



# Collective Worship Pack

## Spring Term 2022



## **INSIDE OUT**

### **Collective Worship for the Spring Term**

#### **Introduction**

This Collective Worship Pack aims to inspire, encourage and engage children in understanding their thoughts, feelings and emotions. It aims to promote well-being in children as they experience different everyday situations by hearing about characters in the Bible who expressed their inner emotions and lived life to the full, as God intended.

Throughout this series we will explore the importance of sharing our thoughts and feelings with others, to demonstrate love and care for one another as well as looking after ourselves. We will also examine how we should never judge a book (or a person!) by its cover. Instead, by spending time with others, listening and getting to know people from the inside out, we will encourage children to come out of their shell and be the person they were created to be.

There is far more going on inside each of us than we can see from the outside. As we consider individual identity and think about what we care about and what motivates us, we want every child to know how brilliant and unique they are. We will encourage children not to hide their light under a bowl, but to have confidence in themselves and learn to step out in faith. Superhero's wear their underpants on the outside, but even they are never afraid to ask for help when needed!

As the verse in our theme song explains, don't hide your feelings in your shell! Instead by the end of the series as we lead up to Easter we hope and pray that children will have discovered some fun and practical ways they can develop a sense of inner strength, faith, love, peace and joy in their lives by engaging with the Christian faith and its values.

**INSIDE OUT** worship this term will encourage children to ...

**DISCOVER:** true happiness by turning our fear to faith, weakness to strength, hate to love, trouble to peace and sadness to joy.

**ENGAGE:** with child friendly Bible stories, a song, games and activities which help children understand key themes and values.

**EXPLORE:** the different thoughts and emotions they feel and be given time to reflect on these.

**BE INSPIRED:** to have confidence in being the person they were created to be and have a sense of well-being as they learn to live life to the full.

**INSIDE OUT - Spring Term 2022** worship pack will be followed by ...

**ABOVE & BEYOND - Summer Term 2022** worship on the theme of achieving our full potential and moving on confidently.



## **Multi-Media Worship Pack Resources**

Each worship session in this pack is accompanied with a Power Point Presentation and a 'Thoughts on ...' PDF Resource sheet available on the resources section of our website: <https://www.spinnaker.org.uk>. It is free to use whenever and wherever appropriate in your school day. It can be used as a class assembly and includes activities to do, ideas to discuss and thoughts to reflect on.

## **Reflection and prayer**

We have focused on reflections that can be used in most settings. There are prayers which should only be used with prior permission from the school and must be used sensitively. Remember that many children, even in a faith school are not Christian so you should always give children the option to listen to the prayer, rather than praying with you. Saying something along the following lines, gives children the opportunity to opt-in to the prayer. E.g. "I am going to talk to God by reading a prayer. If you would like to make this prayer your own, you can say, 'Amen' at the end."

## **Contributors**

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## **UPSIDE DOWN THEME SONG – by Jessica-Ann Jenner**

This theme song can either be played as children enter and leave the assembly room/hall or it can be taught to the children to join in and sing. Each verse links to the worship packs themes for the whole year. [Click here for a link to the song.](#)

1. What would life be like if we turned it upside-down?  
If the town was in the country and the country in the town?  
If north was south, and south was north, and we all walked on our heads?  
Could we turn our thinking upside-down and change the world instead ...

Like a sloth or a bat or a monkey in a tree  
Turn yourself upside down and see what you can be!  
Live your life like Jesus did although it may seem strange.  
We can turn the whole world upside down and we can make a change!  
We can turn the whole world upside down and we can make a change!

Oh....

2. **What would life be like if we turned it inside out?**  
**If there was nothing hidden, out was in and in was out?**  
**If your brain was on the outside and your head was full of hair? Ergh!**  
**Could we wear our heart for all to see and show the world we care?**

**Don't be a mollusc or an oyster or a scallop or a snail.**  
**Squishy on the inside with a thick, hard shell.**  
**Fill yourself with solid faith and throw away your doubt.**  
**We can fill the whole world up with love if we live inside out!**  
**We can fill the whole world up with love if we live inside out!**

Oh...

3. What would life be like if we seek for something more?  
If we fix our eyes on heaven while our feet are on the floor?  
If we do the best we can, and forgive when we are wrong.  
When we put the needs of others first, we go above and beyond!

Like a bee or an ant, be a player in the team.  
Live like a salmon and go against the stream.  
Fly like an eagle soaring high above the clouds.  
When we live our life above and beyond then we can change the world!  
If we live our life above and beyond...inside out ...upside down...  
Then we can change the world!

