

# Explore It FOR ME

FEBRUARY

SESSION 01

## WHAT IS THE GOOD NEWS?

 Mark 1:15

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



### Create

In this week's session we talked about the news and how it is often full of sad stories. Imagine you are a journalist or TV presenter sharing the Good News of Jesus. You could create a front page for the local newspaper, or film yourself presenting the Good News in your pretend TV studio.



### Pray

Praying is an important part of our relationship with Jesus. As you listen to the song, spend time in prayer, following the advice found in Philippians 4:6-7:

**'Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks. And God's peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.'**

(Philippians 4:6-7 ICB)

'The Peace of God' by Scripture Lullabies

[https://www.youtube.com/watch?v=eyHn\\_KPm3uk](https://www.youtube.com/watch?v=eyHn_KPm3uk)



### Draw

**'Jesus said, "The right time has come. The kingdom of God is near. Change your hearts and lives and believe the Good News!"'**

(Mark 1:15 ICB)

Create a drawing that shows how we need to change our hearts and lives and believe the Good News!



### Dance

Listen to our song for the week and see if you can create a dance to go with it.

'Rescuer (Good News)' by Rend Collective

<https://www.youtube.com/watch?v=sAg7rn7fH3Q>

**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!

