

CMSI Children's Resource 2019



OUTSIDE IN
Changing lives in Nepal



Leaders' Guide

Introduction

Welcome to *Outside In* - CMSI's Children's Resource for 2019

Using Bible stories from the life of Jesus and snapshots of the Church in Nepal, *Outside In* explores the call for God's people to care for those 'on the outside'. We'll see how the Church in Nepal is following Jesus' example in caring for marginalised people and inviting them in to God's Kingdom. We pray that the material will inspire your children - and the wider Church - to play their part in serving vulnerable people and sharing God's love with them.



Introducing... CMSI

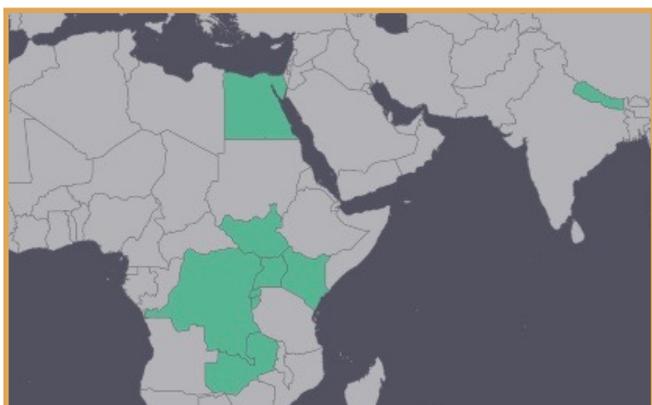
The Church Mission Society Ireland (CMSI) is a Christian mission organisation that exists to help God's people engage in God's mission.



We make connections between different parts of God's global family and we equip churches and individuals as they work together to share God's transforming love.

The Children's Resource is just one of the ways in which we resource the Church in Ireland and encourage parishes 'here' to support and be inspired by churches 'there'.

CMSI has developed strong, fruitful relationships with a number of Anglican Dioceses, local churches and Christian organisations in Africa and South Asia. Our relationships with these **Global Partners** provide the context for all we do.

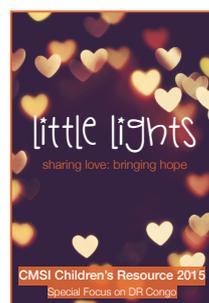


Introducing... The CMSI Children's Resource

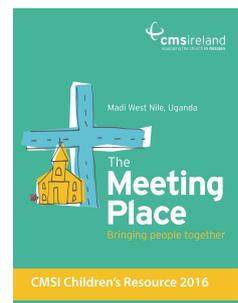
CMSI produces this annual resource with the following **objectives:**

- ◆ To help children and young people understand more about global mission
- ◆ To help churches learn about - and support - the work of CMSI's Global Partners.
- ◆ To highlight a particular country - and introduce the work of the Church there.
- ◆ To raise funds for a mission project of the Global Partners.

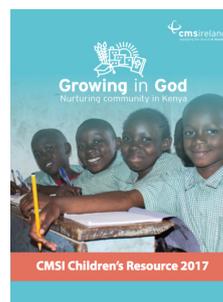
The focus of the Children's Resource changes each year – a different country, a different Global Partner, a different type of project. Recent packs have included:



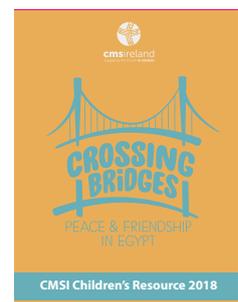
Little Lights
2015, DR Congo



The Meeting Place
2016, Uganda



Growing in God
2017, Kenya



Crossing Bridges
2018, Egypt

Introducing... The *Outside In* Pack

Age-appropriate material

Outside In has been designed for use by Sunday schools and other youth or children's groups. Material is provided for four age-groups over four sessions, but can be adapted to suit your own context. The age groups here are given **as a guide only** - there are no 'ages' on the workbooks:

Arctic Foxes: Under-6s

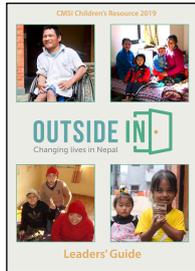
Tibetan Wolves: 9-12s

Red Pandas: 6-8s

Bengal Tigers: 13+

Leaders' Guide

This booklet contains everything you need to plan your programme, including background information and a session outline (with summary of activities) for the four age-groups. The final two pages of this Leaders' Guide include suggested material for a special **All-Age Service**.



Workbooks

Photocopiable workbooks are provided for the three younger age groups. You may like to make up a workbook for each child. Numbers permitting, you can also order pre-printed, colour workbooks to allow each child to have their own copy.

DVD

There are two parts to the DVD:

- **DVD Films:** Four short films to play as part of each session.
- **DVD-Rom:** The DVD-Rom contains additional material, including activity templates, printable versions of the workbooks and a selection of photographs.



(To access the DVD-Rom material, you need to insert the DVD into a computer. Once it's loaded, close down or 'minimise' the DVD player window, then find and select the folder entitled 'Outside In 2019').

Sticker Sheets, Pencils & Craft Items

We'll include sticker sheets with each pack, free of charge.

You can also order pencils (25p/25c each) and handmade craft items from SD Church (wool and felt animal key rings). These are £1/€1 each.



Fundraising for Nepal

See inside back page for project fundraising information.



Introducing... Nepal



Nepal is best known as the home of Mount Everest and the Himalayas, the mountain range which runs across the north of the country and acts as the border with Tibet and China. Nepal lies to the north of India - and historically had close ties with this neighbour.

Despite signs of economic growth in recent years, Nepal remains among the poorest and least developed countries in the world. It's also one of the few countries in the world where leprosy is yet to be eliminated.

A series of natural disasters in Nepal have added significant additional burdens to the poverty and political instability experienced in the country. The earthquake in April 2015 was especially damaging, claiming the lives of nearly 9000 people and causing widespread destruction to homes, schools, businesses and infrastructure.

The main religion in Nepal is Hinduism, which accounts for around 80% of the population and has shaped much of the culture of the country. About 9% of people are Buddhists.

Christianity is still relatively young in Nepal: the first church was established in 1952. But the Church in Nepal is now one of the fastest growing Churches in the world - with new Christian fellowships emerging constantly. Such rapid growth poses particular challenges, including the training of church leaders.

Recent years have seen renewed opposition to Christianity and increased persecution of Christians. In 2017, new laws were introduced that criminalise 'religious conversion'.

Irish Missionaries were among the first to work in Nepal and there have been strong links between the Church in Ireland and the Church in Nepal throughout the last 70 years.



