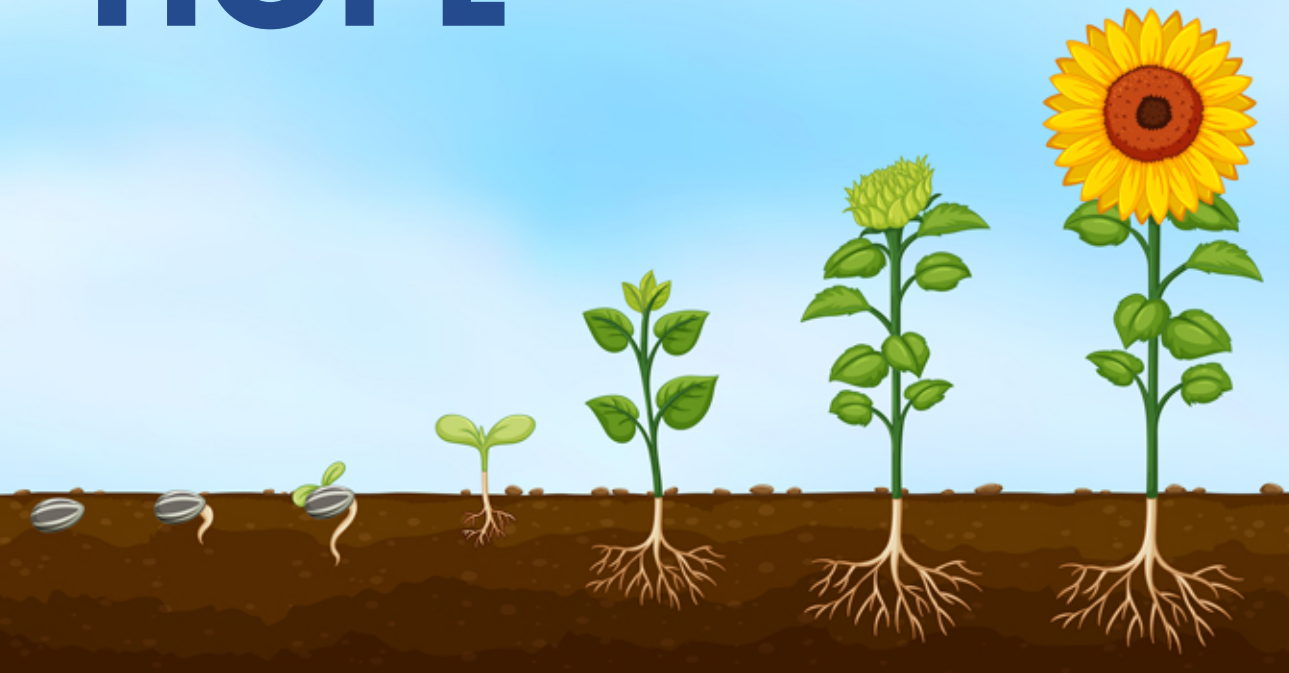


# SUNFLOWER HOPE



GET INTO THE BIBLE



15 MINUTES



PREPARATION NEEDED



## GETTING INTO THE ACTIVITY

With a little bit of hope, tall and mighty things can grow – Just like a sunflower seed.

For this activity you'll need some sunflower seeds. Have a closer look at the seed. Did you know, from this small seed a sunflower can grow up to 2-3m tall. In fact, the world's tallest sunflower was over 9 metres long!

Hope is a little like this sunflower seed. What do you think 'Hope' means? Hope is an optimistic state of mind that is based on an expectation of positive outcomes. Like the sunflower seed, hope normally starts out small but soon grows into great things which bring joy and happiness. Have a family chat about what each other's hopes are. This can be both for yourselves and for the world. How does having hopes for the future make you feel?

Christians place their hope in God. By placing a small bit of hope in God, just like these sunflower seeds, Christians know that great things will grow and flourish for them.

**'I pray that the God who gives hope will fill you with much joy and peace while you trust in him. Then your hope will overflow by the power of the Holy Spirit.'** Romans 15:13

Plant the sunflower seed into a pot of soil and look after it over the coming weeks, as a reminder about placing hope in God.



## WHAT YOU'LL NEED

- Sunflower Seeds
- Soil
- Small Pot / Cup



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a photo of your sunflower with your BB group or post on social media using #BBatHOME. An adult should initiate any contact with the BB group and/or share on social media.