



Trinity Sunday

Find this story in your Bible: Matthew 28. 16 - 20

Sunday 7th June

Start with a discussion:

Which of Jesus's actions made Him special?

What did he do that was kind and caring?

What good deed have you done or want to do because of the example Jesus set?

The story

The 11 Disciples were directed by Jesus to go to a mountain in Galilee. Jesus appeared to them and told them to go to all nations and baptise the people in these places in the name of the Father and of the Son and of the Holy Spirit.

Jesus told the Disciples to teach the people they met to listen and follow everything he had told the Disciples to do.

Jesus reminded them that he would be with them always, supporting and helping them in all the good work they would do.

Today's activity looks how we can spread the Good News of Jesus to others by growing colourful rainbows.



Activity: Spreading the Word by Growing Rainbows

You will need:

- Kitchen roll
- Pencil
- Water soluble felt tip pens
- Paper clip or a hair grip
- Scissors
- Two cereal type bowls
- A piece of card (either approx. A5 or A4 size)

This activity has been designed to adapt to what materials you have available at home in the current circumstances. If there is something you don't have don't worry just swap it out.



Draw a rainbow shape on the kitchen roll and cut out



Using felt tip pens colour in your rainbow on the base of both sides of the rainbow. You should colour up the rainbow around 5cm.



At the top and centre you can add a heart or write 'Jesus'. Make sure this is in a bright colour!



Fold your piece of card into a 'V' shape and stand between the 2 bowls. Pin your rainbow to the card 'V' as this will support it while it's growing.



Add water to both bowls and watch your rainbow grow!



If you have enjoyed making this, why not make a rainbow kit to send to others you would like to share to Good News of Jesus with?

You could cut and colour everything before sending it to them and you would need to write instructions, so they would know how to grow this special rainbow.