

# Explore It

## FOR LEADERS

SESSION  
03

### HOPE IN JESUS TEACHES ME PATIENCE

 **John 14:1-13: Jesus comforts his disciples**

Please refer to the Introduction document for more details

In preparation for this session, ask children to have ready a tea towel, a cup of drink, some bread, paper and coloured pens.

### Start it

● **Say:** We are going to play a game called 'Count'. In this game you will need to call out numbers in ascending order. One person will start the count by saying, 'one' then another player says, 'two', another player says, 'three' and so on. If two players say the same number at the same time, we have to start back at the beginning. We will aim for the number ten first and then set ourselves a higher target and see if we can beat our score.

● **Say:** How easy did you find it to play the game? Did you want to race through the numbers or was your strategy to be patient and try to see what other players were doing?

Give time for response and discussion.

● **Say:** In the game 'Count' we were relying on other people to move forward.

We are going to try another activity now where it is just about your focus and nobody else. I want you to close your eyes and from when I say 'go', I want you to raise your hand when you think you have counted to fifteen seconds. Make sure you keep your eyes closed. (Leader to time fifteen seconds) 'Go'.

● **Ask:** How did you find having to count to fifteen? Do you think you were playing in a patient way or wanting to rush and the time be over?

Give time for response and discussion.

**Share screen:** Show an image from a holiday you went on.\*\*

● **Say:** When I was waiting to go on this holiday, I was really excited. I saved my money. I planned what I was going to do. I got some new holiday clothes.

Have you ever been really excited about something but had to wait a long time?

Give time for response and discussion.

**Share screen:** Show an image of waiting for exam results.\*\*

● **Say:** When I was waiting for my exam results, I was feeling very worried. I worked very hard but didn't know how well I had done and felt very anxious and impatient waiting.

Have you ever had to wait for something and not been happy about having to wait?

Give time for response and discussion.

(\*\*You could use your own examples if you prefer.)

**Share screen:** Type out the following Bible verse on your whiteboard screen and read together:

**But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.**

(KJV)

🗨️ **Say:** Let's read this Bible verse together.

Some of you might remember this Bible verse. We have read it before from a different Bible translation. Can anyone spot the difference? In this version the word 'wait' is used instead of 'hope'.

Sometimes it can feel like God isn't there, or that God isn't listening, if we have unanswered prayers or when we are facing really difficult challenges like loneliness or isolation. We can feel that God doesn't understand what we are going through. For each of us, God has promised us so much, as the verse says, and our hope teaches us to be patient because we believe that God has a plan for each of our lives.

Around the Bible verse draw a face of how you feel when you have to wait.

Discuss as appropriate.

## Sing It

Sing 'My Hope Is in The Lord' (Jay Stocker) together.

🗨️ **Say:** This song reminds us to hope in God who provides for what he knows we need.

Lyrics version - <https://youtu.be/T0hxlgV2tgI>

Lyrics and actions - <https://youtu.be/tJePCzTaQo4>

## Tell It

🗨️ **Say:** The story we are going to read takes place as Jesus is having The Last Supper with his disciples before his crucifixion. Jesus had difficult conversations with his friends during the meal, telling them he was going to be betrayed by one of them, and that he would only be with them a little longer. He also told Peter that he was going to deny that he knew Jesus in the coming days. But he also told them that there would be good things coming in the future and that he will always be with them! How do you think the disciples would be feeling hearing all this?

Give time for response and discussion.

Set the scene. In between you and the camera place a drink and some bread and place a tea towel over your head. Ask the children to do similar.

**Share screen:** Display John 14:1-13 on your screen and read the passage. The group and leader should read as Jesus. Ask two children to read the questions of Thomas and Philip. Invite the children to have their drink and bread as you read.

🗨️ **Say:** Let's look again at John 14:1-4.

Ask:

- ➔ Why do you think Jesus told the disciples, 'Do not let your heart be troubled'?
- ➔ What are some of the promises Jesus made to his disciples?
- ➔ Do you believe those promises are for you?

Give time for response and discussion.

