



# SUNDAY STROLLS

SESSION TWO: ASCENSION



**ST MARY'S** REIGATE

# BEFORE YOU BEGIN YOUR WALK...



## You'll Need:

- Bubbles
- A Bible
- Blanket/Rug to lie on

Make sure to plan your route so that you go up a hill or a high place.



## SAY A SETTING-OFF PRAYER

Whilst putting on your shoes say a prayer together:

Dear Lord,

Thank you for today. We pray that as we go on a walk together that we will be taking steps closer to you.

In your name,

Amen.

### TIP FOR PARENTS

Remind each other that prayer doesn't need to be fancy or complicated. God loves hearing our voice - umms and erms galore!



# GAMES TO PLAY...

## 21 CHALLENGE

Take it in turns to either say one, two or three numbers counting upwards. You don't want to be the one who says 21 or you're out.



### EXAMPLE:

Person 1: One, Two

Person 2: Three, Four, Five

Person 3: Six

Person 1: Seven, Eight, Nine

Person 2: Ten, Eleven, Twelve,

Person 3: Thirteen

Person 1: Fourteen, Fifteen,

Person 2: Sixteen, Seventeen, Eighteen

Person 3: Nineteen, Twenty

Person 1: Twenty-One (They're out!)

Find a place with trees/other things people can hide behind.

Choose a person to be the spotter - place an object behind them (a ball or some keys etc.)

The spotter turns around and everyone else must hide.

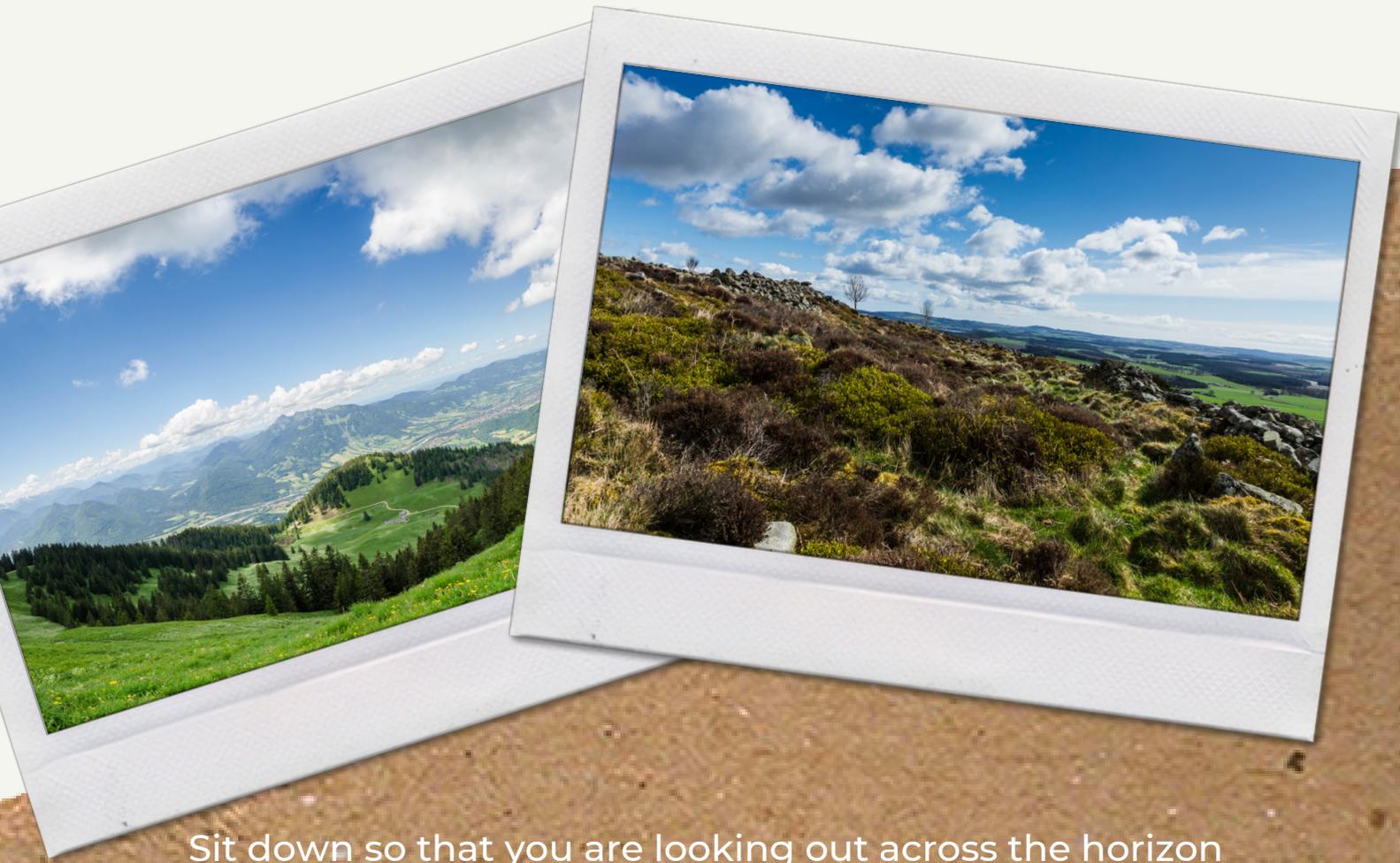
The aim of the game is to steal the object without being seen. If the spotter turns around and sees you, you must go back to the beginning.

The first person to steal the object wins and becomes the spotter!

## QUICKLY, QUIETLY



# AS YOU COME TO A HIGH PLACE...



Sit down so that you are looking out across the horizon

## READ THE BIBLE PASSAGE...

### ACTS 1:6-11

- What happened in the story?
- Which character in the story do you most identify with?
- How would you react if you saw someone disappear into the sky?

# THE DISCIPLES LOOKED UP TO THE SKY

Lie on your back and look up to the sky (try not to look directly into the sun...) and take some time to think...

WHAT CAN YOU HEAR?

WHAT CAN YOU SMELL?

WHAT CAN YOU FEEL?

WHAT CAN YOU SEE?

Were there any clouds? What did they look like?

The angels told the disciples to stop looking to the sky  
- Jesus will come again but in the meantime...

## LOOK OUT TO THE HORIZON...

The disciples asked Jesus when he was going to restore (change) Israel to be more like God's kingdom.

Jesus doesn't tell them when but instead tells them that they will receive power through the Holy Spirit.

The Holy Spirit gives us power to bring God's kingdom closer to Earth.

How would you like to see the world we live in change for the better?

**Jesus will come back someday but we shouldn't stand around waiting for him to do so...**

**In the meantime it's up to us to bring the kingdom of God closer to Earth.**

**This means making the world more like the world that God always intended us to live in - a fair, equal, loving place in which all of creation is taken care of.**

**But we're not left to do it on our own, we can ask for the power of the Holy Spirit to fill us so that we can make these incredible changes.**

## **GO DEEPER**

Jesus says that we are not to know the times and dates of the things that God will do.

Do you like that?

Does it comfort you or unsettle you?

Does it make you trust in God more?



# **BUBBLE PRAYERS**

Think about the difference you'd like to make in this world to help it be more like the one God intended it to be.

Ask God for help to do these things - then blow some bubbles and watch as they float away!

# HEADING HOME...

As you walk home talk about the things you've learned today, about God, about nature and about each other.

## THE SUNDAY STROLL PRAYER

Thank you God for the planet you've made.

Help us to look after it and appreciate it more and more every day.

Thank you for the time spent together today - with one other and with you.

Help us to remember what we've learned as we set off on new adventures this week.

Amen.

