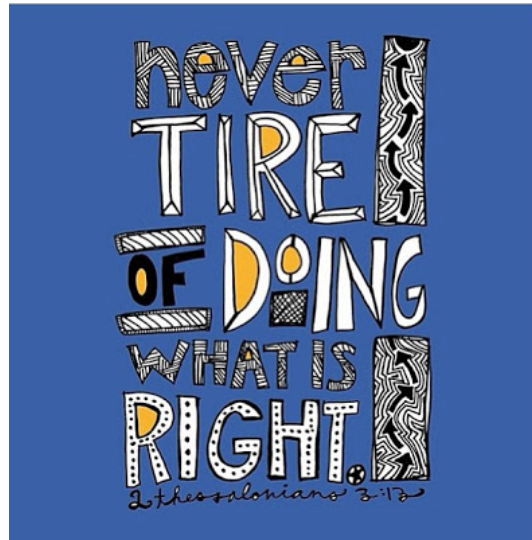




Theme for July



This month we would usually be planning our outdoor session with lots of silly games and yummy picnic food. Remember last year at Northumberland Ave when we all got wet with exploding balloons?

This year we've had to do things differently and it's not been easy. We know that families are finding it hard managing alone but by working together and trying hard to keep to the rules, eventually we will be able to enjoy all the things that maybe we took for granted. This Bible passage reminds us that we will be rewarded if we keep trying.

watch this video: scroll down the page to find "do not tire"

<https://content.scriptureunion.org.uk/inspire>

Have you given up on anything that you used to enjoy eg: playing an instrument or singing, doing jigsaws, making lego models, performing handstands? Probably not a good idea to do the backflip... just yet!!

Why not have another go and post a picture to share and inspire us all?



We can't enjoy the Tokyo Olympics this summer but you can set up your own indoor and outdoor challenges this month.

Here are a few suggestions to get you started:

Outdoor:

- Throw the bean bag or sock (push a tennis ball into the toe of a sock and tie the other end). have competitions to see who can throw it the furthest. Of course you could throw practically anything - including wellies if it is a wet sort of day!
- Running races or all sorts, including distance races, three legged races, egg and spoon races, sack races, relay races, timed fill the bucket water game using sponges (popular last year)
- Obstacle course
- Discus using frisbees
- High jump and/or long jump

Indoor:

- Learn to say hello in 6 languages
- Draw the flags from these countries and find out where they are on a world map or globe
- You could paint the flag onto a smooth stone and arrange them in plant pot or in the garden



- Try out some food or a recipe from a different country
- Decorate some biscuits:



Take a picture and send it to Debbie: deborahborda27@gmail.com

we can upload them onto our Instagram page:

[messychurch-trinitymeth](https://www.instagram.com/messychurch-trinitymeth)

Worship time:

The story of David and Goliath reminds us that trusting in God and having faith in him can give us the courage to face problems that we think are impossible. Remind yourself of the story by clicking on the link below:

<https://www.youtube.com/watch?v=Bsup35Xitk>



What does the story tell us?

God wasn't just putting David in a fight against Goliath to help end the war. God was showing us something about David... and something about Saul.

Do you remember what Saul did when David said he would fight Goliath? He laughed ... and he tried to give David his armour. He was trying to make David's outward appearance look stronger, and he wasn't trusting God. David trusted God that what he had was enough. That's why Israel needed a new King. That's why God appointed David to be the next King. David trusted God no matter what was happening in the world around him, and that was something that God wanted in a leader.

We can all trust God, because God knows what we don't. God always has our best interest at heart, and He has our future in mind.

Say a prayer to ask God to help you have courage and determination in the things you have to do, even if you find it hard. Remember to thank God for all the wonderful things you have learned to do and people you have come to know and love.

Say the Messy Grace together: May the grace of our Lord Jesus Christ (Hold out your hands as if expecting a present) And the love of God (Put your hands on your heart) And the fellowship of the Holy Spirit (Hold hands) Be with us all now and for ever. Amen (Raise hands together on the word 'Amen' and shout loudly!)

Repeat!

Send us a photo of you all doing your Messy Church at home! We miss you; we hope you're well and safe and we look forward to seeing you again. And until that day ...