	Title	Story	Theme/Values/Keywords
1	Inside Out Introduction	David chosen as King  1 Samuel 16	An introduction to 'Inside Out' which focuses on the importance of our thoughts, feelings and emotions. We are all different. Not only on the outside but also on the inside. Christians believe we are created by God to express our emotions. It's good to share our thoughts and feelings with others because it's good for our own well-being and it also shows we care. Do we understand how others are feeling? Do we judge or make assumptions about people from their outside appearance, or do we take time to get to know others completely? Let's not bottle up our feelings but learn to come out of our shell and live life to the full, as God intended.
2	Inside Out Fear to Faith	David dances for God  2 Samuel 6	You are brilliant! You are unique, but what things stop you from shining your light (or passion or enthusiasm for things you care about) for others to see. FEAR can stop us stepping out of our shell (our comfort zone). Or to take off our superhero mask and reveal who we really are. Why is that? We may be shy, lack confidence, be embarrassed, but faith can help us to live boldly and be our best selves.
3	Inside Out Weakness to Strength	A companion for Elijah  1 Kings 19	Asking for help is a strength. God can give us strength when we ask him for help, like David did. God can give us help through a companion, like Elijah and Elisha. Sharing worries, sadness and fears makes them more able to deal with. Who can we ask to help us?
4	Inside Out Hate to Love  (Suitable for world book day on 3 <sup>rd</sup> March)	The Good Samaritan  Luke 10	How can we turn the inner hate we might feel about people or things into outward expressions of love? Have you ever heard the expression 'You either love it or hate it'? Some people have very strong opinions. It can be very easy to judge a book by its cover but we shouldn't judge the worth or value of something by what it looks like on the outside. Instead we should spend time and effort in getting to know a person for who they really are on the inside too.



5	Inside Out Trouble to Peace	Jesus calms the storm  Mark 4:35-41	In the story of Jesus calming the storm, outside the boat was choppy and troubling, inside the boat with Jesus the disciples did not need to worry. Jesus helped bring peace to his disciples and calmed the storm. In this worship we will look at some practical techniques of using what's on the outside to help calm us on the inside. Who can we turn to when we feel troubled? Christians believe God is always with us and we are never alone. When we are feeling troubled, we can give him our worries because he cares for us.
6	Inside Out Easter Sadness to Joy	The Easter Story  John 20	In the final worship for 'Inside Out' we focus on the Easter Story. How can a story that is so very sad, turn into an occasion for great joy? As we consider the different emotions experienced and shared by the different characters in the story, we will discover how all the pain and sadness of Jesus' death was left inside the tomb. It's because Jesus came out of the tomb alive that Christians can celebrate the new life Jesus gives with joy and gladness. Children will be encouraged to come 'out of their shell' to share their thoughts and feelings and to be caring and compassionate like Jesus by asking others how they are feeling.



## 1. Inside Out: Introduction

**Theme:** An introduction to 'Inside Out' which focuses on the importance of our thoughts, feelings, and emotions. We are all different. Not only on the outside, but also on the inside. Christians believe we are created by God to express our emotions. It's good to share our thoughts and feelings with others because it's good for our own well-being and it also shows we care. Do we understand how others are feeling? Do we judge or make assumptions about people from their outside appearance, or do we take time to get to know others completely? Let's not bottle-up our feelings but learn to come out of our shell and live life to the full, as God intended.

**Bible Reference:** 1 Samuel 16 – David chosen as King

**Resources:** A bottle of fizz and some plastic sheets/cloths to contain the mess!

**Introduction:** Greet the children wearing an item of clothing such as a jumper or a jacket that is obviously inside out! Ask the children what's wrong? Why are they laughing or looking at you strangely?

Oh dear, I've put it on INSIDE OUT! Explain that the theme for worship this term is 'INSIDE OUT' where we will be focusing on the things going on inside each of us, that are good to share with others so we can live our lives to the full. Our thoughts, feelings, and emotions.

We are all different, not only do we look different on the outside, but we are all very different on the inside. Christians believe we are created by God to express our emotions. We can't help but smile when we are happy...LOOK! (Smile). Sometimes it's easy to communicate what's going on inside up, but sometimes it can be difficult to share how we feel. If we hold feelings inside that need to be let out, it can sometimes hurt us.

Show a bottle of fizz. Look what happens when I shake up this bottle of fizz. It bubbles up and the only way to release the pressure is to unscrew the lid and let the inside fizz get out. It's the same for us. It makes us feel better when we can release the pressure of our feelings and emotions when we turn the inside out and share how we are feeling with others.

This term we are going to be looking at different characters from the Bible and we will discover how God helped them to become the people he wanted them to be by looking at them from the inside out.

**Game/Activity:** Things you can and can't see.

Ask for about 5 children to volunteer in this activity. Ask the children to line themselves up based on different categories of things everyone can see ... line up in the order of who is the tallest, line up in the order of who has the darkest hair, line up in the order of who has the longest hair.

Thank them for taking part and let them sit down. Ask (but just to think about) I wonder how would we be able to tell who is the kindest, the most thoughtful, the most courageous?





**Bible Story:** 1 Samuel 16 – David Chosen as King

Samuel was a prophet. God would use him to share important messages with his people and to give wise advice to the King. The problem was that the current King, Saul had stopped listening.

