

Livingston Old Parish

Activities for Sunday 1st November

Matthew 23: 1-12

<https://youtu.be/ZVPBnYsJR-A>

Prayer Activity

Draw a set of an old-fashioned scales.

Think about stories that have been in the news recently or of people closer to home that you know show one version of themselves publicly while keeping another version private.

- What do you make of those double-standards in public life?
- Have you ever done the same thing yourself?
- Why do people do this?

Sing <https://www.youtube.com/watch?v=4tK1hQpacs8&feature=youtu.be>

Be Yourself

You will need: white card or paper, paint in a variety of colours, masking tape or similar

Place the paint into the trays/plates. Take your card and use the masking tape to spell out your name across it at an angle. Now paint across the whole of your paper using a variety of colours of paint. When the paper is covered remove the masking tape to reveal your name and leave aside to dry.

Think about any times when you have pretended to be someone you are not. For example, pretended to be brave, to be older, to be better than someone else at a game, to be wiser than they are. Why did you feel you had to pretend. Think about the story and about Jesus saying we should just be ourselves and not try to be what we are not. Look to yourself and think of some of the characteristics you have. Be comfortable as you are and try not to pretend to be anyone else.

Please post photo's of your crafts in the comments of the Sunday service post on our fb page. <https://www.facebook.com/livingstonoldparishchurch>

Adapted from Spill the Beans