

# Explore It

## FOR LEADERS



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### EMBRACING CHANGE

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#### Genesis 12:1-9 God calls Abram

Please refer to the Introduction document for more details.

Ask the children to bring to the session a bar of their favourite chocolate.

Give or email the children copies of the *Growing out of Lockdown* booklet which they will need for their 'For Me' activities but which they can also look at during the session.

### Start It

● **Say:** How do you usually feel when something in your life changes? Does change make you feel excited or frustrated? Anxious or curious? Angry or upset? We're going to imagine ourselves in a few different scenarios and say how you think you would feel in each situation.

**Share screen:** Share the emotions wheel on page three of the *Growing out of Lockdown* booklet as you read out these scenarios. Ask everyone to pick one emotion from those on the wheel that best matches how they'd feel in that scenario.

**Scenario 1:** Your mum or dad has promised to make your favourite dinner but then realise they don't have all the ingredients they need to make it.

**Scenario 2:** Your usual teacher is off sick and a teacher you've never met before is teaching your class.

**Scenario 3:** You have been really looking forward to going on a family trip to the beach, but when you get there it is cold and rainy.

**Scenario 4:** Someone in your class (who you don't really hang out with) has broken their leg and is using crutches to get around. Your teacher asks you to leave lessons five minutes early with them so you can carry their bag and help them get safely through the corridors.

**Scenario 5:** A strange new virus arrives in the UK and you have to stop going to school and any other places where there are lots of people.

### Tell It

● **Say:** In the Bible there are lots of stories about God changing people's lives; but one person whose life changed probably more than most was Abram.

The name Abram means 'exalted father' or 'Super Dad', but sadly Abram was a 75-year-old man who had never had any children. Despite this, Abram went on to become the father of the entire nation of Israel. And it all started when God visited Abram and gave him a promise.

Read Genesis 12:12-9.

**Share screen:** Show a picture of a refugee family walking.

● **Say:** God called Abram to leave his country, his family and his home - everything he had ever known - to go to a new, unknown and unfamiliar land that God would show him.

**Ask:** How do you think Abram's experience is similar to that of a refugee today? How is it different?

Change can be very difficult because it takes away our security. But we can trust in God because he promises to show us the land when we get there and he travels beside us on the journey.

**Share screen:** Show a picture of an old man, roughly in their seventies.

🗨 **Say:** Today most people aged 75 would be retired, enjoying their remaining years in peace and comfort. But God had other plans for Abram. He promised Abram a large family, and told him that everyone on the planet would be blessed through him.

🗨 **Say:** Abram must have been amazed that God would give him such an amazing promise and adventure to look forward to. But as a 75-year-old man, he may have been worried that he was 'too old' to see this dream happen!

While we might not lack energy as most older people do, we may sometimes feel we don't have the resources, money, confidence, skills or intelligence to change. We have to trust that God is mighty enough to give us what we need and good enough never to let us down.

## Sing It

This song was written during lockdown. When life is confusing or we're starting to worry, we can have hope and trust in God, because we know he's always by our side.

'Hope' by Allstars Kids Club

[https://www.youtube.com/watch?v=r\\_t5xitQjlc](https://www.youtube.com/watch?v=r_t5xitQjlc)

## Action It

🗨 **Say:** In the story we looked at, Abram builds two altars. An altar is a bit like a table. People in ancient times put on it valuable things they had, like food, as an offering to God.

Ask everyone to make a simple 'altar' using anything they have to hand – books, a box, their phone? – and then to unwrap their chocolate bar and put it on top of their makeshift altar. Ask them to do this slowly and silently, as a symbolic way of thanking God for how he has been with them over the last few months.

🗨 **Say:** Later, people who had placed food on the altar would eat the food as a way of celebrating that God was there with them.

Tell everyone that they can take the chocolate and eat it, as a sign of celebrating God's presence among them and trusting that he will be with them over the next month.

## Pray It

Explain that you're going to read out a prayer, and that you would like the group to respond to each statement using the Zoom emojis. Check that they know how to access this feature before you start.

**Dear Lord, as we move into a new season, we take time to reflect on the changes that will happen over our lives in the next few months.**

**Some of us hate change and try to resist it – help us to be more positive about change and trust that you are beside us.**

**Some of us love change and run after it – help us to remember to look out for those who find change more difficult than we do and to support them through it.**

**Some of us neither love nor hate change, but we just let change happen to us. Help us think about the things we can do today to prepare ourselves for change.**

**In the name of Jesus we pray,**

**Amen.**

## Explore It

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

Remind the children that they have the *Growing out of Lockdown* booklet that they can use to reflect on the past few months and look positively toward the future.