

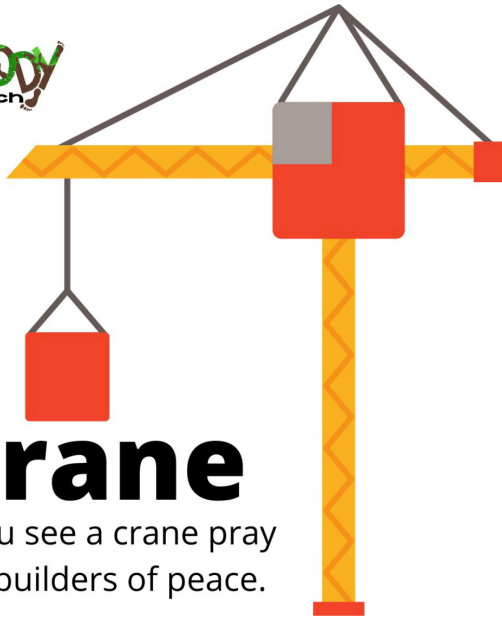


This booklet is a collection of reflections, wanders, activities from Muddy Church that may be adaptable at this time.



The idea is to use them as openings for questions, conversations and prayers. There are many questions that are hard to answer, reasonings that are difficult to reconcile. The activities take you away from the news reports and images on screens to focus on God. With wondering it is okay to not have answers, but to have the opportunities to ask the questions and to bring these as part of our prayers and response.

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church



Crane

If you see a crane pray
for builders of peace.

