

Gather

Show scenic pictures and ask the congregation to guess what season it is.

What clues are they using to make their guesses?

Read out some statistics about the stars and planets (see links below) and give some time to reflect on their magnitude

[NASA Science](#)

[Encyclopedia Britannica](#)

Today is Mothering Sunday—a sometimes difficult day for many members of the congregation. The reading from 1 Samuel 16:1-13 helps us to see that God knows exactly what is going on in our hearts and minds, we can't hide our thoughts and feelings from him. It might be appropriate to spend a few quiet moments sharing honestly with God our joys and pains, hopes and frustrations before moving on to the story of Jesus giving someone exactly what they needed and wanted

[Cartoon of Jesus healing the blind man from John 9](#)

Rituals, patterns and seasons can help us to draw closer to God. This is why the Church has a calendar of Festivals like Easter, and Seasons like Lent.

The Bible says that God is in charge of time and asks us to use our time wisely—working hard, enjoying his creation and making sure we rest well, just like he did on the seventh day. Listen to a piece of music and think about how we might spend our time wisely. Finish with the interactive prayer below

[Prayer Spaces in Schools prayer activity](#)

Respond

Psalm 104: 1-4 and 19-23

This weeks #Livelent verses come from a Psalm full of praise to God the Creator of time and space. We do not know who wrote it but many believe it was David, the Shepherd King who also wrote Psalm 23.

Just imagine what it would be like if there was no night and day and no seasons. Initially we might think it would be great, but staying up late wouldn't be exciting if there wasn't a bed time, and how would you know when to have Christmas? Time and patterns of light and darkness, warmth and cold, rain and dry help us to make sense of a life that is constantly changing. Thankfully we know that God is the same throughout time and keeps his promises forever.

Ephesians (5:8-14) reminds us that we are called to live as children of light, not reflecting the sun, like the moon, but reflecting the goodness, righteousness and truth that is God.

#LIVE LENT
CARE for GOD'S
CREATION
STARS AND
SEASONS



For many Christians being light means taking care of God's creation. Share this week's daily challenges from the #Livelent booklet and talk about how we can pay attention to the changing seasons and be children of light.

Why not make up songs of awe and wonder based on Twinkle, twinkle little star.

Take a look at this

[Messy Church Does Science take home page](#)

Send

Prayer idea

Encourage the congregation to join in with the actions as you pray and respond with the refrain 'thank you that your light shines in our life'

Heavenly Father

[hands on heart] Thank you that your light shines in our life. Thank you that you know all the thoughts and feelings that we have. Help us to take comfort in the truth that you know the longings of our hearts even when we might feel like we are all alone and unheard

Thank you that your light shines in our life.

[hands on head] Thank you that your light shines in our life. Thank you that your Holy Spirit helps us to know who you are and how much you love us. Help us to think about ways that we can give you joy and show other people how amazing you are.

Thank you that your light shines in our life.

[hands on lips] Thank you that your light shines in our life. Thank you that we can say things that help other people to know that they are loved and heard. Help us to speak kindly to each other.

Thank you that your light shines in our life.

[hands out in front palm up] Thank you that your light shines in our life. Thank you that we can do things that bring light into other people's lives. Help us to listen to your prompting, like Samuel, and do things that show how much you love them

Thank you that your light shines in our life.