

**Ruth's**  
**crew**

**Peter's**  
**crew**

**More things to do  
at home during  
On-line Church**



**Experience a Better Story**



**Holy Trinity**  
Combe Down

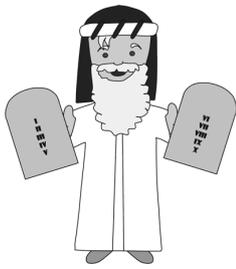


**St Andrew's**  
Community Church

# Sunday 7th March : Exodus & Freedom

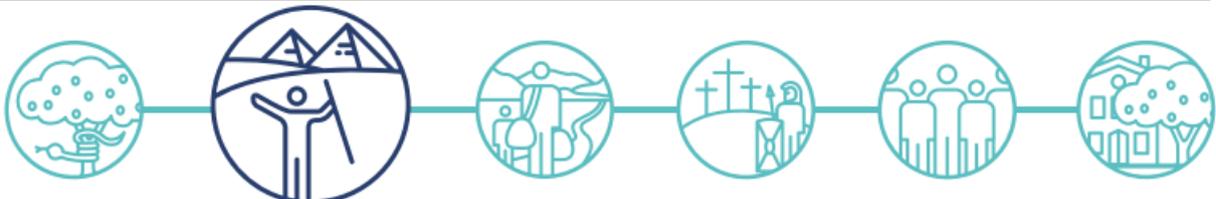
The book of Exodus in the Bible is all about the story of Moses and how he eventually led God's people from Egypt to the promised land. We covered most of the story last term in our Kids Club by Post and our videos or Zoom breakfast church sessions. Here is a great video link—Use the QR code or the youtube details (<https://youtu.be/nusOFSAzNYQ>) to watch to remind you of the great escape part of the story.

Can you link the pictures of the other parts of the story in the right order below?

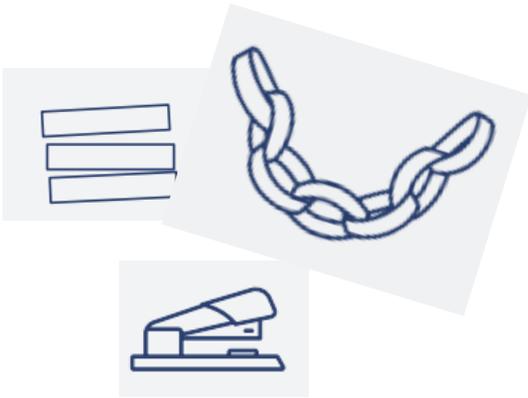


**Bonus Bible Boffin** : Can you match the pictures to the chapters of Exodus where the story is.

Exodus chapters : 2, 3, 5, 14, 16, 20



# Freedom



Think about things that stop you being free or make you feel like a slave?

Here are some ideas...

**Fear**

**Sadness**

**Guilt**

**School**

**Addictive Games**

**Creative prayer idea** : Write/draw things that stop you being free or make you feel like a slave on strips of paper and use glue or a stapler to make a paper chain out of them. Chat to God about each of them and then pull the chain to break it—asking God to show you how he can help you find freedom from these things too.

# Freedom & Rules??

Some times true freedom can only be found when we have some rules or guidelines to keep us safe—try the Freedom tests below.

Try playing “I Spy” with no rules or imagine a game of football with no Referees.

Let us test that theory out, let's look at some rules and decide how they actually GIVE freedom. Each time consider what might happen if the rules weren't followed:

## Freedom Test 1

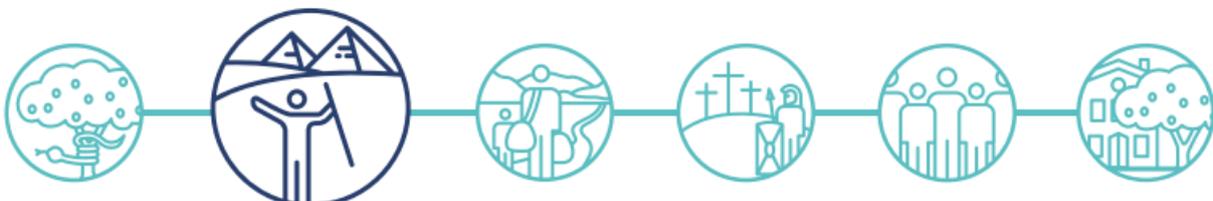
- Why does music have set notes, rhythms and timings?