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Yellow Daffodil

Pray for hope in the midst
of the darkness

WANDER

Prompts

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Bluebell

Pray for peace for
individuals and homes

Blue skies

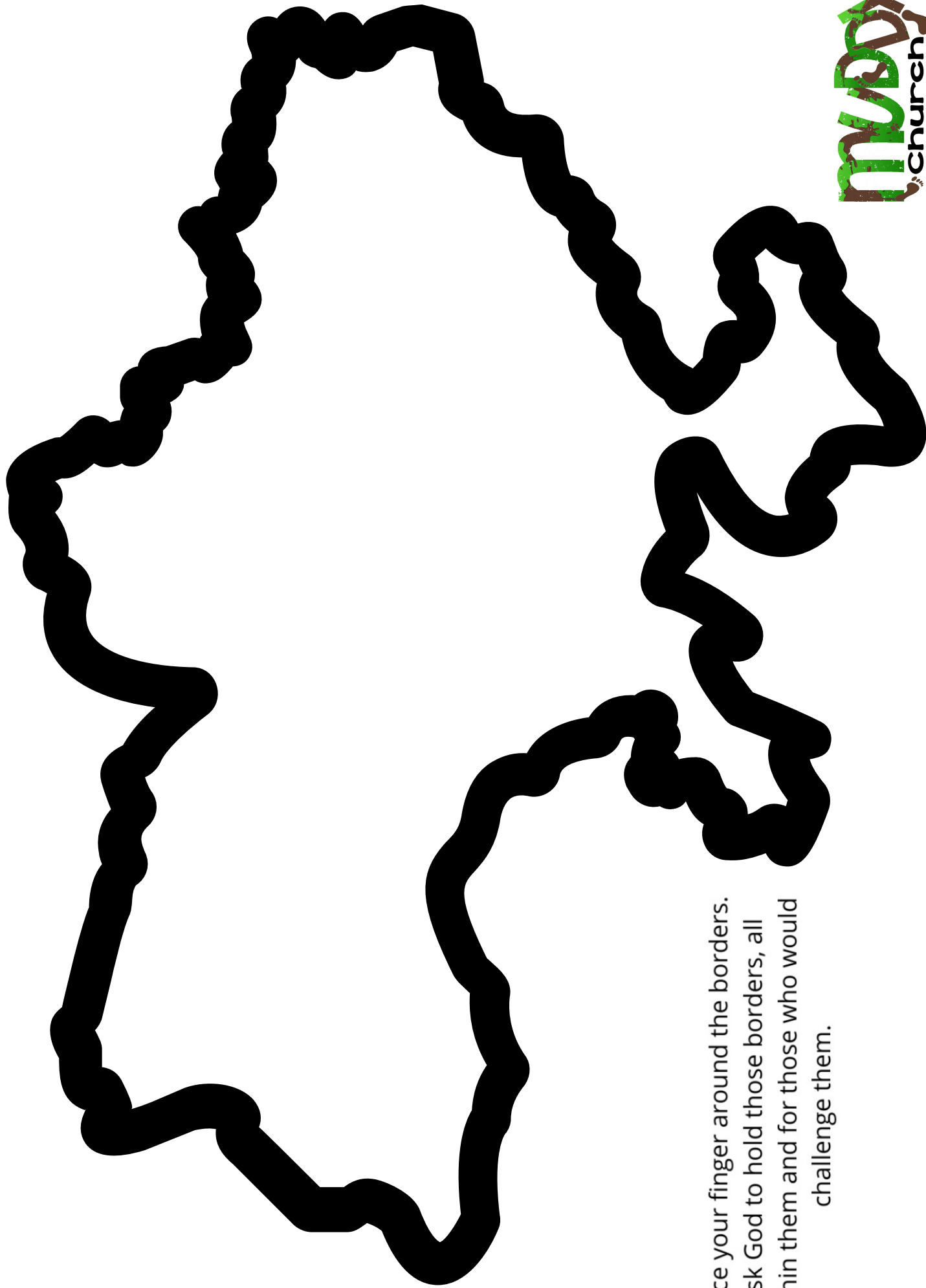
Pray for God to be present to people



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Yellow stones

Pray for God to guide people



Trace your finger around the borders.
Ask God to hold those borders, all
within them and for those who would
challenge them.



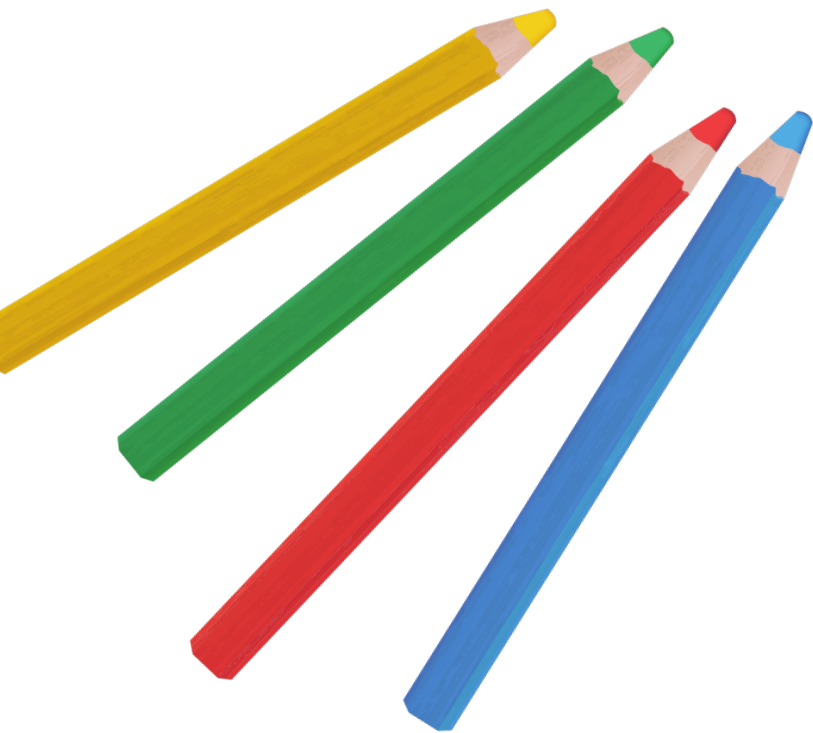
Create a headband with wild flowers
off the ground.

Think about how beautiful things can
come from brokenness.



COLOUR

Themes





Can you find 5 yellow things?



What is special about you?

I wonder how yellow smells?



I wonder how yellow feels?



YELLOW



What is special about this place?

I wonder what yellow makes you think of?



Can you see anything that looks like a crown?



Can you find 5 blue things?

I wonder how blue smells?



I wonder how blue feels?



What needs water?

BLUE

"He leads me beside still waters...."

I wonder what blue makes you think of?



Can you see water anywhere?

YELLOW HUNT



Using a paint colour chart or just a bag collect yellow items.

Reflect on how the colours make you feel.

The yellow in the Ukraine flag is to symbolise the fields. These were a place of provision, growth, life. Pray for the healing and restoration of the land.



REFUGE

Themes

SHELTER & HOMES


Many people are displaced, leaving their homes and communities. For others who are still living in their villages, towns and cities there is fear of that place that has been home.



"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

MATTHEW 7:7



A photograph of a den constructed from a variety of sticks and branches, some light-colored and some dark, woven together in a conical shape. A small, light-colored teddy bear with a pink and white striped shirt is positioned at the base of the den, looking towards the right. The background is a lush green field with tall grass and some leaves.

