

HAND IN HAND

"Through him God made all things; not one thing in all creation was made without him."

-John 1:3



GATHER

Gotcha

Gather your group in a circle. Ask them to raise their right hands and place it palm facing upwards to the side of them (see diagram). With their left hands get them to place their index finger pointing down in the palms of the person next to them. Make sure all palms are flat and that fingers are touching palms. When the leader says 'GOTCHA' the young people have to try and grab the person to the right of them index finger at the same time as removing their finger from the person on the left's hands.

Extreme rock paper scissors

A simple game. Gather the Young people and explain that when you say 'go' they should play rock, paper, scissors (Clarify that the correct way to play is 'Rock, paper, scissors shoot' and you pull your move on 'shoot' - this helps avoid confusion). If they win the game they go on to find another winner of the game. The loser becomes the winner's cheerleader. This goes on until there are two people left with the rest of the group cheering either one of them on.

PROCLAIM

A good way to ensure the Young People are engaged and involved in the listening part if the session is involving them in discussion. Discuss some scripture involving hands, including "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. -Isaiah 41:10

- How useful are our hands?
- What would life be like if we didn't have hands, or the dexterity we have today?
- When do we hear about hands in the Bible?
- When do we hear of Jesus using his hands?
- When are hands used in mass?
- In what ways can we use our hands to pray?

BREAK

The following three activities can be completed as individuals or in teams. They work well when completed as a carousel. Each game should last around ten minutes.

over and under

Split the group into two and ask them to line up in two lines. Give the people at the front of the line a football. When you say 'Go' the first person of both lines needs to take out the sponge ball from the bucket and pass the ball over the head to the person behind them. The second person in line must pass the sponge ball between their legs to the third person behind them. The third person passes the ball over their head to the next person, and so forth in the same "over-under" pattern. Once the last person receives the ball they run to the front of the line. When the first person returns to the front of the line that team wins. **(continues on next page)**



up, down grab

Split the group into two and line them up so they are facing each other. Between them place plastic cups, so there is one cup for each pair. There are three moves 'Up' the young people must reach up. 'Down' they must touch the floor and 'grab' they have to compete to grab the cup. The first of the pair to grab the cup wins a point. Use the commands in a random order to make the game more difficult. You can add 'clap' to make the game more difficult or replace the words.

Origami

Depending on the maturity of the group this could consist of a paper airplane competition to paper cranes see the sheets below for instruction. **(see next pages for patterns/how to's)**

SEND

This evening we have used our hands to do many things and we use our hands each and every day to do God's work. We are now going to use our hands to pray.

Take hold of your thumb, we give the sign of a thumbs up when someone does good in the world.

We are going to take some time to thank God for the good in your life.

Take hold of your index finger, we use this finger to point in the right direction. As you hold your finger pray for your hopes and dreams for the future.

Take hold of your middle finger, its the tallest on our hands.

We pray for those who inspire us and who we look up too in our life, thank God for them.

Take hold of your ring finger, this is the finger we wear a wedding ring on, there is a vein that runs from the tip of this finger straight to the heart.

Take time for the people who you love in your life.

Finally take hold of your little finger, the weakest finger, the one that couldn't function on its own. We pray for the things we might be struggling with at the moment and ask God to help us with them.

We offer all of this up to God as we say – Our Father . . .

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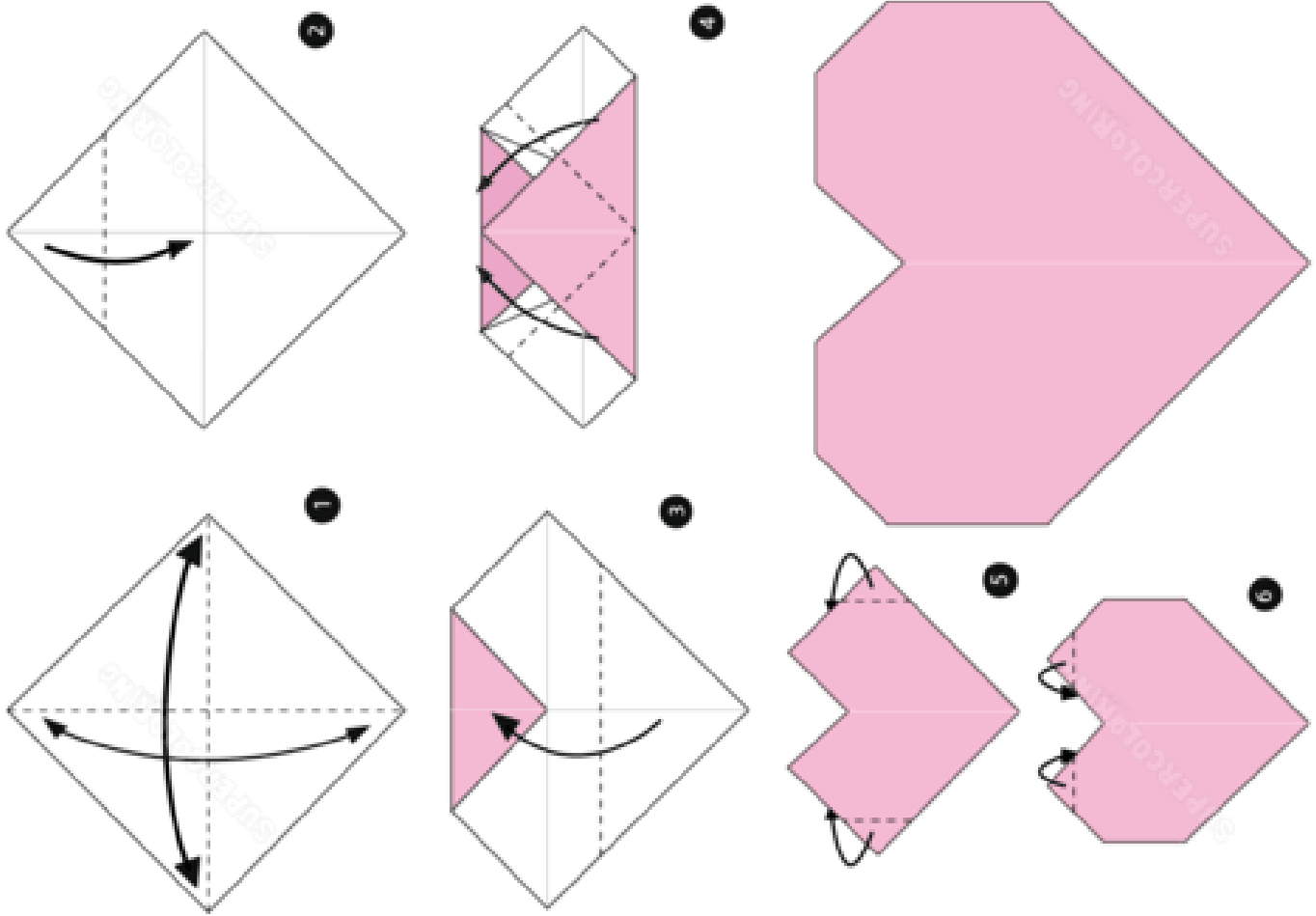
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PRAYER RESOURCE

