

QUICK GUIDE - SESSION 24: LET'S LIFT UP OUR EYES

Calendar Event: International Space Day (1st Thursday/Friday/Saturday in May)

Goals: Find out how Jesus was lifted up to Heaven and will come back. Link this to parents/carers saying goodbye to children. Explore space, astronauts and lift off!

BIBLE STORY: LUKE 24 & ACTS 1

1. Recap the story so far – God created everybody and sent Jesus to Earth, to help everyone be friends with Him again. Last session, Jesus said: ‘Go and make friends with all people in the world!’
2. For today’s story, whenever you hear the word **‘UP’**, jump up as high as you can!
3. Last session, Jesus was **‘UP’** a mountain!
4. Jesus’s adventure on Earth was nearly over. He told His friends it was goodbye for now – He’ll see them again one day, and they’ll be happy!
5. Whilst waiting, Jesus will send a gift – the Holy Spirit who will help everyone and fill us all **‘UP’**!
6. On the mountaintop, Jesus lifted **‘UP’** His hands to bless His friends with special words.
7. Suddenly, Jesus was lifted **‘UP’**, **‘UP’**, **‘UP’** into the clouds to Heaven and back to Daddy God!
8. Jesus’s friends lifted **‘UP’** their eyes and waved goodbye, probably feeling sad without Jesus.
9. But Jesus said He would see them again! So, they got **‘UP’** and zoomed home!
10. They went **‘UP’** the stairs to join their friends and family, praising Jesus for how wonderful He is!
11. They were so happy they would lift **‘UP’** their eyes and see Jesus again one day, and that the Holy Spirit would help them whilst they waited.
12. Jesus said goodbye for now and will come back to us, too! But until that day, the Holy Spirit will help us with our lives.

CRAFT: WAITING WAVES

You will need: Coloured card, scissors, giant lollipop sticks, metallic crayons, stickers, stamps, glue/sticky tape.

1. Draw/cut around each child’s hand.
2. Children can decorate their hand outlines with space stickers and metallic crayons to create a starry scene.
3. Stick the outline to a giant lollipop stick. Children can wave ‘goodbye’ whilst their parent/carer zooms out. Wait a moment and wave ‘hello’ when they lift **up** their eyes to see them again!
4. We’ll find out about waving and waiting in our story later.



PLAY: SPACE SCENE SPECTACULAR

You will need: Construction bricks, small-world people

1. Children can make a space scene, e.g., spaceships, planets, stars, moon, astronauts and a space station.
2. Add a crowd to wave goodbye as the astronauts lift off. They can lift **up** their eyes and wait for the astronauts’ return!
3. For added fun, add a pretend Jesus to zoom back to Heaven!
4. Children can race their spaceships around the room, too.
5. We’ll find about Jesus being lifted **up** in the Bible Buds story later.



Daddy God, thank you for the fun today. Thank you for friends and family and for all the astronauts in space! Thank you that one day we can lift up our eyes to see Jesus again! Amen!



Conversation starters for the grown-ups!

- » **Testimony:** Share a testimony of how you've lifted **up** your eyes to God, and how the Holy Spirit has helped you whilst you wait for Jesus to return. Share how you feel knowing that Jesus is coming back with a new Heaven and Earth, and new bodies for us!
- » **Question:** Would you ever like to be lifted **up** to space? Have you ever gone up high in a hot air balloon or in a plane? Where?
- » **Chat:** Talk about how it feels when you say goodbye to your children. Chat about how Jesus felt, leaving us behind.
- » **Activity:** Give out arrow sticky notes for parents to write their child's name on. Stick them on a poster, lifting them **up** to Heaven. Say a prayer for their children, or peace for them.



Take a trip to a family-friendly science museum or library, and have fun lifting **up** your eyes to learn more about space and our universe!

Find a cardboard box, whip out the tin foil, search through the recycling and have fun making a spaceship together!

Ask your children how they feel when you have to say goodbye to them at nursery/the childminder's/preschool. Explain that it's goodbye for now, a bit like Jesus said!

Mission Opportunities

Invite a family to go to a soft-play area, trampoline park or bouncy castle event, and enjoy being lifted **up** like Jesus or astronauts! Ask the family what they think about Jesus being in Heaven? Share your experiences of the Holy Spirit as you wait for Jesus's return. Or chat about space, the universe and how you believe God created it all.

Saying goodbye can be hard. If you know a family that has moved away, send them a card with pictures, nice words and prayers inside. You could even arrange a trip to visit them! It might be that you are the only Christian family in their lives.

Have an open invite for attendees to do lunch after the session. Remember to share and declare God's love!