

# Explore It FOR ME

SESSION  
02

## HOPE IN JESUS BRINGS ME ENCOURAGEMENT

 **Matthew 10** - Jesus sends out the twelve

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



### Hear

Listen to a piece of music that encourages you, that gives you a smile, that reminds you to be hopeful. You could dance to it and /or sing along to it... and maybe get a member of your family involved too!



### Write

Write a poem that tells about Jesus giving us hope or a poem that could encourage someone who may be struggling just now. This could be for a teacher to encourage them in all they are doing in these difficult times, or for a grandparent who is missing you.



### Sense

Collect some leaves and see how different they are. Then you can either:

- ➡ Paint them very gently and print them onto paper. See the different shapes they make.
- ➡ Take two pieces of plain old fabric (an old white pillowcase would work, cut in half). Lay the leaves on one side and cover over with the second piece of fabric. Then carefully, using a mallet, bash the leaves hard. Open up the fabric and pick off the squished leaves. You'll see the imprint of them on the fabric. The picture won't last forever but it captures the beauty.



### Share

Try and encourage someone this week. Here are some ideas:

- ➡ Call / Facetime / WhatsApp / Message some friends to check how they are doing. Can you do this for twelve different friends?
- ➡ Do some extra things at home to help your family.



### Pray

Write a prayer for a neighbour to encourage them and post it through their letterbox.



### Play

Take part in a Joe Wicks morning exercise session (search 'PE With Joe' on YouTube) and listen to how encouraging he is. What one encouraging thing can you say to yourself each day?

**KIDS ALIVE ONLINE**

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

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!

