

Explore It TOGETHER

SESSION
02

HOPE IN JESUS BRINGS ME ENCOURAGEMENT

 Matthew 10 - Jesus sends out the twelve

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



Write

Choose twelve people who may need encouraging at this time; people who need to know in these difficult times that there is hope of things getting better. Maybe these could be twelve neighbours. Write a little note to each of them and post them through their doors or, for people further afield, send them a video message from your family. You might want to include a Bible verse too.



Create

Create a piece of art together. Choose items from your garden, or from your kitchen, or general craft materials. Create a picture of somewhere you would like to go once you are able to go out again or somewhere you would love Jesus to have sent you to meet other people.



Share

Shop for a neighbour without them asking you. Choose a few things you think they would like, maybe a treat or something you know they need. Drop it round to them with an encouraging note to let them know you are thinking about them.



Sense

Go for a walk together but take with you some different coloured lengths of wool, about ten each. As you walk, each find a stick and tie a piece of wool to it. Whenever you find something interesting, use the wool to wind it onto your stick as a reminder of your journey. At the end of your walk you will have a multi coloured stick. You can then share with each other the items on your journey stick and encourage each other when others tell you about the things they have chosen.



Bake

Make some cookies and decorate them to share them with a neighbour. Leave a note with them to encourage them and to let them know you are thinking of them.



Hear

Choose a song that encourages your family and have a fun five minutes dancing together.