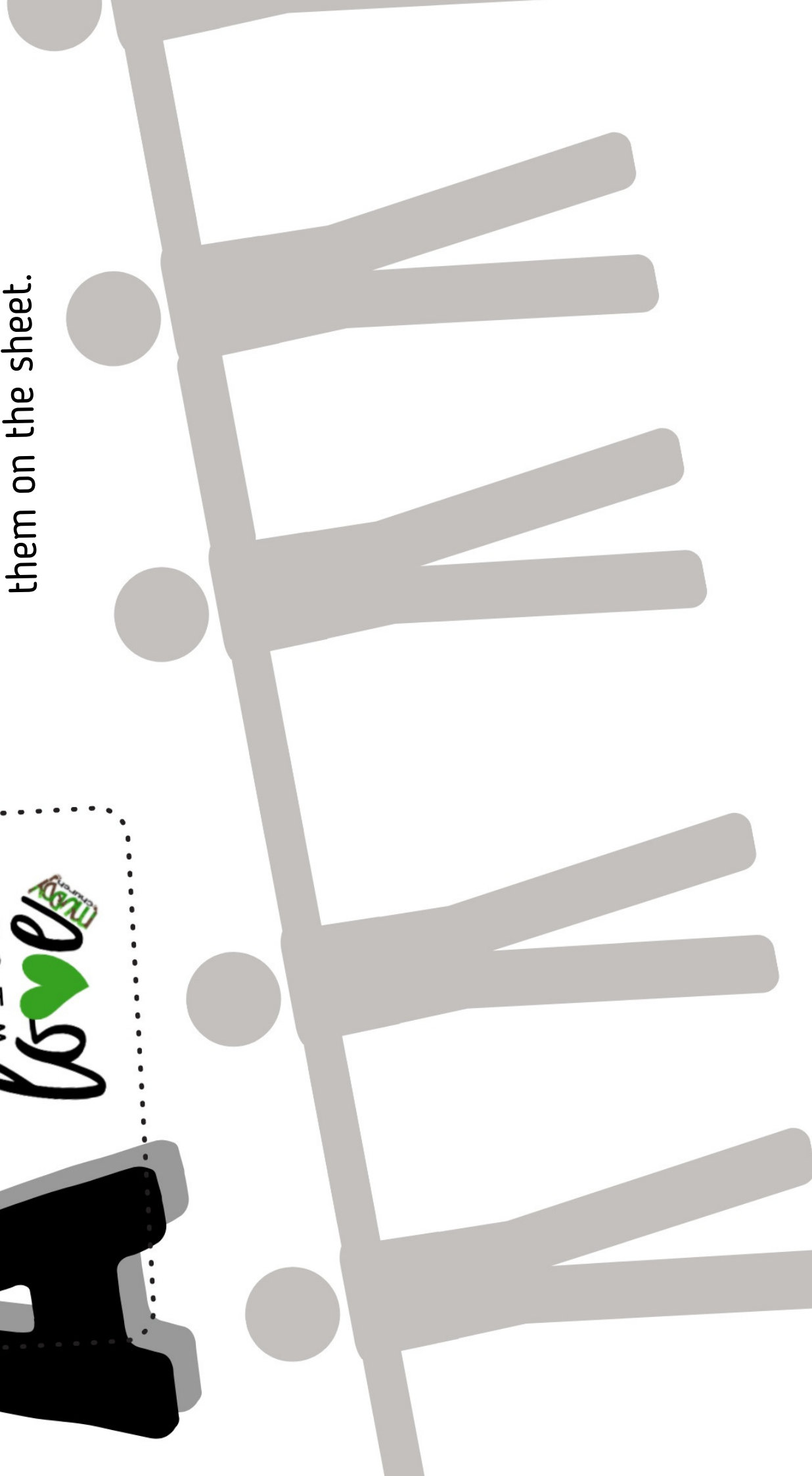
Can you build a den for
you or some toys?

Build a shelter, outside you could use
sticks and spaces. If you can't get
outdoors you can build a blanket fort or
under the table.

Use the space to think about how it
feels to be safe or hiding.



Create a paper chain of people
that you could pray for or write
them on the sheet.

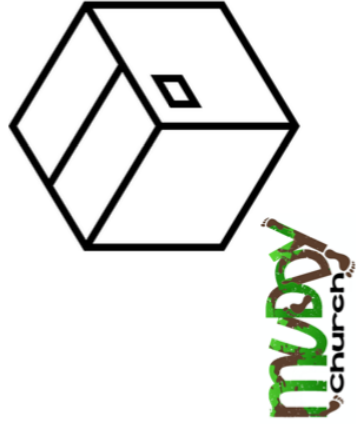


Activities



Write chalk messages on a pavement of encouragement or hope.

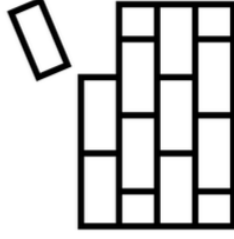
Build a fortress using items from the recycle bin.



Make or write a thank you card to someone who has taken care of you.



Make a brick using mud and straw or finely ripped paper. Mold this into a recycled plastic box (such as a margarine tub). You will need to leave it for a few days to dry out!



Over the past two years many people have recognised the amazing work of the emergency services. People who work to take care of others. Who are the people you are grateful for or who have taken care of you?

Can you find a dry leaf?

Can you see places of safety?

Can you see anything that looks safe?

Can you see dark places?

Can the darkness offer comfort?