If you have a group who struggle to concentrate or listen during prayer you can use the hand below as a way to help them focus. It can also be useful if you are looking to make art or an display that represent each individual.



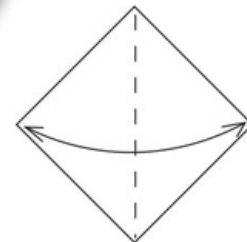
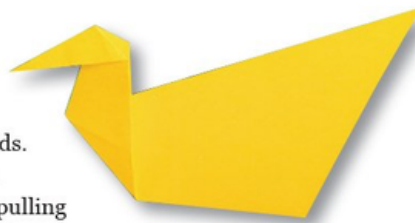
ORIGAMI IDEAS



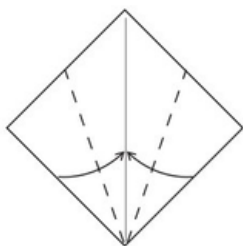
Duck

Traditional Design

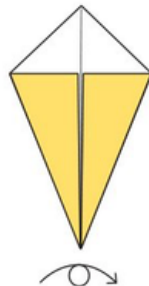
This simple and charming origami duck illustrates “outside” reverse folds. Notice how the paper is first pleated before folding the model in half. By pulling each segment outward and pinching it at the correct angle, you can change the expression, or “attitude” of your model. Fold a family from different sizes and colors.



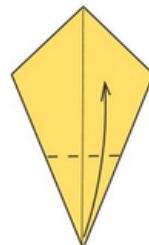
1 Fold in half, corner to corner, and unfold.



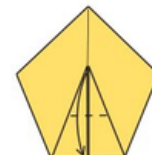
2 Fold two edges to meet at the crease.



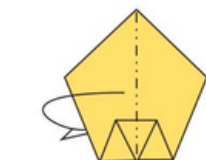
3 Turn over.



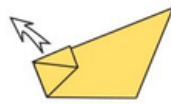
4 Fold up the bottom corner.



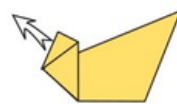
5 Fold corner to the bottom edge.



6 Mountain-fold in half.



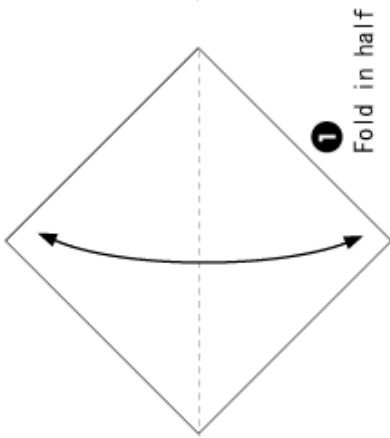
7 Pull up the neck.



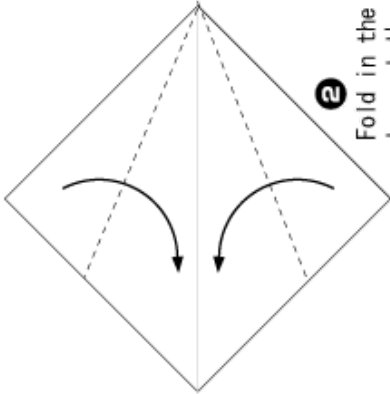
8 Pull up the beak.



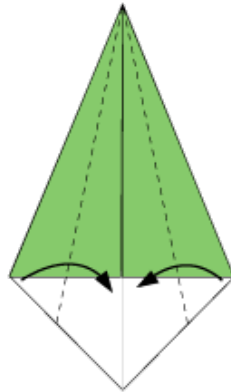
9 The finished Duck.



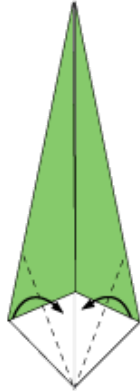
1 Fold in half



2 Fold in the dotted lines to meet the center line



3 Fold in the dotted lines



4 Fold in the dotted lines



5 Turn over



6 Step fold in the dotted line



7 Hood fold in the dotted line



8 Pocket fold in the dotted line



9 Draw eyes and finished

A Snake

