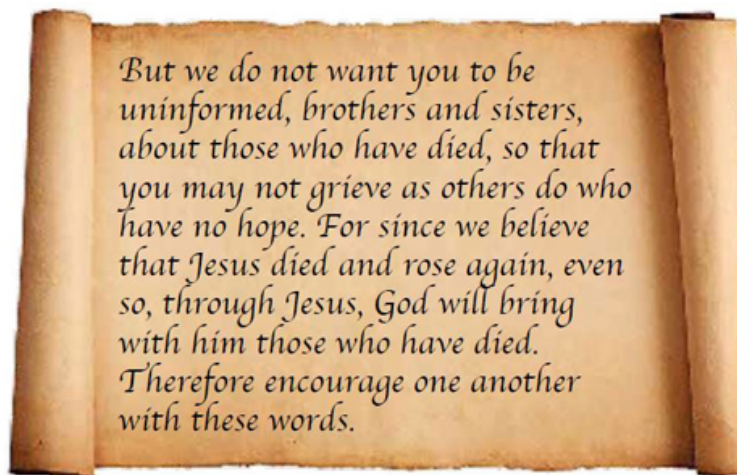


Hope in grief



Those who believe that Jesus died and rose again have nothing to fear.
Both those who have died and those who are alive will be with him for ever.



Think about it

- Why does Paul say that we can have hope when people die?
- Have you ever felt happy and sad at the same time?
- Do you know anyone who is feeling sad? What could you do to help them feel more hopeful?



Create – From death to life

You will need: jam jars or clear cups, cotton wool balls, water, runner beans. Moisten cotton wool and “plant” a runner bean inside it and place in jar/cup. Keep the cotton wool moist and put the bean somewhere in your house that gets sunlight but is not too hot.

Look out for your seed dying (through the glass) and ‘rising again’ as a bean plant

Create – Fragile prayers

You will need: sticky labels, pens, eggs, containers for eggs. Write or draw short prayers on sticky labels, asking for God’s help and hope in difficult times. Carefully stick their prayer on an egg. You can use it to make a simple cake, omelette, or other recipe.

Just as the egg has to break for something new to be created, when difficult things happen, this can bring new opportunities.



Sing it



- Shalom my friend -
<https://www.youtube.com/watch?v=FB3fdvPQDRI>
- The Lord’s my Shepherd -
<https://www.youtube.com/watch?v=-eIQayhpak>
- Father I place into your hands -
https://www.youtube.com/watch?v=F2YMVyCXc_g
- Living Hope -
<https://www.youtube.com/watch?reload=9&v=9f2FXxDVO6w>



Pray

God of all comfort, hear our prayers for all those grieving:

Lord, bring comfort and hope.

For all those facing illness:

Lord, bring comfort and hope.

For all those living with hidden pressures:

Lord, bring comfort and hope.

For all those who find themselves alone:

Lord, bring comfort and hope.

Hold us all within the circle of your love.

Amen.

Live your faith



- Whenever something difficult happens this week, pray that God would help you see something good about it too
- Give a message of hope and encouragement to someone who is having a hard time. Your message could be verbal, sent through a card or via social media, or be a gift