



The Methodist Church

# Rainbow

HARVEST 2019



What is a tsunami?

Being brave

Games and puzzles!

Underwater in Indonesia



# Welcome to Rainbow!

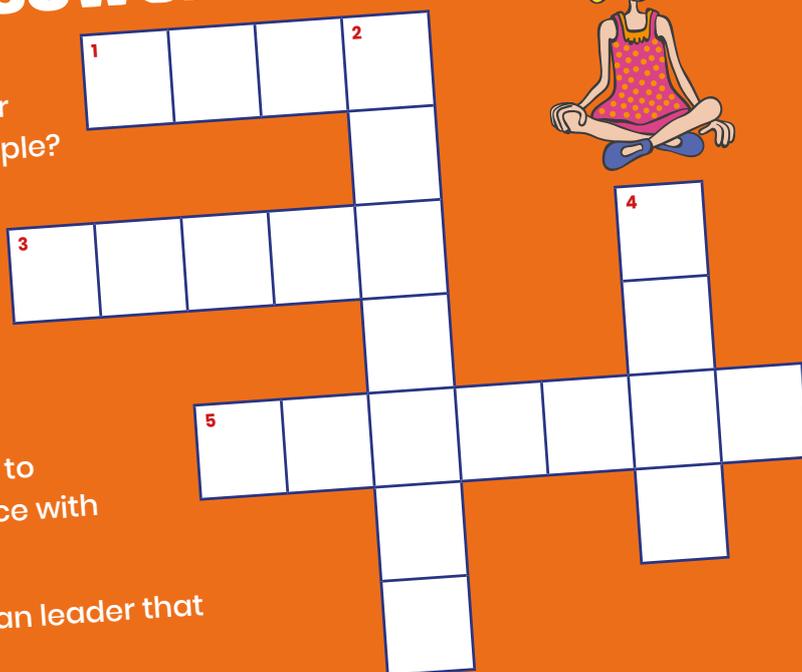


Do you know the song 'Be Bold! Be Strong!?' Maybe you sing it at your group or school? (Ask your leader to teach it to you, if not.) The song talks about how we can be sure that God is with us at times when we are scared or worried. When we feel this way, knowing that God is by our side can help us to be brave.

The Bible is packed with stories of ordinary people who had to be brave and who – with God's help – did amazing things. Use your Bible to look up their stories (the most important verses are given in brackets). Then fill in the answers to the questions in the puzzle below.

## Courageous Crossword

1. **Read Esther 5 (verse 1).** Who did Esther have to talk to in order to save her people?
2. **Read 1 Samuel 17 (verse 4).** David had to fight a giant with this name.
3. **Read Luke 1:26-38 (verse 28).** Mary showed great courage when this appeared in front of her.
4. **Read Daniel 6 (verse 16).** Daniel had to be brave when he came face-to-face with this animal.
5. **Read Exodus 7 (verse 7).** The Egyptian leader that Moses and Aaron went to speak to.



Cover image:  
Jasmine (outgoing  
2018/2019 Youth  
President) with  
the choir she helps  
to lead at St Marks  
Methodist Church  
in London.

Photo © Matt Gonzales-Noda



Can you think of a time when you've had to be brave? In this edition of Rainbow we'll hear stories of courage from around the world and think about how we can be braver.

So, as the song says, "Be bold! Be strong!  
For the Lord your God is with you!"

Watch short videos on Faidan and Jasmine and find solutions to games and puzzles for this edition at [www.methodist.org.uk/jma](http://www.methodist.org.uk/jma)

# The Day the Wave Came

**Faidan** (6) lives in a place called Panau in Indonesia. Because Indonesia is made up of thousands of islands of all different sizes, the country is surrounded by lots of water!

Last year, something scary happened. Faidan was in a boat with his dad (who is a fisherman) when a huge wave (called a tsunami) hit the area. Faidan's dad fell off the boat but managed to swim bravely back to it. The wave hit the shore too, killing more than 2,000 people. Another 40,000 men, women and children lost their homes and all their belongings.