Background information

Information and suggestions to help you make the most of each of the four sessions

10 Facts about Nepal

1. **8 out of the world's 10 highest mountains are in Nepal - and they're all over 8km high.**
2. **The capital city is Kathmandu.**
3. **The official currency of Nepal is the Nepalese Rupee. £1 is worth about 145NPR; €1 is worth about 130NPR.**
4. **The Nepal flag is the only national flag that is not quadrilateral (rectangular) in shape. It is made of two triangles.**
5. **The main crop grown by farmers in Nepal is rice.**
6. **Cows are sacred in the Hindu religion and cannot be killed. Cows roam all over Nepal, even on the busy streets of Kathmandu.**
7. **"Namaste" is the standard greeting in Nepal. It can mean "Hello" or "Good Bye". People say it while putting their hands together and bowing slightly. Christians greet each other by saying "Jai Mashi."**
8. **Nepal time is 5 hours and 45 minutes ahead of Ireland (4 hours and 45 minutes in our summer).**
9. **They use a different calendar in Nepal. The current year is 2075 and 2076 will begin on our 14th April.**
10. **The legendary 'Yeti' or 'Abominable Snowman' is said to live in the mountains of Nepal.**

The Flag of Nepal

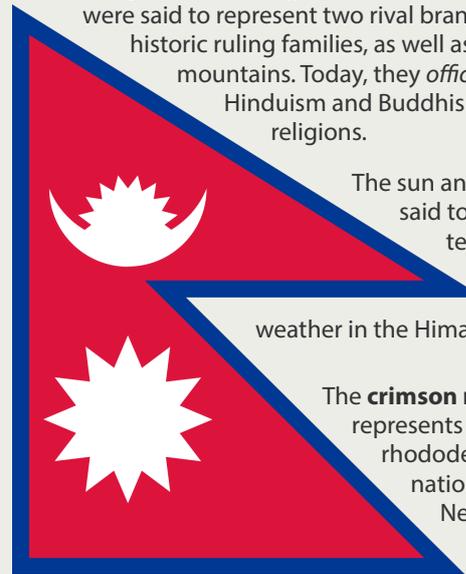
The current flag was officially adopted in December 1962, but it is similar to previous, traditional versions.

There are various meanings attributed to the flag. Here are some of the more popular ones:

The **two pennons** (triangles) - and their **white emblems** - were said to represent two rival branches of the historic ruling families, as well as the Himalaya mountains. Today, they *officially* represent Hinduism and Buddhism - the two main religions.

The sun and moon are also said to reflect the hot temperatures of the lowlands (Terai) and the cool weather in the Himalayas.

The **crimson red** colour represents the rhododendron - the national flower of Nepal. Or it can symbolise the bravery of the



CMSI's Partners in Nepal

This information has been hidden due to security concerns for our partners. If you'd like an original copy of the Leaders' Guide, contact CMSI.

The Zimmerman Family

The 2019 Children's Resource theme reflects CMSI's wider annual theme for 2018/2019 - *In The Margins: Serving the Least Among Us*.

Throughout the Bible, it is made clear that genuine faith and authentic worship are expressed in acts of loving kindness to people 'on the outside': those who are sick, widowed, poor, hungry, uprooted, homeless, orphaned, lonely, imprisoned...

The life and ministry of Jesus further reinforce this simple, powerful, biblical truth: **Our mission is in the margins.**

It's a truth that all of CMSI's Global Partners have clearly grasped, whether in Nepal or in Africa. They each work in ways that serve

'the least among them' – caring for marginalised people in their own communities.

CMSI and churches across Ireland have the privilege of partnering with the Global Church as it reaches out to those who are suffering and those who have been neglected.

We also want to be inspired by our partners as we consider how best to care for those on the fringes of society, wherever we are.

We want to care more effectively for people on the fringes and welcome them in to God's Kingdom?

We want to learn how to bring the **Outside In**.



The Youth Sessions

('The Bengal Tigers')

We have provided outlines for four 'Youth Sessions' - primarily aimed at the 13-15 age group. These can be found towards the back of this Leaders' Guide (purple pages).



Each youth session has suggested activities for a 60-minute programme. These activities can be used and adapted to suit your particular group and the time available. This year, we've tried to tone down some of the more 'energetic' activities - as we've heard that these sessions are often used in a Bible Class setting.

For those groups with more time available, perhaps the young people could work on a collaborative craft project under the title 'Outside In' - eg. a big welcoming door that is decorated.

There may also be activities from the Tibetan Wolves group (Blue) that you feel are appropriate for the younger members of your youth group. You could even use the blue workbooks with your young teens.

You should use and adapt whatever material (in the Resource Pack) that you feel is most appropriate.

Competition Instructions

On the back page of the workbooks there is a competition page for each of the age groups. This can be photocopied and distributed to the children.

- *The Artic Foxes* should submit their colouring activity from Week 4. Please remember to write in their names and age for them.
- *The Red Pandas* and *Tibetan Wolves* should use the page to design their posters - and add their name and age.
- *The young people in the Bengal Tigers* group can also enter the competition, by designing an A4 poster with the title **Outside In**. Encourage your young people to think creatively about what they've learned throughout the different sessions.

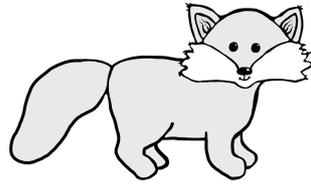
Any entries returned to our offices by the end of October will receive a certificate (one per child). If you want certificates for your Children's Day services, please ensure we receive your entries in plenty of time - and indicate your service date.

Entries received by the **28th May** will be included in the 'competition'. The winners will be announced on the CMSI website in early June.

Please remember to put the child's name, age and church on each entry and supply a list of all your entries on a separate page to ensure we add the correct details to certificates.

Important Security Warning

Given the increased scrutiny of Christian activity in Nepal and the rise in persecution, it's vital that we avoid sharing sensitive information about our partners online. Information provided about Nepali Christians - photos, video clips, names and work details - must not to be shared online. If in doubt, contact CMSI for clarity.



Key lesson - Jesus brings outsiders into his Kingdom

Nepal focus - Introduction to Nepal



Group Time

Introduce the children to the *Outside In* Children's Resource and briefly explain what they will be learning about in the coming weeks. Spend some time looking at the world map and help the children find Nepal. Talk about the key features in the country and use the background information (pages 2 & 3) to share some interesting facts with them.



Workbook Activity

Colour in the Nepal flag and trace over the words 'Nepal'.



Film 1

After the film, ask the children if they have any questions about the film or what they noticed about Nepal. Did they spot any differences between Nepal and Ireland?



Story Time

Today we are looking at two stories from the Gospels:

- ➔ **Luke 18:35-43** - Jesus heals a blind man
- ➔ **Matthew 19:13-15** - Jesus welcomes the children

Whenever Jesus came to town, certain people were often kept 'out of the way' - they weren't seen as important enough to meet Jesus. In these two stories, Jesus asks to meet them so they can experience his love.



