

# Station 1 : Living in an unsafe place

What does a safe place look like to you?

Use the pens and pencils to create an image that represents a place where you feel safe.

What does it look like? What is inside it? It could be your friends or parents, it might have walls or a blanket, toys or photos that make you feel safe.

# Station 1 : Living in an unsafe place

Read **Exodus 1:1-22**

The Israelites lived under oppression in Egypt. Can you think of any modern examples of people living in similar circumstances around the world?

Do you know of any conflicts happening today?

How do you think it must feel to be in constant fear of you or your family being killed?

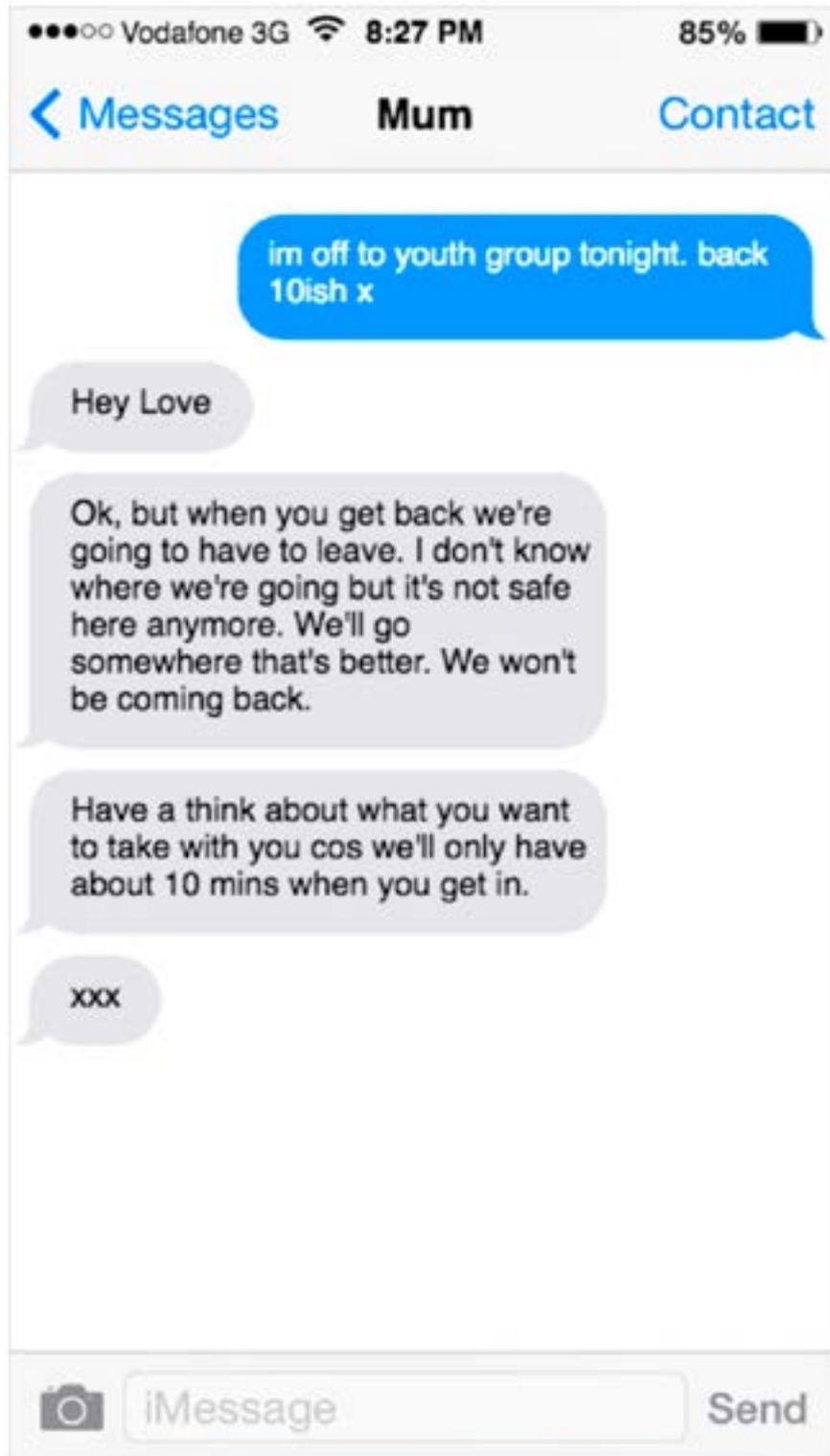
# Station 1 : Living in an unsafe place

Tie a knot in your wool for Nejebar and her family.

Each knot is a symbol that we are bound together as sisters and brothers in Christ.

Pray for all those who are living amid conflict.

## Station 2 : Leaving home





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Write on sticky notes which things you would take with you.

Which things might you have to leave behind that you'd feel sad about?

How dangerous would it have to be for your family to decide to leave home?

## Station 2 : Leaving home

Read **Exodus 3:7 – 10**

God promises the Israelites a land flowing with milk and honey – but they don't know where it is. They have to trust that God will lead them to safety.

Where would you go if you had to leave home?  
Would you trust your parents if they said they'd take you to safety but didn't tell you where?

Do you think the Israelites trusted God?

## Station 2 : Leaving home

Tie a knot in your wool for Faraidoon and his brother.

Take a moment to pray for those who live in situations so difficult they feel they have no choice but to leave their homes.