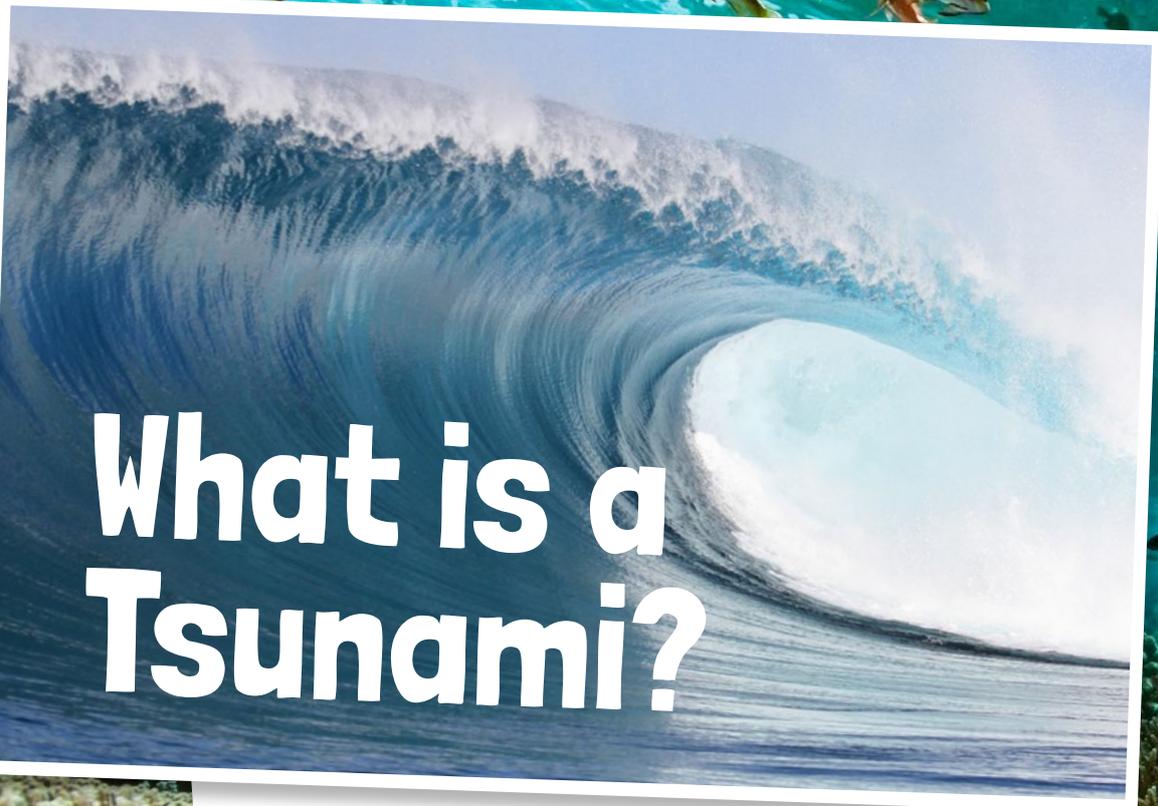


Faidan (on the right) with his best friend Rayhan.

**All We Can**, the Methodist Church's agency for supporting people in need around the world, has been helping people on the island of Panau who are now living in camps. They give them food, drinking water, tents, medicine, toiletries and other essentials.

For a while after the tsunami, Faidan was very quiet and wanted to be by himself. Now though, Faidan has overcome his fear and feels safe in the camp. He loves to play football with his best friend, Rayhan.

Draw a picture of Faidan on a sticky note and put it somewhere you will see it each morning. Can you pray for him every day for a week?



# What is a Tsunami?

The word '**tsunami**' comes from the Japanese word '**tsu**' which means harbour and '**nami**' which means 'wave'.

Tsunamis are usually caused by a **volcano** erupting or an **earthquake**.

During a tsunami, waves can rise **30 metres (100 feet)** or even higher – that's taller than a 10-floor block of flats!

A normal wave travels at about 90km an hour, but a tsunami can race across the ocean at an incredible **970km per hour!**

Four out of five tsunamis happen in an area of the Pacific Ocean known as the **Ring of Fire**, which has more than **400 volcanoes**.

To find out more about how **All We Can** is helping the people of Indonesia, visit [www.allwecan.org.uk/rainbow](http://www.allwecan.org.uk/rainbow)

**ALL  
WE  
CAN**

# Indonesia

The capital of Indonesia is Jakarta.