Workbook Activity

Colour in the picture of Jesus meeting and healing the blind man.



Craft Activity

Welcome the Children

Fold a strip of paper accordion-style to make a rectangle. Draw the outline of a person on the rectangle, making sure the hands, head and feet touch the sides of the rectangle. Carefully cut

around the outline of the person. You should have a chain of children that you can decorate to represent the children that Jesus welcomed.



Memory Verse - Matthew 19:30

"But many who are first will be last, and many who are last will be first."

Read the verse aloud. Have the children join in with you saying the verse in different ways, e.g. fast, slow, loud, quiet.



Prayer

Thank you God that you love everyone, especially those 'on the outside'.
Amen.



Additional Craft

All The Colours

This craft will help the children understand how the blind man felt before and after Jesus healed him.

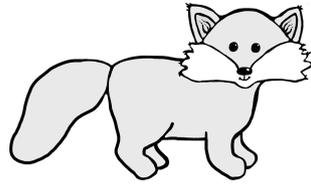
Materials:

Candles or white crayons, paper, paint, sponges, water

Instructions:

Tell the children to use the candles or white crayon to draw pictures of things they like to see, e.g. flowers, trees, family, pets. They won't be able to see these pictures, much like the blind man in today's story.

Now, give the children the sponges and let them cover the paper in bright paint. They will be able to see the pictures that they drew and it will be very colourful. Explain that when Jesus healed the blind man, he was able to see all the wonderful world that God had made.



Key lesson - Jesus' invitation is for everyone
Nepal focus - Introducing the Church in Nepal



Group Time

Today, we are going to look at the Church in Nepal. It looks different to the type of church most of us are used to in Ireland. Explain that the Church in Nepal is very young. The first Christian Church only began in 1952. But the Church in Nepal is growing very quickly, with new Christians being added daily. (Background information, pages 2&3).

Ask the children to think about who belongs in their churches? What age are the parishioners? What are their jobs? Tell them that all are welcome in the Church Family. Our bible story today helps to remind us of this.



Group Craft Activity

Our Church Family

Use a large roll of paper to make a mural of your Church Family. You can use as much craft material as you wish, e.g. decorate paper plates as faces. Why not include your church leaders/ choir/ uniformed organisations? This can help the children see that your Church Family is made up of lots of different people.



Film 2

Ask the children what they learnt about the Church in Nepal? What sorts of things does the Church in Nepal do? How is this different to your church?



Story Time

We are looking at the familiar story of Zacchaeus in **Luke 19:1-10**.

Sometimes people are pushed to the edges of society because they have hurt people or done things that have been wrong.

Zacchaeus was an outsider because he had made bad choices and people were angry with him. But in God's Kingdom, everyone is welcome, even those who have done wrong. Jesus offers a fresh start and a new life to everyone who accepts his invitation.



Workbook Activity

Can you spot the six differences between the two pictures of Zacchaeus? You can colour in the picture when you have found all the differences. Trace over the word 'Zacchaeus'.



Game

Play musical chairs

Place chairs in a circle, using one less than the number of players. Play music and have the children walk around the circle, when the music stops, they must sit down as fast as they can. The player left without a place to sit is "out". Remove one more chair and play again. Continue playing until only one player remains.

Ask questions after the game; What did it feel like to be the last person playing? What did it feel like to be "out"? What does it mean to leave someone out? Have you ever not included someone on purpose? Have you ever been the one excluded? How does Jesus want us to treat one another? Who was Jesus especially good at including?



Memory Verse - Luke 19:10

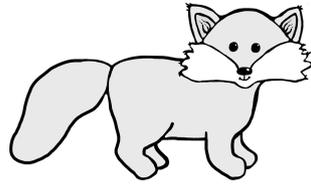
"For the Son of Man came to seek and to save the lost."

Write the words on a large piece of card and cut them out. Hide the pieces around the hall/ room. Ask the children to find the pieces and put them in the right order, then practise saying the verse together.



Prayer

Thank you God for the Church in Nepal and bless all the leaders. Help us to love others and be a good example to our family and friends.
Amen.



Key lesson - Jesus offers people a fresh start and a new life

Nepal focus - Reaching out in Nepal



Group Time

To help introduce the theme this week, let the children watch the film before you begin the rest of your lesson.



Film 3

Ask the children in what ways the Church in Nepal is reaching out to care for people on the outside.

Use the Background Information (page 2&3) and the film to discuss some of the needs that affect people in Nepal (e.g. poverty, sickness, disability, living remotely, natural disasters). Ask the children to think about what needs people in Ireland have. Talk about the ways the Church in Nepal and in Ireland can help people.



Story Time

Mark 5:25-34 - The woman who touched Jesus' cloak.

Jesus doesn't just heal people, he restores them and gives them a sense of dignity. Nobody else wanted to touch this woman, let alone associate with her. She's healed by the power of Jesus. But he wanted to do much more than just make her better. He wanted people to see that he accepts her.



Workbook Activity

Colour in the picture of the woman reaching to touch Jesus' cloak.

Find your way through the heart maze.



Craft Activity

Hand Wreath

Materials:

Paper, scissors, colouring pencils, pens, paper plates, cello-tape, ribbon.

Ask the children to trace around their hands and cut out about 10 hands. Decorate and colour the hands and then stick them to the edge of the paper plate. The children can write the memory verse on the inside part of the plate. Hole-punch the top of the plate and thread a ribbon through it.



Game

Touch Relay

Fill one bag for each team with a wide variety of items (e.g. ball of wool, pebble, tennis ball, orange, coin). Depending on class size, divide the children into teams.

The leader tells the first person on each team to run to the bag, and put on a blindfold/scarf. The leaders will ask them to quickly find something smooth/ soft/ hard/ bumpy etc.

Once they have found the right item, they remove it from the bag, take off the blindfold and run back to their team. Play continues until the bag is empty!



Memory Verse - 1 Peter 5:7

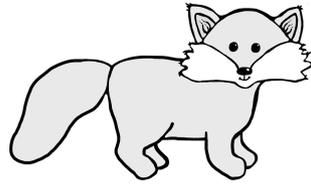
"Leave all your worries with him, because he cares for you."

Use actions to help your children to learn and remember this verse. For example, "worries"; place your hands on your head, "cares", cross your arms across your chest, "you", point your finger towards someone. Or ask the children to help you make up your own actions.



Prayer

Thank You God that even when times are hard we can worship You. We pray for the people in Sundar Dhoka Church and HDCS in Nepal.
Amen.