What is the strongest thing you can see?



I wonder if God feels near?



BROKENNESS

Themes





Mark 15

I wonder if God
feels empty?

What can you hear?
Are there sounds
you don't like?

Jesus gave up everything and
became nothing. Can you see
things that have given
something for someone or
something else?

Are there things
that are ripped?

CAN YOU SEE THINGS THAT
WOULD HURT SOMEONE?

Step into the empty space or feel it.
How does emptiness feel?



Mark 14

I wonder if God
fixes broken
things?

How does it feel when friendships are lost?

CAN YOU SEE
THINGS THAT
NEED OTHER
PEOPLE?

Can broken things
be fixed or still
have use?

Step onto or feel the sticks
**How does it feel when things
are broken?**

LIGHT

Themes



PRAYING FOR LIGHT IN THE DARKNESS



The people who walked in darkness
have seen a great light.

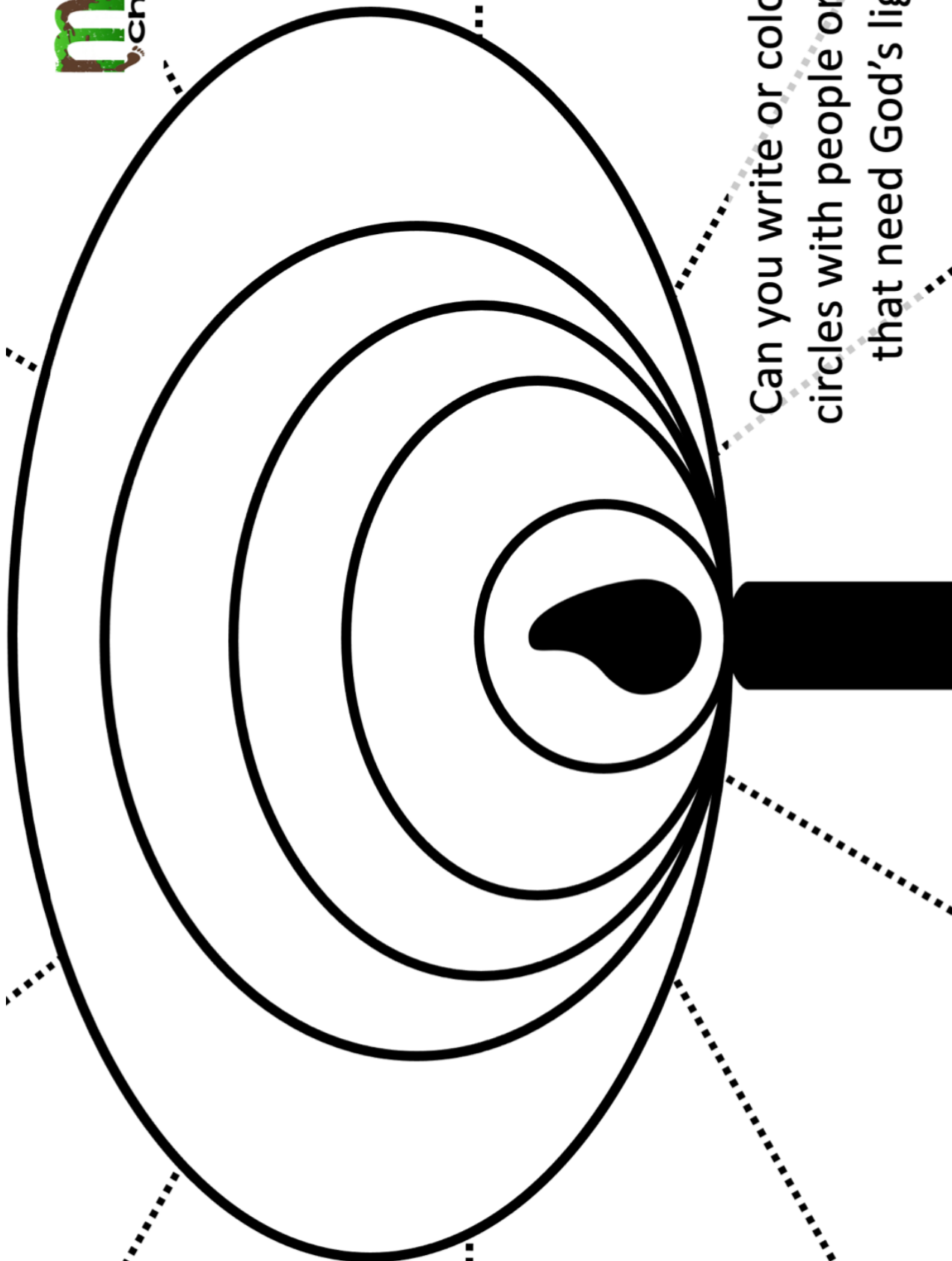
They lived in a land of shadows,
but now light is shining on them



LANTERN OF LIGHT

Using a jar from the recycling, add some leaves or petals to the outside using PVA glue.

