



Sunday, 12th July Your Journey

Hello everyone,

As we approach the end of the school year, it gives us a chance to think about what our lockdown journey has been like. We started lockdown with a Family Service where we looked at the Jesus' friends walking to the town of Emmaus and meeting Jesus on the road... but they didn't recognise him. What we learnt from the story was that Jesus is walking with us all the time, even when we may not be aware of it. It is wonderful to know that Jesus has been beside us through all our lockdown experiences and that he will always be with us through the good times and the more challenging ones.

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Family chat time:

Talk to your family about your personal journey since school closed. You could ask each other:

How did you feel when the lockdown was announced in March?

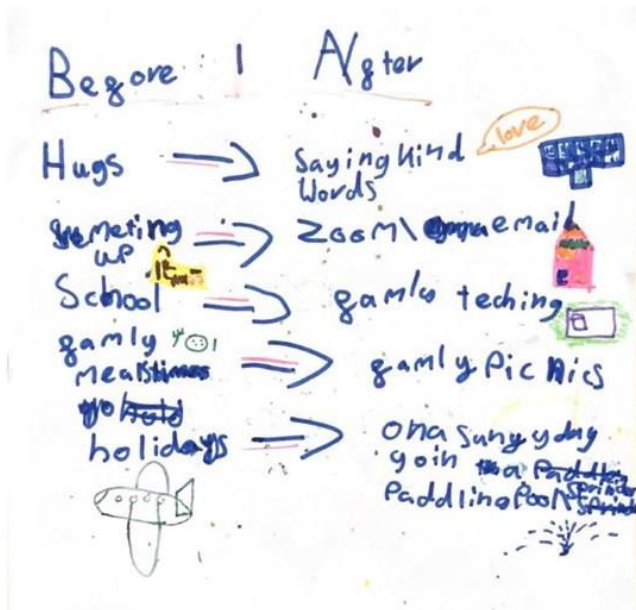
How did things change?

How would you describe the journey you have been on, individually and together?

inSpire



If you want to, write your own poem or reflection to help make sense of your own experience. Maybe you'd like to write something together as a family. Or maybe you would like to draw or paint a picture that expresses how you feel about lockdown and what it has meant to you. If you want to, you can send poems and pictures to the Cuckfield Together Arts Festival inspirefm@holyltrinitycuckfield.org where they will be displayed in an online Arts Gallery on the church website www.holytrinity-cuckfield.org There will be a special children's section.



Bible Story read the story again of Jesus walking with the disciples on the road to Emmaus. It's such a wonderful story, you can never reading it enough! **Luke 24 v 13-35**

How about singing, One more step along the world I go <https://www.youtube.com/watch?v=81zv93rznYs>

Or This little light of mine <https://www.youtube.com/watch?v=QCN893hzueQ>

Let's have some chat time with God

Maybe Mum or Dad can help lead you in your chat time with God. Get yourself comfortable so you can talk to God in your head. Tell God about something you have really enjoyed about being in lockdown.

Tell God about something that has made you sad or worried.

Thank God for being with you and your family every minute of every day. Tell God how that makes you feel. Tell God about something you are looking forward to doing.

Then maybe you would like to say the following prayers together:

Dear Jesus,

Open our eyes so that we can see you more clearly
Open our hearts so that we can love you more dearly
Open our minds so we can follow you more nearly, every day
Amen.

Let us say together the prayer that Jesus taught us....

Our Father who art in heaven,
Hallowed be thy name.
Thy kingdom come, they will be done,
On earth as it is in heaven.
Give us this day our daily bread
And forgive us our trespasses
As we forgive those who trespass against us.
And lead us not into temptation but deliver us from evil
For thine is the kingdom,
The power and the glory.
For ever and ever

Amen.

Next week we are hoping to have a Zoom meeting of Sunday's Cool. 😊 We really look forward to seeing you there at 11.15am. We'll let you know a little more about it in the week.

Have a good week everyone!