“Samuel,” God said, “the time has come for a new King, one who listens to me, who loves my people like I do. Go to Bethlehem and find a man called Jesse, one of his sons is to be my new King.”

So, Samuel travelled to Bethlehem, “Let me meet your sons,” Samuel said to Jesse when he arrived, but he didn’t tell him why.

So, Jesse brought out his first son, a young man called Eliab, he was very tall, very strong and very handsome. “This must be the one,” Samuel thought to himself.

But God said, “No.”

“This is not the one,” God said, “you are looking at their outward appearance, but I am looking at their heart, what is on the inside.”

So, Jesse brought out his second son, Abinadab. Abinadab was very tall, very strong and very... you guessed it, handsome.

“This must be the one,” Samuel thought to himself.

But God said, “No”. “Keep looking,” God told Samuel.

So, Jesse brought out his third son, Shimea. Shimea was very tall, very strong and very handsome.

“This must be the one,” Samuel thought to himself.

But God said.... “No”.

So Jesse brought out his fourth son, and his fifth, and his sixth and his seventh, each one was tall, each one was strong, each one was handsome and each time God said... “No.”

“I am sorry,” Samuel said to Jesse, “God has not chosen any of these sons, do you have any more?”

“Well, I do have one more,” said Jesse, “he’s the youngest and he is in the fields looking after the sheep and goats.”

“Send for him,” said Samuel, so they sent for the final son, his name was David.

Samuel looked at David, he wasn’t as tall as the other brothers, he didn’t look as strong. “Are you sure God?” said Samuel.

“Yes!” said God, “this is the one I have chosen, he will be the King. He has a heart like mine full of love and kindness and I know he will listen to my voice and make wise choices.”

So, Samuel took a special oil and poured it over David’s head, “God says you are his chosen one,” Samuel said, “one day in the future you will be the King.”





**Pupil Response:** What can we learn from this story? *How important it is not to judge people by their outside appearance but to get to know them on the inside too.*

*How can we get to know a person on the inside? Spend time with them, listen to them, encourage them to come out of their shell and share their thoughts, feelings, and emotions.*

**Reflection:** Do you understand how others are feeling? Do you judge or make assumptions about people from their outside appearance?

Christians believe that each one of us is special to God both on the inside and the outside. Our outside appearance does have an impact on our lives because it's all part of our identity and is what people see first. But what matters most is for us to share our thoughts and feelings with Him and others because it helps our own well-being, and it shows others we care. It gives us an opportunity for us to let out the fizz inside us out!

**Prayer:** Dear God, thank you that we are all different both on the inside and the outside. Thank you that we are all special to you. Help us to share our thoughts, feelings, and emotions with others so that we can live our lives to the full and as we spend time with others help us to show how much we care by getting to know people completely. Amen.



## 2. Inside Out: Fear to Faith

**Theme:** You are brilliant! You are unique, but what things stop you from shining your light (or passion or enthusiasm for things you care about) for others to see. FEAR can stop us stepping out of our shell (our comfort zone). Or to take off our superhero mask and reveal who we really are. Why is that?? We may be shy, lack confidence, be embarrassed, but faith in God can help us to live boldly and be our best selves.

**Bible Reference:** 2 Samuel 6

**Resources:** A blindfold, items in clear bowls for the game, cloth, towel & handwipes.

**Introduction:** What is something that you are afraid of? Perhaps it is spiders or snakes, climbing to the top of tall buildings or swimming in deep water, maybe you find the dark a little bit scary. (*Share examples from your own life*). Maybe you are afraid of public speaking or meeting new people.

What do our weaknesses and fears stop us doing? Do you ever hold back from doing something because of what other people might think? What can we do to help ourselves push past our fears?

**Game/Activity:** Fear factor Game... will you put your hand in something gross? Sometimes we are scared of things because we can't see them, or because we don't know what is going to happen next.

Invite a child to face the unknown! Blindfold them and ask them to put their hand into a few bowls of items that feel strange. Explain that none of the items will hurt or harm them! (eg Baked Beans, Jelly, Slime, A prickly scrubbing brush, a sponge, a soft toy.

Did they guess the items? How did it feel to step out of their comfort zone?

**Main Content:** Remember David? In our last assembly he was chosen by God to be the new King of Israel, even though he wasn't as big or strong as his brothers God knew that in his heart, he was the perfect choice because he loved God with all his heart.



**Bible Story:** 2 Samuel 6 – David dances for God

Many years ago, God had given his people a special gift, a wooden box to carry his commandments in. "Carry this with you, everywhere you go," God told his people, "It will be a sign that I am with you and a reminder of how I want you to live for me."

Then one day a dreadful thing happened, during a battle with their enemies the Philistines God's people the Israelites were defeated, and the special Ark of God was carried away. The Philistines celebrated. They had captured the most prized possession of the Israelites. "Without this, they will be nothing," the Philistines thought. But God had other plans, every time one of the Philistines tried to go near the Ark terrible things happened to them, people got sick or fell down, they moaned and groaned in pain. "Quick, get rid of the Ark they cried, give it back, we don't want it anymore."