Add a candle or battery tealight inside and use it as a lantern for a dusk wander or a light for praying around.



Can you write or colour the
circles with people or places
that need God's light?

See the light

Have you ever been afraid in the night?

Can you see the stars?

Can you see places of refuge?
Can you find a feather?

He will cover you with his feathers, and
under his wings you can hide. His truth will
be your shield and protection.

Psalm 91:4

What are you afraid of?
What looks different at night?

Even in the daytime the stars are
still in the sky, we just can't see
them! Are there things you
can't see but know are still
there?

**I wonder if God can
see in the dark?**



SUNFLOWER TEALIGHT HOLDER

Using air dry clay make a ball and then flatten it.

Cut slits around the edge and then shape these to the petal shapes. Repeat this and then lay on top of each other.

When dry paint.



Can you find 5 things or places that are dark?



I wonder how darkness feels?

DARK

I wonder how darkness smells?



Where is darkness

I wonder what darkness makes you think of?

What helps when you feel afraid?



When day comes we ask ourselves,
 where can we find light in this never-ending shade?
 The loss we carry,
 a sea we must wade
 We've braved the belly of the beast
 We've learned that quiet isn't always peace
 And the norms and notions
 of what just is
 Isn't always just-ice

Amanda Gorman, "The Hill we Climb"

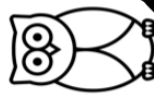
Light

Whoever follows me will
 not walk in darkness,
 but will have
 the **light** of life."

John 8:12

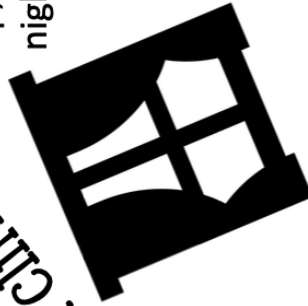
What challenges are you climbing?

What animals come
 out at night?

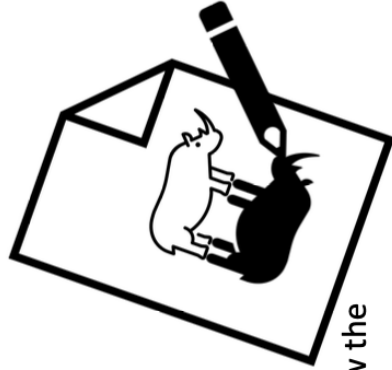


Can you go on a
 night time
 wander, what
 might you see?

Look out your window when you wake
 up, in the middle of the day and at
 night... how does the world look?



When is the dark exciting?



Can you do a shadow picture?

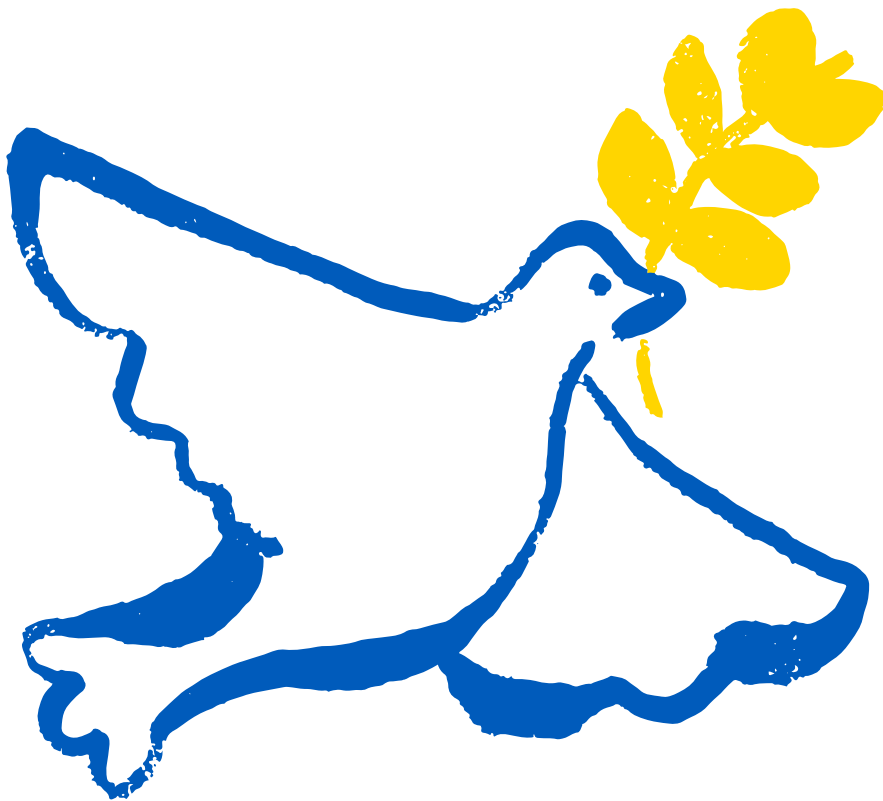
Shine the light behind a shape and draw the
 shadow. What do you notice?