## Station 3 : Dangerous Journeys

Look at the resources provided and imagine what it might be like for the thousands of people who take the dangerous journey across the sea in search of a better life.

## Station 3 : Dangerous Journeys

Read **Exodus 14:10-22**

In this story, God parts the sea so the Israelites can cross, but we also hear how dangerous the sea is – it kills all the Egyptians who try and follow.

The Israelites were scared. Some of them thought it would be better to be back in Egypt than on such a dangerous journey.

What sort of things do you think scared the Israelites?

What's the most dangerous journey you've ever been on?

## Station 3 : Dangerous Journeys

For today's refugees, the sea doesn't part. Instead they make the dangerous journey on crowded boats with little protection. Even many of the life jackets are fake.

Imagine crossing the sea, in a small boat, with 80 other people. What would be going through your mind?

As you tie a knot in your wool, pray for people who are making dangerous journeys right now.

## Station 4 : Feeling Unwelcome

The media and politicians have said some unkind and untrue things about refugees. How would you feel if they said these things about your brother or sister, or your best friend?

Take a tattoo and wear it to remind you that we are called to love everyone as if they were our siblings.

## Station 4 : Feeling Unwelcome

Read **Isaiah 53:3** and **John 1:10**

Jesus knew what it was like to be rejected. Isaiah tells us that the son of God will be rejected and despised by people. And he was. The Pharisees, the religious leaders at the time, rejected Jesus so strongly that they demanded he was killed.

Why do you think Jesus was rejected?

Have you ever been left out? Or felt unwelcome somewhere?

How do you think it might feel for someone like Mustafa to hear that people in Europe dislike refugees, or are afraid of them?

## Station 4 : Feeling Unwelcome

‘Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers.’

### **Hebrews 13:1-2**

Tie a knot in your wool for Mustafa and make a promise to treat someone you don't know, or someone who you know is left out, as if they were your siblings.

# Station 5 : An uncertain future

Read **Jeremiah 29:11**

Most refugees in camps in Greece face an unknown future. Some know where they want to go, but not whether they will be allowed to go there. People are just waiting; for how long, they don't know.

The verse from Jeremiah is often used to reassure us when the future seems uncertain.

Where would you like to be in five years' time?  
Have you ever felt uncertain about the future?  
Do you ever find it hard to trust that God has a plan for your future?

What impact do you think it has on refugees not to know what lies ahead?

## Station 5 : An uncertain future

Tie a knot in your wool and pray for refugees like Mohammed who are waiting in camps, not knowing how long they'll be there or where they'll go next.

## Station 6 : Suffering loss

Read **Lamentations 1** and look at the verses that are highlighted.

Can you relate to any of the feelings described here?

Have you ever felt as if there are no answers?

In Lamentations, the city is characterised as a widow. Why do you think she talks as if God has punished her?

Do you think our suffering really is a punishment from God?

Why do you think we find it difficult to talk about death?

## Station 6 : Suffering loss

Like Ruhia, many refugees have lost people they love. They've also lost their homes, their schools, and the life they once knew.

We all know what it feels like to lose something precious to us. Sometimes, we need time to grieve for the things that are changing; for example, when we move house or school, say 'goodbye' to the familiar people and places around us.

Tie a knot in your wool for Ruhia and pray for all those who are grieving for people and things they have lost.

# Station 7 : Your wellbeing

It can be difficult to talk about mental health. And yet mental health problems affect lots of people.

There are often no simple solutions but there are some things we can do to improve our wellbeing.

We're going to create a group list of rules that help us take care of ourselves and each other.

Think about a rule that would help us all to live better. Add your rule to the list.

# Station 7 : Your wellbeing

Read **Matthew 11:28-30**

How do you think God provides rest?

Can you think of ways you can support a friend who is struggling with mental health issues?

Think of Firas' story. How would it affect your mental health if you had nothing to do all day and nowhere to belong?

## Station 7 : Your wellbeing

One of the biggest issues facing refugees in camps is their mental wellbeing. All have witnessed and faced extremely difficult situations. Many have lost their family and friends.

As you tie a knot in your wool, pray for Firas and for all refugees struggling with depression, anxiety and other mental health issues.

## Station 8 : Arriving at hope

Many of the stories we've heard don't feel very hopeful. It's difficult to have hope when you've lost your home and family and when you don't know where to go.

God calls us to be the hope for other people, to help bring about a better world.

One way we can support refugees is to take political action. Please sign this petition asking the Prime Minister to support refugees.

## Station 8 : Arriving at hope

Read **Psalm 46:1-3**

The Bible tells us that God is our refuge and our strength.

What challenges are you facing at the moment for which you need God's strength to help you through?

How do you find refuge in God?

What would refuge look like for those fleeing violence and conflict?

## Station 8 : Arriving at hope

Even when our lives have their own difficulties, we are lucky to have somewhere to live that is safe from war.

As you pray for people like Arash, who are working to support refugees in Greece, take a moment to give thanks for someone or something in your life that brings you hope and makes you feel safe.

**Tie the end of your piece of wool to the end of someone else's piece. Continue until everyone's wool is tied together into one long thread.**

This thread will then be sent to Christian Aid and joined with threads from churches all across the country and given to the Prime Minister as a reminder that we are bound together and that each of us around the world is deserving of safety and welcome – particularly those in need of food and shelter.

If you would like to share a photo of your knotted wool on Instagram, tag us **@thecacollective #caweek**

