



Icy Pole Prayers

We can have so many different things going on in our lives, and it can be really hard. This week have a think about where you need God's strength.

SUPPLIES

Paper

Paint or coloured pencils

1. Find a quiet space
2. Talk to God about all the area's you need God's strength
3. Draw 4 Ice Poles on your paper
4. On each Icy Pole, write down an area where you would like God to be your strength.

Eg. School work or getting to sleep at night



Get Cooking!

Make Icy Poles that will remind you that God is your strength, and then share it

SUPPLIES

Fruit

Fruit Juice

Plastic or Paper Cups

Icy Pole Sticks

1. Carefully chop up your fruit (find a grown up to help)
2. Squish it into your cup or container
3. Fill the cup with fruit juice
4. Put in an Icy Pole stick and place in the freezer overnight
5. Share with your friends and family

You can also SHARE it with us: kids@discoverychurch.com.au

Discovery
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Dance and Celebrate

Dance and celebrate that God is our strength, as you follow the actions to this song

My God is so Big // Colin Buchanan

<https://youtu.be/YUageJdwyPY>



Journal It!

Read Isaiah 40:31 and write and draw what God is saying. You can refer to Jacinta's teaching for ideas.

SUPPLIES

Paper
Paint or coloured pencils
Anything you can find

1. Read Isaiah 40:31
2. Find a quiet space and ask God what He wants to tell you
3. Using any materials you can find around the house write or draw what God is speaking to you about this verse