

3 What's inside God's big book?

How to live God's way!



Play time



Make a book

You will need: A4 paper, thin coloured card, crayons, pencils, felt-tips, long-armed stapler.

Show the children how to make a book by folding several sheets of paper in half. Then fold a piece of card to make a cover and staple the sheets together along the crease. Let the children draw, scribble or 'write' on each page. Be sure to write the child's name on the cover. When the books are finished, talk to the children about how good their work is and go over how they made the books by listening to what you told them to do.

Rules of play

You will need: simple board, card or dice games.

Provide two or three tables with different games ready to play. You will need to have at least one adult working with each game. Let the children choose which game, if any, to play. First explain how to play. Use the word 'rules', explaining that the game will be more fun if everyone keeps to the rules. The games should last no more than a few minutes. If a particular game is too hard for the children, adapt it, eg make it a matching game, or hide the pieces around the room and challenge the children to find them.

Dressing up

You will need: clothes, wraps, washable hats, shoes – or anything attractive for the children to try on.

Encourage the children to try the clothes on, but insist on a few common sense rules, eg not snatching from others, clothes to be returned to the dressing-up corner when they are finished with. Explain that these are the rules and they are there to make dressing-up more fun for everyone. At the end of Play time, get the children to help tidy the clothes away and make sure that nothing has gone missing.

Game time



'Moses says'

Get everyone standing to face you. Say that the Bible story today is about a man called Moses, so you are going to play a game using his name. Whatever Moses says, they must do. They should try to obey Moses' rules. Give simple instructions, beginning with 'Moses says...' eg 'rub your tummy, sit on the floor, march on the spot, stretch your arms.' Always do the action yourself as you give the instructions. (Unlike the traditional 'Simon says' there is no trick and nobody is 'out'.) Keep encouraging the children by saying how well they are playing the game and keeping the rules. For fun, vary the game by giving the instructions quite quickly and then in 'slow motion'. Make the final instruction from Moses lead into your next activity.

Making time



Food rules

You will need: a microwave oven, other equipment, depending on your choice of recipe.

Make one of the following, or a recipe of your own, to demonstrate that following rules gives a positive outcome. Washing hands both before and afterwards is part of the procedure! Check carefully for any food allergies before undertaking this activity.

Pizza topping

Buy pizza bases or bake your own. Cut into six triangles. Let children spread pizza topping on their slices, using the back of a spoon, and sprinkle on some grated cheese. Place the pizzas on non-metallic plates and put in the microwave for a couple of minutes until the cheese melts. Let the pizzas stand until cool enough to eat, or wrap in foil to take home.

Muffins (Makes 6)

Put in a bowl 2.5 tbsp porridge oats, 50 g wholewheat flour, 15 ml cooking oil, 30 g sugar, small pinch of salt, 25 g raisins, 1 egg beaten lightly, grated zest of 1 orange, 5 ml baking powder, 45 ml milk. Let the children mix these ingredients together quickly, but do not beat (the mixture should be slightly lumpy). Half fill six double-thickness paper bun cases set in a microwave muffin tray or in six ramekin dishes. Microwave on full power for 2–3 minutes. (Stop midway to turn the dishes.) Place on a wire rack and leave to stand for 3 minutes. Remove from paper cases when cool enough to handle.

Story time



Rules from God

You will need: illustrated Bible with a bookmark and an illustrated recipe at Exodus 12; headdress and wrap.

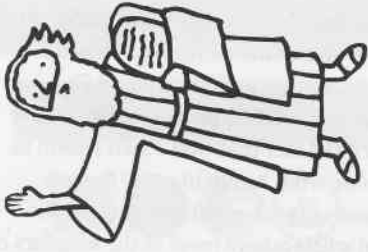
Say, 'This book is the Bible. It's a special book because it tells us a lot about God. I wonder what we can find in it today.' Teach everyone to say, 'What's in the Bible today?' Find the recipe. Say, 'This recipe gives me rules for cooking. It tells me how to make good things to eat. There's a story in the Bible about rules that God gave his people.' Explain that you are going to pretend to be Moses and tell the story.

I'm very worried, you know. I am the leader of lots of people. We all live here together. But I'm not sure what to do. We've got no rules. Some people are unkind to others – and that's not good, is it?

God has told me to climb the mountain. He wants to talk to me. Perhaps you'd like to come too...

(Stand up, walk on the spot, pretend to climb.) That was a long way! I'm tired. I'll sit here and wait for God to speak to me. And I want to talk to God too – about people getting hurt and upset. (Pretend to listen; then whisper.) God says he knows about people getting hurt. He wants to give me some rules to make things better.

(Listen.) First of all, God says, we must learn to love God with all our hearts. I wonder if I can remember that... Love God with all our hearts. Yes, I'll remember now. (Listen.) God says we must love each other too! We must be kind



My name

What's inside God's book today?

Rules about how God wants us to live!

Moses climbed the mountain. God said, "Tell everyone to love me and love each other." Join the dots to make the mountain.