Key lesson - Jesus wants all of us to help bring the outsiders in
Nepal focus - Standing with our friends in Nepal



Group Time

Allow time to discuss some things the children have learned about Nepal and the work of the Church there. Use the photos on the DVD-Rom as a quick recap.

Can the children think of any ways they could help those 'on the outside' in their family/ school/ community?



Film 4

After watching the film, ask the children how they can help the Church in Nepal to reach those on the outside and share God's love with the whole community.



Story Time

Mark 2: 1-12 - Jesus heals a paralysed man.

This man could easily have missed out on experiencing Jesus' touch and healing. He was literally on the outside, not just of society, but of this gathering. But his friends went out of their way to help bring him to Jesus - they were creative, bold and determined. They made a big difference, so that Jesus could make a bigger difference.



Competition

Complete the picture of the paralysed man and his friends. These pictures can be entered into the **CMSI Children's Resource Competition** - all entries receive a certificate. Details can be found in the Background Information.



Fundraising

If you haven't already done so, talk to your children about raising money for the 'Outside In' project in Nepal. There is some information about fundraising at the back of the Leaders' Guide.



Game

Team work

Depending on the size of your group, put the children into groups of three or more. Make one member of the team wear a blindfold. The rest of the team have to take it in turns to help the blindfolded person through a set of challenges: this could be a simple obstacle course/ putting on a coat, hat and gloves/ eat with a knife and fork... the possibilities are endless!



Memory Verse - Colossians 4:5

"Be wise in the way you act toward outsiders; make the most of every opportunity."

Read the verse aloud. Write each word or phrase on a page and give one to each child, ask them to line up in any order. Help the children to unscramble the words so the verse makes sense.



Prayer

Help us to remember those 'on the outside' here in Ireland and also in Nepal. We pray for Sundar Dhoka Church and HDCS as they reach out to share Your love and help people in need.
Amen.



Key lesson - Jesus brings outsiders into his Kingdom
Nepal focus - Learning about Nepal



Group Time

Introduce the children to the *Outside In* Children's Resource and briefly explain what they will be learning about in the coming weeks. Spend some time looking at the world map and help the children find Nepal. Talk about the key features in the country and use the background information (pages 2 & 3) to share some interesting facts with them.



Workbook Activity

1. What do we know about Nepal? Complete the true answers in the quiz.
2. Draw the Nepal flag - share some facts about the flag during this activity.



Film 1

After the film, ask the children if they have any questions about the film or what they noticed about Nepal. Did they spot any differences between Ireland and Nepal?



Story Time

Today we are looking at two stories from the Gospels:

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Whenever Jesus came to town, certain people were often kept 'out of the way' - they weren't seen as important enough to meet Jesus. In these two stories, Jesus asks to meet them so they can experience his love.



Workbook Activity

1. **Colour and find.** Find the list of hidden objects in the picture and colour it in.
2. **Jesus welcomes the children.** Draw a picture of yourself in the box, remind the children that when Jesus was alive, children were not valued and often 'on the outside', Jesus made sure they felt welcome.



Craft Activity

Welcome the Children

Fold a strip of paper accordion-style to make a rectangle. Draw the outline of a person on the rectangle, making sure the hands, head and feet touch the sides of the rectangle. Carefully cut around the outline of the person. You should have a chain of children that you can decorate to represent the children that Jesus welcomed.



Memory Verse - Matthew 19:30

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Prayer

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Amen.



Additional Craft

All the Colours

This craft will help the children understand how the blind man felt before and after Jesus healed him.

Materials:

Candles or white crayons, paper, paint, sponges, water

Instructions:

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Key lesson - Jesus' invitation is for everyone
Nepal focus -Introducing the Church in Nepal



Group Time

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Ask the children to think about who belongs in their churches? What age are the parishioners? What are their jobs? Tell them that all are welcome in the Church Family. Our Bible story today helps to remind us of this.



Group Craft Activity

Our Church Family

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Workbook Activity

1. *Who's on the outside?*
2. *Come to our Church!*

Design an invitation you might give to a friend or family member to welcome them to come to your church. What fun things would you say about your church? What important things does your church do in the community? Make it bright and colourful to encourage them to come along!



Film 2

Ask the children what they learnt about the Church in Nepal? What sorts of things does the Church do? How is this different to your church?



Story Time

We are looking at the familiar story of Zacchaeus in **Luke 19:1-10**.

Sometimes people are pushed to the edges of society because they have hurt people or done

things that have been wrong. Zacchaeus was an outsider because he had made bad choices and people were angry with him. But in God's Kingdom, everyone is welcome, even those who have done wrong. Jesus offers a fresh start and a new life to everyone who accepts his invitation.



Workbook Activity

1. Complete the word mining activity using the words - **Zacchaeus the Tax Collector**
2. Help Zacchaeus climb the tree by finding your way through the maze.



Game

Musical Chairs

Place chairs in a circle, using one less than the number of players. Play music and have the children walk around the circle, when the music stops, they must sit down as fast as they can. The player left without a place to sit is "out". Remove one more chair and play again. Continue playing until only one player remains.

Ask questions after the game: What did it feel like to be the last person playing? What did it feel like to be "out"? What does it mean to leave someone out? Have you ever not included someone on purpose? Have you ever been the one excluded? How does Jesus want us to treat one another? Who was Jesus especially good at including?



Memory Verse - Luke 19:10

"For the Son of Man came to seek and to save the lost."

Write the words on a large piece of card and cut them out. Hide the pieces around the hall/ room. Ask the children to find the pieces and put them in the right order, then practise saying the verse together.



Prayer

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Key lesson - Jesus offers people a fresh start and a new life
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Workbook Activity

1. *Draw the difference!* Look at the the Nepali village house, then draw a picture of your own house in the box underneath.
2. *What difference do you notice?* Make a list of them in the box at the bottom of the page.



Story Time

Mark 5: 25-34 - The woman who touched Jesus' cloak.

Jesus doesn't just heal people, he restores them and gives them a sense of dignity. Nobody else wanted to touch this woman, let alone associate with her. She's healed by the power of Jesus. But he wanted to do much more than just make her better. He wanted people to see that he accepts her.



Workbook Activity

Bible Story Sudoku

Work out the missing pictures and fill in the blanks.



Craft

Hand Wreath

Materials:

Paper, scissors, colouring pencils, pens, paper plates, cello-tape, ribbon.

Ask the children to trace around their hands and cut out about 10 hands. Decorate the hands and then stick them to the edge of the paper plate. The children can write the memory verse on the inside part of the plate. Hole-punch the top of the plate and thread a ribbon through it.



Game

Touch Relay

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The leader tells the first person on each team to run to the bag, and put on a blindfold/ scarf. The leaders will ask them to quickly find something smooth/ soft/ hard/ bumpy etc. Once they have found the right item, they remove it from the bag, take off the blindfold and run back to their team. Play continues until the bag is empty!



