

REFLECT



WANDER



Those who **HOPE**
in the **Lord** will
RENEW their
strength,
They will **SOAR** on
wings like
EAGLES;
they will **RUN** and
not grow weary,
they will **WALK**
and **not** be faint.
Isaiah 40:31

Would you rather run, walk or soar?



Have you ever run and been tired or
walked and your feet ached? This
promise isn't just about when we
have done a lot but when we feel
tired inside as well.



Can you see any shapes
in the clouds?

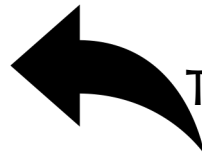


Can you run for a minute

Then do a funny walk



Then pretend you are flying...



I wonder what God can see?



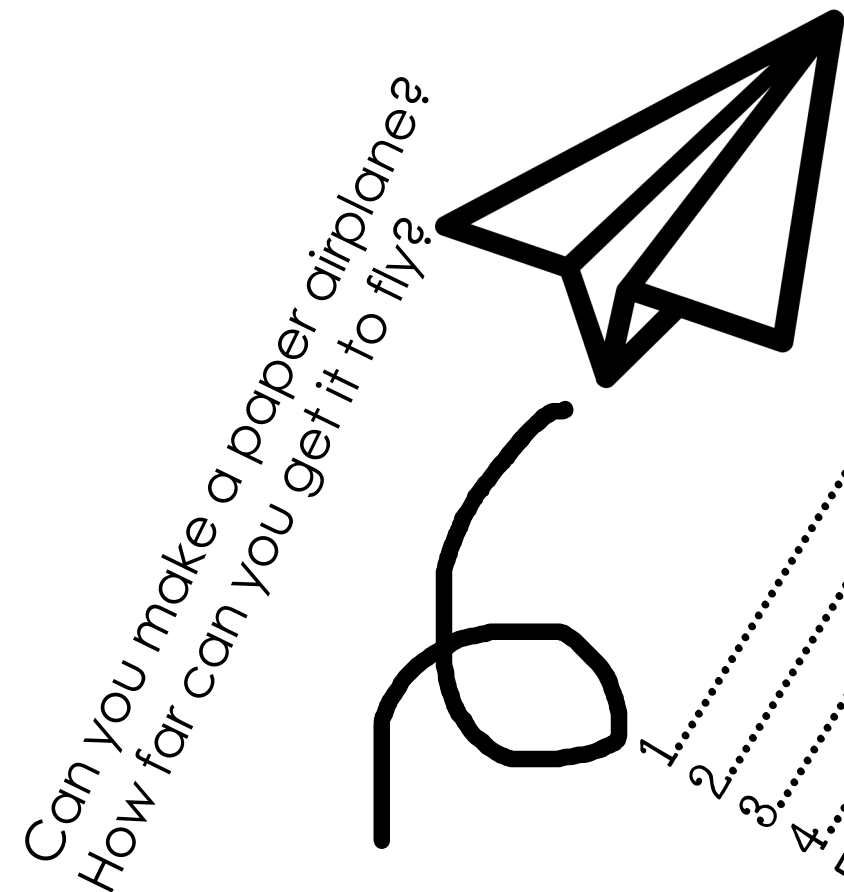
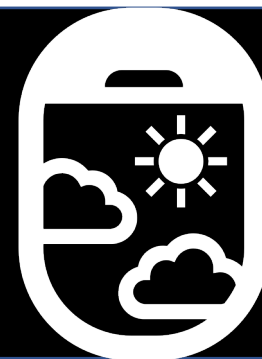
Can you find these things that soar?



DO

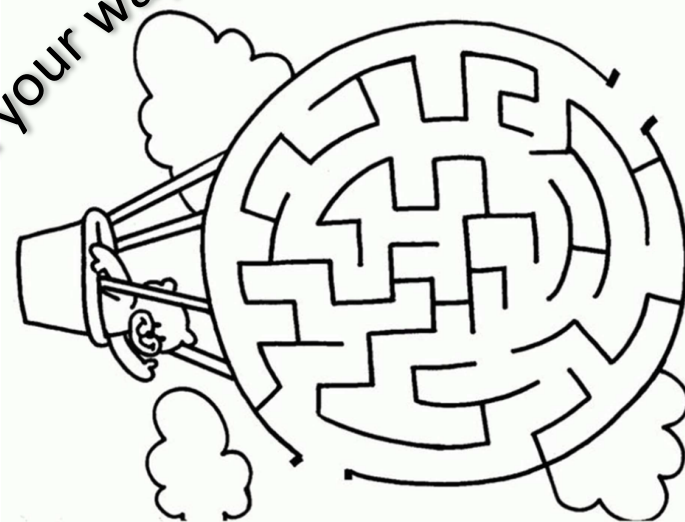
Soar

What can you see soaring?