## Freedom Test 2

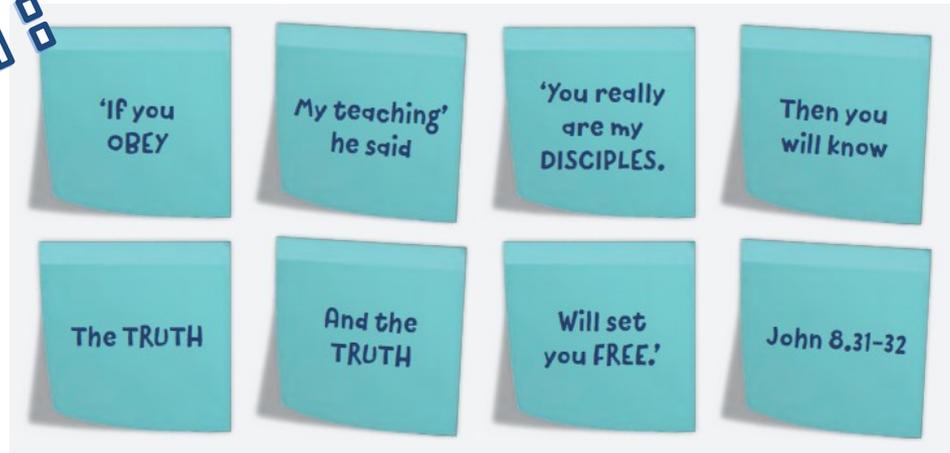
- Why are there 20mph speed limits by schools?

## Freedom Test 3

- Why does making a cake involve certain amounts of flour, butter, sugar and eggs and even certain time needed in the oven?



# Jesus said :



Chat & Catch with God this week - Chat to God about what he wants you to Obey & about what is True this week.

Below is something to cut-out and make to remind you of the rules God gave Moses to help God's people stay free and safe.

80

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Photocopiable resource

1. You need just one God and that's me.

2. Don't worship things.

3. Love my name.

4. One day's made for me.

5. Obey Mum and Dad.

6. Don't murder people.

7. Be faithful in marriage.

8. Don't steal from others.

9. Do not tell lies.

10. Don't envy people.

1. Cut out the triangles.

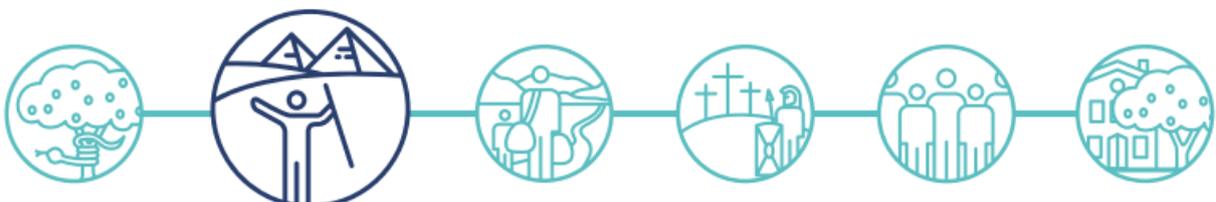
2. Use a hole punch to make a hole at the top of each triangle.

3. Stack them in order, with number 1 at the top and number 10 at the bottom.

4. Put a split pin or another type of fastener through the hole to keep them together.

If you can, ask a grown-up to laminate this page for you before you start.