The Ark was given back to the Israelites, and they carried it to a place called Kiriath-jearim where it stayed for twenty years. This was during the time when Saul was King.

When David became King, things changed, David loved God, he loved to sing songs to him, to dance and worship him. "It is not good that the Ark of God is so far away," David said, "let us bring it to our capital city, Jerusalem and celebrate the victories that God has given us."

David took 30,000 soldiers to collect the ark, as well as musicians with all kinds of instruments—lyres, harps, tambourines, castanets, and cymbals. People lined the streets excited to see their special treasure returning after all this time, they shouted and cheered with excitement, they blew rams horns in celebration. There was nobody more excited than David, as the Ark was carried into the city David danced and leaped around, he threw his hands in the air and shouted for joy in the street.

David's wife Michal was watching from her window as the Ark of God arrived, she saw the parade, the soldiers, the musicians, all the people watching...and then she saw David, dancing and leaping in front of everybody. Michal was horrified, she was mortified, she was ashamed and embarrassed for David, what did he think he was doing? When David got home later that evening, she began to shout at him.

"What do you think you were doing," she yelled, "you are supposed to be the King, to set an example, but instead you were dancing in the dirty street, everybody was looking at you. You looked completely foolish."

David looked at Michal, "Why do you care what people think of me?" he asked, "I don't mind what they say, I am not embarrassed or ashamed. I know that God chose me to be King over his people, he has given us amazing victories and helped us to bring the Ark home. I do not mind looking like a fool, I am not scared of people laughing at me, the only thing I care about is showing God how much I love Him!"



**Pupil Response:** Why do you think David was so excited and happy? How do you like to celebrate a good achievement or event? Why do you think David's wife was so upset by his behaviour? What things do you find embarrassing?

**Reflection:** There were lots of reasons for David not to dance in the street, he must have known that people would stare at him, that they might laugh at his dance moves, he could have been embarrassed by their comments, or scared of their opinions. It wasn't that David didn't care what people thought, he might have even felt worried or afraid but for David the most important thing was showing how grateful he was to God.

David trusted God completely, it was God's opinion that David valued and nobody else's, David knew that God loved to see him dance and to hear him sing. He knew that worshipping God was the most valuable gift he could gift to say thank you for what God had done.

What are some of the things you are most passionate about? The things that are most important in your life? When we find activities that bring us joy and happiness, we often choose to do them even if other people might think they are strange.

Christians believe that when we have faith and believe and trust in God like David did then it is easier to live our lives for Him, no matter what people think. Just like David, Christians choose to stick out from the crowd, letting their light shine for others to see. When you have God as your friend, Christians believe that nothing, not even fear can hold us back.

**Prayer:** Dear God, Thank you that you want to be our friend, that when we know you we can be bold and brave like David was. Help us to push aside fear this week, to be confident and live our best lives. Amen.



### 3. Inside Out: Weakness to Strength

**Theme:** Asking for help is a strength. God can give us strength when we ask him for help, like David did. God can give us help through a companion, like Elijah and Elisha. Sharing worries, sadness and fears makes them more able to deal with. Who can we ask to help us?

**Bible Reference:** 1 Kings 19 – A Companion for Elijah

**Resources:** Pictures and Situation Cards for the game.

**Introduction:** Talk about something you find really difficult. Have you ever found something a bit too difficult? You've really had a go but you're struggling with it. Do you keep trying, getting more and more upset? Or do you stop and ask for help? I need help!

We all need help sometimes. Who would you choose to help you when you are struggling with something?

**Game/Activity:** Who is the best person to help?

Show pictures of some people who we might ask for help (or show hats representing those people) ...

*a policeman, a professor, a doctor, a builder/carpenter, a chef, a pirate.*

Then, ask a volunteer to randomly pick a situation card, (read it out) and see if they choose the best person to help them. Did they pick the best person? If not, who would have been the best person?

Situation Cards: 1. You are lost and need to get home.

2. You are hungry and would like a sandwich.

3. You have found some treasure and need to find a place to bury it.

4. You need to learn your spellings.

5. You have a temperature and aren't feeling well.

6. You have lots of books to tidy up and need a new bookshelf.

**Main Content:** Elijah is a character from the Old Testament in the bible. He was chosen by God to show the people of Israel that God was the true God and to try to bring them back to him, but he needed some help. God realised that Elijah needed a helper and friend.

**Bible Story:** 1 Kings 19 – A Companion for Elijah

Elijah loved God, he loved to listen to God and go on adventures with Him. Elijah knew that God was always with him and that when he prayed God listened. Our story begins just after Elijah had been on his biggest adventure yet. There had been no rain in the land for three years and God had told Elijah there would be no rain until King Ahab stopped following a false god called Baal and followed the true God once more.