Memory Verse - 1 Peter 5:7

"Leave all your worries with him, because he cares for you."

Use actions to help your children to learn and remember this verse. For example, "worries"; place your hands on your head, "cares", cross your arms across your chest, "you", point your finger towards someone. Or ask the children to help you make up your own actions.



Prayer

Thank You God that even when times are hard we can worship You. We pray for the people in Sundar Dhoka Church and HDCS in Nepal.
Amen.



**Key lesson - Jesus wants all of us to help bring the outsiders in
Nepal focus - Standing with our friends in Nepal**



Group Time

Allow time to discuss some things the children have learned about Nepal and the work of the Church there. Use the photos on the DVD-Rom as a quick recap.

Can the children think of any ways they could help those 'on the outside' in their family/ school/ community.



Film 4

After watching the film, ask the children how they can help the Church in Nepal to reach those on the outside and share God's love with the whole community.



Workbook Activity

Code Breaker Challenge. Use the code to work out an important message from Jesus in the Bible story.



Story Time

Mark 2:1-12 - Jesus heals a paralysed man.

This man could easily have missed out on experiencing Jesus' touch and healing. He was literally on the outside, not just of society, but of this gathering. But his friends went out of their way to help bring him to Jesus - they were creative, bold and determined. They made a big difference, so that Jesus could make a bigger difference.



Workbook activity

Bible Story Word Search



Competition

Design a poster using the 'Outside In' logo. Add some pictures or words to show the things you have learnt about Nepal and how the Church is helping people. These pictures can be entered into the **CMSI Children's Resource Competition**. All entries receive a certificate - details can be found in the Background Information.



Fundraising

If you haven't already done so, talk to your children about raising money for the 'Outside In' project in Nepal. There is some information about fundraising at the back of the Leaders' Guide.



Game

Team Work

Depending on the size of your group, put the children into groups of three or more. Make one member of the team wear a blindfold. The rest of the team have to take it in turns to help the blindfolded person through a set of challenges: this could be a simple obstacle course/ putting on a coat, hat and gloves/ eat with a knife and fork... the possibilities are endless!



Memory Verse - Colossians 4:5

"Be wise in the way you act toward outsiders; make the most of every opportunity."

Read the verse aloud. Write each word or phrase on a page and give one to each child, ask them to line up in any order. Help the children to unscramble the words so the verse makes sense.



Prayer

Help us to remember those 'on the outside' here in Ireland and also in Nepal. We pray for Sundar Dhoka Church and HDCS as they reach out to share Your love and help people in need.
Amen.



Key lesson - Jesus brings outsiders into his Kingdom
Nepal focus - Introduction to Nepal



Group Time

Introduce the children to the *Outside In* Children's Resource and briefly explain what they will be learning about in the coming weeks. Spend some time looking at the world map and help the children find Nepal. Talk about the key features in the country and use the background information (pages 2 & 3) to share some interesting facts with them.



Workbook Activity

1. *What do we know about Nepal?* Fill in the blanks in the Nepal quiz - help the children with information in the Leaders' Guide.
2. *Draw the Nepal flag* - share some facts about the flag during this activity.



Film 1

After the film, ask the children if they have any questions about the film or what they noticed about Nepal. Did they spot any differences between Ireland and Nepal?



Story Time

Today we are looking at two stories from the Gospels:

- ➔ **Luke 18:35-43** - Jesus heals a blind man
- ➔ **Matthew 19:13-15** - Jesus welcomes the children

Whenever Jesus came to town, certain people were often kept 'out of the way' - they weren't seen as important enough to meet Jesus. In these two stories, Jesus asks to meet them so they can experience his love.



Workbook Activity

1. **Colour and find.** Find the list of hidden objects in the picture and colour it in.
2. **Jesus welcomes the children.** Draw a picture of Jesus welcoming the children in the box. Remind the children that when Jesus was alive, children were not valued and often 'on the outside'. Jesus made sure they felt welcome.



Craft Activity

Welcome the Children

Fold a strip of paper accordion-style to make a rectangle. Draw the outline of a person on the rectangle, making sure the hands, head and feet touch the sides of the rectangle. Carefully cut around the outline of the person. You should have a chain of children that you can decorate to represent the children that Jesus welcomed.



Memory Verse - Matthew 19:30

"But many who are first will be last, and many who are last will be first."

Read the verse aloud, Have the children join in with you saying the verse in different ways, e.g. fast, slow, loud, quiet.



Prayer

Thank you God that You love everyone, especially those 'on the outside'.
Amen.



Additional Craft

All the Colours

This craft will help the children understand how the blind man felt before and after Jesus healed him.

Materials:

Candles or white crayons, paper, paint, sponges, water

Instructions:

Tell the children to use the candles or white crayon to draw pictures of things they like to see, e.g. flowers, trees, family, pets. They won't be able to see these pictures, much like the blind man in today's story.

Now, give the children the sponges and let them cover the paper in bright paint. They will be able to see the pictures that they drew and it will be very colourful. Explain that when Jesus healed the blind man, he was able to see all the wonderful world that God had made. that God had made.



Key lesson - Jesus' invitation is for everyone
Nepal focus - Introducing the Church in Nepal



Group Time

Today, we are going to look at the Church in Nepal. It looks different to the type of church most of us are used to in Ireland. Explain that the Church in Nepal is very young. The first Christian Church only began in 1952. But the Church in Nepal is growing very quickly, with new Christians being added daily. (*Background Information, pages 2&3*).

Ask the children to think about who belongs in their churches? What age are the parishioners? What are their jobs? Tell them that all are welcome in the Church Family. Our Bible story today helps to remind us of this.



Group Craft Activity

Our Church Family

Use a large roll of paper to make a mural of your Church Family. You can use as much craft material as you wish, e.g. decorate paper plates as faces. Why not include your church leaders/ choir/ uniformed organisations? This can help the children see that your Church Family is made up of lots of different people.



Workbook Activity

All Welcome!

Create a newspaper feature to advertise your church. What fun things would you say about your church? What important things does your church do in the community? Make it as positive and encouraging as you can to encourage others to come along!



Film 2

Ask the children what they learnt about the Church in Nepal? What sorts of things does the Church do? How is this different to your church?



Story Time

We are looking at the familiar story of Zacchaeus in **Luke 19:1-10**.

Sometimes people are pushed to the edges of society because they have hurt people or done

things that have been wrong. Zacchaeus was an outsider because he had made bad choices and people were angry with him. But in God's Kingdom, everyone is welcome, even those who have done wrong. Jesus offers a fresh start and a new life to everyone who accepts his invitation.



