

# Explore It FOR LEADERS



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## SPEAK UP

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 **Proverbs 31:8-9; Isaiah 58:6-8; Micah 6:8**

God's heart breaks when he sees injustice. The Bible tells us, over and over, that God asks us to get involved, to seek justice – to speak up for others; to look after those who are in need; to challenge people and systems that are unfair – to do all we can to ensure that others get treated properly. This is part of our worship to God and how we show him our love. We can be good news to a broken world.

Each child will need:

→ Their research on people who have spoken out against injustice (optional) – see Action It

You will need:

→ An article or news feature from a children's news site – see Pray It section

## Start It

Warm up by guessing the Superheroes from their silhouette. Follow the actions to show your answer.

**Screenshare:** *Superhero guess who warm-up / brain break* by PE with Coach Shockley (5 mins 58 secs)

<https://www.youtube.com/watch?v=NpWyEiM4hM8&t=83s>

🗨 **Say:** Superheroes often stand up to injustice because of something they have seen or experienced. The prophet Micah lived in a community that had to deal with conflict and poverty. Micah spoke out against these injustices as he saw them in his everyday life.

## Sing It

In last week's *Explore It For Me* handout, one of the activities was to memorise Micah 6:8. Ask the children to share the verse and encourage them to have another go at learning it over the coming week.

**'The Lord has told you what is good.  
He has told you what he wants from you:  
Do what is right to other people.  
Love being kind to others,  
And live humbly, trusting your God.'**

— (Micah 6:8 ICB)

Each week we are going to learn a different song based around these words. We can then choose our favourite to share with the rest of the church.

'Micah 6:8' by Slugs and Bugs (3 mins 39 secs)

[https://www.youtube.com/watch?v=VH9VbRY\\_1n4](https://www.youtube.com/watch?v=VH9VbRY_1n4)

## Tell It

● **Say:** In today's session we are learning how to speak up when we see injustice in the world. In the Bible there were a group of people sent by God to speak out when they saw that people weren't being treated fairly. They were known as the prophets.

● **Say:** We have already met one of the prophets through our song and memory verse. Micah was a prophet in Old Testament times. He reminded the people that God had already told them the best way to live.

**Ask:** Can you remember what Micah reminded the people to do?

**'Do what is right to other people.  
Love being kind to others,  
And live humbly, trusting your God.'**

— (Micah 6:8 *ICB*)

● **Say:** Micah lived in an area in the country where there was a lot of poverty and conflict. He understood what the people were going through and was passionate about speaking up for them.

**Ask:** What do you think helps when speaking up about injustice? That we know about the injustice – but it hasn't personally happened to us? Or when we have actually experienced the injustice ourselves? Why?

● **Say:** God uses lots of different people from different backgrounds to speak out for him. Around the same time as the countryman Micah was pointing out the unfairness in the world, there was another prophet in the city. Isaiah grew up in the royal court of Jerusalem and was highly educated. He was the cousin of the king and could speak to the important people at court about the injustice he saw.

**Ask:** How do you think Isaiah's background helped him to speak up for people who were being treated unfairly?

● **Say:** Isaiah had an important message about the way God wanted his people to treat others.

**Screenshare:** Isaiah 58:6-8 (*ICB*)

**'I will tell you the kind of special day I want. I want you to free the people you have put in prison unfairly. Undo their chains. Free those to whom you are unfair. Free them from their hard labour.**

**I want you to share your food with hungry people. I want you to bring poor, homeless people into your own homes. When you see someone who has no clothes, give him yours. Don't refuse to help your own relatives.**

**If you do these things, your light will shine like the dawn. Then your wounds will quickly heal. Your God will walk before you, and the glory of the Lord will protect you from behind.'**

**Ask:**

→ What kinds of things did Isaiah tell the people to do to make sure everyone was treated fairly?

→ Which of these things could we still do today?

## Action It

● **Say:** Today we are going to spend some time thinking about people who had the courage to speak out against injustice.

### Option one: Share research

One of the *Explore It For Me* activities last week involved the children researching a well-known person who spoke out against injustice. Examples included Rosa Parks, Nelson Mandela, William and Catherine Booth, William Wilberforce, Mother Teresa.

Ask the children to share what they have discovered and discuss the following question for each person.

**Ask:** How did this person 'do what is right to other people, love being kind to others, live humbly and trust God'?

### Option two: Videos

Choose one of the three clips below to discover more about those who have spoken out against injustice. Discuss the following question:

**Ask:** How did this person 'do what is right to other people, love being kind to others, live humbly and trust God'?

**William and Catherine Booth** – *Celebrating Founders' Day* by The Salvation Army Australia (2 mins 10 secs)

[https://www.youtube.com/watch?v=\\_lpyA1\\_e76E&t=2s](https://www.youtube.com/watch?v=_lpyA1_e76E&t=2s)

**Rosa Parks** – *The Rosa Parks song* by Horrible Histories (3 mins 04 secs)

<https://www.youtube.com/watch?v=Koeio4fgwmU>

**William Wilberforce** – *William Wilberforce: The man who helped to end slavery* (2 mins 19 secs)

<https://www.youtube.com/watch?v=WR226pQkyFI>

### Discuss

● **Say:** We have discovered more about the people from history who were willing to speak out against injustice.

**Ask:**

- How do they inspire you to say something when you see injustice in your own community?
- Who are the people you see during the week who are treated unfairly?
- What could you do to help?

## Pray It

● **Say:** It is sad that we can think of so many examples of injustice in our world. But today we have shared the stories of people choosing to make a difference. As we mentioned in the first session, one of the ways we can support people facing injustice is to pray for them.

● **Say:** The Bible tells us to:

**'Give all your worries to [Jesus], because he cares for you.'**

— (1 Peter 5:7 ICB)

● **Say:** We can do the same when we are worried about the injustice that we see around us.

### In the news

Share an article or news feature from this week with the children and pray together for the people involved. Explain to the children that they can do this whenever they see or hear anything that concerns them in the news. God listens to their prayers when they speak to him about the injustice they see in the world.

<https://www.bbc.co.uk/newsround>

<https://live.firstnews.co.uk/fyi/sky-kids-fyi>

## Explore It

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