The followers of Baal had challenged Elijah in a competition, whoever could call on their God and bring fire from the sky would be the winner. Elijah wasn't worried, he wasn't scared, he was excited, he knew that God was always listening and answered his prayers. "I know you hear me God," Elijah said, "I know you are there, show everybody here who you are!" Fire had blazed from the sky, burning up the wood and drying up the water. Everybody had bowed down on the ground, "The Lord is God" they had shouted.

But the adventure wasn't over. Next Elijah went to a tall mountain top looking out towards the sea. "I know you hear me God," Elijah said, "I know you are there. Would you send the rain we so desperately need?" A small cloud, the size of a fist, appeared coming from the sea." Elijah knew the time had come, he picked up his robes and ran, faster than the wind back to the city as the rain began to drip and then fall and then pour from the sky!

But now the adventure was over, Elijah had run and run until he couldn't run any further. Suddenly he felt tired, and scared and lonely. He knew that some people were very angry about what he had done, that soon they would be coming to find him.

"I know you hear me God," Elijah said, "I know you are there, but I am tired and scared, I am lonely and hungry, and I don't know what to do." God brought Elijah to a place called Mount Sinai, a special mountain, "What are you doing here Elijah," God asked.

"I have been on many adventures with you," Elijah said, "you have always been with me, but now I am scared, I feel like I am all alone, like there is nobody else on my side."

"You might feel lonely?" God told Elijah, "But you are not alone. What you need is a companion, somebody to encourage and support you. I know just the person."

So, God sent Elijah to meet a young man called Elisha who was ploughing in the fields. Elijah went up to Elisha, he took off the cloak he was wearing and threw it around Elijah's shoulders. "Will you be my assistant?" Elijah asked. Elisha stopped what he was doing, he left his plough, he left his field and he followed Elijah. From then on, everywhere Elijah went, Elisha followed, he learned from Elijah and copied his example and Elijah never felt alone ever again.

**Pupil Response:** Why did Elijah need help? What happened when he tried to do it on his own? What did God do? Why did that help Elijah? I wonder what you would have done in Elijah's place?



**Reflection:** In our last assembly, we heard about David dancing in the street and praising God. But he wasn't always so happy. There were many times in his life that he was miserable or worried or afraid or felt that he couldn't do something, and each time he would cry out to God and ask him to help. It was only when he admitted to God about how he was feeling weak and unable to sort out his problem on his own, that God was able to help and give him strength.

David wrote in Psalm 121, "I look up to the hills. But where does my help come from? My help comes from the Lord."

Christians believe that they can always ask for help from God. As David writes in Psalm 116, "I love the Lord because he listens to my prayers for help. He paid attention to me. So, I will call to him for help as long as I live."

Keeping worries, fears and sadness inside isn't good for us. We need to ask for help with them, to share them and get them out. Asking for help when we've tried our hardest isn't giving up, it isn't weakness. It's a sign of strength to know when you need to ask for help. When we know we don't need to struggle alone on the inside, we become stronger and more confident on the outside.

Can you think of a time when you have asked for help? Who did you ask? How did you feel when you asked? How did you feel after?

**Prayer:** Dear God, Thank you that you will always help us when we ask you for help. Help us to know when we need to share our worries, our fears, our struggles, and show us the best people to help us. Help us to bring our difficult feelings from inside to out. Amen.





#### 4. Inside Out: Hate to Love

**Theme:** How can we turn the inner hate we might feel about people or things into outward expressions of love? Have you ever heard the expression 'You either love it or hate it'? Some people have very strong opinions. It can be very easy to judge a book by its cover but we shouldn't judge the worth or value of something by what it looks like on the outside. Instead we should spend time and effort in getting to know a person for who they really are on the inside too.

**Bible Reference:** Luke 10 – The Good Samaritan

**Resources:** Pictures or items of things people love or hate for the game. 2 books with different covers. Costumes/Props for acting out the story.

**Introduction:** Have you heard the expression 'You either love it or hate it'? Some people have very strong opinions about these foods. What do you think?

**Game/Activity:** Love or hate it? Marmite, sprouts, coriander (genetics mean that for some people it tastes of soap), liquorice, olives, marzipan, coffee.

Show pictures/or actual items of the above foods – ask children to give a thumbs up if they love it, a thumbs down if they hate it and a shrug if they haven't tried it, or are unsure.

I wonder if you will always think this about these foods or whether your tastes will change.

**Main Content:** Have you ever picked up a book, looked at its cover and thought 'That doesn't look very good/ interesting/exciting' and put it down again? Are you attracted to a book by the picture on the front? There's a saying 'Don't judge a book by its cover'. What do you think that means? [Show two books, one with plain cover? Which would you be attracted to?]

It's not really used about books (although it can be good advice sometimes) but means you should not judge the worth or value of something just by what it looks like on the outside. You shouldn't judge what's on the inside, by what you can see on the outside.

**Bible Story:** The Good Samaritan – Luke 10

One day an expert in Jewish law came to talk to Jesus, "I know that we are told to love God with all our heart, soul and strength and to love our neighbour as yourself," the man said, "but who is my neighbour?"

