

## Seekers - Morning activities

Good Morning Seekers! Welcome to Stay Awake 2021, it sure is different this year. We miss welcoming and seeing your happy faces in person, but we hope you will like the activities we have made for you to do while your Mums, Dads or guardians watch the main talks online.

If you have been to Stay Awake before you may remember we always have a bible verse that is prayed about and we believe is **chosen by God** especially for you, today.

This year our Bible verse is this:

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not be weary, they will walk and not be faint." Isaiah 40:31

During the day, let's think and pray about this verse. What does it mean to us? What words can you remember or stand out to you?



So, let's start the day in the best way that we know here at Stay Awake. Find a quiet place and take time to welcome God into our hearts and pray... Let's start as we always do by making the sign of the cross:

**In the name of the Father, the Son and the Holy Spirit...  
Lord, Thank you for today.**

**Thank you for making me part of Stay Awake online.  
I pray for my heart to be opened to what You have to say to me today.  
I pray to be close to You Lord, and I pray to grow strong in my faith and love of You Lord. Help us to stay strong to help us get through the rest of the lockdown.  
Amen.**

OK so now it's time for our first activity. It's a **TREASURE HUNT!**

Can you find these 2 things in your home?

1. **Your favourite toy**
2. **Your Bible**

What do you love most about your favourite toy? Did you know that God loves you even more than you love your toy? God loves everything about you and he tells us this in his Holy book - the Bible. Later on, ask your parent/guardian to find today's Bible verse for you.



Here is a picture of my favourite toy. His name is Simba and I have had him since I was a baby.

Simba has been cuddled lots and lots by me and he looked after me when I was sad. Now he is looking a little bit tired and worn out.

On my wedding day, my husband bought me a new Simba. This is a picture of him. This Simba is bright and shiny and full of energy. He has more strength and doesn't get tired.



This is what God does for us. He gives us energy when we are tired. He makes us strong when we are feeling weak. God promises to do this for you in our Bible verse:

**"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not be weary, they will walk and not be faint." Isaiah 40:31**

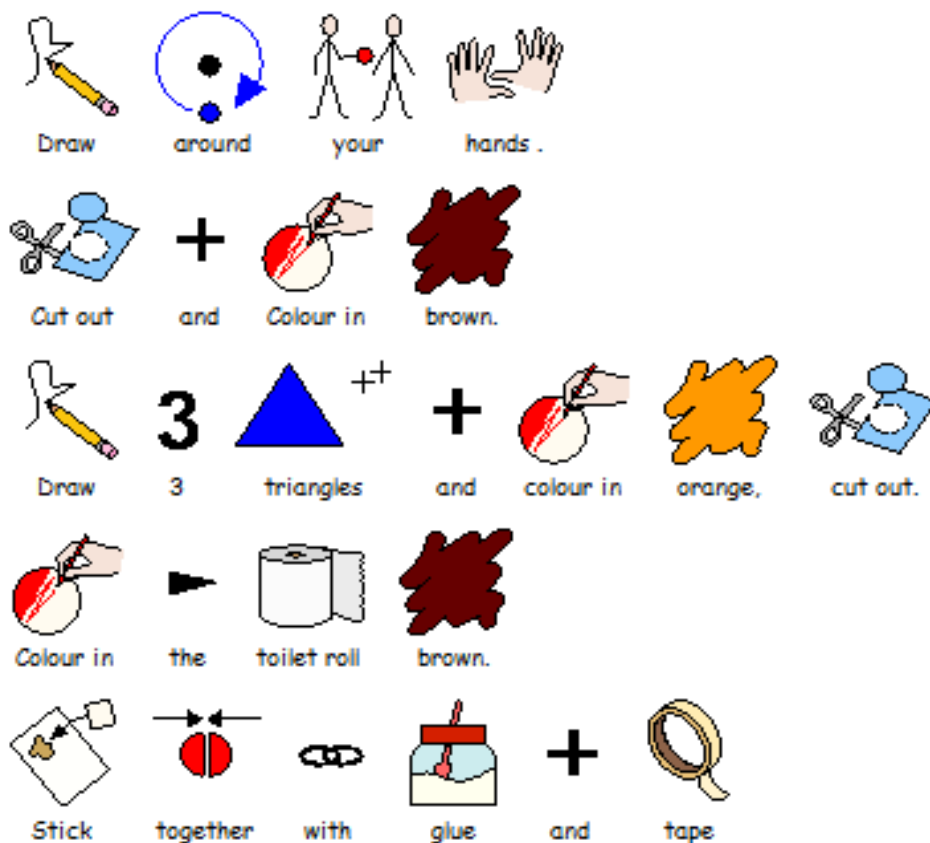
Now onto our next activity. Did you notice that our Bible verse talks about us soaring on wings like eagles? We are going to design our own eagle from an old toilet roll (clean one please!).

To make our eagle you will need:

- Toilet roll (cardboard bit)
- Paper (white, brown or orange)
- Colouring pens, pencils, crayons or paint
- Scissors + glue (you will need adult help)
- Sticky tape
- Google eyes or a black pen top draw



Here are the instructions:



If you need help with this, then maybe ask your parent/guardian to help you once they have finished in the main talk. While you are waiting, there are colouring sheets on the Stay Awake website for you to design your own eagle. They are all about our bible verse. Why not colour them in and stick some feathers/glitter on to them?!

So that brings us to the end of our morning session!

We hope you enjoyed your treasure hunt and crafts and can't wait to see you at 1pm for our live session - enjoy your lunch and God bless! 😊

**Bye for now, from your Stay Awake Stream Leaders.**

see you soon!

