

SUNDAY MORNING COMMUNION



1:1 Sunday Morning “Service”

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For the parent

In this booklet is a collection of options and ideas for you. Pick and choose what you want to do with your child, you know them best!

What are your foundations? What are the things that are important to you?

Living stones (trees)

Read Psalm 1:1-3

Oh, the joys of those who do not follow evil men's advice, who do not hang around with sinners, scoffing at the things of God. ² But they delight in doing everything God wants them to, and day and night are always meditating on his laws and thinking about ways to follow him more closely.

³They are like trees along a riverbank bearing luscious fruit each season without fail. Their leaves shall never wither, and all they do shall prosper.

You have in the bag some precious things!

One of the most iconic New Zealand plants is the Kowhai! Its bright yellow flowers stand out and provide so much food to native birds like the Tui and bees.

Yesterday we talked about cuttings and seeds:

- **Cuttings are taken from a plant and placed in the ground to grow. They carry the same issues from the plant they came from.**
- **Seeds are from the parent plant but when they grow they are a new plant.**

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The seeds have to go through a journey though. When a Kowhai seed is scarified a little (rubbed with small stones), the seed will be encouraged to grow.

- Write in the sand all the things the seed needs to grow strong?
- Just like the seed our faith needs things to grow. What are some things that help our faith to grow? What do they look like, feel like, sound like?

Some talking points can be:

- The Kowhai is susceptible to snails and the looping caterpillar, what things can stop your faith from growing? How have you tried to stop them from impacting your faith?
- What was important to your faith when you were young?
- When you look around you will see trees planted that are thriving and others that are not. Point them out and talk about the things that help us grow like the tree in Psalm 1.
- If you want, you can share your journey to faith.

As a living statue, you can plant this seed into the pot and write the things that God means to you on the pot with a vivid. After pouring the mix into the pot, place the Kowhai seed in, water and cover it with glad wrap.

The plant needs sunlight but more importantly, it needs to be watered every day, (this can be a good talking point prayer, reading the bible).

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Psalm 16

interpreted

When my life gets tough, I will turn to God.

I will say to God “You are my shelter. Without you, nothing I do matters.”

I will follow those who have chosen to follow God.

I will ignore those who follow other gods.

God is my food.

God is my drink.

God speaks to me in my dreams.

God speaks to me in my heart.

In God my heart is glad.

My soul rejoices.

My body rests.

I will follow the path of God and find fullness and joy in my life.

Amen



Questions:

- How does God speak to you?
- When do you find rest?
- Why would David say, ‘I will ignore those who follow other Gods?’
- How do we follow Gods path?
- Why would you find fullness and happiness in your life if you do?

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1:1 Breaking “Bread”,

Talk about what communion is to you.

Prayer: Lord you came to earth to set us free! Help us to draw close to you. To be plugged into your mains so that our batteries don't drain flat. We need you Lord. We thank you that you gave yourself to die for us. (Take out the ginger nut and break it in half). We remember that you gave your body given to us. You gave us a new covenant, a new contract lord, your because you died to set us free. This drink represents your blood poured out for us.

(Take the ginger nut and dip it into the hot chocolate and eat it).

- This is a good opportunity to sit and think about what communion means. What do you like about your child? Why are you thankful that God made them part of your family? Share what your hopes are for them. Share with them a memory about what made your faith click for you.

Prayer

Take this opportunity to pray for your children and if they want to pray for you. Encourage them to know that God listens top them just as much as he listens to adults. In fact, he said we need to have faith like a child! Coz when it comes to God we are all his children

Don't feel pressured to go over everything but please don't disturb others still doing communion.

Feel free to walk along the beach,