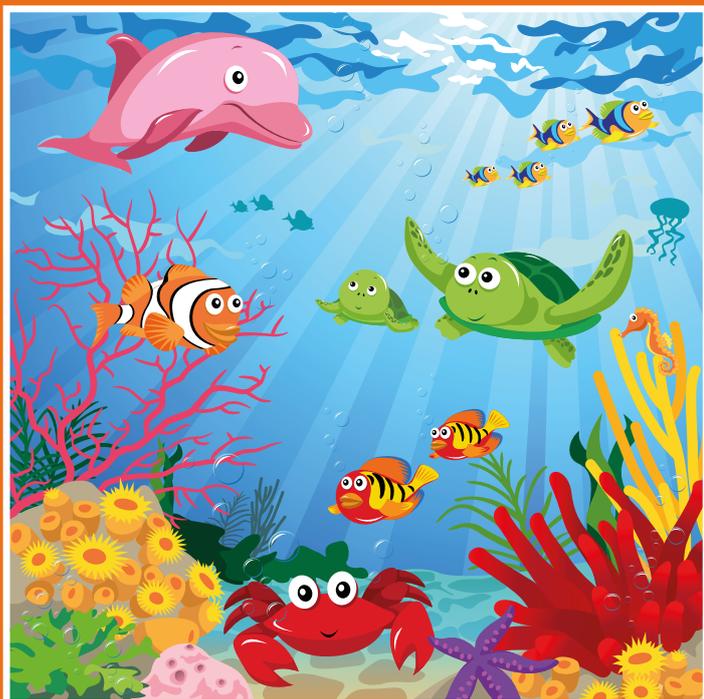
More than 700 languages are spoken in Indonesia!

Indonesia is the world's largest island country, with more than 17,000 islands.



## Spot the difference!

Can you spot the eight differences between these two underwater pictures?



You can find the solutions to this game, and the one over the page, at [www.methodist.org.uk/jma](http://www.methodist.org.uk/jma)

# Underwater in Indonesia

Indonesia boasts some of the most incredible marine life in the world! Can you spot some of the typical fish and marine creatures that live in its waters?

2 Mola Mola Sunfish



3 Manta Rays



2 Reef Sharks



6 Sea Snakes



2 Octopus



5 Mandarin Dragonets



1 Turtle



5 Frogfish



6 Nudibranchs



7 Angelfish





# Be Courageous!

Hi, my name is **Jasmine Yeboah**.

I have been the Youth President of the Methodist Church in Britain this past year. I visit children and young people, listening to their issues and encouraging them to be all that God has called them to be.



## Fun facts about Jasmine

**Favourite colour:** White

**Favourite Disney show:** K.C. Undercover

**Scariest activity:** Zip lining through the rainforest in Costa Rica

**Favourite song:** Amazing Grace

**Favourite hero:** Jesus Christ

“The theme I chose for my year as Youth President is **Courageous**. Having courage does not mean that you do not feel fear. Everyone feels scared sometimes. Having courage means that you choose to overcome your fear.

When I was younger I used to be scared of sleeping alone in the dark. One night after watching a movie with my mum, I told her I was too scared to go to my room and sleep alone. My mum explained that Jesus was with me. Then we prayed together. At that moment, I felt the love of God. I wasn't scared anymore, and went to bed.

Even now that I'm older I still use the lesson my mum taught me that night. During the dark moments of my life, I always remember that Jesus Christ is with me and will always protect me. I always pray, because that helps me to be courageous and overcome my fears.”



# Pray – Act – Change the world!

Lord Jesus,  
Thank you for loving me.  
Thank you for giving your life to  
save me. Teach me how to be  
courageous like you. Teach me how  
to love like you and to give like you.  
Be with me today and always. Amen.

**Pray**

**Act**

If you are feeling  
nervous, try this!  
Look in the mirror  
and say out loud:

I am bold!  
I am courageous!  
I am amazing and  
wonderfully made  
by God.

Nothing is too hard  
for me because  
I have Jesus on  
my side.



Is  
God  
asking

you to do something  
that makes you a little  
bit nervous? Maybe it's  
talking to someone at  
school that you don't know  
very well or praying out loud at  
church. Be brave, it's  
probably not as  
scary as you think!

**Change  
the world!**





## Finding your Voice

OneSound is a Christian music group for young people. Young musicians get up on stage and use their God-given gifts of music to grow stronger in their faith and inspire others. We speak to two young people about their experiences:

**Tom (24):** "I was 15 when I joined OneSound. I remember feeling really nervous as it was bigger than anything I'd been part of before. It has been an amazing experience. Thanks to the support of the other members, my singing has improved and I feel a lot more confident. When I'm going through difficult times, the others are always there to listen, pray for me and help me feel better. I love that I get to worship God and make music with my OneSound family!"



**Ellie (23):** "A friend introduced me to OneSound because I like singing but I hadn't really sung in front of a crowd before. I was very nervous when I went to the first practice session, but everybody was really friendly. I remember feeling scared before taking part in my first big concert. But when I got up there and started singing, I forgot about the audience and stopped feeling so nervous. I've been part of OneSound for a year now. I'm able to step onto the stage confidently, knowing that I am surrounded by people who support me."