Jesus smiled, "let me tell you a story, then perhaps you will know the answer."

This is the story that Jesus told.

One day a Jewish man was travelling from Jerusalem to Jericho, when bandits attacked him, they tore his clothes and stole his donkey, they beat him up and left him for dead!

"That is a terrible thing to happen," the listening man said. Jesus smiled again, "let me tell you what happened next."

Luckily for the man the road was busy that day, somebody else was walking along, a Priest from the Temple.

"Priests are very wise and well respected," the listening man said, "I am sure he will help them injured man."

Jesus shook his head, "The priest saw the man lying on the roadside and quickly crossed over to the other side so he could pass by as far away as possible."

"Well, perhaps he was in a hurry," the listening man said.

"Then another person walked along the road," Jesus explained, "this man was a Levite, an assistant in the temple. He also saw the man lying by the road, but he crossed over the road as well as passed by on the other side."

"I do hope somebody comes along and helps the man soon," the listening man thought to himself.

"Finally, a Samaritan walked past." Jesus began.

"Wait," the listening man interrupted, "did you say Samaritan? Oh dear, I don't like Samaritans, they are so different from us, they believe different things and they don't worship at the same temple as we Jewish people. There's no chance that a Samaritan would help a Jewish person, we are enemies!"

Jesus just smiled and continued. "The Samaritan saw the man lying by the side of the road, and he felt compassion for him. He went over to the man and carefully wiped and bandaged his wounds, he lifted him onto his donkey and carried him to the nearest inn. Taking money from his own purse the Samaritan paid for the man to stay at the inn, to be fed and cared for. When I come back this way, I will pay any extra costs, he promised the inn keeper."

The man listening had gone very quiet, his brow was furrowed as he thought deeply.

"Who do you think was the neighbour to the man who was attacked?" Jesus asked gently.

The expert in the law, was quiet for a long time, then he said, "the one who helped him was the neighbour, the one who was kind and showed love to him."

"Now you must go and do the same to others," Jesus said, "because anybody can be your neighbour."



**Pupil Response:** Imagine you were one of the people listening to Jesus telling this story for the first time. Who would you have expected to help? Why was it a surprise that the Samaritan helped? How would you retell this story to give the same message?

**Reflection:** When you meet someone for the first time, how much do you know about them? You can see their outside appearance, but can you tell what they are like on the inside? How do you get to know their inside?

Do you think people can tell what you are like inside when they first meet you? What would you like people to know?

*We should only make judgements about something, or someone, when we know not only what we can see on the outside, but also what is on the inside.*

**Prayer:** Dear God, help us to remember that sometimes what we see on the outside is not what is inside. Help us not to judge by appearances, but to get to know one another, and find out about what is inside each of us. Thank you that you know us deeply, inside, and out. Amen.



## 5. Inside Out: Trouble to Peace

**Theme:** In the story of Jesus calming the storm, outside the boat was choppy and troubling, inside the boat with Jesus the disciples did not need to worry. Jesus helped bring peace to his disciples and calmed the storm. In this worship we will look at some practical techniques of using what's on the outside to help calm us on the inside. Who can we turn to when we feel troubled? Christians believe God is always with us and we are never alone. When we are feeling troubled, we can give him our worries because he cares for us.

**Bible Reference:** Mark 4: 35-41 Jesus calms the storm.

**Resources:** Instruments/pots and pans to make storm sound effects during the story.

**Introduction:** This term we've been thinking about our feelings and emotions on the inside and how important it is for our well-being to share our feelings with others. We've talked previously about overcoming our fears with faith, but sometimes we can be troubled by things happening around us that seem out of our control.

Listen carefully, I'm going to make some sound effects now of something that happens occasionally that might make you feel troubled. What do you think it is? (Make the sound effects of a storm – start with the gentle pitter patter of raindrops and then get louder to a final crash of thunder using a cymbal or a frying pan!)

Yes, that's right! It's a storm. How does a storm make you feel inside?

**Activity:** Now it's your turn. Using just our bodies we are all going to create a storm!

Copy my body actions to make the sounds. No sound is needed from our voices!

- |   |              |
|---|--------------|
| 1. Finger on lips                                       | SILENCE      |
| 2. Rub hands together                                   | WIND         |
| 3. Pat thighs   | LIGHT RAIN   |
| 4. Snap Fingers   | RAIN SHOWERS |
| 5. Clap Hands   | HEAVY RAIN   |
| **You might like to crash your cymbal for the THUNDER** |              |
| 6. Clap Hands   | HEAVY RAIN   |
| 7. Snap fingers   | RAIN SHOWERS |
| 8. Pat thighs   | LIGHT RAIN   |
| 9. Rub hands together                                   | WIND         |
| 10. Finger on lips                                      | SILENCE      |

**Main Content:** Many people find storms to be troubling. The thunder and lightning can be very loud and scary, and it can make us feel quite out of control. In our Bible story Jesus was outside in a boat with his disciples. Let's find out how they felt inside when a storm came.



