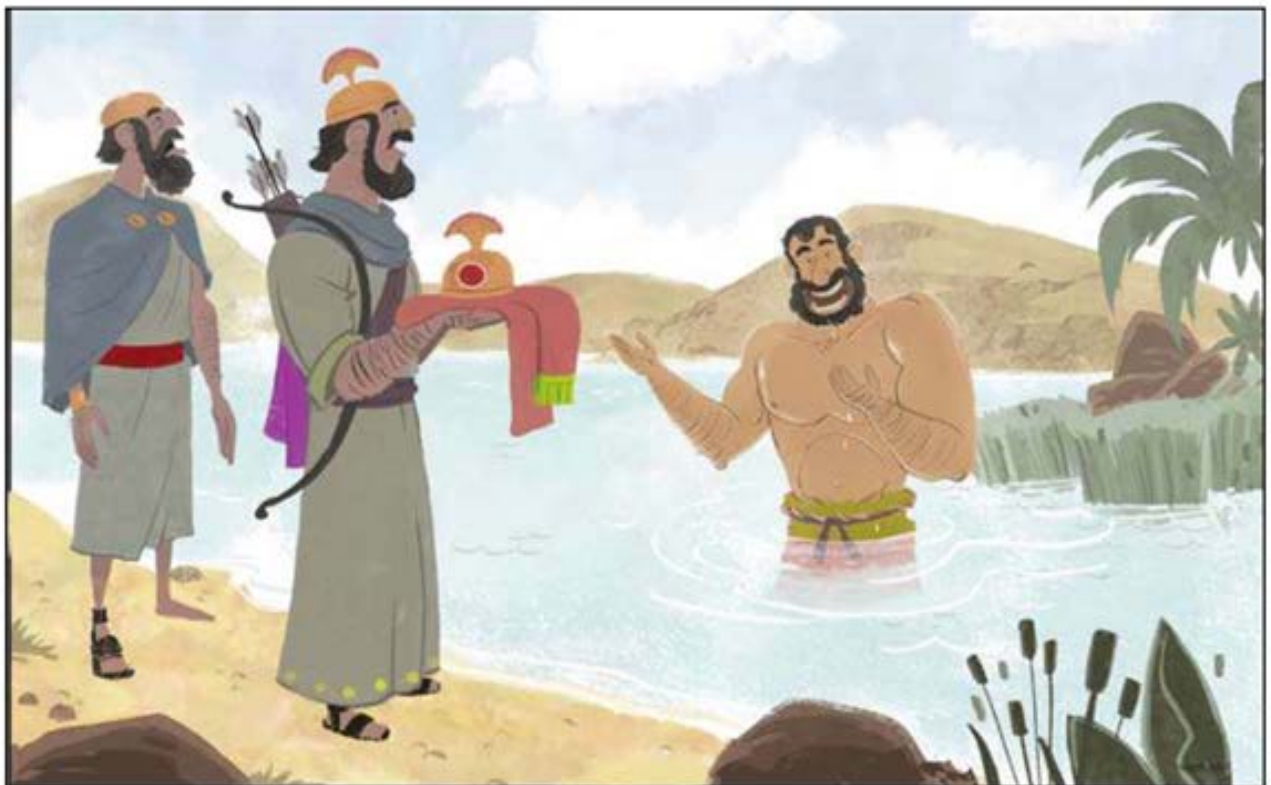
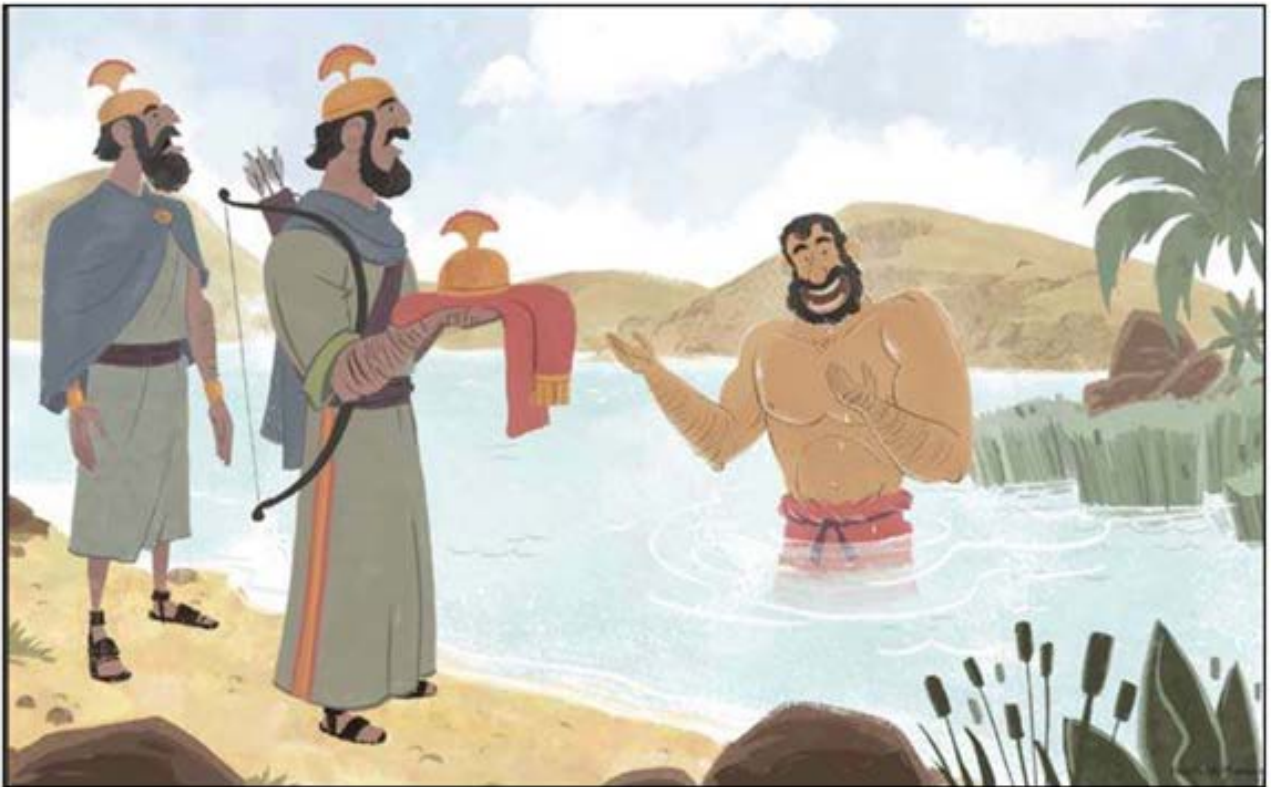


Image source, and answer sheet, here: <https://sundayschoolzone.com/activity/naaman-was-healed-spot-the-differences/view/>