



SUNDAY STROLLS

SESSION THREE - PENTECOST



ST MARY'S REIGATE

BEFORE YOU BEGIN YOUR WALK...



You'll Need:

- Water Bottle (with Water!)
- Flower Seeds
- Flower Pot
- Fruit

If you can, plan a journey that will take you through an orchard or a field growing crops. Don't worry if not, the session will still work!



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...



TASTY A-Z

Can you name a fruit or vegetable for each letter of the alphabet?



Choose a random time -
17 seconds, 8 seconds,
34 seconds -
whatever you want!

One person will use a timer and the others,
without looking, will guess when the amount
of time has passed.

Closest wins!

TELL ME WHEN...

COME TO A POINT OF REST



READ THE BIBLE PASSAGE...

ACTS 2:1-12

- What happened in the story?
- How would you react if you found yourself speaking a language you'd never learnt before?
- Do you think this could happen today?

'SUDDENLY A SOUND LIKE THE BLOWING OF A VIOLENT WIND CAME FROM HEAVEN AND FILLED THE WHOLE HOUSE WHERE THEY WERE SITTING..'

Can you feel the wind as you sit still?

What does it feel like? What does it sound like?

THE HOLY SPIRIT

The Holy Spirit is God and we can invite the Holy Spirit to live in us and change us from the inside out.

But isn't there only one God?

Yes! But He's three-in-one. Father, Son (Jesus) and Holy Spirit. This can be confusing but here's a helpful analogy:

LOOK AT A WATER BOTTLE...

What happens when water gets really cold?

What happens when water gets really hot?

Water when written as a chemical formula is H₂O.
Water as a liquid, as a solid (ice) and as a gas (steam) is still H₂O.

The same as God.

Jesus is God. The Father is God. The Holy Spirit is God.

They each appear in different ways and play different roles but they are all the one and the same God.

How does the Holy Spirit change us from the inside out?

READ GALATIANS 5:22-23

LOVE **JOY** **PEACE** **PATIENCE**

KINDNESS **GOODNESS**

GENTLENESS **FAITHFULNESS**

SELF-CONTROL

Last week we talked about making a change in the world.

How could these 'fruits' of the Holy Spirit help you change the world?

GO DEEPER

Invite the Holy Spirit to fill you.
Wait for Him - don't rush!

Try holding out your hands as though
your receiving a gift.

Do you feel any different? Don't worry
if not, sometimes we don't experience
the change straight away.

PLANT A SEED

Either bring a small flower pot with soil with you on your journey or wait to do this at home. Plant a seed and watch it grow over the next few days - what does it take to make it grow? In what way is that similar to us and the Holy Spirit?



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.