**Bible Story:** Mark 4: 35-41 Jesus calms the storm.

Jesus had been very busy all day, he had told stories, taught lessons, made new friends, prayed for the sick, comforted the sad and cared for everybody he met. A huge crowd had gathered, and it didn't look like they were planning to go away any time soon.

"Let's go over to the other side of the lake," he told his friends the disciples, "tomorrow is another day with more people to meet, but right now I need to rest."

So, the disciples climbed into the boat and set sail across the lake. Jesus went to the stern, the back of the boat, laid down with his head on a pillow and went straight to sleep.

As they crossed the lake, it began to rain, just a few drops at first, then more and more, heavier, and heavier. The wind began to blow, louder and stronger and the waves began to grow, bigger and bigger and BIGGER.

"I don't like the look of this," Peter, one of the disciples said.

"Me neither," James another disciple called out as a wave hit the side of the boat and water crashed onto the deck.

Lightning flashed across the sky and thunder boomed and cracked. The boat creaked as it is tipped forwards and backwards, left and right. The waves got higher, and the wind got stronger, and the rain got heavier, and the storm got louder.

"Where's Jesus?" Andrew shouted, "Doesn't he care that we are going to drown?" But Jesus was fast asleep, in the stern of the boat.

"Wake up Jesus!" the disciples shouted, "Help us! Please!"

Jesus woke up, he looked at the disciples frightened faces, he looked at the pouring rain and the flashing lightning, he listened to the crashing waves and the roaring thunder.

"Be Quiet." Jesus told the thunder, "Be Still," Jesus told the wind and the waves. And instantly the storm was gone, the lake was still and calm, a gentle breeze filled the sails. Everything was peaceful and oh so quiet. Jesus' disciples stared in amazement.

"Why were you afraid?" Jesus asked them gently, "do you still not understand who I am? Do you still not believe in me?" Jesus turned over, closed his eyes, and went back to sleep.

"Did you see that?" Andrew asked.

"Did you see what he did?" Peter gasped.

"Even the winds and the waves do what he says," James whispered in amazement. But Jesus didn't hear them, he was already fast asleep.

**Pupil Response:** How did the disciples feel at the beginning of the storm? How did Jesus help them? What feelings and emotions did they have after Jesus calmed the storm?

Even these brave, strong, experienced fishermen and sailors had an experience where they were very scared and frightened. So, it's okay for us not to feel okay!

Jesus calmed the storm and made the weather and sea outside the boat peaceful. Jesus calmed the storm, and he helped the disciples to feel peace inside.



**Reflection:** Where does our peace come from?

When we are feeling troubled by a situation there are some practical things we can do, by using what's on the outside to help us have a sense of peace inside. This is a technique known as grounding. Once you find your breath, go through the 5,4,3,2,1 step exercise to help yourself feel calm.

1. Acknowledge FIVE things you can SEE around you. (It could be a pen, a spot on the ceiling, anything in your surroundings).
2. Acknowledge FOUR things you can TOUCH around you. (This can include your hair, the ground etc).
3. Acknowledge THREE things you can HEAR. (If you can hear your belly rumbling that counts!).
4. Acknowledge TWO things you can SMELL. (Clothing, food cooking).
5. Acknowledge ONE thing you can TASTE. (What does the inside of your mouth taste like – toast from breakfast?).

Christians believe that whenever we feel troubled, we can also have peace from knowing that we are not alone. The bible tells us in 1 Peter 5 v 7 to "Cast all your anxiety on Jesus, because he cares for you".

When the disciples were troubled in the boat, they asked their friend Jesus for help.

The next time you feel troubled think about the ways you can feel peace and who will you ask to help you?

**Prayer:** Dear God, thank you for all people you have given us in our lives to help us when we feel troubled. For our friends and families and teachers. Thank you too for the ways in which we can find peace. Help us to cast our cares onto Jesus when we feel worried because He cares for us. Amen.



## 6. Inside Out: Easter – Sadness to Joy

**Theme:** In the final worship for 'Inside Out' we focus on the Easter Story. How can a story that is so very sad, turn into an occasion for great joy? As we consider the different emotions experienced and shared by the different characters in the story, we will discover how all the pain and sadness of Jesus' death was left inside the tomb. It's because Jesus came out of the tomb alive that Christians can celebrate the new life Jesus gives with joy and gladness. Children will be encouraged to come 'out of their shell' to share their thoughts and feelings and to be caring and compassionate like Jesus by asking others how they are feeling.

**Bible Reference:** The Easter Story - John 20

**Resources:** Bag/Box and items for what's in the box game (see list below), Objects for the story – a small cross, a stone, a piece of linen, a heart, a perfume bottle.

**Introduction:** This term we've been thinking about our feelings and emotions we have inside and how important it is share them on the outside. Can you remember what emotions and bible stories we've looked at?

David – God looks at our hearts, David dancing in the street – fear to faith, Elijah needing help from Elisha – weakness to strength, The Good Samaritan – from hate to love, and Jesus calming the storm – showing us how to find peace.