Workbook Activity

1. Complete the '*Zacchaeus meets Jesus*' code activity.
2. Spot the Difference - find the 11 differences between the 2 pictures.



Game

Musical Chairs

Place chairs in a circle, using one less than the number of players. Play music and have the children walk around the circle, when the music stops, they must sit down as fast as they can. The player left without a place to sit is "out". Remove one more chair and play again. Continue playing until only one player remains.

Ask questions after the game: What did it feel like to be the last person playing? What did it feel like to be "out"? What does it mean to leave someone out? Have you ever not included someone on purpose? Have you ever been the one excluded? How does Jesus want us to treat one another? Who was Jesus especially good at including?



Memory Verse - Luke 19:10

"For the Son of Man came to seek and to save the lost."

Write the words on a large piece of card and cut them out. Hide the pieces around the hall/ room. Ask the children to find the pieces and put them in the right order, then practise saying the verse together.



Prayer

Thank You God for the Church in Nepal and bless all the leaders. Help us to love others and be a good example to our family and friends. **Amen.**



Key lesson - Jesus offers people a fresh start and a new life
Nepal focus - Reaching out in Nepal



Group Time

To help introduce the theme this week, let the children watch the film before you begin the rest of your lesson.



Film 3

Ask the children in what ways the Church in Nepal is reaching out to care for people on the outside.

Use the Background Information (page 2&3) and the film to discuss some of the needs that affect people in Nepal (e.g. poverty, sickness, disability, living remotely, natural disasters). Ask the children to think about what needs people in Ireland have. Talk about the ways the Church in Nepal and in Ireland can help people.



Workbook Activity

1. *Draw the difference!* Look at the the Nepali village house, then draw a picture of your own house in the box underneath.
2. *What difference do you notice?* Make a list of them in the box at the bottom of the page.



Story Time

Mark 5: 25-34 - The woman who touched Jesus' cloak.

Jesus doesn't just heal people, he restores them and gives them a sense of dignity. Nobody else wanted to touch this woman, let alone associate with her. She's healed by the power of Jesus. But he wanted to do much more that just make her better. He wanted people to see that he accepts her.



Workbook Activity

1. *There's power in a touch!* Complete the sentences by filling in the blanks from the word bank at the bottom of the page.
2. *Word Mining* - see how many words you can create with the phrase "Outside in Nepal".



Craft

Hand Wreath

Materials:

Paper, scissors, colouring pencils, pens, paper plates, cello-tape, ribbon.

Ask the children to trace around their hands and cut out about 10 hands. Decorate the hands and then stick them to the edge of the paper plate. The children can write the memory verse on the inside part of the plate. Hole-punch the top of the plate and thread a ribbon through it.



Game

Touch Relay

Fill one bag for each team with a variety of items (e.g. ball of wool, pebble, tennis ball, orange, coin.) Depending on class size, divide the children into teams.

The leader tells the first person on each team to run to the bag, and put on a blindfold/ scarf. The leaders will ask them to quickly find something smooth/ soft/ hard/ bumpy etc. Once they have found the right item, they remove it from the bag, take off the blindfold and run back to their team. Play continues until the bag is empty!



Memory Verse - 1 Peter 5:7

"Leave all your worries with him, because he cares for you."

Use actions to help your children to learn and remember this verse. For example, "worries", place your hands on your head, "cares", cross your arms across your chest, "you", point your finger towards someone. Or ask the children to help you make up your own actions.



Prayer

Thank You God that even when times are hard we can worship You. We pray for the people in Sundar Dhoka Church and HDCS in Nepal.
Amen.



**Key lesson - Jesus wants all of us to help bring the outsiders in
Egypt focus - Standing with our friends in Nepal**



Group Time

Allow time to discuss some things the children have learned about Nepal and the work of the Church there. Use the photos on the DVD-Rom as a quick recap.

Can the children think of any ways they could help those 'on the outside' in their family/ school/ community.



Film 4

After watching the film, ask the children how they can help the Church in Nepal to reach those on the outside and share God's love with the whole community.



Workbook Activity

1. **Jesus Maze.** Find your way to Jesus through the crowded, complicated maze.
2. **Looking Back, Looking Forward.** Think about a time when you helped someone 'on the outside' and write about it or draw it in the box provided. If you can't think of anything, how might you help someone in the next week, either at home or school. Write or draw this in the box.



Story Time

Mark 2:1-12 - Jesus heals a paralysed man.

This man could easily have missed out on experiencing Jesus' touch and healing. He was literally on the outside, not just of society, but of this gathering. But his friends went out of their way to help bring him to Jesus - they were creative, bold and determined. They made a big difference, so that Jesus could make a bigger difference.



Workbook Activity

Jesus heals a paralysed man code breaker.
Use the code to read the message.



Competition

Design your own 'Outside In' poster. Add some pictures or words to show the things you have learnt about Nepal and how the Church is helping people. These pictures can be entered into the **CMSI Children's Resource Competition**. All entries receive a certificate - details can be found in the Background Information.



Fundraising

If you haven't already done so, talk to your children about raising money for the 'Outside In' project in Nepal. There is some information about fundraising at the back of the Leaders' Guide.



Game

Team Work

Depending on the size of your group, put the children into groups of three or more. Make one member of the team wear a blindfold. The rest of the team have to take it in turns to help the blindfolded person through a set of challenges: this could be a simple obstacle course/ putting on a coat, hat and gloves/ eat with a knife and fork... the possibilities are endless!



Memory Verse - Colossians 4:5

"Be wise in the way you act toward outsiders; make the most of every opportunity."

Read the verse aloud. Write each word or phrase on a page and give one to each child, ask them to line up in any order. Help the children to unscramble the words so the verse makes sense.



Prayer

Help us to remember those 'on the outside' here in Ireland and also in Nepal. We pray for Sundar Dhoka Church and HDCS as they reach out to share Your love and help people in need.
Amen.



Key lesson - Jesus brings outsiders in to God's Kingdom
Nepal focus - Learning about Nepal

Prep for the session

For 'Winners And Losers,' you'll need to print enough copies of the sheet from the DVD-Rom / USB drive and you'll need pens. You'll also need blank paper (or copies of the Blue Workbooks) and colouring pens for the flag activity.



Getting started [5-10 mins]

Follow The Leader

Arrange the group into a circle – standing or sitting. Choose someone to be the 'outsider' (the guesser) and ask them to leave the room. Then pick one of the other young people to be the leader.

Get everyone to begin by swinging their arms up and down. Bring the outsider back in to the room and in to the middle of the circle. After a while, the leader should change to a new action (the sillier, the better) and everyone should copy them, without making it obvious who they are copying. Keep changing the action.

