

Growing Together

Inspired by the Christian Faith

Choose joy



Read Together

The Bible talks a lot about the joy of living, especially the joy of living a full life with God as our friend and guide.

Read together these different versions of a verse from the book of Isaiah, which is from the oldest part of the Bible. It is about a time when God's people would be free from captivity in Babylon. It describes the joy and celebrating that would happen when they were able to return to their everyday lives and to worship God freely.

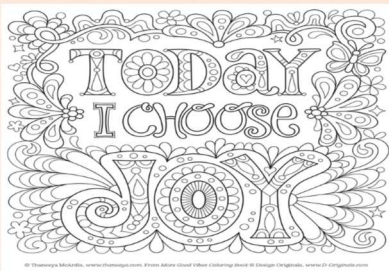
For you shall go out in joy, and be led back in peace;
the mountains and the hills before you shall burst into song,
and all the trees of the field shall clap their hands. **NRSV**



So you'll go out in joy, you'll be led into a whole and complete life.
The mountains and hills will lead the parade, bursting with song.
All the trees of the forest will join the procession,
exuberant with applause. **-The Message**



Which is your favourite version? Can you describe what you like about it? Imagine what it would be like if where you live the hills did burst into song and the trees clapped their hands!



This week we invite you to colour together – either this one on the last page, if you are able to print it or find one in a colouring book or create one of your own. However you choose to do it find one which really gives you joy and brings a smile to your face.



Courageous Advocacy



Listen to this song which is Based on Isaiah Chapter 55 verse 12 <https://www.youtube.com/watch?v=pmmiFJtyuiU>

How does it make you feel? What difference does it make to the people around you when you are joyful? What could you do today to bring someone joy?

You shall go out with joy
And be let forth with peace,
And the mountains and the hills
Will break forth before you.
There'll be shouts of joy
And the trees of the fields
Will clap, will clap their hands.
And the trees of the fields will clap their hands,
And the trees of the fields will clap their hands,
And the trees of the fields will clap their hands,
While you go out with joy.

Under 5s



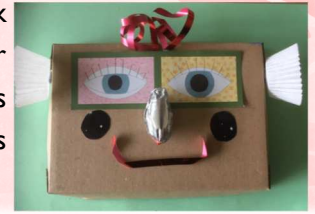
Make a shaker by putting some cereal, rice, pasta or dried lentils into a plastic bottle. You could decorate the bottle.

Use your shakers you sing to a favourite happy song together, such as 'bring me sunshine', here is a fun Makaton and kazoo version. www.youtube.com/watch?v=wmOPSpIDIKY

Create and Make



Use whatever craft, junk modelling items you have or features cut from magazines to make funny face pictures



Prayer Spaces



You could make a prayer picture, of something which give you joy for example a picture of a garden with each flower being a prayer for a different person or situation. (See example on front page).

Family Fun



Write a list of things which bring you joy using your five senses:

- A sound.
- A smell.
- A taste.
- A touch.
- A sight.

You could make a guessing game by suggesting things for each other – 'Mum loves the smell of cut grass' 'Tommy loves the taste of icecream.'

You could include family members you can't be with at the moment and ask if you are right next time you speak to them.



Did You Know?



Smiling keeps us healthy – when we smile we feel less worried and that makes our bodies work better by increasing our white blood cells and helping us fight infections and diseases.

Smiling makes other people happy - smiley people provide a boost of good energy, smiles and laughter for everyone around them.



Smiling is a global sign of happiness no matter where you are in the world, smiling is recognized as a universal display of happiness and good nature.

Babies really can smile moments after birth - these early smiles are a result of things which make them feel good, such as falling asleep, eating or burping!.

Smiling can make you happier - smiling can trick the brain into feeling happier no matter what your current situation may be. Smiling doesn't magically make everything alright, but it has the power to make us feel just a little better at any given moment.