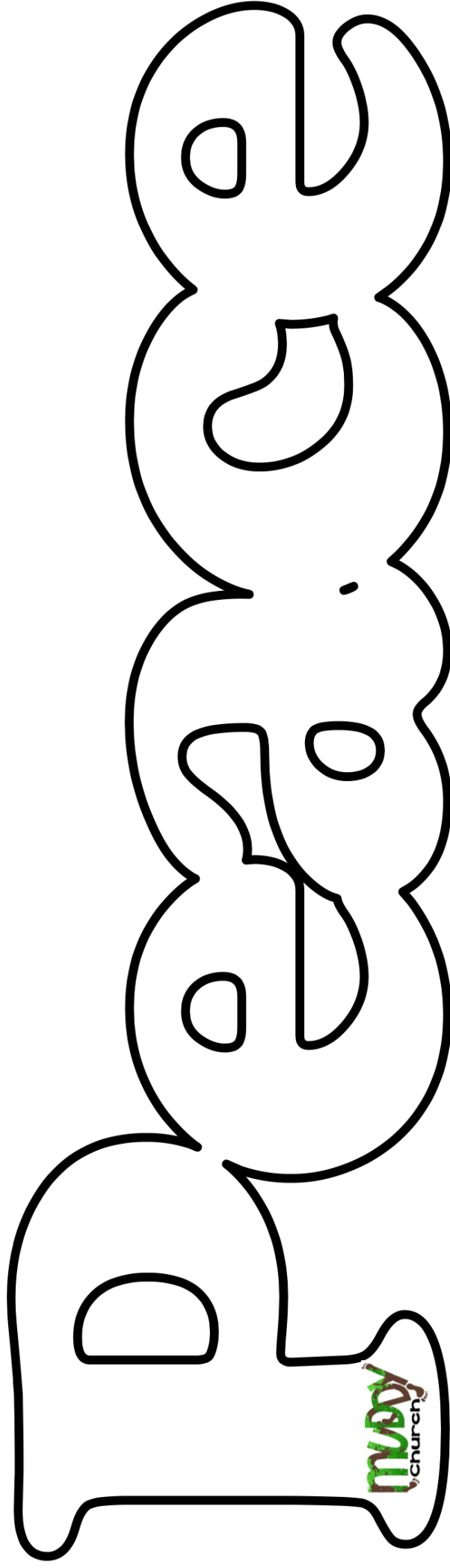
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PEACE

Themes





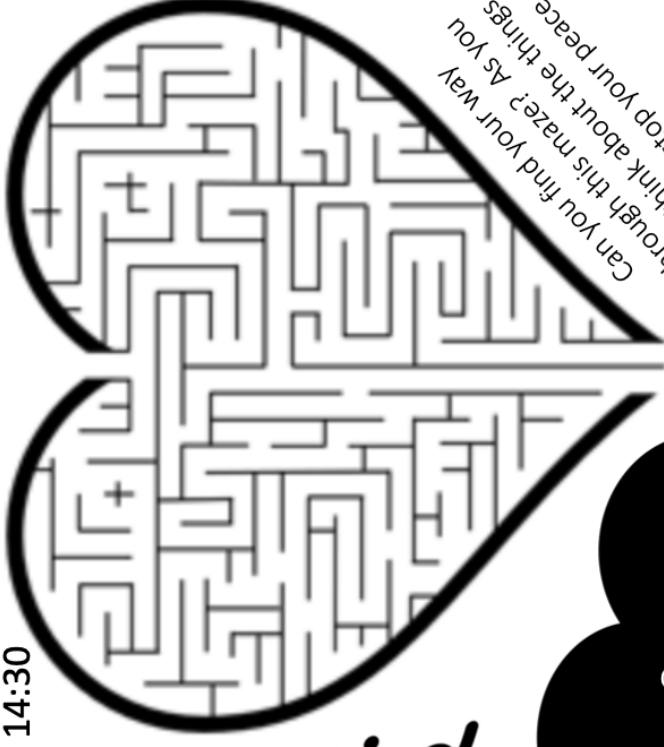


What sounds make you feel peaceful?

Prayer of Saint Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offence, let me bring pardon.
Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.
Where there is sadness, let me bring joy.
O Master, let me not seek as much
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in pardoning that one is pardoned,
it is in dying that one is raised to eternal life.

A heart at peace gives life to the body.
Proverbs 14:30



Can you find your way
through this maze? As you
do think about the things
that stop your peace.



Take in a deep breath and as you do
think about how God's peace might
fill you today. As you breathe out ask
God think about the things that are
concerning you and imagine them
floating towards God.



what words do you think of when you hear "PEACE"?