The outsider has two chances to guess the leader. If they guess it correctly, the round finishes and you can choose a new outsider. If they don't guess it correctly, the leader becomes the new outsider.

After the game, you can ask the outsiders how it felt when they first stepped into the middle of the circle.



Opening it up [10-15 mins]

Winners And Losers (v1)

Give each young person and leader a pen and a copy of the 'Winners and Losers' sheet. Ask them each to quickly tick the sheet to show whether they think each celebrity is a 'winner' (W) or 'loser' (L) in the eyes of the world.

Go through each celebrity one at a time and find out how many W votes and L votes they each received. If a celebrity gets more 'W' votes – you can declare them a Winner; more 'L' votes, they're a Loser. Then ask everyone to mark their sheet - one point for each vote that matches the majority.

If you have time and a chatty group, ask someone why they voted 'W' for a certain celebrity - and ask someone else to say why they voted 'L'. Encourage some debate.

Discussion

Society has always decided who are the successful 'winners' and who are the unsuccessful 'losers'. Sometimes, we call these people 'Insiders' and 'Outsiders'. Get the young people to talk about what sorts of things make people insiders or outsiders in *their* world. Remind them that God sees people very differently – that He loves and accepts everyone, regardless of how the world sees them.

Winners And Losers (v2 - shorter and simpler)

Instead of using sheets for voting, clear space in the room and designate one end for 'Winners' – and one for 'Losers'. As you read out each celebrity from the list, the young people quickly vote by running to either side of the room. You can ask about their choices after each 'vote' and after you've played, have the same discussion.



Bible Bit [10+ mins]

In Jesus' time, the religious leaders had clear ideas about who were 'insiders' and who were 'outsiders'. But Jesus had other ideas!

Read **Luke 18:15-17** and **Luke 18:35-43**.

- What did the disciples do when the parents brought their young children to Jesus?
- Why do you think the disciples acted in this way?
- How are children and young people generally viewed... in our society? ...in our church?
- What can we learn from Jesus' actions here?
- Why does the blind man shout out when he hears who has come to town?
- Why do you think people try to shut him up?
- Jesus doesn't go to the man – he asks the people to bring him to the middle of the road, where Jesus was. Why do you think Jesus did that?
- What does Jesus say to the man? Why do you think he asked that?
- What are the positive outcomes from this story?

Jesus was always finding people on the outside and inviting them in to receive his love and his healing. God still wants to bring in people who are on the outside!



Film [10+ mins]

Show **Film 1**, which introduces us to Nepal. Afterwards, chat about what you saw and the ways in which Nepal is different from Ireland.



Pulling it together [10+ mins]

Nepal Flag

Ask the young people to produce a version of the Nepal Flag. Explain that it's a different flag - but that this makes it a special flag! Difference is often a very good thing!



Prayer Time

Finish the session by praying for the young people - that they would know that God loves them just as they are. Thank God for welcoming in people who are on the outside. Pray too for the country of Nepal.



Key lesson - Jesus' invitation is for everyone - nobody is left out
Nepal focus - Learning about the Church in Nepal

Prep for the session

For the **Outsiders Insiders Poster**, you need big sheets of card or paper, magazines and/or newspapers, glue sticks and marker pens or felt pens.

For the **Prayer Time**, you'll need strips of coloured paper and pens.



Getting started [5-10 mins]

Stand Up And Change

Arrange the chairs into a circle and make sure there is one less chair than people (leaders can join in too).

Everyone takes a seat with one person standing in the middle of the circle. They then call out a characteristic of some of the people in the circle. eg "Everyone who is male" or "Everyone wearing glasses."

All the boys - or glasses wearers - must then stand up, shout, "That's me" and try to sit in a different, empty seat. The person in the middle will rush to an empty seat. The person left without a seat then takes a turn.

Make sure everyone is included in this game. You can make the point that even though we're all different, we're all included in this game and in this group.



Opening it up [15+ mins]

Outsiders Insiders Posters

Ask the young people to make posters (either in small groups or as one big group) to show people that are seen as 'outsiders' or 'insiders' in our society. Outsiders (people who are vulnerable, overlooked or who might find life particularly hard) can be shown round the edge of the posters. Insiders (successful, privileged, popular etc) should be represented on the inside of the poster.



Bible Bit [10+ mins]

Background: Today's story is often thought of as just a children's story. But it's a great story for teens and grown-ups too.

In Jesus' time, there were very few people that the Jewish people hated more than Tax Collectors. They collected money for the Romans from their own people. They often took a lot of extra money for themselves.

Read **Luke 19:1-9**

- Why do you think Zacchaeus was so keen to get a look at Jesus?

- How do you think Zacchaeus felt about being in busy, public places?
- Why do you think Jesus invited himself to Zacchaeus's house for tea? What's Jesus up to?
- What was the reaction of the people? What do you think they thought of Jesus going to Zacchaeus's house?
- How does Jesus change Zacchaeus's life? How would this have had an impact on other people's lives?

Make the point that nobody is too poor, sick, evil, unpopular, 'bad' or 'unloveable' for Jesus to invite them into God's Kingdom.



Film [10+ mins]

Show **Film 2**, which introduces us to the Church in Nepal.

After watching the film, ask the young people to identify some of the ways in which the Church in Nepal is sharing God's love.



Pulling it together [10+ mins]

Outsider Insiders Posters (Part 2)

Have a look at the posters from earlier on and ask the young people to explain their posters. Why have they put certain people as 'insiders' and others as 'outsiders'.

Recall the Winners and Losers game from the last session. Discuss together who is on the outside of society. What sort of things would need to happen for people on the outside in our world to feel that they are valued and special? How could we be better at including people?



Prayer Time [5-10 mins]

We can each pray on our own, but it's also great when our own prayers are joined with the prayers of other people.

Give the young people strips of coloured paper (one, two or three each, depending on the size of the group and the time available). Encourage them to write short, simple prayers for other people on the strips. They might want to pick some of the people who they identified as 'outsiders'. They can also pray for people in Nepal.

The prayers can all be looped together in a prayer paper chain and hung up.



Key lesson - Jesus offers people new life and a fresh start
Nepal focus - Learning how the Church cares for people on the outside

Prep for the session

For the **Discussion Time**, you may need pieces of paper and pens - or a big flip chart page to share ideas together.

For the **Prayer Time**, you will need pieces of card or paper and pens.



Getting started [5-10 mins]

The Big Squeeze

For this game, you need 7-10 people for a team, so you can either play it as a challenge for one team, or a competition between two or three teams.

Once you've divided into teams, explain that each team will be racing to squeeze into the shape of the item mentioned. For example: if the leader shouts out the word 'football', the teams must squeeze into the shape of a football. (Other suggestions: a windmill, a cow, a map of Ireland, one of the leaders).

