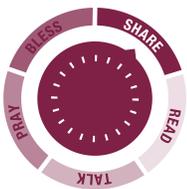


Worship Wednesday

around the table

Summer JOY! Faith5



This summer join us around for worship the campfire

What about summer brings you joy?

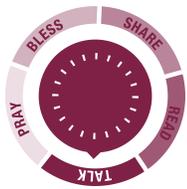
What are some of your favorite summer toys?

Share a find memory of playing during summertime.



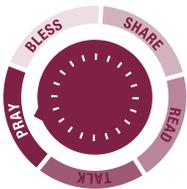
Today's God's Great Story is Nehemiah 8:10 "The joy of the Lord is my strength"

When the people of Israel came back from exile to find their land in devastation, they find the Word of God amongst the rubble. The scribe Ezra encouraged them to find strength in the joy of remembering God's promises.



While we aren't quite in exile or having country in complete ruins, we are going through a significantly rough time in history. And while YES we have a lot of work to do and need to live in the "comfortableness" of change for awhile, we still can find ways to experience peace and joy without having to feel guilty about it.

How do you feel about having fun during these difficult times?



Summer Godly Play!

Try out some of the fun prayer activities on the next page. Yes they are meant to be fun and a little silly, even for adults, as a great way to offer up our stress to God in prayer/

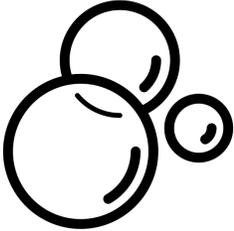


Blessing

Say to each other while laughing "the joy of the Lord is your strength!"

SUMMER GODLY PLAY!

When you need a little stress relief, invite a little joy in your day! Grab these classic kids summer toys to have some fun prayer time with God. YES! This is for adults too, let yourself be a little silly and I promise it will brighten your day!



BUBBLES PRAYER

Taking deep breaths is a great stress reliever, make it more fun with bubbles! Breathe in God's peace, slowly blow out your worries and stress through a bubble wand, then watch them pop and float away!



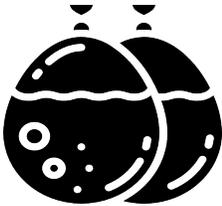
RAINBOW OF BLESSINGS

Make your own rainbow by spraying a garden hose up in the air with bright sunshine behind you. As you "paint" a rainbow in the sky in arcs, with each pass, think of promise God has blessed you with.



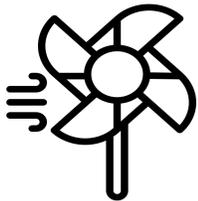
SIDEWALK CHALK LABYRINTH

Use sidewalk chalk to create a path to follow. Do a traditional circular design or get creative! Then walk following the line and pray a meditation on a word, like "God bring me peace".



WATER BALLOON SMASH PRAYER

Fill up some water balloons. Think of something that frustrates you. Toss the balloon as an act of prayer to ask God to help resolve the problem as you watch it smash and splash.



PINWHEEL PRAYER

Blow on a pinwheel to make it spin. As you breathe out pray "I need less ____" and as it spins pray "I need more ____." Put the pinwheel somewhere where you can see the wind blow it as a reminder.



HULA HOOP OF THANKS

Say a prayer of thanks for something for each time you can swing a hula hoop around. OR roll the hoop on its side and say things you are thankful for until it stops.