# A Time I Felt Scared...

Some children who are part of **JMA Ireland** share their stories about a time that they felt scared – and how they conquered their fears:



**Adam (13):** “When I was three years old, I was adopted. I remember when I met my new mum and dad for the very first time – I felt nervous, anxious and excited all at the same time! I wasn’t sure how it would all work out, but I knew that I had to be brave. I shouldn’t have worried. From the beginning we all got along very well. That was ten years ago – I still love being part of the family.”

**Anna (11):** “One day, I was playing with my princess bow and arrow when the string snapped and the arrow shot me in the eye. When my mum said she would have to take me to the optician, I felt very scared. I was even more scared when the optician said I had to go to the hospital. My mum told me that everything would be OK and that made me feel a bit braver. She was right, and everything turned out OK.”



**Abigail (10):** “When I was five, my mum decided we should move from London to Northern Ireland. It was a big change for my little sister and me. On my first day of school I felt scared that I wouldn’t fit in. I realise now I shouldn’t have been scared because God is always with me.”

What makes you feel scared?  
Write it in here.

Now think about ways you could  
conquer your fear!

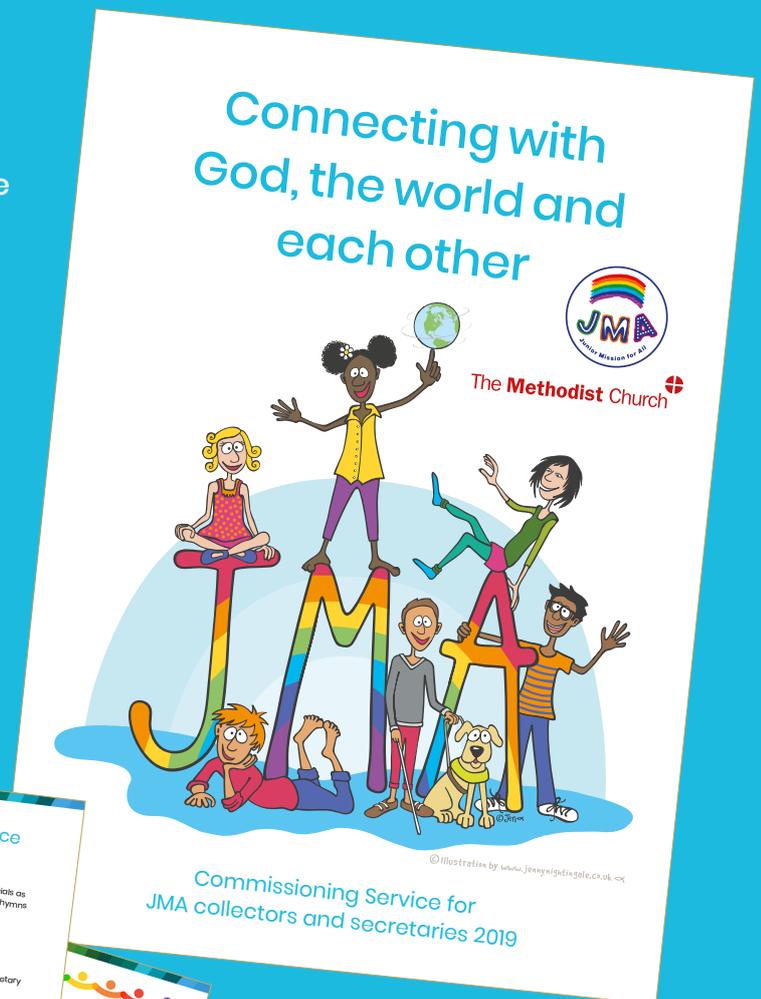
# JMA Commissioning Service 2019

## Mission for Everywhere!

Your colourful JMA Commissioning Service Sheet for this year – with a fun, new illustration – is now available for your JMA secretary to download!

On the JMA section of the Methodist website, you will also find an exciting range of interactive resources to choose from and use as part of your service:

- Two videos – one on the Bloxwich story-telling garden (UK) and one on Phakamisa's 'Wandering Teachers' (South Africa)
- Mission for Everywhere! PowerPoint
- Activity worksheets (colouring-in activity and a game)
- Prayers and hymns
- Scripture cards
- Talking points.



The service resources are all about mission and One Body, Many Parts. If you don't get to use all these fun materials during your Commissioning Service, how about using them another time?

To download your free resources, visit [www.methodist.org.uk/jmacs19](http://www.methodist.org.uk/jmacs19)