

# Explore It FOR ME

FEBRUARY  
SESSION 04

## HEALTHY RESPONSE

 Luke 5:12-16 Jesus heals a man with leprosy

Here are some ideas and activities you could do on your own



### Write

There are many people who have been helping and healing others at this time. You could brighten their day by sending them a note of encouragement and thanks. Write a card and ask a grown-up to help you post it.



### Pray

Can you remember the prayer we said together this week? If not, you can follow it here:

- ➡ Take three deep breaths.
- ➡ God, you are above, (*reach toward the sky*)
- ➡ below, (*touch your toes*)
- ➡ inside, (*hands to heart*)
- ➡ and all around. (*big arm circles*)
- ➡ I worship you, (*reach toward the sky*)
- ➡ and give my life to you. (*touch your toes*)
- ➡ And I love you (*hands to heart*)
- ➡ with all that I am. (*big arm circles*)
- ➡ Take three deep breaths.



### Share

Do you remember the challenge this week? You needed A4 paper and a pair of scissors and had to cut a hole in the paper so you could get through it. Share the challenge with a friend.

If you need help remembering how to do it, check this link: <https://www.youtube.com/watch?v=5E-Qnfo8ql8>

Can you use the opportunity to share this week's Bible story and talk about what it meant to you?



### Investigate

Open your mind to new opportunities and teach yourself a new skill.

### KIDS ALIVE! ONLINE

<https://www.salvationarmy.org.uk/kidsalive>

**Kids Alive!** The UK's only weekly Christian comic – is filled with jokes, competitions, Bible-based cartoons and much more... and is now available to read online!