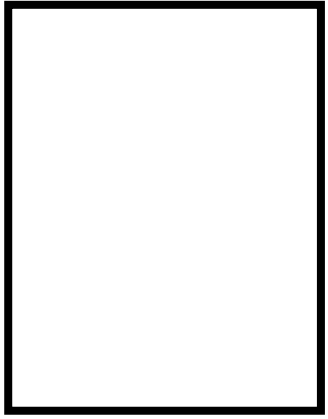
Some birds catch the wind and float on it so they don't have to flap their wings – but can soar.
Can you think of 5 ways to make things easier for someone else?

Can you find your way around?

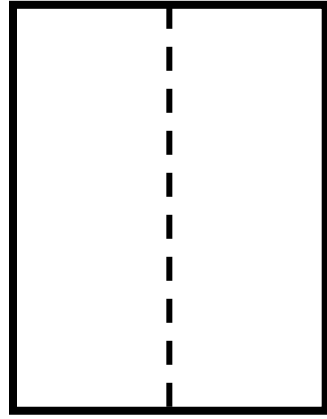


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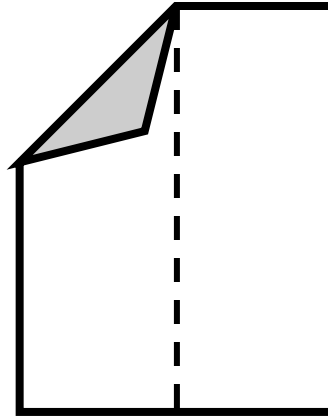




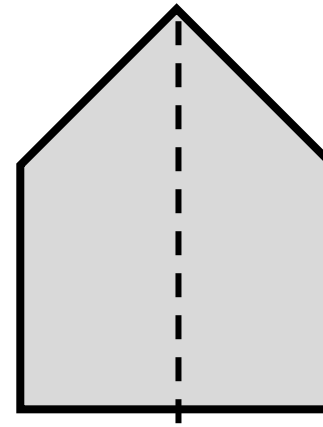
Take a piece of paper



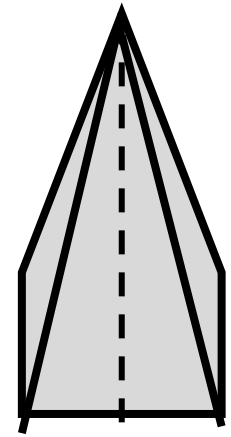
Fold it in half, crease
and open again



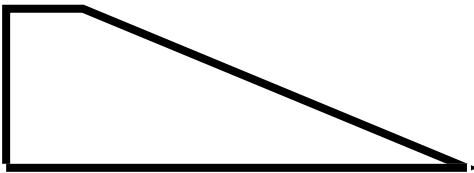
Fold the top corner in to the crease
point on both sides



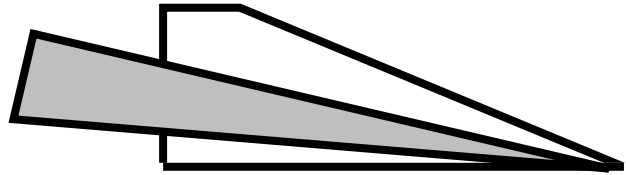
Now fold the sides in
again to the center



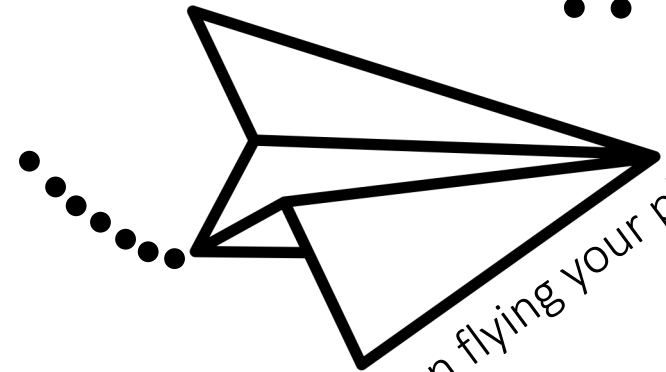
Making a paper airplane...



Fold the paper in half



From the middle fold the
corners down to make
wings on both sides.



Have fun flying your plane!