

# Explore It TOGETHER

SESSION  
04

## HOPE IN JESUS BRINGS ME JOY

 **Luke 24:36-53: Jesus appears to his disciples**

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



### Create

Make an Ascension Day rocket out of rubbish or things you have around your house and garden.

Make a parachute with a handkerchief or plastic bag and string with a weight on. As you throw it up, think of Jesus' ascension to heaven. As it comes back down - and as you smile that it works - think of the joy of Jesus returning one day.



### Share

Make up a small bag for a neighbour or friend, full of little things that will make them smile and feel joyful.

Create some rainbows to fill your windows, spreading joy to all those who walk past your house. If you are colouring in, each member of your family could be responsible for a different colour. Or chalk a big rainbow on the pavement outside of your house.



### Hear

Find a piece of music your family enjoy listening to and listen to together. Talk about why you like it.



### Play

Create a grid of the days of the month on, then as a family choose a game you will play together on each of the days. Make sure everyone gets a choice so everyone can enjoy at least one of their games that brings them joy.



### Pray

Go on an early morning walk together and see what joy God's creation brings you. Thank God for the beautiful flowers you may see, the green grass, the waking sky, the animals you hear, the sun as it starts to shine. Thank God for each of his amazing creations that bring so many people joy.



### Bake

Make some cookies and decorate with a balloon design on top (signifying balloons go up).