

Travellers – Morning activities

Hi Travellers,

Welcome to Stay Awake 2021! We hope you're enjoying your day so far, and we are certainly excited to see you at lunch-time!

Stay Awake is a bit different this year as we are not allowed to meet in person. So instead we have put together a few activities for you to do while your parents/guardians are watching the main talks online. Some of you might like to join the main adult talks instead of joining the kids groups, and that is absolutely OK! Please do whatever you feel is best for your spiritual growth.

For those of you who have been to Stay Awake before, you may remember that we usually have a bible verse which we talk about at Stay Awake. This is a verse that has been prayed about and we believe God has chosen specifically for today.

This year the 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

Over the course of today we will be thinking and praying about this verse and what it means to us today.

So..... on that note, it's time for us to start the day!
What do we always start the day with at Stay Awake?!



Find a quiet space and say this prayer in your head or out loud:

*“In the name of the Father, and the Son, and the Holy Spirit.
Lord, I thank you for today. I thank you that you have invited me to be a part of Stay Awake online and I pray for my heart to be opened to what You have to say to me today. I pray for a greater hope in You Lord, and I pray for a renewal of my own strength. I pray for the stamina to get me through the rest of the lockdown, and so that I do not grow weary, knowing that I can rely on Your unfailing love. Amen.”*

OK so now it's time for our first activity. It's late morning and no one is around to make us coffee or bring us biscuits, so we need to get livened up some other way.... let's start with some crafts!

Now, you have a choice:

1. You can make an eagle out of old toilet rolls (clean ones please!)



2. You can make one using just paper – origami style!



Some of you might choose to make both!

On the Stay Awake website we've uploaded instructions for both of these activities. Hopefully your parents/guardians have already printed these for you, but if not then just head over to www.stayawakejc.com where you'll be able to find them, along with a video for your origami eagle. We'll be looking at these at lunchtime so make sure yours are better than ours! (My origami eagle isn't very good, so you've not got much competition!).

Once you've made these, you should hopefully have some time left over before the main talk finishes. We'd love for you to reflect on the verse of the conference (Isaiah 40:31) and to think about how God might be speaking to you today through this verse. To do this, you might like to go into your quiet space again so that you can really spend some time with God.

On the Stay Awake website there is another document which just has this bible verse on. Hopefully this has been printed for you in advance, but if not then grab a piece of paper and write the verse in the middle of the page. If you've forgotten the verse, here it is again:

“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

What we'd like you to do now is to reflect on this verse and ask God what He is saying to you through it, and how this can relate to your life right now. Write/draw whatever comes to your head on this piece of paper. Have a look on the next page for some ideas.

Here are a few questions to think about and write answers for:

- 1 – What can we learn about our own strength and weariness through this verse?
- 2 – How can we feel comforted by this verse?
- 3 – Who will renew our strength when we are weary?
- 4 – Are there any times in our lives recently when we have felt sad/exhausted/lonely?
Did we pray to God and ask for His comfort and His strength?
- 5 – Turn over your piece of paper and write down 3 prayer requests.
These can be things in your life where you'd like to rely on God's strength and comfort.

Now, try to spend 5 minutes in prayer with God and ask Him to help you in any areas of your life where you're feeling weak. God is amazing. He is our comforter, He is our shield and He is our protector. He will always listen to us and help us when we ask Him.

Keep this piece of paper somewhere private. We encourage you to pray every day for your 3 prayer requests and when God has answered your prayers, you can write down how He did this for you. Sometimes God answers our prayers in unexpected ways! If you feel comfortable sharing your prayer requests with your family, then ask them to pray with you and to look out for when these prayers might be answered – sometimes we do not recognise answers to prayers until someone else points it out!

So, that brings us to the end of our morning session. If you've finished early, then have a look at the **crossword on the Stay Awake website**. Some clues are about the book of **ISAIAH** – so you might need to do some reading up on who Isaiah was and how he helped God's people!

We will see you at 1pm for our live session – enjoy your lunch and God bless! 😊

Good bye for now, from your stream leader, Kat

SEE YOU LATER