## Action It

● **Say:** All around the world, people have been waiting in their homes so they can help others not to get unwell and to protect themselves. Most people have stopped going to work or school or clubs and have put the different plans they had on hold. We must wait patiently for the time when we can get back to our normal lives. You may have been looking forward to exciting things during this time but the plans have now changed. Lots of activities have been cancelled or postponed. Perhaps you were working really hard towards a music or art certificate, exams or a sports tournament, or had tickets to a concert, theatre or sports match? Maybe you had a family celebration planned, or a holiday to somewhere you had never been before.

How has this time affected you? What are you most looking forward to doing again when the restrictions on our lives will be lifted?

Give time for response and discussion.

(With an older group you could chat about the disappointment that they might now be feeling and how they are handling this.)

Ask each person to draw or write on a piece of paper the things they 'can't wait' to be able to do again. You may choose to play some music in the background while children do this. Allow a few minutes and then ask the children to share and explain their drawings with the group. Say that they can continue with it after the session if they didn't quite get finished.

## Pray It

**Share screen:** Display Psalm 62:5

**'Be still before the Lord and wait patiently for him...'**

Play some background music and ask each person to write these words onto their picture and to think about them carefully. Tell them they can use this picture as a reminder every time they feel sad, disappointed, frustrated or worried at this time. It will help them to remember that they can trust that God has everything worked out for us and we must continue to hope in him. He is always with us.

● **Say:** Find some time each day this week to pause quietly with God and pray. It could be while you are on a walk, or when you wake up or before you have your lunch. Pick a time when you are most likely to remember.

Leave some moments of silence and ask one or two young people in your group to pray for all of you.

## Explore It

Remember to share the Explore It (For Me) and Explore It (Together) ideas for children and families.

# Explore It FOR ME

SESSION  
03

## HOPE IN JESUS TEACHES ME PATIENCE

 **John 14:1-13: Jesus comforts his disciples**

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



### Sense

If you have a garden find a quiet spot to sit so you can read the story again or perhaps listen to the song 'My Hope Is in The Lord' again. As you do, maybe you can notice the beautiful things around you and draw what your mind is thinking. You could take some things from nature such as earth, grass or pebbles and create a picture.



### Create

Create the scene of The Last Supper in Lego, or plasticine, or any other materials you may have. As you do this remember the story of Jesus having a meal with his friends, giving them hope for the future even though they have some difficult times to get through.



### Draw

Draw a picture then paint it with lots of different colours. But be patient as you wait for each colour to dry so it doesn't run and spoil your finished piece.



### Build

Take a pack of playing cards. Have a go at building a playing card pyramid. Start small and build up. You will need to be very patient but think about how amazing your pyramid tower could look with four layers. Or five layers. Or more. Could you take a photo and challenge a friend to do the same?



### Play

There is a great card game called Patience which you can play on your own. Look up the rules with a grown up and then teach yourself.



### Share

Draw a picture for someone else to colour. Include a Bible verse at the bottom. Ask them to colour it in and give it back to you.

### 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!



# Explore It TOGETHER

SESSION  
03

## HOPE IN JESUS TEACHES ME PATIENCE

 **John 14:1-13: Jesus comforts his disciples**

Here are some ideas and activities you could do as a family



### Sense

Find a space in your garden and lay on the grass looking up at the sky. Notice the shapes of the clouds. As you lay there patiently see what pictures you can imagine the clouds are making.



### Create

Make a kitchen masterpiece. People have all different ways of making trifle, but it is certainly a great dish for testing your patience. Do you include jelly? Or custard? Or both? Whipped cream or Angel Delight? Will you eat it all in one go or treat yourself to a bit each day. Make, wait, enjoy but remember - 'good things come to those who wait!'



### Investigate

Plant some different seeds from fruit and vegetables in your fridge. You could try tomato, apple, melon seeds etc. Plant and care for your seeds and patiently wait for them to grow.



### Play

Play a family game of Hide and Seek or Sardines. Are you able to patiently wait to be found or do you just get too excited?



### Pray

Have you remembered to say thank you to God for your food today? Saying grace at dinner time is a great way of inviting God into your life each day. The Salvation Army Family Ministries are publishing weekly prayers on their Facebook page that you can use. Do you have a special family prayer you would like to share? They would love to hear from you.



### Bake

Do you know how yeast works? Look online and see what you can find out. Find a recipe together for bread and patiently work to knead the dough, let it rise, knead it again and so on. As you wait, talk about the other times in your life you have had to be patient and how easy that has been.