

Livingston Old Parish  
Activities for Sunday 9th August

[Watch Matthew 14:22-33](#)

[https://www.youtube.com/watch?v=RXm\\_kaEA4Oc&pbjreload=101](https://www.youtube.com/watch?v=RXm_kaEA4Oc&pbjreload=101)

**Prayer Activity**

We can often have that sinking feeling that we don't have enough faith.

Grab a bowl of water. Grab a sheet of paper. Grab a pen.

Write down different words that you want to trust God with—family, faith, friendship, or anything you can think of.

Tear or cut each word out and place it in the bowl. See how it floats? Trust that God will grant you faith to place these things in the God's hands.

[Sing https://www.youtube.com/watch?v= d5HbddjrTU&pbjreload=101](https://www.youtube.com/watch?v=d5HbddjrTU&pbjreload=101)

**Boats**

***You will need: walnut shells or avocado skin, bark, cork..., cocktail sticks, gummed paper, scissors, Blutak, basin, water.***

*Take your walnut shell or alternative and a piece of Blutak. Make sure you have the shell looking like the hull of a boat and place the Blutak into the bottom of the shell and push it into place. Take a small piece of gummed paper and cut it into a triangle shape and then fold the triangle in half. Open it out again and place the cocktail stick along the fold and stick both sides of the gummed paper together to make a sail. Finish the boat by pushing the cocktail stick sail into the Blutak. Fill a basin with some water and see if your boat will float.*

*Think about the story and the boat being tossed about on the water. How might the disciples be feeling? Do you think the feelings of the disciples might change when they see Jesus and if they do why, such as that they trust Jesus. Think about times when you have been afraid and if it helped when you saw someone you trusted and loved.*



Adapted from Spill the Beans