

# CHEEKY PANDAS

## Family Service

# Help

The following are suggestions of what you might wish to include in an All Age/Family Service, whether on line or in church. Please adapt and change to ensure all essential elements for your denomination/church are included.

It incorporates the *Cheeky Pandas videos* for you to use in the teaching slot.

There are 11 in all so you have the possibility of using them in 11 family services. Please use as much or as little of these outlines as you wish.

There is also an *activity pack* available for each service outline. Each one has a Biblical text, an application, a craft activity, a game, a food challenge and a prayer. You may wish to enable families to have them prior to services. Please feel free to adapt to your local situation.

Inclusion of sung worship is still a matter of local guidance so we have not included anything specifically here. There are however songs included in the *Cheeky Pandas Videos*.

### What you will need

- The *family activity sheets* to send to families prior to the service if you wish to use them.
- If you are wishing to include the craft activity during the service you should provide a small paper plate for everyone, scissors, sellotape, eight pipe cleaners each and a piece of thick string about a metre long.
- The same materials need to go out to homes if the service is online, with the activity sheet.

### For this Family Service you will need:

- Copies of whatever words you wish the people to say in a format that is appropriate to your setting.



**Theme: Help from God – The text is around Joshua 1:9**  
(This backs up a reference to the armour of God in the Cheeky Pandas clip)

## Background reflection

The Cheeky Pandas talk about the armour of God as being like 'God's suit'. It is God's provision to equip us to resist any evil that distracts us from the life God calls us into. God has given every believer a combination of opportunities and gifts perfectly suited to them and the 'God Suit' to put on, to equip them in this life. The verse in Joshua is a guiding principle, in that our sense of self comes from the God of powerful love who created us in his image and likeness. There is a clear difference between bravery and courage. Courage is the mental strength to face danger, fear or difficulty. Whereas bravery is the quality that allows someone to do things that are dangerous or frightening.

Our courage comes from the ever-present God.

## Welcome

Our theme today is *Help*.

## Gathering Prayer

**Leader:** We have come together in the name of Christ. Have a look around at each other and greet each other with a wave or a smile or both.

**Leader:** We are here to offer our praise and thanksgiving to God. So let's lift our hands up as an act of praise. (*demonstrate actions*)

**Leader:** We are here to hear and receive God's Holy word. So let's open our hands together like an open book in order to receive. (*demonstrate actions*)

**Leader:** We are here to pray for the needs of the world. So let's make a circular motion describing a world. (*demonstrate actions*)

We here to praise you Lord, regardless of what kind of week we have had. **We praise you.**



## Prayer for the day

**Father God we thank you that you are always with us and that you want to help us when life is tough and when we have difficult decisions to make. May we learn more about you today so we might live better for you tomorrow.**

**Amen.**

**Sung worship** *can be inserted here if suitable.*

## Saying sorry *You may wish to use the following*

**All:** When we are irritable and take it out on others; help us to say sorry and start to get it right again.

**All:** When we want more than our fair share of food or gifts; help us to say sorry and start to get it right again.

**All:** When we cannot agree with one another and think we are always right; help us to say sorry and start to get it right again.

**Leader:** The Lord who loves you forgives what you have done and blesses you with his love to start to get it right again. **Amen.**

So our theme today is **help**. It is another little word with a lot of strength in it.

**I wonder if you think it takes strength to help someone in need?**

**Does it take strength to ask for help when you need it ?**

**I wonder what the Pandas think about getting help?**

**Cheeky Pandas Video: *The Spider Madness!***  
*(You could include the optional spider craft in here.)*

## Prayers

**Leader:** Today our prayer is about things we might find frightening or scary.

**Leader:** Dear Lord God, we know that you promise to be with us always but sometimes things scare us.

**All:** Help us to trust that what you say is true, *"I will never leave you nor forsake you"*.

**Leader:** Dear Lord, we bring to you those fears, both great and small, that we never speak about.

**All:** Help us to bring our fears to you, knowing that you will never laugh at us or fail to listen to us.

**Leader:** Dear Lord, when we have to face our fears give us extra strength that comes from you alone, so that we find we can do more than we ever thought was possible.

**Leader:** Dear Lord, we have friends and family members who do not yet know your love for themselves.

**All:** Give us courage to pray for them to know your special love for themselves.

**Leader:** Now, give your hands a good shake as we shake the fears that sometimes cling to us away. **Amen.**

*(Remind them of the activity sheet and the food challenge)*

## The Blessing/Grace *We say the grace together or a similar blessing.*