Today we are going to be think about being happy or sad. Let's play a game to see whether when we see an object it can make us feel HAPPY or SAD.

**Game/Activity:** What's in the box - How does it make you feel?

This game can either be played by individual children who pick out an object from the box to say what it is and how it makes them feel, or it can be played by all the children giving a thumbs up if the object makes them feel happy, or a thumbs down if it makes them feel sad.

<u>OBJECT</u>	<u>EMOTION</u>
A party popper	Happy
A broken pencil	Sad
A burst balloon	Sad
A bar of chocolate	Happy – but if you're not allowed to eat it? Sad!
A well-done sticker	Happy
A popper fidget gadget	Happy
A sock with a hole in	Sad
An Easter Egg (save for last)	Sad or Happy???

**Main Content:** The Easter Story is a story full of emotion. It is a very sad story of Jesus dying on a cross and being put inside a tomb. So, I wonder why Christian's celebrate Easter as a joyous festival. Let's find out ...





**Bible Story:** An Inside Out Easter – John 20

*As you tell this story have a selection of objects displayed on a table including a small cross, a stone, a piece of linen, a heart, a perfume/ointment bottle.*

Mary Magdalene was feeling very sad, it was the week of Passover, it should have been a time of joy and celebration but instead she had seen her best friend Jesus killed on a **cross** even though he had done nothing wrong.

Mary had seen Jesus perform many amazing miracles, he had fed thousands of people with just a few loaves of bread, healed people who were blind and deaf, even raised people from the dead, but now he was gone, and Mary felt empty inside like there was a big hole in her **heart**. Mary felt like there was a storm inside her, which made her stomach shake and feel sick all the time. Mary didn't understand what was happening and it made her scared.

Normally when somebody died their body was wrapped in special clothes and covered in special oils and spices before it was placed in a tomb, but everything had happened so fast, and Jesus had been put into a stranger's tomb instead.

Today Mary had come with the **special oils** and ointments she needed. It was only as she walked through the gardens, she realised that she would not be strong enough to roll away the **stone** in front of the tomb on her own.

As she approached the tomb Mary could see that something was wrong, the large stone had already been rolled to the side, she ran into the tomb and looked around, where was the body of Jesus? Only a few strips of **linen** and cloth lay on the ground. The tomb was empty! "Where have they taken Jesus?" Mary asked, he is supposed to be inside the tomb, "Who has moved his body?"

Mary ran outside, she sat down on a large stone and began to cry, "this is not how it was supposed to be" Mary wept. Suddenly out of the corner of her eye Mary saw something bright, something shining, she looked back towards the tomb and her mouth opened wide in amazement. Two angels were sitting where Jesus' body should have been. "Why are you crying" the angels asked Mary.

"They have taken my Lord away," Mary explained, her eyes wide.

"Who are you looking for?" a voice behind her asked.

Mary turned around, the rising sun was in her eyes, "Are you the gardener?" Mary asked the stranger, "did you move the body from the tomb?"

"Mary." The stranger spoke softly. The voice was gentle and kind and oh so familiar.

"Jesus?" Mary asked. And there he was standing before her, Jesus who wasn't inside the tomb, but outside, who wasn't dead but alive, Jesus her friend and Lord. Suddenly Mary felt full again, where the sadness and fear and turmoil had been there was joy and happiness and faith and peace.

"Go now," Jesus told her. "Tell everybody what you have seen."



**Pupil Response:** What feelings and emotions did Mary experience? Who helped Mary change from feeling sad to feeling happy?

**Reflection:** Throughout this term we've been thinking about different feelings and how important it is for our good well-being that we don't hide them inside us. Mary was very open about her feelings. She felt sad, scared, empty, sick. She cried. She couldn't understand why Jesus was put to death on a cross when he hadn't done anything wrong.

It's good for us to show our feelings too, especially when we are feeling sad as then we can be helped to find happiness.

Can you be like Mary? Open about how you are feeling.

Jesus was a very good friend to Mary. Who is it who helps you change from feeling sad to happy?

Can you be a good friend like Jesus? Showing you care by asking how others are feeling.

It was a very sad day when Jesus died and his body was put INSIDE the tomb, but Christians celebrate with joy and happiness because Jesus rose from the dead and appeared ALIVE to his friends and disciples OUTSIDE the tomb! Christians believe that it is because Jesus is alive that we can have happiness, joy, new life, and hope.

How will you celebrate Easter? Can you share your Easter celebration with others?

**Prayer:** Dear God, thank you for all the different feelings and emotions you have put inside us. Help us to be open about how we are feeling so that even in times of great sadness you can help change our sadness to joy.

Thank you that when we bring our feelings inside out, you help turn fear to faith, weakness to strength, hate to love, trouble to peace and sadness to joy. Thank you too for Easter, knowing that Jesus died and rose again so that we can have hope and happiness for the future. Amen.

HAPPY INSIDE OUT EASTER!