

# "What have you got in your hands?"

Use any/all of the resources  
on the following pages in an  
order that works for your  
group. You might like to  
spread them over more than  
one session.



## Bible Passage

### Exodus 3-4

Moses' mission from  
God

**Old**  
Testament



History



## Key Teaching Point

Moses was given a special mission from God. When Moses was worried that the mission was too hard, God showed him that he already had what he needed. God was with Moses and had already provided all that was needed to bring about change for God's people. We have our own part to play in being part of God's mission on earth today.

## Game

### What is in my hand?

Cut holes into a cardboard box so that hands can be inserted. Place different items into the box. Can children reach in and work out what the items in the box are without looking?

You could link this game back to God's question to Moses "What do you have in your hands"

**Bonus Challenge:** Can children think of a way to use each item in a different way? e.g. an old sock could become a cleaning cloth, an empty can could become a flower pot.

## Discussion Starters & Teaching

- What were some of the things that Moses was worried about? What are some of the things that stop you on your mission for God?
- How did God equip Moses for his mission?

*Moses already had everything he needed for his mission – God encouraged him to use the stick he had in his hand to show Pharaoh that he had been sent by God. God had also placed a team around Moses, his brother Aaron had the confidence as a speaker which Moses lacked. When Moses had been a child he had spent time being cared for in Pharaoh's palace which would have been an advantage when returning there on his mission.*

- What do you think God's mission is for us in the world?
- What do you have in your hands? Like Moses what do we have which we can use on our mission for God?

## Craft

### Hand prints craft

Use paint or ink pads to make hand prints. Which of these hand print crafts will you try?

- Invite everybody in your group to add their handprint to a group poster. Remind children that just as Moses had a team around him we are called to serve God in community.
- Make a handprint and then turn your print into a picture. Here are some ideas.



# PROJECT FACT FILE

## HOPE IN HONDURAS



**Where:** Honduras



Christian Aid's partner in Honduras, The Christian Organisation for Integral Development of Honduras (OCDIH) is helping farming families to produce enough food even during times of drought and floods.



They are doing this by providing buckets and pipes to collect rainwater, helping people to make their own organic fertiliser, giving them tools, fruit trees and seeds that grow well in dry conditions, and also small animals to keep, like chickens.

### WHAT CAN WE DO?

We can all play a part in protecting our planet and working to reverse climate change. Our actions at church and home can play a part in helping those impacted by climate change in Honduras!

What changes or choices could you make today?

Walk, cycle or take the bus instead of using the car.

Use containers to catch rainwater and use it to water plants or clean muddy boots and bikes!

Plant a tree with your Church or family.

*Think about the families living in Honduras.*

- What challenges do you think they are facing?
- What skills and talents might they already have that they can use to help themselves?
- Just like God showed Moses what was already in his hands, why not pray that the training offered would help the people in Honduras recognise what they already have to work with.

### PRAY

Pray for the training programmes taking place to educate and equip families about agroecology (sustainable farming)

## Object Lesson

**A large container, a plastic bottle, something to make holes with e.g. sharp scissors. a jug of water.**

Place the bottle into the empty container, put a hole into the bottle and then ask the children to try and stop the water from leaving the bottle. They can use a finger to plug the hole. Continue to add more and more holes, each time another child can help to stop the leaks, but the problem will keep getting worse.

Explain that Archbishop Desmond Tutu is often quoted as saying:

"There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in."

Invite children to think about what this quote means. Why do they think it is important to identify the cause of a problem and not just come up with temporary fixes and solutions? What was the real problem with filling the bottle with water? It was the person who kept making the holes! The best solution might not be to plug the holes but to take away the scissors!

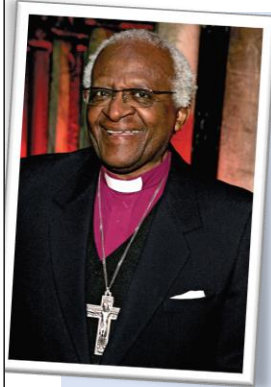
Christian Aid are helping to identify the *causes* of the problems that people face, things like poverty and climate change. Through talking and listening to people about the challenges they are facing we can help them explore solutions that work best for them. It is important not to assume we know the best solution but to learn from those within the communities we are serving.

## Challenge 1

Before we can help others we must learn to listen to them. Set the children a listening challenge, you could challenge them to be quiet enough to hear a literal pin drop or play a game of secret whispers, passing a message around the circle whispering as quietly as possible.