**Splashy!**



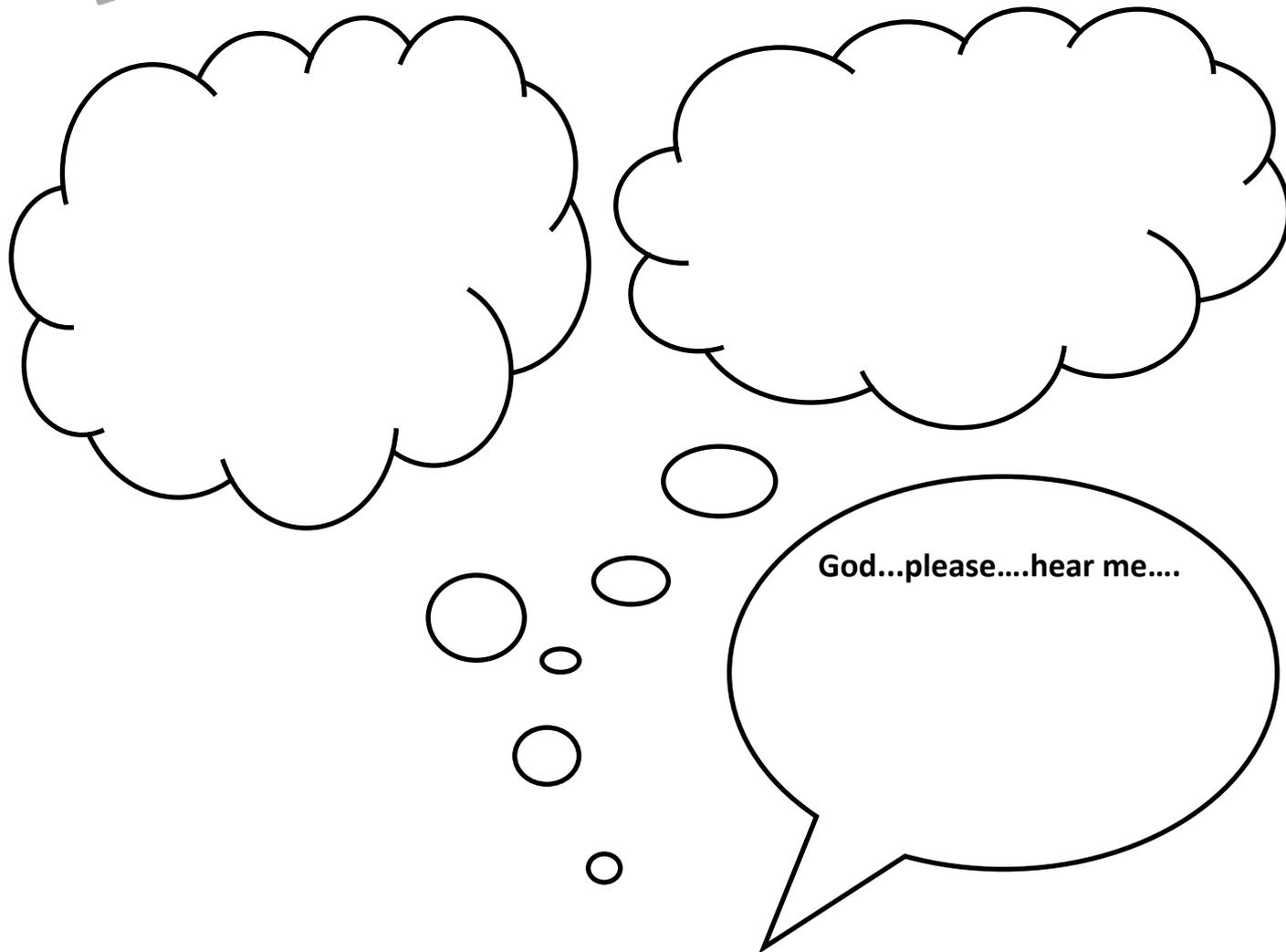
# Exile

14th March

Lockdown  
for me...

**Exile means being away from home and not able to go back because of threats or fears of imprisonment or death.**

I hope you have never been in an exile like people in the bible who were forced to flee or taken away from their homes during war times. But Co-vid lockdown has felt like being in Exile—although stuck at home we have haven't been able to do lots of things. Complete the picture below....how has lockdown exile been for you? What do you miss and dream of doing again?



ORIGINS  
& MEANING



EXODUS  
& FREEDOM



EXILE  
& PEACE



MESSIAH  
& LOVE



SPIRIT  
& COMMUNITY



HOPE  
& HOME

# Sunday 14th March

## Exile & Peace



Blank on purpose so you can cut out the craft on back.

