



## All by myself...

Have you ever felt alone? What was it that made you feel alone? Was it the place or a situation that you found yourself in? Is being lonely different to being alone? How? Spend some time discussing these questions.

Being alone means being apart from people physically. It can sometimes be a good thing, it can give us space to think, it can feel peaceful and calm. Loneliness is very different. We can be in a crowd of people and feel lonely. Loneliness is when we feel sad because of a lack of 'companionship' we can feel that no one understands us or cares.



## A special helper

Read Genesis 2 and watch [Creation story](#) to remind yourself of what we've read so far in this series.



God had made the whole world and throughout we see that He made everything and thought it was good. Then He made humans and they were very good!

Here in Genesis 2v18 we discover the very first thing God discovered that wasn't good.

It wasn't good for Adam to be the only person- to be 'alone'.

God had made plants and animals for Adam to be in charge of and take care of but they weren't made to be in God's image like humans are. They couldn't be the company he needed.

We were made to be like God. God's very existence is all about the relationship between Him, His Son and His Spirit. We are made to be relational like Him. So God made Eve to be Adam's helper. She was like Him, but different just as all the different parts of God are unique and special and yet one together.

They were made to fit together and to bring their perfect differences to work together, to love and care for each other and to walk together with God.

We're made in God's image too. Different and special and not meant to be alone- we're meant to work together, to help each other and to take care of



### What do we want our children to know?

To know that because we're made in God's image we're made to relate to others as He does with His Son and Spirit.

To know that God made Eve to be Adam's special helper because He knew Adam shouldn't be alone.

To realise that we are meant to be in relationship with others and with God and think about ways we can spend time with them even at this time.



### Memory Verse

"God said 'it is not good for man to be alone, I will make him a helper comparable to him'

Genesis 2 v 18

**OLDER GROUPS**

each other and to walk together with God just like Adam and Eve.

## Staying connected

The last year has been hard. We're made to 'be' with other people. God said it wasn't good to be alone and yet the pandemic has forced us to be apart.

So how can we be 'with' each other even when we're apart. How can we make sure that we (and the people we care for) don't feel lonely?



We need to find ways to connect with other people, to keep in contact with our friends. Whether that's online, on the phone or by doing something for them that helps us to feel connected to them.

We need to look for the positives in our relationships at home- we might find the people we live with frustrating at times but try and look for the blessings there are in their company. Are there things you can do to make this time together more positive, what can you do to help someone else or make things easier for them? It's a chance to create some wonderful family memories- can you have an evening a week together to do something you wouldn't normally with clubs/homework and school the next day?

We need to spend time with God. Remember we're made to be in relationship with God- we might not be able to spend time with other people but no one can stop us spending time with God. What can we do to grow our relationship with Him in this time- remember He is always there.

**'Father God, Thank you that you understand that it's not good to be alone. thank you that you made Eve for Adam and for the people you have placed around me in my life. Help me when I feel alone to recognise the people who are there for me and with me even if perhaps at the moment we can't actually be together. Thank you that you are always there, that you've always been there and will always be there. Help me to remember I can always turn to you. Amen'**

## TEATIME TEASERS

- Make contact with someone this week- phone them, video call them or write them a card or letter. Think of people who might be feeling lonely and reach out to them, think of people who are special to you and who you miss, think of people who are good at reaching out to you. spend time thanking God for them and asking Him to help them to know He is with them too.
- As a family/household or support bubble do something special together. think of a way to spend time together that is different from what you'd usually do. Let the kids plan dinner, choose crazy outfits for each other, have an evening doing something together you wouldn't usually do. Celebrate the fact you have each other and let each person know why they're special and what they add to your family.

# Activities!

1

THIS WEBSITE HAS SOME GREAT IDEAS TO HELP KIDS CONNECT WITH THEIR FRIENDS WHILST WE'RE IN LOCKDOWN- WHY NOT TRY SOME OF THEM OUT!

[CONNECTING WITH FRIENDS IDEAS](#)



2

WHY NOT MAIL SOMEONE A HUG! HERE'S A CUTE PRINTABLE THAT YOU CAN COLOUR AND SEND TO SOMEONE WHO NEEDS TO HEAR FROM YOU.

[MAIL A HUG FREE PRINTABLE](#)



3

THIS IS JUST SUCH A LOVELY IDEA FOR CONNECTING WITH THOSE WHO ARE PARTICULARLY LONELY AND VULNERABLE AT THIS TIME. FOR SOME REASON YOUNGER PEOPLE TAKING AN INTEREST IS ESPECIALLY SPECIAL TO OLDER PEOPLE AND YOU CAN LEARN SUCH A LOT FROM TAKING SOME TIME JUST TO CHAT AND ASK THEM QUESTIONS.

## Interview an Older Relative or Neighbor

For many people who live alone, loneliness is a common feeling. But a sense of community can go a long way. Seek out an opportunity to connect with a older relative or neighbor, by phone, Zoom, or in person wearing a mask. Ask questions about their experiences as a child, as a young adult, and as an older adult. Record the interview and then write or type up your interview. Give them a copy when you're done—they probably would like it written down- and they will love the company.

AdventuresinKindness.com

4

GOD HAS MADE US ALL DIFFERENT- THE WAY WE LOOK DIFFERENT ON THE OUTSIDE IS REALLY OBVIOUS AND COLOURFUL, THE INSIDE DIFFERENCES CAN BE EVEN MORE SO. SOMETIMES IT CAN FEEL LIKE ALL THE DIFFERENCES IN OUR COLOURS SEPARATE US BUT GOD HAS DESIGNED US PERFECTLY TO WORK TOGETHER AND MAKE HIS WORLD MORE BEAUTIFUL. DO SOME MARBLING WITH FOOD COLOURING AND SHAVING FOAM AND SEE HOW ON THEIR OWN BLOBS OF COLOUR AREN'T THAT SPECTACULAR BUT WHEN YOU MIX THEM TOGETHER YOU GET SOMETHING SPECTACULAR!

[MARBLING CRAFT](#)