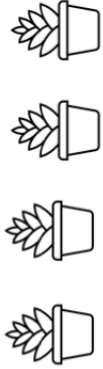
Look at the different colours of green. Can you find

how
does
it
smell?



P	E	A	C	E	P	E	A	C
E	P	E	A	P	E	A	C	E
A	C	P	A	E	A	E	A	P
C	A	P	E	A	C	A	P	E
A	C	E	A	C	E	P	A	A
E	P	A	C	E	A	C	E	C
P	A	C	E	P	E	A	C	E
E	C	A	E	C	A	E	P	A

How much peace can you find?
Check in every direction to see how many times you can find the word 'PEACE'.



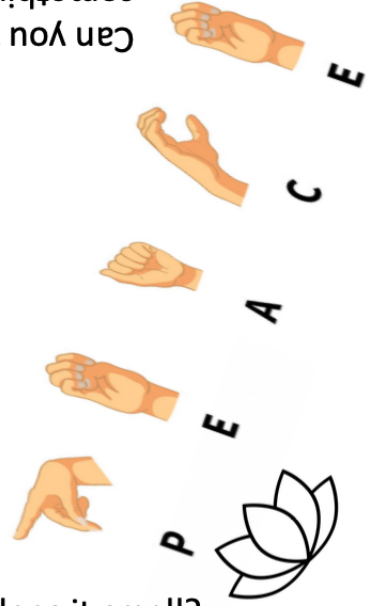
Sit Spots

Sit spots are a place that you find that you come back to regularly and sit. Look around you and write, draw or think about what you see. As you come back at different times, on different days what do you notice is changing?



P	E	A	C	E

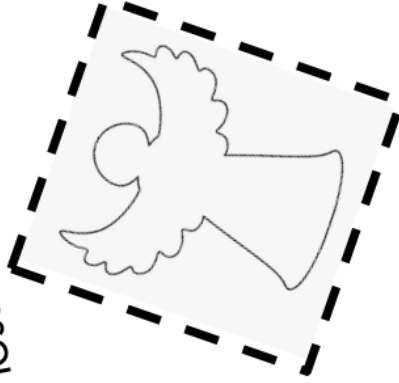
Can you find something beginning with each letter?



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Hand prints – if you are doing this as part of an activity you could have a station/space where people add their hand print onto an old sheet or large piece of paper. This could be using watered down mud, paint or just draw around if people don't want to get too messy!

Angels for the Pathway –
Can you make some angel shapes from card or foil and hang them along your route. You could write encouraging messages on them.



Activities



Stone Painting
Can you find some larger stones or pebbles? Take care not to damage the space or take a bugs hiding hole.
You could paint or write on these – perhaps a word about safety, home, belonging, refuge or encouragement.
You could also invite people to paint their house on the rock and then put them together to make an image of your community.



Have you ever met someone who needed a safe place to stay?

In 2018, 71 million people were forcibly displaced around the world.

25.9 million of those are refugees.

37,000 people are forcibly displaced every day as a result of conflict/persecution.

Refugees and asylum seekers are people with lives and stories, they often are in this country hoping for something more – safety, security, opportunity. How could you welcome someone from another place?

PRAYER

ideas





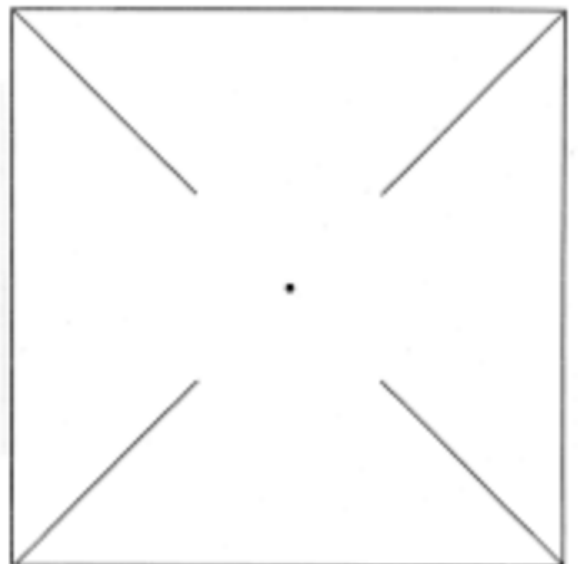
PINWHEEL PRAYERS

Take a square of paper and write
your prayer onto it.

Make four cuts towards the centre
but not completely.

Take one corner and wrap it into
the middle.

Fasten this to a stick or paper
straw with a pin or paper fastener.