The bible is full of stories of how people trusted God in Exile and God rewarded their faithfulness with his power which brought peace and protection.

# Peace

Use the QR code or youtube link to see the story of Daniel.

<https://youtu.be/GY0pARvYcyw>

Daniel Trusted God, Prayed regularly to God and knew God's peace in all things.



## Edible Prayer Activity



Take 2 slices of bread—one of them represents God. God is PERFECT and POWERFUL, the other slice represents God's PEACE which you can have if you TRUST God.

Chose a jar of your favourite spread or jam—this represents TRUST.

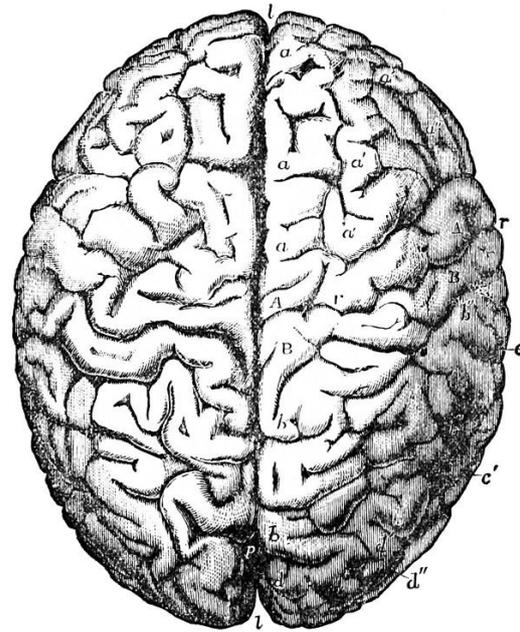
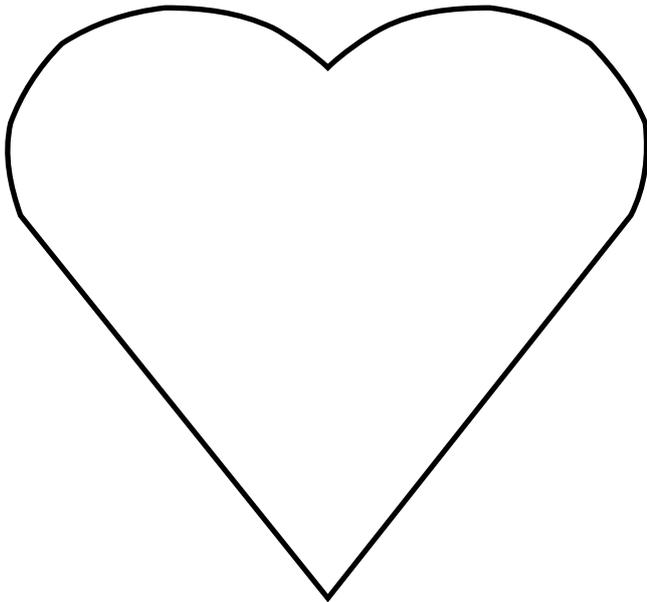
Make yourself a trust in God sandwich, as you spread trust onto perfect and powerful God—chat to God and tell him you TRUST him. As you place the second slice God's PEACE—chat to God thanking him for how close his peace is always.

Eat your sandwich as an at of prayer letting God's Peace feed you deep inside.



**And the peace of God, which is so great we cannot understand it will guard your hearts and minds in Christ Jesus.**

**Philippians 4 v 7.**



Colour and doodle God's peace over these pictures of your heart and mind.

David knew God's peace and power when he defeated Goliath.

If you have the bits make this catapult and ping your prayers to God this week.

**You will need:**

- 8 thin lolly sticks
- 2 wide lolly sticks
- 3 elastic bands
- Plasticine or Blu Tack

Using the elastic bands and the lolly sticks, create a launcher that looks like the picture below.



**Craft**

Have fun firing small objects off the launcher, perhaps pieces of Plasticine or Blu Tack. You could hold a competition to see who can launch the object the furthest!



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