

# Worship 2 Go

## Drawing School and Home Together

Thanks to all those people who have made some of the resources collated here available to share

# Mary and Martha

## Bible Verse



As Jesus and his disciples went on their way, he came to a village where a woman named Martha welcomed him in her home. She had a sister named Mary, who sat down at the feet of the Lord and listened to his teaching. Martha was upset over all the work she had to do, so she came and said, "Lord, don't you care that my sister has left me to do all the work by myself? Tell her to come and help me!" The Lord answered her, "Martha, Martha! You are worried and troubled over so many things, but just one is needed. Mary has chosen the right thing, and it will not be taken away from her."

You can find this in the Bible, in the book of Luke, chapter 10, verses 38-42. Younger children might like this version too - <https://www.youtube.com/watch?>

## Daily Prayer

Dear God,

Thank you for Mary and for Martha who teach us that sometimes the most important thing we can do is to listen. Help us today to listen well to each other and help us to listen to you.

Amen

## Wondering

- I wonder what you think this story is about
- I wonder what you would do if you knew Jesus was coming to your house
- I wonder if there is someone you could **really** listen to

## Creative Prayer 1 ≈ Helping hands prayers

Take an A4 piece of paper. Fold the paper in half. Place the base of your non-writing hand on the fold then draw round your hand (or ask someone else to draw round it for you). Cut around the hand shape taking care not to cut the fold. You should have a pair of hands that fold out.

Think about Martha and how busy she was. Think of the people in your life and what they do – parents, sisters, brothers, grandparents, teachers, neighbours. Think of ways in which you could help them, like tidying your room, offering to do a job for a teacher or just making a card to say thank you. Write the things you can do for others inside the hands.

Fold up the hands and hold them in yours. Close your eyes and think about the things you have written. Talk to God, ask him to help you to help others to lighten their burdens



## Creative Prayer 2 ≈ Listening

When was the last time you sat still? Completely still? No TV, books or technology. Nothing. Just silence. Find a comfy spot, maybe with a cushion and a blanket. Get settled and comfortable, then relax by tighten all the muscles in your body, from scrunching your toes, making gripping fists, hunching your shoulders and screwing up your eyes tight. Then let all your tense muscles go. Take a deep breath and relax your body muscles more. Imagine putting aside the cares of the day, the things that are worrying you. Imagine like Mary, sitting at the feet of Jesus, listening to him. Rested and relaxed, close your eyes. Pray quietly, telling God about your worries, joys and anything else you want to say to him. Stay still and silent. Take time to listen to what God may have to say to you. When you are ready to leave this comfy space, take away with you the sense of peace that you may have felt while you were relaxing and try to remember that feeling the next time you are feeling more like Martha.



## Activity 1 ≈ Count to ten

With a group of people try and count to ten. Sounds easy? **But** there are rules!

1,2,3.....

- Close your eyes and concentrate.
- It might help to have the same person be number 1 which they say out loud.
- Then the group has to try to count to 10.
- You cannot set up a pattern of taking it in turn.
- Only one voice can be heard at any one time so if a number is said by more than one person at the same time the count starts again from 1.
- If you manage it try increasing the number or going backwards.

Have fun!

## Activity 2 ≈ Will it fit?

This is a good activity to do with everyone in your household. Each person needs a small glass or plastic container. Take three small objects like stones or marbles and put them in the container. Then fill the container with something else like rice or lentils (you will be able to reuse this if you wash it). Everything in there? Next, tip the contents into a bowl. Put the rice or lentils or whatever you are using in first then add the small objects? Do they fit? Why not? The small objects are like the important things in our life that we should prioritise, put first, but often we don't. Sometimes they are things we have to do but don't really want to like doing our homework instead of playing a game. Here are some more examples;



- Going to a sporting activity (football, dancing) or Going to Church
- A healthy snack like carrots or A chocolate muffin
- Watching T.V. or going for a walk with your family
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Can you think of others? What would happen in our world and in our lives if we put things like God and others before ourselves rather than the other way around? Talk about these things with the other people in your household.

## Quote

'Commitment is an act not a word' - **Anon**

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