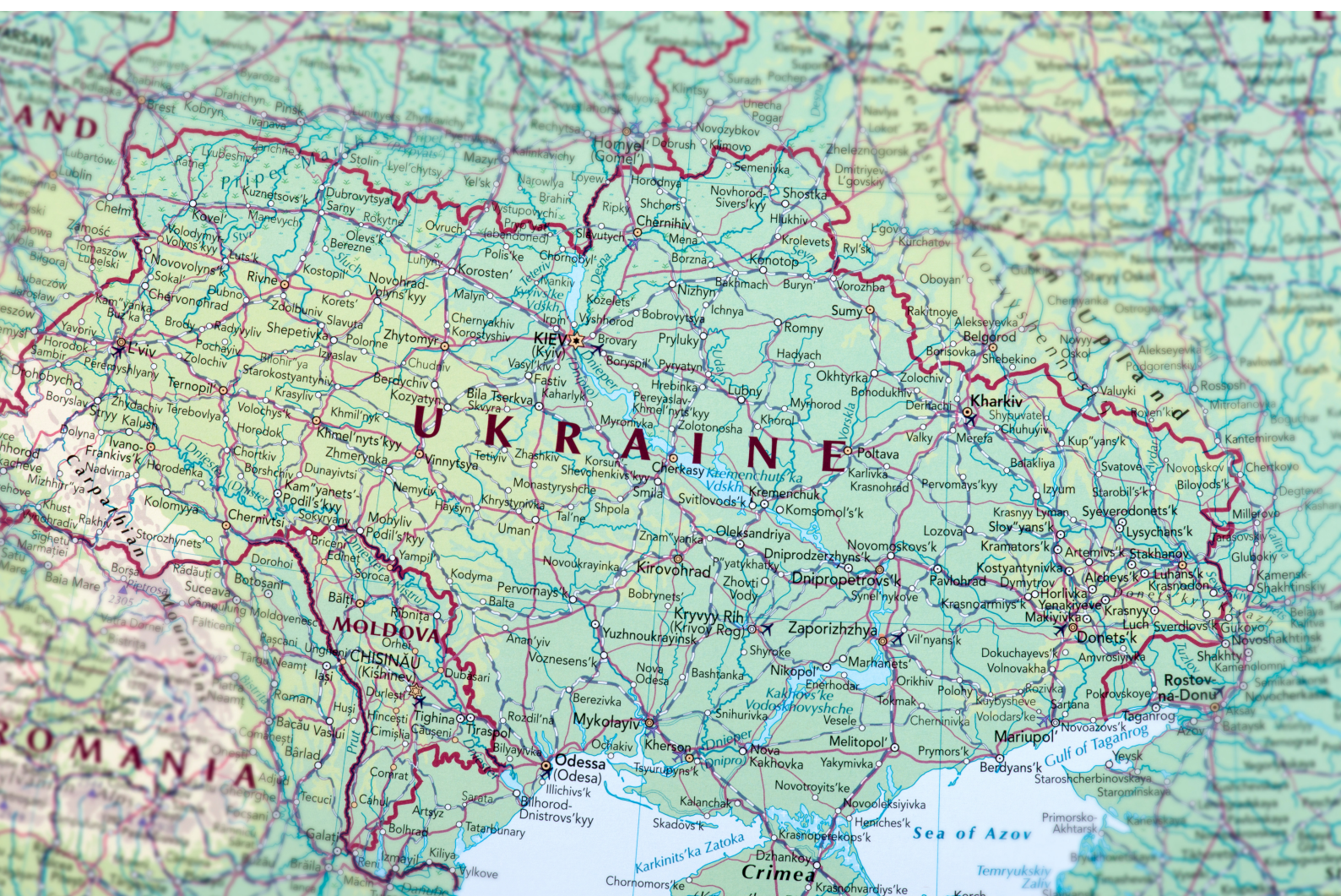
This may be a little bit bigger than you can manage but is quite simple.

Take small squares of yellow paper and roll them into a cone (staple or glue dot).

Fasten these together to form a circle, add prayers onto your paper.



Cut out heart shapes to make keyrings or decorations to hang as prayer reminders





Gather leaves
to add
together and
pray or
reflect as you
place them
on the
ground.





PETAL POWER

Collect some yellow leaves or petals from a wander to make a flower decoration. Think of things you are picking up.



THUMBPRINT FLOWERS

Simply dip your thumb or finger into yellow paint to make the petal shapes.

The centre is done through a sponge or crumpled paper towel, dipped in brown/black paint.



BLOOMING HANDS

A group could each cut around their hand shape or can be done individually to make a sunflower.

Prayers can be written on the hands or used as a prayerful activity or display.



SUNFLOWER TUBES

A lovely craft even for littlest ones or those with limited dexterity.

Snip around the end of a cardboard roll to make petals.
Dip this in yellow paint and then print onto your paper.



PRA YING HANDS

Fold a piece of paper in half

Draw around one hand onto one side
ensuring your thumb and forefinger
touch the fold

Cut around the hand and open up.



RIBBONS OF HOPE

Using an accessible space such as a railing, gate or tree invite people to add a prayer ribbon.

This is a wonderful way to engage with the community and make a display of your thoughts and prayers.

