



Theme: Be still and know that I am God

'Five Minutes Peace' by Jill Murphy is a story involving the Large Family: a family of elephants that consists of Mr & Mrs Large and their children Lester, Laura and Baby. Mrs Large stacks a tray with several items she likes and tries to go upstairs for a bath and have 'five minutes peace' from the family. However, the children have other ideas.

Biblical Reference:

Psalm 46:10

'Be still and know that I am God.'

Next month's book is:

'Stickman' by Julia Donaldson

Inspiration ...

If you do not have this book, you could borrow it from the library or watch a re-telling of the story on YouTube.

 <https://youtu.be/OZMLURzv4Lw>

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Theme exploration:

Be still. Stop. Slow down. These are all very difficult things to do, but it is what the Bible asks us to do. Jesus demonstrates how important this is as He would often spend time alone with God.

'Jesus went to a place where he could be alone, and He spoke to God there' (Mark 1:35). Just like Mrs Large was trying to have 5 minutes peace. 'Be still and know that I am God' (Psalm 46:10).

These Bible verses are asking us to take some time to stop, think about God and talk to Him. You could spend this time reading your Bible, listening to some music or just chatting with God.

The Bible tells us that God is always with us and that He is there to help us every day. We just need to ask. God does not need us to close our eyes to talk to Him, we can just sit and talk to Him out loud like we are talking to our friend, or in our heads as He can always hear us. Spending time with God, however we choose to do it, strengthens our relationship with Him, just like spending time with our friends and family does.

Things for you to try this month:

- Read a Bible story and as you read it, try to imagine yourself there. What can you see, hear, touch and smell?
- Make a den where you can sit and have 5 minutes peace to talk to God.
- Make a prayer tree (you can use a jam jar and twigs) have some gift tags next to it and when you think of something you want to talk to God about write it down and hang it on the tree to remind you.
- Play your favourite tune and as you listen to it imagine God is listening with you.



We believe in the power of prayer

A prayer to pray for your family:

Dear God, we thank You for all the lovely and exciting things we get to do every day. Help us to remember to take some time each day to talk to You. Amen.

A prayer we pray for you as parents:

Dear God, we thank You for these parents and for the juggling act they are often performing with the busyness of life. Help them to find some space each day, to spend time talking to You. Amen.