

Explore It FOR ME

SEPTEMBER
SESSION 03

PUTTING GOD FIRST

 **Luke 10:38-42 Jesus visits Martha and Mary**

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



Draw

Think about the places in the past where you've felt closest to Jesus, or where you think you'd feel most comfortable talking to him. Draw that place, and draw yourself and Jesus there too.



Sense

Go to a favourite place where it's easier to focus on Jesus because you're calm and comfortable. Perhaps take a cushion with you. Shut your eyes and take notice of the different sounds you can hear. Feel how the different parts of your body feel - are you tensing any of your muscles, or unable to breathe deeply? Name the different distractions in your life, and ask Jesus to help you to live a life that helps you focus on him. Take ten slow, deep breaths. Each time you breathe out, imagine those distractions you've named rushing out of your mind. Each time you breathe in, imagine Jesus filling you with his love, joy and peace.



Write

Create a poem that expresses why God is important to you.



Listen

One way to focus on Jesus is to listen to some worship music - or you can watch videos on YouTube if you want to see the lyrics too. Try searching Hillsong Kids, Watoto Children's Choir, Gateway Kids, Allstars Kids Club on Spotify or YouTube.



Investigate

Go online and try to find ten different pictures of Jesus that artists have created. Can you find out how Jesus looks to people in different countries and cultures? Pick one of your favourite images that's different from how you've usually seen him shown in pictures. Print it out (ask permission first) or draw your own version of it. Put it somewhere in your bedroom where you'll see it each day. As you look at it each day, let it remind you to say 'hello' to Jesus. Ask yourself what it's teaching you about Jesus.



Pray

Sometimes we can over-complicate things like giving Jesus our attention. Just get on with it! Give him five full minutes of your time by simply having a conversation with him.

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!