You might prefer to make the holes in advance and then cover them with tape, removing the tape one strip at a time will produce the same challenge.



Archbishop Desmond was born in South Africa. He trained as a teacher but unhappy with the racial segregation introduced in schools under apartheid he left teaching and became a priest.

Desmond held a number of offices including Bishop of Lesotho and used his position in the church to encourage a racially equal future for South Africa.

## Challenge 2

Give each child a piece of paper. What happens when they place it into the container of water? Does it sink or float? Can they get it to travel from one side of the container to the other.

Encourage children to try and construct their own paper boats to travel across the container. What challenges do they face, how does that make them feel? What successes do they have, how can we celebrate them together?





## Save our Planet!

All over the world human behaviour is causing damage to our beautiful planet, litter, pollution, climate change and deforestation are just some of the problems we face. Let's think and pray about how we can play a part in protecting and caring for our planet.

Children could write their own pledges, committing to making small changes e.g. "I will always check that I have switched off the light when I leave a room"

Children could plan a project to make a change in your community – going on a litter picking walk or encouraging others to reduce waste in their homes.

Children could make posters encouraging others to think about their environmental impact and display them around your church building.

Children could spend time waiting and listening to God asking for a picture of things that He would like to see change for the better in the world.

Share the resource on the next page with families to help them plan their own prayer walk, scooter or cycle.



**Could you take on a fundraising challenge during Lent to help support the work of Christian Aid and Hope for Honduras?**

Set aside some of your pocket money to donate to a charity.

Offset your carbon emissions by putting money in a charity jar every time you use your car.

Do your own sponsored cycle, scooter, walk or run in a local park

Bake some buns, cakes or biscuits to sell.

# Use this map to plan your own prayer walk, scoot or cycle!

## Begin at your home.

Pray and ask Holy Spirit to be with you on your walk. Pause and listen to God – what changes might God want you to make in your home to protect and preserve the planet.

**What will you do to make a difference?**

### Look for animals

Pray for wildlife around the world, particularly those whose habitats are being destroyed.

### Listen

Can you hear any birds singing?

In **Matthew 6** Jesus talks about how God loves and provides for the tiniest birds. What does God want to say about his love for you today?

### Look for water

Pray for the oceans, lakes and rivers around the world spoiled by pollution and waste.

### Look out for cars

Pray for pollution and climate change to be reduced.

Pray for all the scientists, politicians, inventors and individuals working to make a difference.

### Walk to a high place!

How far can you see?

Ask God for a vision for the future of our planet – what does it look like?

### Look for seeds

What could you do to plant seeds of change in your home, school and community, to protect and preserve the planet?

### Look for the tallest tree

Pray for the rainforests of the world and all those working to save them.

### Litter

Take a bag with you so that you can collect any litter you see. Make sure to do this carefully and safely.

Pray for God to change the hearts of those who litter, pray for the protection of local wildlife from the impacts of littering.

## Church and Community Mobilisation

God could have given Moses anything to use on his mission but He chose to use the stick that Moses was already holding. Church and Community mobilisation is all about looking for ways to serve and love our communities by coming alongside people and projects which are already there. Explore the four steps of Church and Community Mobilisation with these resources.

### 1. Stop



Take time to pause, reflect and celebrate what the church is already doing locally and globally to bring change.

#### **Take on the challenge...**

How good are you at stopping and starting? Why not find out with a game of musical statues. Take in turns to be in charge of the music starting and stopping!



### 2. Look



Look at the skills God has given you already and the work that your church members are already doing locally.

#### **Take on the challenge...**

Complete your own 'skills audit' what special gifts and talents do you have to share with others?



### 3. Listen



Take time to build relationship with your community and listen to their needs. Open your heart to hear from them and from God.

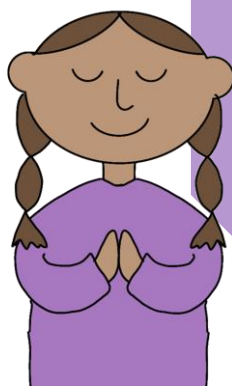
#### **Take on the challenge...**

What are your dreams for your community? Encourage children to write or draw them.

Why not spend some time listening to God together. Ask God to speak to you about His heart for your community.

**What projects in your own community is your church involved in?**

**Take time to pray for them together.**



### 4. Walk



Begin to walk alongside your community dreaming together and through careful and thoughtful planning develop actions for change.

#### **Take on the challenge...**

Could you take a walk in your own community? What needs can you see?

How might God be asking you to help?

