

# Worship 2 Go

## Drawing School and Home Together

Thanks to all those people who have made some of the resources collated here available to share

# Peace

### BIBLE VERSE

Jesus said: 'Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid'.

You can find this in the Bible in the book of John Chapter 14 verse 27.

### Daily Prayer

Dear God,

Thank you that the Holy Spirit brings hope, comfort and peace.

Help us to remember that.

Help us to find a sense of the peace you promise, knowing that you are with us in every part of life. **Amen**

### Wondering

I wonder what does the word 'peace' makes you think of

I wonder where or when you are able to find peace

I wonder how do you make peace with others

### Creative Prayer 1 ~ Bring peace to yourself

Find a space – it might just be a corner – where you can build a den in your home, with some pillows, cushions maybe a blanket.

For hundreds of years, people have found that being set apart from other people helps them to be more aware of themselves and also of God. To breathe slowly. To be still and listen. To be with God.

Be still in the den. Be with God. Breathe slowly. Prayer isn't always about speaking. Sometimes it is just about listening. Listen. I wonder what you can hear.

### Creative Prayer 1 ~ Flying Dove Peace Prayers

You will need: A straw, a paper dove shape, a small rectangle of paper, sticky tape, a pair of scissors and pens (if you want to print a template and instructions, go here <https://flamecreativekids.blogspot.com/search?q=DOVE> ).

Wrap the paper rectangle around one end of the straw (not too tight) and then fold the top of the paper over to make a 'pocket' for the end of the straw. Make sure that there is a little gap between the fold of the pocket and the end of the straw or your paper will stick to the straw and will not fly when the time comes!



Write or draw prayers for people or places who need God's peace on the front of the dove shape. Turn the dove over and stick the paper the paper pocket to it. Turn the dove the right way round, aim it and then blow through the straw. Watch your peace dove fly as a symbol of giving the prayers to God.



## Activity 1 ≈ Make a sensory bottle

I keep one of these on my desk. I like to shake it and watch the contents settle when I just need a moment of peace.

Use a small clean plastic bottle or jar with the label removed.

Here are some ideas for base ingredients you can use:

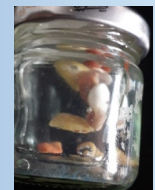
- Water with a tsp of glycerine
- Half water/half baby oil
- Clear shower gel/bubble bath/shampoo
- A drop of food colouring or water down paint for colour



water, oil, foil

Here are some ideas for objects you can add:

- Small shells
- Eco friendly glitter/sequins
- Cut up pieces of foil from packets/tin foil/sweet wrappers
- Small buttons



shells, shower gel

Put your chosen ingredients in the container. Make sure the lid is on tightly and then swirl or turn upside down. Take a moment of peace to watch how the contents move or settle. You could experiment with different bases and objects. Do you notice a difference in how things move?

## Activity 2 ≈ Peace through sharing

Some people find making cakes can help them find a sense of calm and peace especially if they are for sharing with other people in their household. Here's an easy recipe for no bake cornflake cakes. You might need to make these with an adult.

Wash your hands. Put 50g butter (about 1/5 of a block or 10 teaspoons if you don't have scales), 100g milk or dark chocolate (check the packet for weight if you don't have scales) and 3 tablespoons of golden syrup (it doesn't matter if you miss this last ingredient) into a pan or microwavable bowl and melt slowly together, stirring occasionally. Put 100g cornflakes in another large bowl. When the chocolate mixture has cooled a little, pour it over the cornflakes and stir gently with a wooden spoon until all the cornflakes are coated.



BBC GoodFood ©

Spoon the mixture into 12 cupcake cases (if you don't have cases just make little piles of the mixture on a baking sheet or plate) arranged on a muffin tray or baking sheet. Put in the fridge to set, then take a peaceful moment to enjoy a cake and share them with others in your household too.

## Quote

"If we have no peace, it is because we have forgotten that we belong to each other."  
**Mother Teresa**

**Thing of the week...Fun fruit.** Can you make a picture with fruit or vegetables? Make sure to wash your hands first and enjoy eating it afterwards. Photos on Twitter always welcome!

