

# Gather

[Call to worship based on Psalm 95 by John Leach](#)

Show everyone some flowers or a plant that has died. Demonstrate how you have provided it with lots of sunshine, lots of good soil, lots of love and care, etc. but it is still dead. Encourage the congregation to suggest that the thing it really needs more than anything to grow is water.

As you read Psalm 95 (the International Children's Bible is a more accessible version) show a powerpoint of pictures of God's creation

Seeds, just like us, are full of potential. We might not grow into plants, but with care, love, encouragement and the living water of the Holy Spirit, we can grow into people that can make a difference in the world.

Offer the congregation an opportunity to plant seeds in pots that they can take home. Encourage them to give thanks for God's creation and pray for good stewardship of it as they care for and water their own plant.

As you lead your intercessory prayers invite the congregation to respond with the words of verse 3 from Psalm 95

Take a look at the [Prayer Service for climate justice put together by the World Council of Churches](#) where they use the colours of the rainbow to represent the days of creation and prayer for different regions in the

# Respond

Genesis 1:9-13

# Engage

This week's #Livelent verses from Genesis tell us that after God made land and water he filled the earth with trees and plants of every kind. There are lots of verses in the Bible that talk about how God has given so much beauty and variety to enjoy and how we should look after it.

In today's Old Testament reading Exodus 17:1-7 (see the interactive story below), we hear how, despite his already having provided them with clean water at Marah, and quail and manna when they were hungry, the people of Israel did not trust in God's provision and questioned his rescue of them from Egypt. God demonstrates his

endless patience and mercy and enabled Moses to provide the water that they needed from a rock.

In the New Testament reading (John 4:5-42) Jesus explains to the woman at the well, that his provision for us, is not just physical. If we believe in him and put him in charge of our lives then it will be as if we have drunk the water of eternal life. Not only will we live with him forever, but on earth his Holy Spirit will help us to live life in all its fullness.

#LIVE LENT

CARE for GOD'S CREATION



LAND AND PLANTS

Share this week's daily challenges from #Livelent booklet and talk about how we can all enjoy nature and do more to protect it.

Consider planning a community event where all ages can celebrate and invest in the land and plants that God has provided for us. This could be a 'church walk' or a litter pick or doing some planting on the church grounds, or in the neighbourhood

Why not consider doing a tree planting initiative like the one from the [Woodland Trust](#)

# Send

Interactive story—Exodus 17:1-7

*Tell everyone to imagine they are the people of Israel travelling through the wilderness after our miraculous rescue from Egypt. Remind them that it is hot, and they don't have cars or bicycles or phones so they can't even call an Uber. Consider the needs of the congregation and the context and decide whether you are going to ask people to stand and walk, slide along the pews, or simply turn or move their arms in the direction that you say, and instruct them accordingly. You might also want to get them to practice their cheering, huffing, puffing, and moaning so that they can join in where indicated.*

God had heard the cries of his people in slavery in Egypt and rescued them, taking them across the Red Sea to freedom [*hoorah*]. He promised them a land full of all that they needed and more [*hoorah*] but knew that their hearts needed to change before they were ready for that [*huff and puff*]. God the Provider walked in front of the people as a pillar of smoke in the day and a pillar of fire by night [*hoorah*]. They walked left [*move left*] and they walked right [*move right*]. They walked up hills [*reach high*] and they walked down hills [*reach low*]. Wherever God went the people followed [*hoorah*].

Eventually they arrived at a place called Rephidim. A superb place to camp apart from one teensy weensy little detail. No water. Yes, no river for bathing, no stream for drinking, no brook for brooking, or whatever one does in a brook! Not a single drop. The people were thirsty. It was a hot day and they had walked miles. They huffed [*huff*] and they puffed [*puff*] to each other but it didn't change anything. Some of them remembered how God had provided clean water at Marah, and Quail and Manna when they needed food [*hoorah*] but the rest still huffed [*huff*] and puffed [*puff*] and it wasn't long before they were all huffing and puffing [*huffing and puffing*] and their huffing and puffing became moans and grumbles [*moaning and grumbling*] but still nothing changed, there was no water. They decided to send their huffiest and puffiest moaners to speak to Moses.

*[Invite some volunteers to be the huffiest, puffiest moaners to stand at the front with you as the leaders of the people. They can act as you read the words the leaders say or read them from the sheet below].* “Oh Moses, we are all hot and bothered please give us something to drink” Moses didn't really know what to do but he knew that God had heard their cries in Egypt and rescued them. He also knew that God had given them water and food before when they needed it, so he told them it would be fine and to trust God, the provider. But the leaders continued to huff and puff and moan and grumble “Oh Moses, we are thirstier than thirsty, please give us something to drink”. The moans got bigger and bigger “Oh Moses we are so thirsty some of us might die!” “Oh Moses, this is all your fault, we are so thirsty a lot of us will die!” “Oh Moses, we are all going to die from thirst but before we do we might kill you!”

Moses was scared and cried out to God “Help me, I have told them you will provide but they are so huffy and puffy I think they might kill me!”

God was sad that the people still didn't trust him and remember his provision, but he answered Moses “Don't worry. I am with you” and told him what to do. So Moses told the leaders to follow him. They walked left [*move left*] and they walked right [*move right*] and they walked up [*reach up*] and they walked down [*reach down*]. When they reached the rock at Horeb the leaders were still huffing and puffing and moaning to each other about how God had obviously abandoned them, and now Moses was going mad. “What are we doing here at this dry old rock?” “Hmm, think you are caught between a rock and a hard place Moses!” “I've heard of a drink on the rocks, but this is ridiculous!”. But Moses knew that God loved his people and would provide for them, so did as he was told by God and struck the rock with his stick. Immediately, water gushed from the rock [*hoorah*].

The Bible doesn't tell us what the reaction of the huffers and puffers was to this amazing miracle. But it does say that Moses named the place after their lack of trust in God so that for generations after, people would know that this was where the people had forgotten just how amazing God the provider is. I wonder how often we are too busy huffing and puffing to remember that too!

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