

UP TIMES DOWN TIMES

By Mark and Helen Johnson



SING!

Up Times Down Times. This is a perfect song for making up actions; see if you can still do them with the increasing pace!

TRY THIS

Ask a family member to read 1 Thessalonians 5 v 16-18. This verse tells us to **'pray continually'**



and **'give thanks in all circumstances'**.

A great way to build this kind of prayer life is to make a Prayer & Praise Board together.

Decorate a piece of cardboard, splitting it into

two halves: 'Prayer Points' and 'Praise Points'. Glue on clothes pegs and attach note-sized pieces of paper. (No pegs? You can use drawing pins or even tape!) Keep a stash of paper nearby to update the board.

WOW & WONDER

Spend a moment worshipping God together, thinking about the things you can all pray about and thank God for. Fill in the pieces of paper with these 'prayer and praise points' and attach them to the board, then pray about them and praise God together.

TALK IT OVER

Read Acts 16 v 16-40 (key verses: 22-26), and use these questions to help explore the story.

1. Paul and Silas were beaten and locked up, but still prayed and praised God. What prayers do you think would be on their Prayer & Praise Board in that moment?
2. Why do you think God chose to use an earthquake? Can you think of any other earthquakes in the Bible?
3. How do you think the other prisoners felt in that moment? How do you think Paul and Silas felt?

REMEMBER THIS

1 Thessalonians 5 v 16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

KEEP GOING

- * Make paper 'chains' to remember Paul and Silas's chains in prison. Write a Bible verse or a prayer of praise on them as a reminder that they praised God even in their terrible circumstances, and God rescued them.
- * Update your Prayer & Praise Board at the end of the week, or even every evening, and see how many 'Prayer Points' become 'Praise Points' as God speaks to you and answers your prayers.