

Explore It TOGETHER

SESSION
01

HOPE IN JESUS GIVES ME STRENGTH

 **Luke 5:1-11: Jesus calls the disciples**

Here are some ideas and activities you could do as a family



Sense

As you go for your walk, look at the different shapes, sizes and colours of the trees and leaves. The roots of trees spread far under the ground to hold the tree strongly in place. Trees go through seasons of growth. The leaves growing and signs of spring and new life and can be a symbol of hope for us.



Watch

Find a nature documentary on Netflix, BBC iPlayer or Disney +. Watch it together and admire the beauty of all God has created. Talk about the strength of the animals in different environments.



Play

With your family, set up a tug of war or an arm-wrestling competition. Test your strength and find out who is physically the strongest.



Investigate

Gather a collection of different materials and set up an investigation to find out the strength of each one. Ask someone to guess which they think will be the strongest material. Conduct your investigation to find out.



Bake

Find a recipe for rock cakes online and bake together.



Pray

After your meal together, light a candle of hope and pray together, thanking God for the people showing great strength by serving their communities.