

Livingston Old Parish

Activities for Sunday 7th February 2021

Mark 1:29-39

<https://www.youtube.com/watch?v=mEmIFDRUO8M&pbjreload=101>

Prayer Activity

Pick up and hold a plaster or bandage

As you prepare for worship today reflect on a time when you feel you were a help to other people.

- What made you offer that help?
- What difference did it make for the other people and for you?
- In the past year as we have coped with Covid-19 and various restrictions on life, what have you done for others?

Sing <https://www.youtube.com/watch?v=mqSQvoinDE4&pbjreload=101>

Peace And Quiet

You will need: flat pebbles, Posca pens or paint

Think about the story and how the news of Jesus healing Simon's mother-in-law spread so that many more people came to find Jesus and be healed. Think about how Jesus must have felt after healing so many people. Think about him going to find a place away from everyone else where he could be alone and pray and just be quiet and rest. Think about places you would choose to go if you were looking to be on your own for a time to pray, or be quiet or rest.

Think of special places rather than, for example, your bed! Such as by the sea, on a hilltop, in a park and so on.

Now take a pebble and draw your special place or an image associated with that special place, such as a shell, or a cloud, or a bench in the park.

Think about your special places and what you might do if you cannot get to your special place for a quiet time.

Instead of going to your quiet place you might sit still quietly with your stone and think about your special place, feel rested and calm

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