



CHILDREN BROCHURE

MORAVIAN CHURCH – BARBADOS CONFERENCE Provincial Theme: Advance the Kingdom: S.H.I.F.T.

S. – Seek & Submit
H. – Hear & Heed
I. – Imagine & Insight
F. – Focus & Function
T. – Totally Transformed

S.H.I.F.T.

Age: 13 yrs. & Over

February 28

Sing with me:

<https://www.youtube.com/watch?v=QN-0UWJHD14>

Happiness

Memory verse:

Matthew 5:4 Good News Translation (GNT)

“Happy are those who mourn; God will comfort them!”

Scripture: 2 Corinthians 1: 3 – 5 GNT

Read with me

Paul Gives Thanks to God

3 Let us give thanks to the God and Father of our Lord Jesus Christ, the merciful Father, the God from whom all help comes! 4 He helps us in all our troubles, so that we are able to help others who have all kinds of troubles, using the same help that we ourselves have received from God. 5 Just as we have a share in Christ's many sufferings, so also through Christ we share in God's great help.

Let us talk about it

Last week we looked at the first Beatitude. Blessed are the poor in spirit. Today we go on to look at another blessing which Jesus gave us. Blessed are those who mourn, God will comfort them. The Bible translation that we are reading says “Happy are those who mourn; God will comfort them!” Matthew 5:4 GNT.

Two questions I want to ask you are:

(1) What is meant by mourn?

Mourn has been defined as - to feel or show deep sorrow or regret for someone at their death, or to feel regret or sadness at the loss or disappearance of something.

Generally, we talk of mourning when we have lost a loved one, usually through death. Or when we have lost something very dear to us. Have you lost a relative? How close were you to that person? Did you lose a pet - a dog? A cat? A mouse? Fish? At the time of death, we go into a period of mourning. Some people are inconsolable at such a time.

The second question is this: What is there to be happy about? But the verse tells it. God will comfort you.

Yes, at a time of mourning, the loss of a loved one, you hear things such as – he/she has gone to heaven to be with Jesus; he/she is in a better place. At this time, people around you do all they could to comfort you. If it is a pet you have lost, you are promised another one; you may be given all types of replacements.

What the verse tells us is that God will comfort us. But no matter how much we try to remember our loved ones have moved on to a better place, we still grieve. It’s a natural process and it takes time to heal. During the darkest times, it’s important to turn to our friends, family, and faith for support. But remember God comes in all forms. It might be in the presence of a relative, or a friend. The point is that we will be comforted, and we begin to feel happy. We feel happy about the death of the person, we feel happy about the pet, we begin to focus on all the good and happy times, and yes, we start to feel happy again.

You see, happiness is brought about by the things that happen to us. It is an attitude we have because of what we have in our heart. We are happy because we know God will never abandon us during our times of grief — He will always provide us with love and hope. By giving all our sorrow up to God, over time, He will replace the bad feeling with joy, peace and hope. We may feel lost and confused during painful times, but God has a reason and plan for everything. He knows where we are going and how we are getting there, so we need to place all our faith and

trust in Him. No matter where our journey in life takes us, God is with us in spirit. Thus our happiness will be assured. Like Paul, let us comfort others who need to be comforted.

Let us pray

Dear Jesus, You have promised to comfort me in the time of morning. I bring my loss to You now, and pour my heart out to You asking for Your shield and comfort. Make me strong, give me courage, give me the joy of believing that you will never leave me nor forsake me. I thank You for Your mercies to me, now and always. Amen.

Activity

Before we look at our Lenten facts, I just want you to complete the following table.

Cause for sorrow	Action to help
1. Your friend was a bowler in the school's cricket team. The team lost their last four matches and was kicked out of the tournament. Write two ways you help to comfort your friend who feels he is responsible for the team's demise.	
2. Your father was laid off from work as a result of the recent COVID lockdown. He is feeling very unhappy as there is not enough money in the house for all the things that are needed. Write down two ways you can make him feel better.	

More interesting facts about the period of Lent:

1. Lent is the 40 weekdays from Ash Wednesday to Easter observed as a period of penitence and fasting. Sundays aren't included in the 40-day count.
2. Why is Lent 40 days? The number 40 is a significant number for Christians. Jesus spent 40 days in a desert. Noah had to wait 40 days for his ark to float. And Moses, along with his followers, traveled through the wilderness for 40 years before reaching the Promised Land.

3. Lent starts on what's known as Ash Wednesday. This is when followers spread ashes on their forehead to signal their repentance to God. The ashes come from burning last year's palms that were distributed on Palm Sunday.
4. Lent doesn't actually end on Easter; it ends on Maundy Thursday, the day Jesus had The Last Supper. Good Friday is when Jesus died on the cross, and on Easter Sunday, he rose from the grave.
5. Lent is derived from an Old English word "lencten" meaning spring or "lengthen." It refers to the lengthening of the days as spring draws near.
6. The observance of Lent dates back to the 4th century. Catholics started the tradition of Lent around the year 325, during the Council of Nicaea. The Council of Nicaea was the first council in the history of the Christian church that was intended to address the entire body of believers.
7. The last week of Lent is called Holy Week. Holy Week, in the Christian church, is the week between Palm Sunday and Easter Sunday, and is observed with special solemnity as a time of devotion to the Passion of Jesus Christ. In the Greek and Roman liturgical books, it is called the Great Week because great deeds were done by God during this week.
8. Violet is the symbolic colour for Lent, with altars, statues and other religious paraphernalia veiled in violet fabric. Why violet? The colour is associated with mourning, which anticipates Christ's pain and suffering on the cross; and royalty, which celebrates Christ's resurrection.