

Children and family talk for 18th April 2021

Hello everyone! How are you feeling today? Tired? Bouncy? Happy? Worried? How has your week been? What different feelings have you experienced? Sometimes our feelings are like a rollercoaster, up, down, up down and around. Today we are going to look at some Bible verses where the friends of Jesus had to cope with a rollercoaster of emotions. But first we're going to sing a song that might help to calm us down, and make us ready to think about God.

Be still:

Be still and know that I am God (X3)

In you, Lord God, I put my trust (X3).

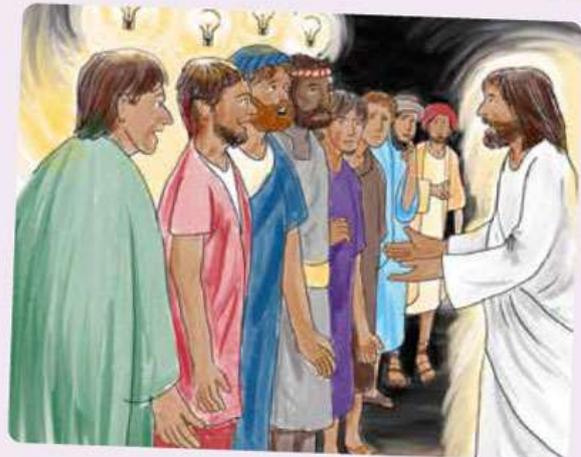
I am the Lord who saves and heals (X3)

Based on Psalm 46 verse 10 Author unknown. SoF 41 JP 22, MP 48, CH4 755

Our Bible reading today is from Luke 24 verses 36-48

As Cleopas was telling the eleven disciples and their friends about the traveller who had talked with him on the road to Emmaus, Jesus appeared in the room with them. He said: 'Peace be with you!' They were shocked and terrified. ☼ They thought he was a ghost. Jesus said to the disciples, 'Why are you so scared and fearful? Look at the scars on my hands and my feet. It's me, Jesus! Touch me and see. A ghost wouldn't have flesh and bones.' He showed them his hands and feet. They were joyful but confused. While they were still wondering, Jesus asked, 'Do you have anything to eat?' They gave him a piece of cooked fish and he ate it in front of them.

After he had eaten, Jesus said to them, 'These are the things that I was telling you about when we were together: how everything written about me in the Scriptures – the law of Moses, the prophets and the psalms – would come true.' Then Jesus explained everything to them and opened their minds to understand. The disciples felt calm; things seemed clearer now.



He told them, 'It is written in the Scriptures that the Messiah will die, ☼ but after three days he will rise from the dead. And the good news, forgiveness of sins for those who repent, will be announced in his name to everyone, starting from here, Jerusalem.' Jesus said to his disciples: 'You are witnesses to all these things that are now happening.'

Luke 24:36b-48

Now let's sing again; **The Lord's my shepherd**

The Lord's my shepherd, I'll not want
He makes me lie in pastures green.
He leads me by the still still waters,
His goodness restores my soul.

*And I will trust in You alone.
And I will trust in You alone,
For your endless mercy follows me,
Your goodness will lead me home.*

He guides my ways in righteousness,
And he anoints my head with oil,
And my cup, it overflows with joy,
I feast on His pure delights.

And though I walk the darkest path,
I will not fear the evil one,
For You are with me, and your rod and
staff
Are the comfort I need to know.

Stuart Townend. SoF 1030 copyright 1996 Kingsway's thankyou music.

Let's talk about our Bible verses

Jesus had been telling his special friends about what was going to happen for a long time, but they hadn't understood, how could they, it was miraculous! They had tried to understand, but who could believe that a person could come back from the dead? Of course, they were very sad when he was killed. They had lost their teacher, the one person who they had followed and listened to and watched do amazing things. No, they didn't believe he could come back from the dead – but Jesus did! He came to them, ate with them, spoke to them and even showed them where the nails had been put into his hands on the cross. It really was Jesus! Their emotions were on a rollercoaster! From Sadness to fear of the Jewish leaders and Roman soldiers, to surprise, and then pure Joy! And Jesus opened up their minds to understand how it all fitted together. What would happen in the next days, weeks, months and years would change the world, as the friends of Jesus started to carry out his plans to spread the news about Jesus.

Let's talk to God:

Jesus, sometimes we are sad,
sometimes we are amazed,
sometimes we are happy.
Help us to remember that however we feel,
you are always with us.

Amen

May the grace of our Lord Jesus Christ (Hold out hands as if expecting a present)

And the love of God (Put your hands on your heart)

And the fellowship of the Holy Spirit (Hold hands)

Be with us all now and for ever. Amen! (raise hands together on the Amen)

The children's activity sheet from roots:

[18-april-2021-activity-sheet.pdf \(rootsontheweb.com\)](https://www.rootsontheweb.com/18-april-2021-activity-sheet.pdf)