Play lively music in the background as people regroup. As soon as you pause the song, yell out the new shape.

This game is full of lots of fresh starts.



Opening it up [10 mins]

Egg, Chicken, Dinosaur

The aim is to grow and work your way up to being a king or queen by beating other players at Rock-Paper-Scissors.

Everyone starts out as an egg. Find another egg and play R-P-S. The winner 'grows' into a chicken and finds another chicken to play against. The loser remains an egg. The winner of Chicken v Chicken 'grows' into a dinosaur. The loser returns to being an egg. And so on. You play against someone else at your level; you move one along if you win; you move one back if you lose. Once you're a king or queen, move to the side and feel smug. The game finishes when there is one egg, one chicken, one dinosaur and one prince/princess. All other players will be kings or queens.



To make it even sillier... Eggs waddle on the ground in a little ball; chickens walk and squat while flapping their wings and 'clucking'; dinosaurs roar standing up; princes/princesses 'prance' around holding an imaginary sceptre; kings and queens stand off to the side victoriously.



Bible Bit [10+ mins]

In the Jewish culture of Jesus' time, there were lots of religious laws about what was seen as pure ('clean') and what was impure ('unclean'). Certain physical conditions and illnesses were thought to make someone unclean.

This meant they couldn't participate in worship or be in social company. In fact, anyone who touched them would have to go through a careful washing process. Such people would have been pushed to the outside.

Read Luke 8:40-48

- What sort of things might the woman have been feeling and thinking about herself and her life before she had her encounter with Jesus?
- Why might she have been nervous about her actions on this day?
- Why is it strange that Jesus asks who touched him?
- How might the woman have felt in each of these moments: when her bleeding stopped; when Jesus asked who touched him; when she stepped forward into the centre of the crowd and fell to her knees?
- Why do you think Jesus acted in this way?
- How did this encounter change this woman's life?



Film [10+ mins]

Show **Film 3** which shows how CMSI's Global Partners are caring for people on the outside and sharing God's love with them. After watching, ask the young people what they learned from the film.



Pulling it together [10+ mins]

Discussion Time

Have a discussion about the differences between the needs highlighted in Nepal and the needs that people face here in Ireland. What sort of people were being offered God's love and a new start in Nepal? How was the Church helping them?

Ask the young people to chat about - or write down/ draw - the sorts of people in Ireland that might need to experience God's love and a new start. Come up with some ideas together of how the Church could help them - and how the young people could help them.



Prayer Time [5-10 mins]

Praying Round The Cross

Ask each young person and leader to write on the card/paper, the name of someone they know who may need to experience God's love and his offer of a fresh start. They can do a second card for some of the groups of people they've learnt about in Nepal. The young people then place the card/paper on the floor in the shape of a large cross.

Stand in a circle around the cross and each person prays for the people on their cards, either out loud or silently.

You can say a final prayer that all these people would experience the transforming power of Jesus in their lives.



Key lesson - Jesus wants all of us to work together to bring people from the outside in
Nepal focus - Supporting the work of the Church in Nepal

Prep for the session

For the **Big Sweetie Trade**, you'll need enough coloured sweets to give each young person 7-10 sweets (depending on the number of young people and how much time you have). The colours need to be mixed up. Use wrapped sweets (eg Starburst) or jelly beans in paper bags/plastic cups.

For the **Marshmallow Tower Challenge**, you need to prepare two or three 'building kits' that each contain: 20 sticks of dry spaghetti; some string; a roll of sellotape or masking tape; 1 marshmallow. You can also make scissors available.

For the **Outside In Posters** - you'll need paper and colouring pens/pencils.

- Why do you think these men go to such lengths to get their friend to Jesus?
- Imagine if you were inside the house, listening to Jesus teaching when this event happened. What do you think you would have thought or felt when you saw the man being lowered down?
- Jesus often heals individuals who come to him for help and then affirms them for their faith. What is different in this story?
- Why are the Pharisees so angry?
- What is the biggest healing in this story?
- What is the outcome for this man? Think about how his life might not be different.



Getting started [5-10 mins]

The Big Sweetie Trade

Give each young person a selection of 7-10 different coloured sweets. When you say 'Trade' - the young people must mingle and trade their sweets - **one for one**. Trades can either be done 'blind' (you don't have to show what colour you're offering) or by 'bartering'. Once two people have made a trade, they must trade with someone else.

The aim of the game is to try and collect a set of single-coloured sweets. The first person to do so wins. (Although everyone wins - they get to eat their sweets!)

Today we're going to think about how we can work together as the Church - to help meet people's needs .



DVD [5+ mins]

Show Film 4 and have a brief discussion about how you might help support the Church in Nepal. Make the point that in God's global family, working together and creativity are important ways to help get things done. Maybe the young people could come up with some fundraising ideas.



Opening it up [10-15 mins]

Marshmallow Tower Challenge

Divide your group into two or three small teams and give each time a 'building kit'. Instruct the groups to use (only) the contents of the kits to build the tallest free-standing structure, and to place the marshmallow on top - as the highest feature. They can use as much or as little of the contents of the kits as they want - in any way they want.

Set a time limit of 10 or 12 minutes. The winners are the ones with the tallest free-standing structure (ie. the marshmallow is highest up).

Make the point that sometimes, when we really want to get something done, we have to work well with others and be creative.



Pulling it together [20+ mins]

Outside In Posters (Competition)

Ask the young people to design a poster under the title 'Outside In'. They could share something they've learned from the four sessions; they could illustrate one of the Bible lessons; or they could show something they've learned about Nepal.

Give them free rein to be creative, but have a few ideas up your sleeve. (eg. *Jesus healing the blind man or his cloak being touched by the woman; something that shows how the Church reaches out to people on the outside and welcomes them in to God's Kingdom*).

Use the activity to chat with the young people about what they've learned from the Bible stories and the DVD.



Bible Bit [10+ mins]

Today's story is about a group of friends who worked together and used an unusual, creative idea to help bring someone from the outside in to meet Jesus.

Read **Luke 5:17-25**

- Why do you think the Pharisees and religious leaders are always sitting nearby, listening to Jesus?



Prayer Time [5 mins]

Outside In Prayers

Stand in a wide circle. Ask the young people to think about people or situations they want to pray for. They can be personal to them or something to do with the Church in Nepal - or a combination of both.

Each person takes a *big* step in every time they pray for someone. As they step forward, they name the person (or situation) out loud - just one or two words. Or they can do it quietly. Don't worry about overlapping prayers! Encourage the young people to pray for a few things until you're all close together in the middle of the room.

These pages have been removed from this abridged version of the Leaders' Guide.
If you would like a copy of the All-Age service material - please contact CMSI.

Map of Nepal

