

Sunday 31st January 2021 – Younger Group Sunday School Activity

The grace of our Lord Jesus Christ be with you!

Based on 1 Thessalonians 4:13-5:28

READ – Paul, the apostle who told people about God’s word, wrote to the people of Thessalonica, encouraging them to be good Christians. He told them that after they died, they would be with the Lord forever. He gave instructions to...

“...appreciate those who work hard, who care for you in the Lord and who tell you how God wants you to live. Respect and love them because of their work. Live in peace with each other. And we urge you, brothers and sisters, warn those who are lazy and disruptive, encourage the disheartened, help the weak, be patient with everyone. Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else for this is what God wants you to do.”

ACTIVITY – let’s not be lazy! Instead, let’s get active this week and encourage others to do so too!

Visit the NHS website change4life and get moving. [Activities for Kids | Kids' Activities | Change4Life](#)
(www.nhs.uk)

There are lots of good reasons to get moving:

1. Improves behaviour, self-confidence and social skills
2. Improves attention levels and performance at school
3. Develops co-ordination
4. Strengthens muscles and bones
5. Improves health and fitness
6. Maintains healthy weight
7. Helps us sleep better
8. Improves mood and makes us feel good



PRAY

Dear God,

help us to live in peace with each other. Help us to encourage people not to be lazy and disruptive and help us to be patient with everyone. Help us to always do what is good for each other and for everyone else.

Amen